



Turn Your Worst Experiences Into Your Best Opportunities!

I've been shot in the center of my chest with a 38 by an unknown assailant, fired, divorced and depressed, self-employed (which means permanently unemployed), audited by the IRS, and widowed after 10 years caring for the love of my life who died in my arms from multiple sclerosis. I speak from experience and education to provide practical tips for discovering the blessings in life's challenges.

Dr. Rob Pennington

- Ph.D. Psychologist since 1976
- Producer/Host Of Own TV Show
- Award Winning Author
- Recipient, Mental Health Association's Outstanding Speaker Award (four times!)
- Highest Rated Corporate Trainer by ExxonMobil each year for 29 years.
- Compelling Story Teller

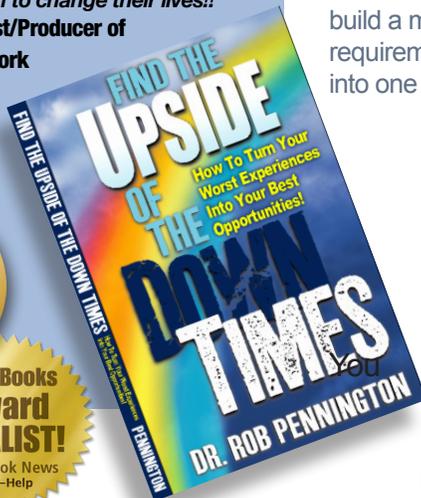
What the Media Says about Dr. Rob:

Dr. Rob is a unique, humorous and very entertaining guest who has a wealth of knowledge, wisdom and insight to share that can make an immediate, positive difference in the lives of any audience.

If you don't interview Dr. Pennington, you are missing a great show!

**Scott Cluthe, Host
Positively Incorrect TV/Radio**

Dr. Rob is the perfect guest for radio and television! He is engaging, fun, and full of incredible information listeners and viewers can immediately put into action to change their lives!!
**Lisa Davis, MPH, C.N.C., Host/Producer of
NPR's It's Your Health Network**



Story Ideas

1. Stress Kills - But Worrying On Purpose Can Save Your Life - You can not control your initial reaction to anything, it's a habit. But you can use stress and worry as "stepping stones" to control your second reaction, producing a life better than your best dreams.
2. Lost A Job? A Relationship? Your Health? - When a door closes, stop banging your head on it - start looking for that open window! Stress is resistance to change. It also a signal a change is needed. Learn practical steps to succeed at the change life is forcing you to make.
3. What Good People Can Do When Bad Things Happen - Bad things happen but there are 5 ways you can learn to cope and achieve an even greater success.
4. Worry Your Way to a Brighter Future - The opposite of a worry is called a goal. Transform any worrisome thoughts into actions to achieve that goal in 4 steps.
5. Having Trouble Turning That Good Intention Into a Permanent Habit? - Of course you are. Good intentions are never enough to change old habits. Fortunately there are 6 steps that can help make your new habit really take hold.
6. Is Feeling Overwhelmed Becoming a Habit? - Recognize your stress faster in 6 steps and move through it quicker, from your habitual Automatic Stress Reaction© to the more proactive Stress Management Response©.
7. Get (or Giving) The Cold Shoulder Way Too Much? - Learn how to turn passion killing arguments Into foreplay. We all know most disagreements are really misunderstandings. How quickly you discover the misunderstanding affects how fast you create appreciation, gratefulness & agreement, all needed for great love making.
8. Don't Know Why Your Relationships Keep Ending Badly? - We don't mean to hurt the ones we love, but we do, and that can be the end of what was wonderful. Recognize 5 bad relationship-destroying habits & turn them into their loving opposite.
9. Your Lover's Annoying Habits Getting On Your Nerves? - Use those habits to build a more committed relationship by knowing the difference between expectations, requirements & preferences. It could not only save your relationship but transform it into one greater than you thought possible!

MORE STORY IDEAS ON BACK

Free Media Downloads:

Sample of my book • Videos on YouTube
www.drrobpennington.com/media.php

CONTACT 713-305-1812 Info@DrRobPennington.com



Turn Your Worst Experiences Into Your Best Opportunities!

Each autobiographical chapter relates a true story from my life, followed by the lesson I learned and an activity designed to save readers time and pain in turning their own negative experiences into positives. From challenges in career and finances to relationships, education, and health I sought to demonstrate that even though we all have difficult times, we also all have the ability to rise above them.

Story Ideas

10. **Is Your Child Becoming Selfish, Entitled & Obnoxious?** - Computers can help you raise respectful, responsible kids. Some kids relate better to computers than to authority figures. MindOH.org programs provide uniquely powerful tools to help kids face life challenges both at school and home.

11. **Computers Help Bullies Confront Themselves** - Before MindOH.org programs were used in discipline process 80% of students sent to the principal say it was not their fault. After a 20 minute computer experience to prepare their story, 80% say it was their fault and make suggestions on how to make amends. We can solve this problem.

12. **Attracting The Wrong Men Over and Over?** Understand 4 mistakes women make that keep them attracting the wrong men and what you could do right now to begin attracting Mr. Right! #3: Choose your man with the same attention to detail you do when selecting a car.

13. **Is Your Difficult Co-Worker Killing You or Do You Want To Kill Them?** - Having a poor work relationship makes you 2.4xs more likely to die sooner. Learn how not to take their crazy behavior so personally. It could save your life.

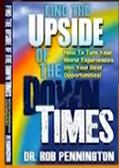
14. **Is Owning Your Own Business Killing You?** - Women business owners are 70% more likely to die from stress related illness than those who aren't in power or control. Reducing the majority of disagreements and conflicts with employees in 3 questions could save your life.

15. **Is it Going to Take A Stroke To Get Serious About Reduce Your Stress?** Men under stress have a 50% increase in the likelihood of stroke. Learn how to use the pauses in your life to practice reducing stress rather than getting more upset that you have to wait a few minutes. The stop light is not going to change quicker.

16. **Got More Stuff To Do Than You Can Get Done?**- Join the club. You will die with stuff not done. Spend 2% of your time doing "nothing" and you will reduce 80% of your mistakes and free up 18% of your time - to get more stuff done, of course!

Media Experience

A nationally recognized go-to media guest who's appeared in numerous outlets including: television, print, internet and radio. over three decades.



By Robert Pennington
www.robertpennington.com



Book Reviews

"For those of us blessed to know Rob, this book is the essence of his kindness and beautiful view of life. He lives his teachings... and demonstrates that we have the choice to live life miserably or to engage life's challenge to live happily, no matter what life tosses your way!"

Doreen James Wise, RN, EdD, CEO,
Medical Research Associates

"Rob makes himself vulnerable to the reader. He doesn't pretend that he was strong or perfect in the middle of these circumstances. Instead, he allows us to see his emotions, doubts and struggles. He's one of us so we can identify with him and realize that it's possible to emerge successfully from even the gravest of situations."

Meredith Bell, President of Performance
Support Systems

"I loved the realness, openness, and vulnerability in all your stories, lessons learned and activities. I cried. I feel abundantly blessed and fortunate for the gift of your wonderful book!"
Jana Mullins, MA, author of Open Hands:
Lessons on Giving and Receiving

"Rob's book is an extraordinary thing. He shares his own biggest real-life challenges with humor and with honesty, and puts the tools in your hands while he does it. Business, life, loves, and spirit – it's all here, and I have never seen them so winningly combined."

David Berry, PhD, Psychologist and Founder
Teacher Support Systems

Best Books
Award
FINALIST!

USA Book News
Non-Fiction

Best Books
Award
FINALIST!

USA Book News
Self-Help



CONTACT 713-305-1812 info@drrobbennington.com
AVAILABILITY: Nationwide by arrangement, Based in Houston, TX