

HOW TO HAVE A GOOD LIFE IN BAD TIMES™

A Timely and Timeless Presentation

That Informs and Inspires

Dr. Schillace is an experienced practicing psychologist and a Professor of Psychology (Emeritus, Oakland University) who speaks on the personal costs and benefits on surviving life's difficulties in good times and in bad.

- **What can we learn and apply from survivors?**
- **What are the rules for happiness?**
- **Why would we perish without stress?**
- **What are the readily available skills to cope, survive and thrive?**

Like the fish who is the last to see the water, do we fail to see the obvious in our lives which are benefits and opportunities from difficult times ?

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