

**Karyn Ruth White**  
**Laugh and Learn Productions**

Telephone: 303-369-8277

1-877-KRWHITE

Address: 3551 South Monaco Parkway, Suite 307  
Denver, CO 80237

Fax: 303-369-1018

Email: [krw@karynruthwhite.com](mailto:krw@karynruthwhite.com)  
Website: [www.karynruthwhite.com](http://www.karynruthwhite.com)

**The 12 Secrets To Staying Miserable©**

**With National Humorist, Karyn Ruth White**

Have you ever noticed that there are people in this world who just seem to be happiest when they're miserable? Why is that?

Most people say that they want to be happy, yet a large percentage of us seem to seek out, focus on and dwell unduly on the very things that bring us unhappiness. If misery loves company, then it must be feeling rather crowded these days. We have become conditioned to look for what's missing in our lives, rather than focusing our considerable energies on growing the abundance that already surrounds us.

National Humorist, Karyn Ruth White will take us through this hilarious step by step guide of 12 of the most common ways in which we sabotage our own happiness, effectiveness and success. Whether it's through over-indulgence, underestimating our value or minimizing our gifts as human beings, just ask us why we can't ever be happy and we'll tell you. Learn how to avoid happiness like the plague, perfect the art of ignoring a compliment, reinforce negative thinking, compile a lengthy blame list and much much more. This session will provide you with 12 surefire ways to achieve misery in your own life and keep it there!

This humorous tongue-in-cheek approach is designed to encourage us to laugh at how we sometimes "get in our own way." Through laughter, we gain insight into some of our self-imposed barriers and become better equipped to gain control over these limiting behaviors in the future.

Karyn Ruth White is a National Humorist and Life Skills Coach. She is the owner of Laugh and Learn Productions, a Colorado-based company dedicated to inspiring people to live and work with less stress and more enthusiasm. Miss White has worked for over 10 years with large organizations and associations throughout the country and can be reached at [krw@karynruthwhite.com](mailto:krw@karynruthwhite.com).