

HOW TO BREAK FREE FROM THE HERD



Dr. Wendy Treynor is a speaker, author, coach, healer and teacher who weaves science and spirit into her work and programs. Dr. Treynor's work has been featured in Psychology Today, Success Magazine and on CBS-TV in the United States. She is a cancer survivor and thriver, and has presented worldwide for over 10 years, most recently in the U.S. at Google.

Tonight's 30 minute Talk, 'How to Break Free from the Herd' will be followed by questions and answers and a book signing of her book *The Gift of Cancer*.

Discussion Topics:

- + How to liberate yourself from the shackles of social conditioning
- + How to inoculate yourself against unwanted social influence
- + How cancer and adversity can become a gift for transformation and radical change
- + Using scientific research to show the connection between science and spirit
- + A fresh approach for self-love to help overcome depression and oppression to live vibrantly



"Wendy Treynor' research has revealed powerful insights about human psychology..."
Adam Grant, New York Times Best-Selling Author of Give and Take

"Wendy Treynor has written a wise, deep, touching, and funny meditation upon her experience with cancer. This is an honest and uplifting book, one that will empower and enlighten you." *Dacher Keltner, Professor of Psychology, UC Berkeley*

Date: January 24th, 2017 **Time:** 7:30pm

Venue: Loughan House, Keenagh County, Longford, Ireland

Admission: Complimentary

Questions?: Penny: 0864024651 or Marie: 0894827845



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