



## DEBBIE LYN TOOMEY

AUTHOR | SPEAKER | COACH  
MINDFULNESS EDUCATOR



*"This book beautifully weaves sound research, interesting stories, and an abundance of experience. There is no doubt that if you follow Debbie's AWESOME advice, the result will be more happiness and health."*

~ Tal Ben-Shahar Ph.D.

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## HEALTH AND HAPPINESS SPECIALIST™

Debbie Lyn Toomey is a "Health & Happiness Specialist™" and founder of Ultimate Healing Journey, LLC. She has been in the health and wellness field for over 30 years. She is passionate about combining her success stories with research-proven skills to empower people to achieve long-lasting health and happiness.

Debbie's programs are educational and engaging. Her enthusiasm and dynamic presence have made her a highly sought-after speaker and trainer.

She's had rave reviews at hospitals, senior service organizations, cancer support centers, schools, universities, and companies.

## HEALTH AND HAPPINESS SERVICES

### 1. Mindfulness for Optimum Health and Peak Performance

We live in the age of distraction. Fortunately, mindfulness can help you feel more centered and calm. Learn how this research proven approach can enhance your overall health, well-being, and performance through micro-moments of doable practices during the day.

### 2. Gratitude, the Instant Happiness Booster

Gratitude is more than an attitude. It can make you feel happier, live longer, and so much more. Find out how the practice of gratitude can make you feel abundant and alive. Learn how the practice of gratitude can have lasting power for you and those around you.

### 3. Positive Psychology: The Science Happiness

C'mon and get happy! Positive psychology—sometimes called, the science of happiness – is a research proven practice that can help you flourish, thrive, and become the best version of yourself. Learn happiness skills that can increase your energy, enhance your relationships, and boost your immune system.

### 4. Laughter: The Best Medicine and Exercise

Laughter is the best medicine. But did you know it's also the best exercise? Learn how by adding more laughter during your day can boost your immune system, reduce your pain level, decrease your stress, and burn calories.

## LIGHTS UP THE ROOM!

*"Debbie is amazing. She grasps the audience with her energy and lights up the room! All her lectures are always evidence-based, so she really captures the intellect while keeping it light and fun."*

– Karen Dowler, Professional Development Manager of Perioperative Services at Tufts Medical Center

Ultimate Healing Journey, LLC  
Visit [www.HealthandHappinessSpecialist.com](http://www.HealthandHappinessSpecialist.com) today!