

AVAILABLE FOR INTERVIEWS

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Interview: *Are We Happy Yet?* author Lisa Cypers Kamen POSITIVE PSYCHOLOGY EXPERT ON TAKING CONTROL OF YOUR OWN HAPPINESS—TODAY!

Major depressive disorder is the leading cause of disability in the U.S., affecting around 15 million adults a year, according to the Anxiety and Depression Association of America. Add the current controversial political and social climate to general everyday woes, and now, perhaps more than ever, Americans are in need of a lifeline.

Internationally recognized positive psychology coach and talk radio show host Lisa Cypers Kamen understands this, and is ready to help. Not only is she a sought-after expert in life-crisis triage, including addiction and trauma recovery, but she is a self-proclaimed “reformed depressed person.” She knows just how tough it can be to get out of the pit, and is determined to help as many people as possible do so.

“I did not wander into my happy place,” Cypers Kamen says about her own journey. “There was a personal evolution to achieving greater happiness after tremendous challenges. It took work, but it was a life-altering and liberating experience.”

Cypers Kamen is now revealing her breakthrough system for cultivating sustainable happiness and well-being, regardless of life’s drama, trauma or challenges, in her new book *Are We Happy Yet? Eight Keys to Unlocking a Joyful Life* — a fusion of science and heart, filled with proven tools and techniques for creating your very own “happiness revolution.”

Through practical tips, tools, and exercises, Cypers Kamen shows readers how to boost their “Happiness-Factor” to new levels and tap into the joy and peace they deserve. Through her wide-ranging decades-long career, she has redefined — for herself and for many others, worldwide — the pursuit of happiness, even during life’s most challenging times. *Are We Happy Yet?* draws on that expertise and shows readers how to take the applicable principles of positive psychology, and start using it in their daily lives.

“Positive psychology focuses on what’s right with life here, now and tomorrow, rather than ruminating on what’s wrong with it or what happened in the past,” adds Cypers Kamen. “*Are We Happy Yet?* helps readers embrace the absolute best parts of life, each and every day.”

Cypers Kamen has immediate availability for interview and commentary opportunities around the March 20, 2017 release of *Are We Happy Yet?*, which is also the United Nation’s International Day of Happiness, and can discuss:

- Recovering from Post Inaugural Stress Syndrome (PISS'd Off): Practical steps to reclaiming your happiness no matter what is happening around you
- Is happiness a pursuit or practice?
- Eight keys to unlocking more joy today
- De-stigmatizing psychological healthcare
- Are you numbing your feelings? Five positive ways to conquer stress without bingeing on food, drink or digital devices
- Less is more: Three reasons people who have less “stuff” are happier
- Reframing and transforming challenges: Why it’s never too late to create a happy ending, and how to do it
- The Fine Whine: Five signs you complain too much, and how to fix it
- Seasonal Affect Disorder (S.A.D.): Managing the winter blues

About the Author:

Lisa Cypers Kamen, MA, is an internationally recognized applied positive psychology coach, author, speaker, documentary filmmaker, and host of the popular syndicated talk radio show *Harvesting Happiness*, where she has helped millions of people around the world generate more joy and fulfillment in their life. Cypers Kamen’s global practice focuses on addiction as well as trauma and life-crisis recovery to help clients balance their minds, bodies, and emotions, create greater overall well-being, and transform Post-Traumatic Stress (PTS) into Post-Traumatic Growth (PTG). She is a frequent radio, television, and print media guest expert, TEDx presenter, and contributor to The Huffington Post, Positively Positive, and Inspire Me Today.

Cypers Kamen is also the founder of the nonprofit Harvesting Happiness for Heroes, where she spearheads stigma-free trauma recovery and post-deployment reintegration services for military personnel and their loved ones challenged by the invisible wounds of war. Her goal is to help them reawaken joy in their lives.

To learn more about Lisa and her work, visit www.HarvestingHappiness.com & www.HarvestingHappinessTalkRadio.com, and connect with her on [Facebook](#), [Twitter](#), [LinkedIn](#), and [Instagram](#).

***Are We Happy Yet?* is available for pre-order on [Amazon](#), [Barnes & Noble](#), [IndieBound](#) and neighborhood booksellers and will be released on **March 20, 2017** ---the United Nations International Day of Happiness.**

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