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Prevention better than a cure, or perhaps another cure

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In the current volatile, uncertain, complex and ambiguous world, organizations and individuals are hard pressed and required to perform better than ever before. In the workplace, this consequently produces cumulative risks for individual health and well-being, due to the psychological and social demands on the workforce. As the old proverbial saying goes, 'prevention is always better than a cure.' Through my own extensive research and industry discussion, it is becoming increasingly clear that a single, elegant and empirically-supported solution has emerged that can enable individuals to be more relaxed, happier, healthier, more creative, focused and productive. Employed by a growing list of major companies, including Google, Facebook, Target, eBay, Intel and General Mills, this solution is known as mindfulness. Over 400 scientific studies have demonstrated the unparalleled effectiveness of mindfulness in reducing stress, lifting mood, increasing concentration, fostering creative thinking, improving decision-making, strengthening the immune system and developing empathy and altruism. Mindfulness is now inexpensive, simple to teach and easy to learn as top-quality mindfulness training is within the reach and budget of every business.

Biography

I am commonly known amongst my clientele as "The Happy Doctor." For those interested in my accolades, I have both a MBA and a PhD in Metaphysical Counselling. Besides this I am internationally-acclaimed author of Happiness Reinvented – Igniting Principles of Being the Best You can Be (an Amazon bestseller), Happiness Centered Business – Igniting Principles of Growing a Sustainable Business, Happiness Centered Customers: Secrets of Creating Happy Customers for Life and my latest book, the Miserable Millionaire – From Wealth, to Depression to Self-Realization.

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