



DANA LIGHTMAN, Ph.D.

Absolutely. Positively. Uplifting.

“Create the outcomes you want. Regardless of the circumstances.”

Story Ideas

HOW FAST DO YOU BOUNCE BACK?

Even optimists have down days and bad patches. Dana can give you some practical tips on how to cushion the fall and get you back on an upward spiral.

ONE SURE WAY TO SAVE THIS MARRIAGE

Everyone wants to know the secret to a successful marriage. Dana will describe the single most important key to longevity in relationships and tell you how to put it into practice.

STRESS RELIEVING TIPS NOW!

How can you find relief in today's hectic lifestyle? Let Dana share her top tips that are easy to incorporate into any busy person's routine. They are surprising, practical ideas that really work.

NEUTRALIZE THAT NEGATIVE CO-WORKER

Dana has a unique approach to dealing with annoying co-workers. Learn why she says, “There's no such thing as difficult people.” She'll share her tips on how to remain positive in the workplace.

HOLIDAY SANITY SAVERS

Don't let the frenzy of the holidays undermine your joy. Dana shares her top three contributors to holiday stress and how to beat those holiday blues.

WHEN GOOD INTENTIONS AREN'T ENOUGH

Even though you have good intentions, you just can't seem to really change. Dana explains why intentions alone don't always work and gives you her top strategies for turning good intentions into positive results.