HOT TOPIC BOOK SERIES - CONCORD CAMPUS

Coping with Stress - How to Be Happy!

A Conversation with Dr. Kristina Hallett, Professor at Bay Path University and Author of, Own Best Friend: Eight Steps to a Life of Purpose, Passion, and Ease

October 3rd, 10AM or 12 PM

Join us Tuesday, October 3rd, as Author and Bay Path University Professor, Dr. Kristina Hallett, speaks on the topic of "Coping with Stress - How to Be Happy!"

There will be two presentations one at 10:00 a.m. and one at noon. All attendees will receive a free electronic copy of her new book, Own Best Friend: Eight Steps to a Life of Purpose, Passion and Ease.

ABOUT HER BOOK

Own Best Friend: Eight Steps to a Life of Purpose, Passion, and Ease, is a strategy guide to moving into a place of happiness, fulfillment, creating a sense of purpose, and finding the time to "have it all." By following an 8 step process (the EMPOWERS process), you will learn to decrease stress, increase decision-making and implementation of action plans, discover the secrets to truly being happy (hint: it involves self-compassion, gratitude and perspective), stop feeling like you’re missing out and start living the life you’re dreaming of by valuing your strengths and ditching the quest for "perfection."

ABOUT DR. HALLETT

Dr. Hallett is the Coordinator of Clinical Training and full-time faculty member of Bay Path University’s graduate psychology programs in Developmental Psychology and Clinical Mental Health Counseling. She has a wealth of experience in teaching, supervision and clinical practice. Dr. Hallett earned the PhD in Clinical Psychology from the University of Massachusetts, Amherst. Dr. Hallett holds her Board Certification in Clinical Psychology and is a Fellow of the American Academy of Clinical Psychology.

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