



# It's good to be happy beyond belief!

Meet Cindy Teevens, one of the leading inner peace and happiness facilitators, exceptional and unique in helping people feel good fast.

**Cindy brings experiential, educational entertainment to audiences.**

**CINDY TEEVENS** is author of *Alchemy*, *How to Feel Good No Matter What*, and *The Happiness Lie, What Generations Have Been Told That Keeps You Unhappy* (and limits your joy).

Since her own suffering switched to joy for no reason in 2009, Cindy has used the practice of *Alchemy*, to help others.

Six years after the violent suicide of her father, in one moment her own intense suffering was swapped for amazing joy, altering her life permanently.

Happiness and peace became her predominant states. Laughter exploded at the simplicity and power of it, and tears of gratitude flowed.

Understandings began to come about how we have been living backwards, how we have mistaken the outside for the inside, and how we have tethered ourselves to the uncontrollable winds of change in the midst of freedom—and how we can return to truth, sanity, and peace.

She dropped everything she was doing to show people how to feel good no matter what because when

you shift your state, your whole perspective and world shifts; problems dissolve, villains become victims, and compassion kicks in.

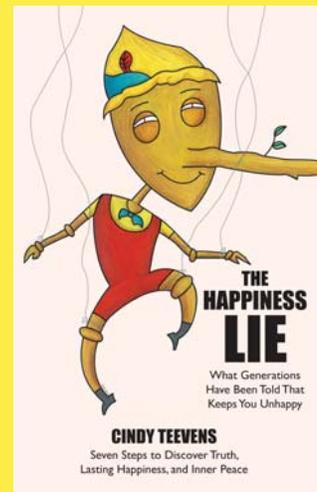
About nine months after discovering joy, one day in the woods she was knocked to her knees by an explosion of love that was followed by the end of time and space, self

and other, and when she looked up at the trees, she saw them *as herself*, as everything is. Uncontrollable laughter belted out from the belly of being, tickling every cell in her body as it laid on the snow, laughing and crying at the simplicity and unbounded joy of it all.

## Story Ideas

- What is Your Happiness Ratio?
- How to Feel Good in Five Minutes
- How to Deserve Happiness
- How Positive Thinking Makes You Miserable
- The Generational Happiness Lie
- What if everything you thought you knew about happiness, was *wrong*?
- The Truth About Happiness
- The False Hierarchy of Happiness
- The Happiness Paradox
- The Three Powers Your Were Born With
- Seven Steps to Lasting Happiness
- The Process of Living Backwards
- The Pursuit of Happiness is Futile
- The Truth Experiment

*"We don't want things, people or events. We want the feeling we mistake them for."*  
~ C. Teevens



[TheHappinessLie.com](http://TheHappinessLie.com)

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*"Cindy delivers the goods on being happy in a straightforward, no-nonsense approach that is refreshing, insightful and compassionate! Cindy was a great guest, both informative and pleasant."* —Patricia Lever, 101.9 DAWG-FM, Ottawa