

There are no mental problems

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Abstract

Why is it that psychologists, philosophers, and Neuroscientists know so much about the brain and mind but mental health is getting worse? The results of mental health are how they are because of so-called experts. Our current attempts to impact mental health in any given situation are based on and bounded by our current explanation for mental health that was given to us by the experts. Our current explanations have been derived from and bounded by today's social model. The result is, our access to creating mental health is shaped by that social model of mental health. We do not want explanations about mental health; what we want is actual mental health. An explanation is defined as a reason or justification for an action or belief. Access is defined as a means of approaching or entering a place. That is what a result is; that is what we want for you. We do not want to know about mental health; what we want is an actual healthy mentality. This talk will do that for you!!!



Biography:

Roy is a best-selling author of the book *The Unnoticed Advantage* and *The Success Magnet: Cultivate the 5 values that attract success*, *The Six-figure Trainer* and *The Little Book of Mental Health*. He is a performance coach who works with pro, college, and high school athletes. He works with the athletes to dramatically increase, tangible, measurable, and physical results. He also does this with companies, organizations and anyone who has a purpose. He found that his distinctions dramatically increased what he calls workability. Workability simply means the ability to get the job done. When we look at the workability of an object we judge the object on its ability to do what the object was made for. With this knowledge, he realized that the workability of a human comes down to the human's ability to achieve its purpose. This makes performance the most important thing in life because to perform means to do what it takes to achieve a purpose. He became a performance coach for Pro, collegiate, and high school athletes. With a new distinction, he calls unbounded Performance Roy is coaching people to dramatically increases tangible, measurable and physical results.



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