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# Dr. Wendy Treynor



## WHAT PEOPLE ARE SAYING

Using her cancer story as a metaphor for challenge and tough times, with warmth and humor, as both storyteller and scholar, Dr. Wendy inspires us to overcome perceived obstacles, live up to our true potential, and access the joy that is ours.

"Meeting you...has been a beautiful and life-transforming experience!"

*-Cynthia Reeder*

“After she received her Ph.D., Wendy faced a job market that was not ready for her talents. As if being unemployed after investing years in advance scientific training weren’t burdensome enough, she got cancer....I knew her to be a great scholar. Her talent for thinking and writing surpassed that of most of her peers. She so clearly deserved to live and to work in her chosen field. Moved by her current condition and concerned about her health and livelihood, I offered what advice I could....At next year’s scientific meeting (in early 2007) I finally had my chance to ‘see her now.’ Her transformation was nothing short of stunning.”

*- Barbara L. Fredrickson, Ph.D. (from her book Positivity, p. 111-112), Kenan Distinguished Professor, UNC-Chapel Hill Author of Positivity, Award-Winning Director of the PEP Lab, Recipient of the Templeton Prize in Positive Psychology*

"Dear Wendy,

Thank you so much. I must express to you how much I enjoyed your series (and I'm bummed that I missed the very first one). You are such a beautiful person with a glowing personality that shines through to those you reach out to with your seminar; don't ever give it up because your spark of life flies to those in attendance. I feel truly blessed that our paths had cross[ed], albeit briefly. I will always have your spark of life within me and your encouragement to never let go of the belief that I can, and will, heal fully, no matter what comes my way since I am to heal within, no outside force can harm me. Although I do not have your exact words, I believe that I can, and do, have a bit of my "basis" in my life. Thank you again for your support and thoughts regarding the how to find happiness; it's kinda like Dorothy in the Wizard of Oz, it's always been within us/me.

Hope to see you again; remember too that you have gifted me with knowledge and a smile to hold within; I hope I can give this same feeling back to you as well as to others.

Best always to you and your endeavors,

Louise"

***-Louise Kirst***  
***Assistant to Bruce Spain***  
*Center for the Arts, El Camino College*

“Here comes a female bodhisattva  
about to go planetary....”

*-Charles Vincent Davis, Representative A.T.O.M.*

“It was fabulous”

“Superb”

*-Meredith Grenier, Journalist*

*The Daily Breeze*

"... an inspirational experience filled with so many lessons that anyone--  
living or dying--can relate to, no matter what stage of your life you're in."

*-Rebecca Villaneda, Reporter, PV News*

**THE ART OF HAPPINESS**  
**THE WELLNESS COMMUNITY, SOUTH BAY CITIES**  
**REDONDO BEACH**  
**DECEMBER 10, 2010**

“One of the most inspiring, loving, and life-changing speeches I have had the honor of attending and taking into my [heart]...”

“Terrific—very inspirational. Wendy is an electric speaker.”

*-Michelle Kobayashi*

“It was excellent and her enthusiasm and vivacity are amazing.”

*-Kathryn Lee*

“...[S]he lifted my inner being!

....[T]his subject appeals to any crisis

....[Wendy has a] gift

....great enthusiasm, energy, it’s contagious”

*-Peggy Maddox*

“Very inspirational & motivating.

A heart felt and emotional connection to the audience”

*-Christine Campisi*

*Board Member*

*The Wellness Community*

“Great, inspirational, wonderful person & speaker[.]”

*-Elisabeth Donout”*

“....[F]antastic presentation[. I] would definitely attend again.”

*-Eric Nagamine, Cancer Patient*

“I thought that it was very honest ...

a great balance of humor and motivation”

*-Bryce Fisher*

“EXCELLENT”

*-Diana Young*

“It was enjoyable & inspiring”

*-Mark Fisher*

“.... It was great!! Thank you very much!!....Your speech was ... not only for cancer people but for everyone who [is]... suffering....

**ART OF HAPPINESS**  
**CANCER SUPPORT COMMUNITY**  
**SILICON VALLEY**  
**NOVEMBER 5, 2010**

“AMAZING—”

*-Pat Johnson*

*Pat Johnson Studios*

“You are a rock star. You made me smile, cry, and gave me a positive way to look at things[.]”

*-Linda Montano*

“[E]xcellent speaker, heartfelt & insightful”

*-Steven Weiss*

“...Uplifting. The artwork made it esp[ecially] fun.”

*-Norma Jean Galiber*

“... BEAUTIFULLY PRESENTED.”

*-Bernard Schmidt, 4x Cancer Patient*

“[E]xcellent”

*-Mary Reeves*

“Fantastic! Thank you for this amazing experience”

*-Harriet Schmidt*



**THE ART OF HAPPINESS: THE THEORY**  
***AN INTRODUCTION TO SOCIALIZATION THEORY***

**THE SPOT, HERMOSA BEACH**

**JANUARY 11, 2011**

“Excellent”

*-Neva Rogers*

“Outstanding...Magical...”

*-Denise Pope*

*Property Administrator*

*Raytheon*

“Wonderful, Positive Energy

A Bright, Timely Message”

*-Lindsay Bern*

***ART OF HAPPINESS***

**THE CROWNE PLAZA, REDONDO BEACH & MARINA**

**OCTOBER 1, 2010**

“Inspirational and *Awesome!*”

*-Ryaen Canter*

“EXCELLENT”

*-Mitra Mamaghani*

“Loved it! What Wendy shared was personal and universal, was heartfelt, and understood by the intellect as well.”

*-Maria Faltas*

“LOVE[D] IT ... WAS SPOKEN FROM [THE] HEART.”

*-Fariba Yazdi*

“This program was great[.] I learned a lot and  
I[']m only 13 [years old] so it helped a lot and the speaker was great!”

*-Evan Canter*

“*VERY* Good—inspirational”

*-Ruby Resnick, Member, AMSAT*

“ENCOURAGING, INSPIRING”

*-Patte Elrod*

“Wendy did an awesome job in going through the stories of her  
experiences & perspectives. Very engaging & helpful!”

*-Keiko Yoshimi, Senior Market Analyst*

***TEN ILLUSIONS:***  
***DON'T BELIEVE EVERYTHING YOU THINK***  
**THE CROWNE PLAZA, REDONDO BEACH & MARINA**  
**OCTOBER 15, 2010**

THE VISUALS, AND PERSONAL STORIES[,] ARE AMAZING....  
FANTASTIC AND EMPOWERING!”

*-Emanuel Zevallos, CEO, Interact Live*

“Very smart & full of down to earth imparting with intelligence &  
compassion....Very heartwarming/touching & revelation of True to Life  
Experience”

*-Perla Mate, Retired*

“Valuable!!”

*-Rita Tieszen, UCLA Clin[ical] LAB Scientist, retired! 😊*

“[G]reat[,] 10 out of 10[.]”

*-Manseureh Rahimi, MS*

“Excellent”

*-Joan Bixter*

“Excellent and a joy to hear your positive message”

*-Terese Campbell, Community Relations Director, Belmont Village Assisted Living*

*R&R RETREATS*

*BREAST CANCER RETREAT*

*SACRAMENTO, CA*

*MARCH 2010*

*"We had Wendy join us for our Women's Breast Cancer Retreat. Wendy was our keynote speaker.*

*Not only did I enjoy Wendy on a personal level and meeting the wonderful person she is but all of our participants just loved Wendy.*

*Our evaluations raved about Wendy! Her message is heartfelt, relevant, warm and has the most wonderful ending.*

*Wendy thanks so much for your participation in our Event. It would not have been as effective and entertaining without you. You are loved!*

*Many Blessings,*

*Shirleen Von Hoffmann"*

*President*

*Calling All Angels Cancer Foundation*

*Sacramento, California*

***EVERYDAY SACRED: SPIRITUALITY, SOCIETY, & THE SELF***

**THE CROWNE PLAZA, REDONDO BEACH & MARINA**

**OCTOBER 29, 2010**

“Tonight was *all* incredible!!”

*-Patte Elrod*

“Delightful, insightful and expertly & lovingly presented.”

*-Paula Anding, Mrs, Coast Lighting South Bay*

“Truthful, passionate...”

*-M. Saraceno*

ART OF HAPPINESS  
THE WELLNESS COMMUNITY  
SOUTH BAY CITIES  
OCTOBER 9, 2009

“The whole program was exceptionally great”

“She is the best

Very personable & engaging”

*-Paula Bernstein*

“Wonderful. The BEST wellness program I have been to. God bless you. I needed this today!”

“Thank you so much. You have such a beautiful spirit.”

*-Kathleen Whiting*

“Excellent!”

*-Louis Grenieu*



“The best. She has a great spirit.”

- *Betty Marinas*

“All of it [was valuable.]”

-*Coleman Yolanda*

“Very Good”

“Very good [in] helping you believe in yourself.”

-*Jackie Childers*

“...Wendy’s presentation was very inspirational. I’m in my 30’s and could relate to much of what she said.”

-*Leticia Arias*

“Beautiful, inspiring, helpful.”

*-Edith Meier*

“EXCELLENT”

*-George Meier*

ART OF HAPPINESS  
BELMONT VILLAGE PRESENTATION, RPV  
APRIL 30, 2009

“High impact emotional issues with sweet, helpful  
conclusions...Wonderful...”

*-Jessamine Campbell*  
*Program Director, KEEPSAFE*

“Let it go and trust your body.  
Giving love to others without expecting anything in return...Just make  
your life happy and enjoy the gift ...It was like a touch of my soul in a  
deeper temporal that open[ed me up to] how important our life [is].”

“Wendy’s testimonial was inspirational”

“...Well spoken and animated. Good Smiles.  
Joy & Happiness & Enthusiasm.”

*-John Butters*  
*Herbalist Scientist*  
*R & D*

“I was able to take something from the entire presentation. Her life experience was something I was able to reflect back on in my own life...  
It was great! Very humbling and appreciative...”

*-Jeanette Garzon  
Accounts Manager, Maxim Healthcare Services*

“GREAT!”

“...It’s laid out well—personal progression—very well done!....  
VERY GENUINE—HEARTFELT.”

“...Very inspirational! I thought the program was a great balance of inspirational quotes to live by while offering tips to appreciate life.”

*-Ryan Iwamoto  
Owner  
24 Hour HomeCare*

“...Great Program! ...”

- *Gerald Hardin*  
*Assistant Director*  
*Sage House ADC*

“...Fantastic [program and speaker]!

The content was great but I was actually more impressed by her overall demeanor and personality. She exudes joy.”

- *Farah Benedict*  
*Operations Manager*  
*Home Instead*

“Personal story, very touching, acceptance is freedom, surrender and live your life in joy everyday....She was dynamic and very engaged.  
BEAUTIFUL SOUL!”

-*Terry Fantenrose*  
*Community Ambassador*  
*Silverado Senior Living*

ART OF HAPPINESS  
WHOLEFOODS MARKET PRESENTATION  
REDONDO BEACH  
MARCH 20, 2009

“Excellent”

*-Terese J. Campbell*

*Community Relations*

*Belmont Village*

“[I had a] great time--highly motivation[al] and upbeat!”

“Very insightful.  
...your lessons are relatable to everyone and every situation.”

ART OF HAPPINESS  
SHRINER'S HOSPITAL FOR CHILDREN  
LOS ANGELES  
PRESENTATION DECEMBER 8, 2008

"This was a wonderful event for the patients. They got great information...."

*-Elizabeth Dever  
Public Relations Specialist  
Shriner's Hospital for Children, Los Angeles*

ART OF HAPPINESS

WHOLE FOODS MARKET PRESENTATION

WEST LOS ANGELES SEPTEMBER 10, 2008

"[G]reat story.... She is just a wonderful treasure--lovable and inspiring--so glad I came to this."

*- Carol Steinberg*

"The whole presentation was very valuable....Excellent message. Very well organized. VERY insightful."

*-Gabriel St. Louis*

"...It was very moving!"

*- Kelly Layne  
Marketing Director  
Whole Foods, West LA*

"Very beautiful story."

"It was very well organized and covered life truths in a clear way..."

"The whole presentation was wonderful.... Very enlightening and wise for such a young speaker."



ART OF HAPPINESS  
WHOLE FOODS MARKET PRESENTATION  
TORRANCE SEPTEMBER 25, 2008

“...[ I appreciated the speaker's] honesty and willingness to share deep subjects that people don't like to think about, face, and reveal...[I would like to see] small workshops to help people work on their emotions.”

Very Genuine and Inspiring

Very deep.”

*-Danielle D'Adiu*

“Wonderful!”

*-Liz Lee*

“The program and speaker were wonderful.”

*-Luz Forero*

“I felt like she was talking directly to me...She was great very passionate”

“[The speaker has] great energy.”

“Outstanding”

"Incredible. Very inspirational!"

ART OF HAPPINESS

YMCA PRESENTATION

SAN PEDRO & PENINSULA NOV. 19, 2008

"Enjoyed [the presentation]...Awesome Speaker...  
Loved the drawings—She definitely conveyed happiness!

I loved it—great ideas [&] insights—Thank you!

*-Rosa Vega*

“All of it [was valuable]...very dynamic and interesting...”

*-Sharon Dragan*

“[I] thought it was very worthwhile—speaker energetic and genuine”

*-Chuck Nena*

“All of it was great...I learned a lot from what she said.”

*-Maria Moreno*

“Very well combined, loved the hand drawings”

*-Cesar Ruiz*

“[I appreciated] her open hearted sharing...  
well done, spontaneous & sincere”

“Excellent”

“It was very moving and thought provoking”

“This was an extremely inspirational speech with a nice mix of philosophy  
and common sense by a very sympathetic speaker.”

“Great Speech!”

ART OF HAPPINESS  
THE WELLNESS COMMUNITY  
PASADENA NOVEMBER 20, 2008

“What an incredible presentation!

It is so easy to discount a happ[y]... successful speaker if they have had an easy time of it.

Loved it—the best I have heard in a long time—Very inspirational.”

*-Martha Charlson*

ART OF HAPPINESS  
THEORY PRESENTATION  
CROWNE PLAZA, REDONDO BEACH  
NOVEMBER 2007

"Fantastic, inspiring, energizing, motivating--richly informative."

"[The speaker has] great empathy and compassion ... warmth"

"She was able to express her research in layman's terms. I was enlightened  
... a new way to see others."

- *Cynthia Reeder*

*Housewife, Freelance Worker, Artist,  
Yoga Practitioner & Dancer*

"Wonderful .... [The speaker has] great enthusiasm and empathy."

-*Janet Walton*

ART OF HAPPINESS  
YMCA PRESENTATION  
TORRANCE JANUARY 2008

"Very valuable"

- *Robert Kii*

"Outstanding!"

- *Wayne Herbranson*

ART OF HAPPINESS

WELLNESS COMMUNITY, SOUTH BAY

JUNE 2008

"Her presentation was excellent--her story clear--every part inspirational. Wendy's stories leading to her insights helped deepen understanding and mental grasp...What a great, authentic person. Who could wish us [a] kinder, better than this young woman?...Wendy is good to the core. Her presentation was so 'her'... She obviously wants constructive helpful things to happen to us all as a result of her experiences. She made us all feel she is our ally. Her stellar education, writing, and communication skills shone through to touch us all somewhere."

*-Pandora "Concha" Mitchell*

"Very inspiring... Excellent... so honest and...the message she gave [is] of love."

*-Larry Burke*

"...so honest... I enjoyed it all... inspirational... Excellent. The audience appreciated her."

*-Betty Ottinger*

"It's such a unique program.... She's a lovely girl and she speaks very well...Very honest."



GIFT OF CANCER  
CROWNE PLAZA PRESENTATION  
REDONDO BEACH SEPTEMBER 2007

"A graceful, elegant, exploration of life. Poetic, joyous, sad, inspiring,  
wisdom imparting."

*-Michael Potter*

"Enthusiastic, heartfelt, *passionate*, and giving"

*-Ruth Edwards, LCSW*

"Excellent [Program] & Excellent [Speaker]"

*-Nancy Wise*

*Program Director*

*The Wellness Community, South Bay Cities*

THE GIFT OF CANCER  
STORY & WORKSHOP  
THE WELLNESS COMMUNITY, SOUTH BAY CITIES JANUARY  
2008

"Wonderful Speaker"

"Her honesty, insightfulness, natural[ness,]... creativity, and warmth come...  
across very clearly."

"Excellent"

*-Diana Young  
Ovarian Cancer, Stage III C  
Survivor of 11 Yrs.*

"Excellent program, compassionate speaker."

"Excellent, moving, inspirational"

"The sharing after the talk was extremely helpful."

*-Carol Green*

"The sharing was real, and thus meaningful and valuable to each person in a[n] [impactful] ... way..."

"... brave, wonderful, and inspirational [speaker] ..."

"Great [Speaker & Program]!"

*-Diane Fischer*

"Very touching."

"Excellent Presentation"

"...would be very helpful for newly diagnosed or treated cancer patients... their spirits would be raised and their outlook ... more hopeful."

WHAT PEOPLE ARE SAYING  
ABOUT  
*DON'T BELIEVE EVERYTHING YOU THINK:  
TEN ILLUSIONS WE LIVE WITH THAT PREVENT US FROM FINDING  
TRUE HAPPINESS*

*THE SAN PEDRO & PENINSULA YMCA PRESENTATION*

*DECEMBER 8, 2009*

“Wendy is pure joy.”

*-Les Krzucuk*

“GOOD ENTHUSIASM & I APPRECIATED THE  
HONESTY & SINCERITY—VERY REVEALING &  
PERSONAL”

*- H. Charles Smith*

***Wonderful!!***

*-Mirba Rhyne*

“Very impressed. I was moved.”

*-William Hulsey*

“I would keep taking her workshops.”

- *Kelly McCart*

“Excellent”

-*Linda Ikeler*

“[G]reat [program and speaker]—I left here with a positive outlook on so many levels”

-*Julie Lauen*

“SIMPLY EXCELLENT”

-*Stan Field*

“Very informative[,] makes you *think*—The speaker is [terrific] ...”

-*Muriel McElhane*

“Very uplifting and positive. A way/ways to move on with love and compassion—to move [ahead] ...”

*-Diane Wing*

“Excellent”

*-Kathy Weiss*

“[T]he overall program was A+  
I enjoyed the speaker and her style of delivery”

*-Lem Bradley*

“COULD NOT HAVE BEEN DONE BETTER”

*-Mike Alva*

“[U]plifting”

“She is pleasant, real and easy to listen to—Surprisingly on target in a very simple way.”

“Good speaker—you believe what she says.”

“Excellent—positive—motivating”

“Speaker was energetic, lively, positive.”

“Excellent!”

“I like her sense of humor and overall [it's] fantastic”

“You were excellent. I thought your program was very helpful.”

“It was great and Wendy is an even better motivator”

“Her obvious happiness was a joy to see—very interesting presentation”

“Excellent”

“Excellent content, well organized, very relevant”

“Great Speaker *Loved her Energy!*”



*"DON'T BELIEVE EVERYTHING YOU THINK:  
TEN ILLUSIONS WE LIVE WITH THAT PREVENT US FROM FINDING  
TRUE HAPPINESS"*

*THE WELLNESS COMMUNITY, SOUTH BAY CITIES PRESENTATION*

*APRIL 17, 2009*

"I never thought of cancer as an opportunity before...  
I really loved this positive approach...  
great [program]-enthusiastic [speaker]."

*- Lynn Bryant*

"[Most valuable to me was the] expression of love and support....She did a  
great job."

*- Cheryl Proulx*

"[I appreciated most] the empathy, acceptance, happiness expressed by  
Wendy ....

Very Good [program and speaker]."

*-Irene Ellington*

“Excellent. She allowed the audience to participate in the workshop.”

—*Anthony Gipson*

“Very good—[the speaker] really cares for the people [and is] learning more and more to care for herself and [is] teaching others.

—*Jackie Childers*

“Great!”

—*Sandi Michaelian*

“Wendy, I liked your personal stories, [hearing about your] experience, [and the] fun, colorful, visual reinforcement [you gave] by simple line drawings[, which makes it] easy to understand....

Excellent—thanks for sharing ...”

—*Janice Lukstem*

“[The speaker did] very well.”

—*Sharon Dragan*

“All of it [was most valuable to me.]  
Good [program and speaker]”

—*Joseph Navkean*

“IT WAS INSPIRING EXCELLENT”

—*Teresa Green*

“Very personable! I really enjoyed the hand-drawn artwork.”

“Good [program.] Very Good [speaker.]”

“Very animated and endearing speaker.”

“EXCELLENT”

“Very enthusiastic speaker. Good reminders.”

“Humble, Sweet [speaker], wants to help—and did.  
[She is] organized and ready to share/teach.”

“Speaker was clear and conne[cted] with audience.”

“The program offered concepts that are [a] great help to [those] go[ing]  
through challenging times.”

“Very uplifting....very positive”

What People Are Saying

“Interesting and well-presented.”

“Excellent”

“A-1”

WHAT PEOPLE ARE SAYING  
about  
*THE PILLARS OF HAPPINESS I & II* WORKSHOPS  
THE WELLNESS COMMUNITY, SOUTH BAY CITIES  
MAY 2nd & 16th 2009

"Wendy's positivity permeates the room. It's hard not to feel joy when in the presence of such a great attitude toward life."

*-Raylene Prout*

"Very positive"

*-Gary (R) Peck*

"Very Good, Very upbeat & positive"

"Wonderful. Very positive."

"...[It]'s wonderful and lead[s] us to choosing and doing better for ourselves."

"I enjoyed it."

“Very enjoyable authentic—”

“Very good.”

“Helpful”

"[G]reat [program]—Wendy really believes in what she is doing.”

“[The program is] definitely worthwhile—remind[s] me of [the] importance of daily living”

“Excellent”

*-Anthony Gipson*

**THE ART OF HAPPINESS: THE THEORY**  
**SAN PEDRO & PENINSULA YMCA PRESENTATION**  
**JANUARY 10, 2010**

“Both [program & speaker were] excellent”

–Donna Helstrom, Reiki Master

“Great presentation. Interesting theory. Logical.”

“Excellent.”

–Judy Trupillo

“More than excellent”

– Lorie Dolce

“Program was excellent. Thorough re[garding] subject & hypotheses.”

“You [showed a]... fascinating way that human groups act & react toward each other. Keep the passion.”

“VERY, VERY GOOD.”

–Marc



“Wendy is a great speaker. The theory...she presented w[as]... so true to life. It makes you look at social groups, everyday groups[,] & reference groups in a different light.”

“It was very valuable information[.] Thank you for sharing with us!”

“It was very good and informative.”

“...helpful in making me understand my situation.”

“very good! poignant!”

“... very interesting & educating.”

“Very good.”

“Overall was excellent.”

*The Art of Happiness:*  
*Spirituality, Society, & The Self* Presentation  
San Pedro & Peninsula, YMCA  
February 9, 2010

“INCREDIBLY GREAT—MIND BOGGELING”

—*Stanley Field*

“The strongest energy that was there was love.”

—*Kasey Kugel*

“Excellent speaker. Excellent presentation.”

—*Lorie Dolce*

“SHE IS EXCELLENT, VERY INTERESTING”

–*Mr. Zsolt Carl Petroczy*

“wonderful[,] inspiring.”

–*Mirka Rhyne*

“Very articulate  
program: LOVE”

–*Kathy Petroczy*

“...[G]reat”

–*Miriam Greas*

“...[E]xcellent”

–*Angela Misceo*

**Don't Believe Everything You Think:  
Ten Illusions We Live With that Prevent Us from Finding True  
Happiness**

**The Wellness Community, South Bay Cities Presentation**

**April 16, 2010**

“I really loved the whole presentation...Just what I needed to hear.  
Wonderful!”

*-Lorna Damon*

EXCELLENT, VERY POSITIVE”

*-Claire Aukerman*

*Former Real Estate Agent, Widow, & Breast Cancer Survivor (1993 diagnosis)*

“Positive attitude & inspiration by speaker.

She gives hope[,] too...

Very, very good.”

*-Louise Kirst-Kaye*

“...Very encouraging...excellent”

*-Anne Nelson*

“I thought Wendy was an inspirational and positive speaker....

She gave many great ways to change our attitude and thoughts in negative life situations.”

*-Mary Nieraeth*

“Good pic[ture]s ... [&] ideas...  
enthusiastic...warm...approachable”

*-Leo Yee, The Wellness Community*

“Excellent”

*-Anthony Gipson*

“Excellent”

*-Paula Redmond*

“She was great. Inspirational!”

*-Claire Lichter*

“The information was very clear. She was very enthusiastic.”

*-Lily Selwa, Patient*

“Excellent!”

*-Lenore Snodey*

“[J]ust simply insightful...V[ery]. g[oo]d”

*-Jim Goodrich, Boss*

“[G]reat (A+)”

*-Gary Spurlock*

“100%. tops”

*-Kathy Whiting, Retired Teacher*

**“Art of Happiness”**

**The Wellness Community, South Bay Cities Presentation**

**March 19, 2010**

Both [program and speaker] were excellent—uplifting, inspiring, created [a] sense of safety, freedom, choice, strength in myself. [An] opportunity to learn valuable life skills to apply to all aspects and situations.... vibrant, well-spoken, heartfelt”

*-Val Hillburn*

“Reinforcement of Love as the essence of a good life.

Fear is not real.

... you completed the circle of life with your presentation...

complete, clear, powerful, great”

*-Boni Tobin*

“Very well presented...”

*-Eglis Deto*

“*The Art of Happiness* subject [is] appealing and attracts the kind of energy I[d] like to foster also. Wendy-Love your spirit and bright Light. Your “performance art”—theatrical/actress style [is] contagious. Love the art—simple/communicative to every subject. Makes me inspired to be creative/bold/brave!”

“Inspirational and hopeful...”

*-Gary Spurlock*

“Very, very uplifting and helpful for me....This speech is giving me more desire and hope that I will again or already [be] getting happy with my life.”

*-Cindy*

“Excellent”

*-Edith Meier*

“... very motivational and encouraging....”

*-Nastaran Faghibi, Student*



What People Are Saying

“EXCELLENT”

*-David Brook*

“Your honesty & love of life [was most valuable to me]!”

*-Marge Goodrich, MFT*

“Inspirational”

“...ABUNDANT JOY AND POSITIVE PERSPECTIVE SHARED”

“... very moving and descriptive...”

“AWESOME”

“Inspirational & uplifting”

“EXCELLENT”

“...A REMINDER THAT LIFE IS GOOD”