



DIANE LANG

Health and Wellness Counselor

Electronic Press Kit

Offering Resources, Solutions and Tips for Creating Balance and Finding Happiness!

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Health and wellness counselor **Diane Lang, MA**, is a psychotherapist who is a nationally recognized author, educator, speaker and therapist. A practitioner of Positive Psychology, she is on a mission to help people develop a sustainable positive attitude that can provide a strong foundation for finding great happiness and actually turn one into an optimist.

Diane is the author of *Creating Balance & Finding Happiness* (Kendall Hunt, 2010) and *Baby Steps — The Path from Motherhood to Career* (Bent Tree Press, 2007).

A therapist at the Universal Institute in Livingston, NJ, Diane counsels patients with traumatic brain injury and substance abuse. Her clinical experience includes treating patients with different forms of mental illness, physical and emotional abuse and relationship issues. She is also an Adjunct Professor in Psychology at Montclair State University.



Diane Lang, MA
Health and Wellness Counselor

Therapist, Educator and Life Coach Diane Lang has dedicated her career to helping people turn their lives around and is now on a mission to help them develop a sustainable positive attitude that can actually turn one into an optimist. A therapist and educator of Positive Psychology, she has seen that it can provide a strong foundation for finding great happiness and is gratified that it is becoming a mainstream method of treatment.

Lang is the author of *Creating Balance & Finding Happiness* (Kendall Hunt, 2010) and *Baby Steps — The Path from Motherhood to Career* (Bent Tree Press, 2007).

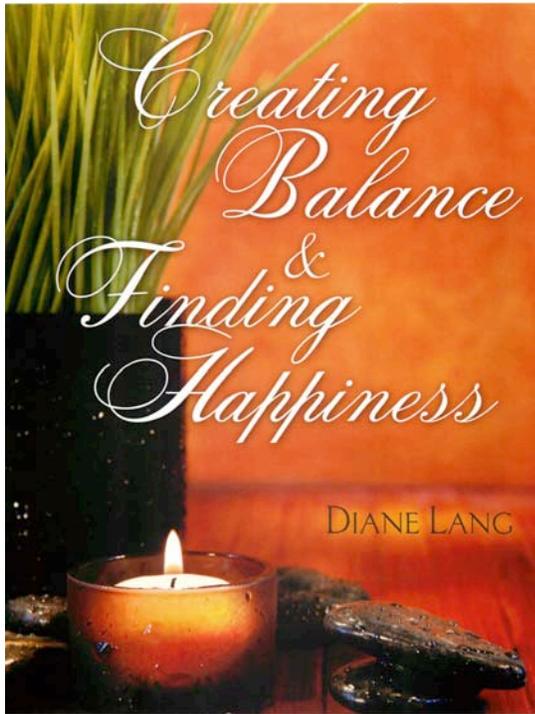
A parent herself, Lang has taught Positive Parenting to parents and written extensively on the benefits of using it with even the youngest children. She has also spoken or conducted seminars on postpartum depression, striving for balance versus having it all and practical tips on interviewing, networking and dressing for success.

A therapist at the Universal Institute in Livingston, NJ, Lang counsels patients with traumatic brain injury and substance abuse. Her clinical experience includes treating patients with different forms of mental illness, physical and emotional abuse and relationship issues. Lang is also an Adjunct Professor in Psychology at Montclair State University. Her university activities include mentoring students for individual career counseling and personal issue advisement.

As an expert in her fields of therapy, Lang has been interviewed for numerous magazine and newspaper articles and has been a frequent guest on radio and TV shows, including “Fox & Friends” on the Fox News Network. Lang is a monthly contributor for “Family Beautiful” magazine; a weekly columnist at Mommytalk.com; a regular featured expert on “The Expat Show” broadcast weekly on New York ABC affiliate WTBQ-AM; and a blogger at www.MyHappyBlog.vox.com.

Lang has an M.A. in Counseling and a B.A. in Liberal Arts from the New York Institute of Technology. For more information, please visit her website at www.DLCounseling.com or her blog at www.MyHappyBlog.vox.com.

PUBLICATIONS



Creating Balance & Finding Happiness

by Diane Lang, MA

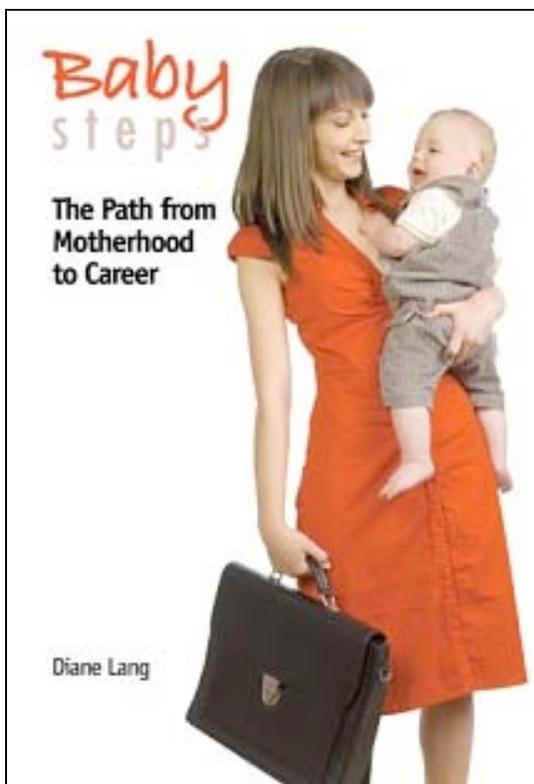
Publication Date: March 18, 2010

Publisher: Kendall Hunt Publishing

ISBN-10: 0757574092

ISBN-13: 978-0757574092

Happiness is a step-by-step, trial by error, type of work. Health and wellness counselor Diane Lang shares her vision of a world of happiness, positive people and hope and how to achieve it in your daily life. She stresses the importance of establishing a strong core/foundation — a strong sense of self, plus offers a variety of tips and solutions that will help readers feel more balanced and find more happiness in their lives. Most importantly, she reveals the techniques to “snap to awareness” to achieve real-life change.



Baby Steps

The Path from Motherhood to Career

by Diane Lang, MA

Publication Date: July 1, 2007

Publisher: Bent Tree Press

ISBN-10: 1602500614

ISBN-13: 978-1602500617

Going back to work after staying home to raise children can be very rewarding, but it can also cause feelings of uneasiness, stress, and guilt. choice will bring me the most happiness? Author, therapist and life coach, Diane Lang, takes moms through the steps toward making a decision about whether going back to work is right for them. Then she provides helpful information and strategies to help mothers succeed. There is advice on updating skills, dressing for success, brushing up on skills for job hunting and interviewing.

INTERVIEW TOPICS

- **Dealing with Anger in the Workplace.**
- **Dealing with the Stress of Unemployment.**
- **Dealing with Anxiety and Panic.**
- **Letting Go of Personal Anger.**
- **Create Balance and Relieve Anxiety.**
- **Happiness – Living an Optimistic Lifestyle.**
- **New Beginnings for New Moms.**
- **Baby Steps — The Path from Motherhood to Career.**
- **The Super Mom.**
- **The Developing Child.**
- **The Positive Parent.**
- **Creating Balance — Juggling Family and Work...
Finding Balance in a Busy Life.**
- **Talking to your kids about tough financial times.**

Diane Lang

Therapist, Educator and Author

"Diane Lang has visited the Jefferson Library on two occasions, to speak on *Baby Steps: the Path from Motherhood to Career* and *The Positive Parent*. Diane has the unique ability to impart a great deal of information in an accessible, understandable and entertaining way. Because of Diane's ability to inspire her audience, participants at these workshops have expressed determination to put some of her ideas into practice. Her workshops are perfectly geared to her audience, offering practical suggestions that real people can use in their daily lives."

Christine O'Brien, Senior Librarian, Jefferson Township Public Library



Biography

Therapist, Educator and Life Coach Diane Lang has dedicated her career to helping people turn their lives around and is now on a mission to help them develop a sustainable positive attitude that can actually turn one into an optimist, literally. A therapist and educator of Positive Psychology, she has seen that it can provide a strong foundation for finding great happiness and is gratified that it is becoming a mainstream method of treatment.

A parent herself, Diane has taught Positive Parenting to parents and written extensively on the benefits of using it with even the youngest children. She has also spoken or conducted seminars on postpartum depression, striving for balance versus having it all and practical tips on interviewing, networking and dressing for success. Diane Lang is the author of *Baby Steps: the Path from Motherhood to Career*.

A therapist at the Universal Institute in Livingston, NJ Diane counsels patients with traumatic brain injury and substance abuse. Her clinical experience includes treating patients with different forms of mental illness, physical and emotional abuse and relationship issues. She is also an Adjunct Professor in Psychology at Montclair State University and Centenary College; her college work includes mentoring students for individual career counseling and personal issue advisement.

As an expert in her fields of therapy, Diane Lang has been featured in the *Daily Record* and *Cookie Magazine*, seen on *NJ 12 TV* and the national television program *Fox & Friends*. She has also participated in a reality based Internet show, *OurPrisoner*, hosted Generation X-tinet and has appeared in various educational videos. In addition Diane writes a bi-weekly column The Working Mom at Mommytalk.com and shares her expertise on parenting on *The WTBQ Expat Show*.

Diane Lang has an M.A. in Counseling and a B.A. in Liberal Arts from the New York Institute of Technology. Please visit her website for more information: www.dlcounseling.com or her blog:

www.myhappyblog.vox.com.

"Diane did an awesome "user-friendly" workshop for our Mom's group last year. It was geared directly to the group and was extremely informative for all of us. She has a extensive amount of information to share in a very professional manner but very easy for Moms to relate to!"

Beth O, Mom of Two, Attended "Baby Steps: the Path from Motherhood to Career"

Diane Lang's Presentations

Create Balance and Relieve Anxiety

This workshop is designed to help create a balanced lifestyle by relieving stress and anxiety. Learn the signs of *burnout*, the impact of stress and anxiety on your body and ways to simplify your life. Embrace simple techniques and tips that can help you feel less stressed and more balanced. Learn ways to feel more empowered and motivated. This workshop will help educate you on what really makes us happy.

Happiness – Living an Optimistic Lifestyle

We all want to be happy but what truthfully makes us happy? What are the myths of happiness? Can we work on being happy? What can we change in our life to make us happier? What personality traits can be learned?

Learn new ways of thinking and behaving that will make your life happier, like expressing gratitude, setting life goals, understanding long term and short term happiness and exploring how positivism is contagious. Learn tips and techniques to make your life a more positive and happy journey. Join Diane Lang, M.A. for an informative discussion on what makes you happy.

What Kind of Smart Are You?

Create balance, relieve anxiety and find happiness by finding your strengths and your true purpose and passion. Learn about the eight different intelligences in the *Multiple Intelligence Theory* by Howard Gardner. Find your strengths and skills and how they can work for you. Discover your best style of learning and how to focus on your strengths for creating and enjoying your best life.

Letting Go of Anger

We all experience anger. Anger managed in a healthy way can be helpful. It can be a signal when something is wrong and it can help motivate you to make positive changes. In this workshop you will learn to recognize your anger, the different sources and types of anger and what triggers your anger. With understanding your anger you will learn the consequences of anger both physically and emotionally. You will learn tips on letting go of unresolved anger – including relaxation techniques.