

Dr. Wendy Treynor

Teacher of Self-Love & Happiness Expert



BIOGRAPHY

Dr. Wendy Treynor, teacher of self-love and happiness expert, shares her vision of integrating scientific knowledge and spiritual wisdom to enhance people's quality of life. With the cancer, Wendy discovered that the lessons she learned from science converged with the spiritual lessons she learned about life from almost dying, providing a single map, a unified picture, a sole prescription to follow for achieving wholeness and happiness—a map she now lives by and seeks to share.

A young, passionate woman with a peaceful, loving presence, Dr. Wendy Treynor is trained as a scientist with a Ph.D. in Social Psychology from the University of Michigan, Ann Arbor (the #1-ranked program in the nation, US News & World Report, 2016), as well as being a cancer survivor, artist, writer, philosopher, and dreamer. Her insights into happiness build upon her life experience battling cancer, integrating what she learned from life from almost dying, as well as on the foundation of scientific research in the field of Social Psychology, representing a convergence of science and spirit.

People have described Wendy as a free spirit, creative, original, enthusiastic, animated, vibrant, vivacious, but also wise, courageous, empathetic, loving, and compassionate. In addition to being a published author in scientific journals, and enjoying people and public speaking, she has received recognition for her communication skills, and her research has afforded her the opportunity to speak to audiences around the globe. Wendy has given talks at universities including UC Berkeley, UCLA, the University of New South Wales in Australia, and Israel's Technion Institute of Technology.

Wendy is also a published author of scientific articles on emotion and depression, having trained with emotion and depression scholars (Dr. Phoebe Ellsworth, at Michigan, Dr. Barbara Fredrickson, author of *Positivity*, now at UNC, and the late Dr. Susan Nolen-Hoeksema, author of *Women Who Think Too Much*, formerly at Yale). Drawing on her life experience and scientific expertise, Wendy authored the book, *Towards a General Theory of Social Psychology*, which describes how the peer pressure or socialization process may work. In it, Wendy proposes that a *lack of self-love* lies at the root of depression and *self-love* (genuine self-acceptance) is depression's *exit route*. Her latest books include the eagerly-awaited, *The Gift of Cancer* and *I Can Heal*® book series.

Wendy's honors and awards include: *Who's Who Among America's Teachers* (2005), *Delta Epsilon Iota for Academic Excellence and Outstanding Dedication, Enthusiasm, and Initiative* (2003), *Hough Psychology & Ethics Scholarship for Promising Psychology and Ethics Research* (2003), *Pi Mu Epsilon for Outstanding Achievement in the Mathematical Sciences* (1997), and *Acceptance to NYU's Tisch School of the Arts* (1993) for dramatic study. She is also a recipient of *The Hay Foundation Grant* (2008) and *The Lloyd Symington Foundation Grant* (2009), which have sponsored her programs.

Wendy is founder and director of *Healing Consulting* in Los Angeles and a former Visiting Scholar at the Institute for Social Research at UCLA (Sept '09- Sept '10). Through *Healing Consulting*, Wendy shares her vision of integrating scientific knowledge and spiritual wisdom to enhance people's quality of life. Wendy shares this information with others in a fresh and exciting way, through her keynotes, seminars, workshops, consultation, and writing so that others, too, may heal themselves, actualize their own potential, and find the love, freedom, peace, and happiness they seek.