

# HARVESTING HAPPINESS FOR SKEPTICS & SEEKERS

## Lisa Cypers Kamen, MA

Speaker + Author + Radio Personality + Shift-Stirrer

*Happiness is an Inside Job™*



### Building Leadership Through Emotional & Social Intelligence

Lisa is the Principal Felicitator at Harvesting Happiness, a global lifestyle management consultancy supporting clients in cultivating greater overall well-being and enhancing quality of life. Services include life-crisis triage, addiction and trauma recovery fortification.

Lisa is a frequent radio, television, and print media guest expert, TEDx speaker and contributor to *The Huffington Post*, *MindBodyGreen*, *Positively Positive*, and *Thrive Global*. She is the *Fox News Radio* Happiness Expert and *WEGO Health* Expert & Patient Leader.

### As featured...

THE HUFFINGTON POST



CBS

TEDx  
x = independently organized TED event



POSITIVELY POSITIVE

Kripalu

inspire ME TODAY®

CBS money watch

WALL STREET JOURNAL

BUSINESS INSIDER

San Francisco Chronicle

### SPEAKING TOPICS

#### Integration = GPS for the Good Life

- + Mind
- + Body
- + Emotions
- + Spirit



- Harvesting Happiness for Skeptics & Seekers
- Adults Recess: Creative Play for Problem-Solving & Productivity
- Conscious Leadership & Motivating with Joy
- Practicing Mindfulness Over Mindlessness
- Digital Detoxing in a Technology-Driven World
- Rested: Solutions for Restorative Sleep & Well-Being
- Emotional Bootcamp for Mood Management & Optimal Lifestyle
- Visit <http://harvestinghappiness.com/speaker-lisa-cypers-kamen/> for More Topics & Details

“Lisa is an amazing educator, speaker and author who generates enthusiasm wherever she goes. She is an ethical and principled leader in our industry and strives to bring happiness wherever she goes. I could not speak more highly or with deeper respect and admiration about this incredibly gifted woman!”  
— Denise Klein, CEO, Milestones Ranch Malibu

“Lisa speaks about happiness and courageous living while compelling us to listen. She knows how to overcome adversity and has gone beyond boundaries to reach us with compassion, trust, and fearless vision by challenging us to be responsible for creating happiness no matter what life brings. We can accomplish amazing things with greater courage, optimism, and intentional actions. She inspires me and all those she reaches with her wisdom.”  
— Agapi Stassinopoulos, Author of *Unbinding the Heart*

**Download Lisa's media kit for more rave reviews**

## MORE than a BIO, LISA'S FUN FACTS

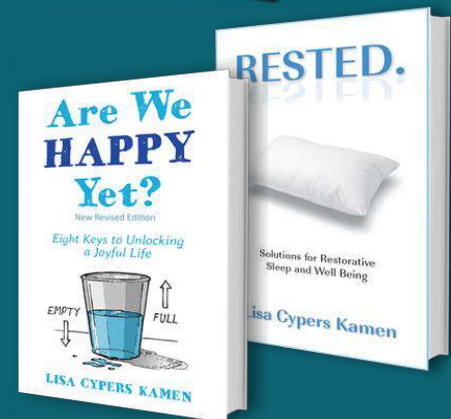
1. Lisa is creator and host of the award-winning, syndicated podcast, **Harvesting Happiness Talk Radio**, that has been on the air for more than 8 years, and attracts millions of listeners around the world each year.
2. Lisa is also a documentary filmmaker and the producer of "**H-Factor: Where Is Your Heart?**" The 30-minute documentary film shows Lisa and her daughter, Kayla, travel across the globe in search of the universal keys to human happiness. They interview people from all walks of life, asking just one simple question - "What makes you happy?" The film sets out to prove that every person, regardless of his or her personal circumstances, possesses the means to be happy.
3. Lisa is a TEDx speaker where she presented:
  - *The Mysteries of Fear*
  - *Harvesting Happiness Through Spoken Word*
  - *The Inversion Theory of Joy*
4. Lisa's multi-media psycho-social educational presentations offer user-friendly tools that positively impact personal and professional performance—**Attention + Intention + Action = Holy Shift Happens!**
5. Lisa also enjoys world music and spins her favorite tunes on *Joy Riding the Coast* on terrestrial radio @ **99.1 FM KBU & RadioMalibu.net**
6. Lisa is the former health and wellness editor of *Sleep and Wellness Magazine*; *Katie K Activewear* Brand Ambassador and #DefineBrave pioneer; *Florida Department of Citrus* expert spokesperson for the national multi-media campaign where she offered tips and advice on how to handle life's little annoyances in its *Florida Orange Juice* "Take on the Day" program.
7. Her leisure activities include hiking, meditating, indoor cycling, yoga, dancing, reading, cooking, and traveling.
8. In her previous career, Lisa worked in the architectural, interior, and graphic design professions as a managing principal of an architectural product manufacturing company specializing in runway & taxiway signage, airport terminal, and transportation information systems worldwide.



*Book Lisa to Speak at Your Event!*

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