

Unhappy? This Expert Says, "Quit Whining!"

3 Tips to Get Happy...NOW

San Antonio, TX — We all have rough days that we complain about now and then, but at what point does complaining indicate a much bigger problem? How can you know when it's time to stop whining about your problems and seek help in bringing about meaningful change?

Professional success coach, author, and speaker **Dee Kite, PhD.** says that while complaining may make you feel better temporarily, it won't solve your problems and can actually harm your situation. Dr. Dee regularly sees clients struggling with indecision, work and family balance issues, organization problems, stressful family relationships, dissatisfying careers, shopping addiction, and an inability to say no. She instructs clients to stop the cycle of complaining, define what results they really want from life, then take action to bring about the desired change.

Perhaps the biggest surprise to most of Dr. Dee's clients is how quickly their lives change as she uses skillful questioning to lead them to the answers and solutions within themselves. Suddenly problems that have been a burden for 15 years can be solved in 15 minutes.

Invite Dr. Dee to answer:

- How can television contribute to your unhappiness?
- Why do men complain less than women?
- How can complaining ruin your life?
- Why could venting be the worst thing you do?
- How is whining hijacking your dreams?

CREDENTIALS: Dee Kite, PhD is a professional success coach, author, and speaker. Her latest book, *WHAT YOU'RE PUTTING UP WITH IS HOLDING YOU BACK: 5 Steps to the Freedom You're Waiting For!*, teaches people how to overcome the obstacles in life that keep them from the happiness and fulfillment they deserve. She has been interviewed by the *San Antonio Express-News*, radio programs around the world and speaks to groups across the country.

AVAILABILITY: Texas, nationwide by arrangement, and via telephone

CONTACT: Dr. Dee Kite, (210) 824-7759 (TX); Dee@CoachKite.com; CoachKite.com