

SCOTT GLASSMAN

AUTHOR | SPEAKER | TRAINER | CONSULTANT



"Dr. Glassman was outstanding! He presented examples that really helped me understand the concepts."

- Leah V.

"Incredibly engaging presenter who clearly cares about and is experienced with and connected to the material being presented."

- Hannah A.

"Dr. Glassman was wonderful! I loved this presentation."

- Brianne O.

DR. GLASSMAN IS AN AUTHOR, PSYCHOLOGIST, AND HAPPINESS EXPERT, AVAILABLE FOR SPEAKING, TRAINING, INTERVIEWS, CONSULTATION, AND HAPPINESS STRATEGIZING

About Dr. Scott Glassman



Scott Glassman, PsyD is an author, psychologist, educator, and happiness expert. His innovative 7-week program A Happier You[®] has been featured on Sirius XM, NPR, 10NBC, and CBS News. Dr. Glassman is also a contributor to the Philadelphia Inquirer's Health and Wellness section. He teaches and directs grant-funded wellness initiatives at the Philadelphia College of Osteopathic Medicine, where he trains students, faculty, and staff in Motivational Interviewing (MI), an evidence-based way of helping people change. He became a member of the Motivational Interviewing Network of Trainers (MINT) in 2012 and has presented on MI regionally and nationally to over 35 different organizations in the medical and behavioral health fields. He lives in New Jersey with his wife and son and is a lifelong Philadelphia sports fan.



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A HAPPIER YOU: THE BOOK

A Seven-Week Program to Transform Negative Thinking into Positivity & Resilience (New Harbinger, November 2021)

In *A Happier You*, Dr. Glassman helps people find more joy and meaning in their lives. It teaches readers evidence-based skills to increase positive thoughts, feelings, and actions in their lives. Rooted in positive psychology, it introduces practical ways to integrate personal strengths, accomplishments, gratitude, kindness, love, positivity catching, and meaning into one's daily routines.

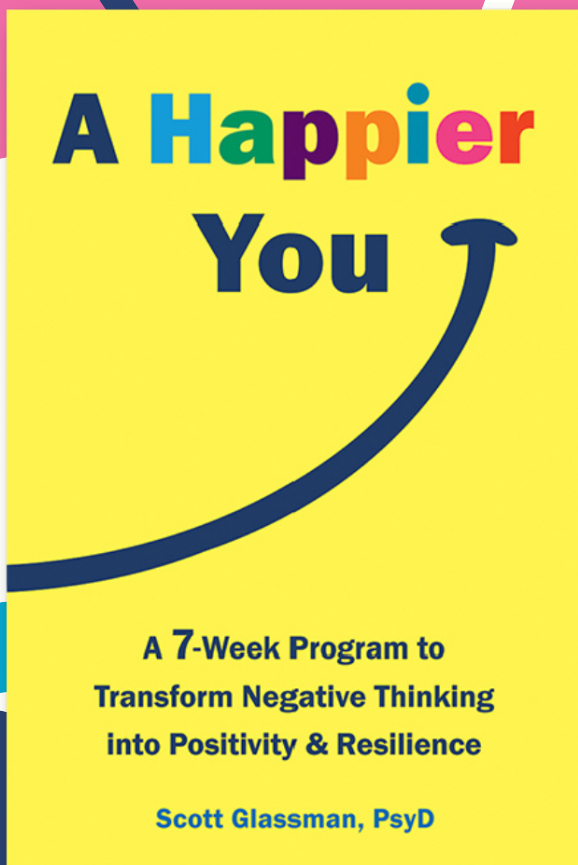
Praise for *A Happier You*

"Scott's program gives us a clear pathway to seeing the good in ourselves, in others, and in the world around us. All of us could benefit from reading this book. It is truly transformative!"—**Hal Elrod**, international keynote speaker and best-selling author of *The Miracle Morning* and *The Miracle Equation*

"In this book, Scott provides a lighthouse for us, a place of sanctuary, where we can swim out of the rough sea, and find a place of humor and joy and playfulness. A place where we can find our true nature once again." —**Craig Foster**, naturalist/filmmaker, *My Octopus Teacher* (Oscar winner), Co-founder of Sea Change Project

"These wise and compassionate trainings teach us how to access our inner strength, creativity, and love, awakening the deep and lasting well-being we most long for."—**Tara Brach**, author of *Radical Acceptance* and *Radical Compassion*

"This wonderful book shows you how to use practical daily exercises based on the science of positive psychology to enrich your life." —**Alan Carr, PhD**, professor of clinical psychology at University College Dublin, and author of *Positive Psychology and You*



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A HAPPIER YOU ®: THE PROGRAM



As Featured On



Dr. Glassman developed A Happier You® as a 7-week interactive group program in happiness that helps participants become more intentional about positive experiences. Using mindfulness as a base, the program cultivates the social energy of positive experience sharing. It offers a roadmap for transforming life routines through exercises and activities that spark joy, meaning, and transcendence. Participants explore 7 Core Positivity Skill Areas:

Catching and Spotlighting Positive Events

Identifying Personal Strengths and Successes

Cultivating Gratitude

Exploring Humor and Playfulness

Fueling Life with Enjoyable and Meaningful Activities

Practicing Kindness

Expanding the Boundaries of Love



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Praise for A Happier You ®: The Program

“When I start having negative thoughts about myself, I now stop and remind myself of the experiences that make me feel grateful and positive.”

“It has taught me how to recognize the positive things in my life and how important they are to me.”

“I’ve become more realistic and have a better understanding of what happiness actually is and how to be optimistic about happiness and how I can identify and catch happy moments with all the tools.”

“Being in ‘A Happier You’ has taught me how to make myself a priority and perform acts of kindness for myself.”

Sample from A Happier You – Week 1: Catching Positive Events

Catching Good Moments

Streaming raises your awareness. It allows you to notice all kinds of things—inside and out, good and not-so-good. It is a fine way of becoming less reactive to stressful events and building the skill of acceptance. If you just watched the stream all the time, however, you would miss the chance to more deeply encounter the moments floating past. This is why we need a net.

With a net, you can scoop out moments from the stream: feeling the warm sun on your face, seeing your child play with friends, or learning about a promotion at work. You can bring these moments closer for careful examination. You turn from watching to catching.

In the stream of life, good things literally dance in front of you, behind you, and above you in the current. But they can be elusive. Just as butterflies swoop and swirl around us, so do the positive thoughts, feelings, and moments of our day. One might land on your arm, but take flight again before you have a chance to appreciate its beautiful pattern of colors.

You can use a large net to catch a group of positive moments, if you happen to have a stream packed with good things that day. If, on the other hand, you are having a stressful day, you might focus on catching the small, infrequent pleasant events flickering past. You can be very selective about what you choose to examine further. You might not want to take everything out of the net, but only the most beautiful moments, like your child enjoying their playdate.



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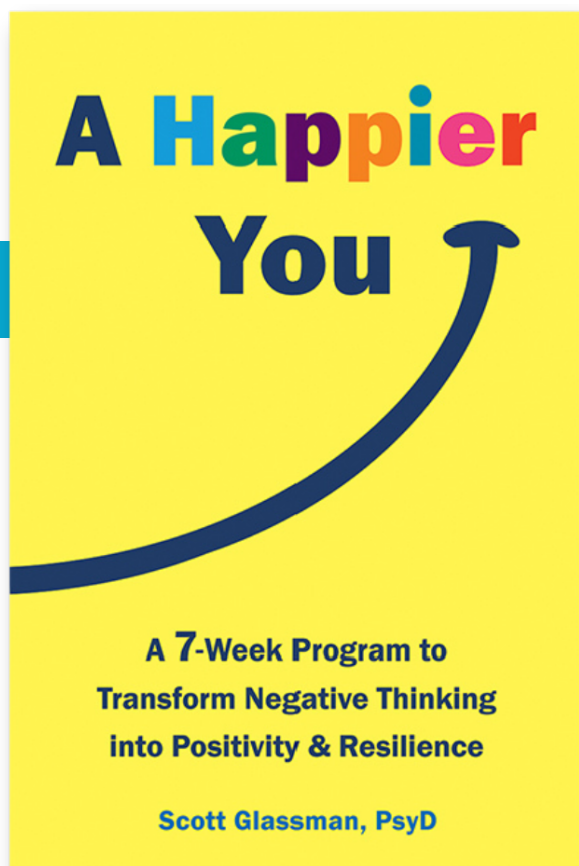
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You may also want to expand the scope of your stream to include not just a day, but the past two weeks of your life. This could increase the likelihood of a catch. You may decide to “catch” for five minutes before returning to watching, or to use the net for much longer. As you net each moment, it may help to jot it down so that it does not slip out and vanish. A word or two will do.

To try out your net, watch the streams of your awareness for a few minutes and see if you can catch a few bright moments. Once they are in your net, decide which one appears most positive and compelling to you.



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