

from the New York State Psychological Association:

Members in the News

NYSPA Emeritus and Westchester County Psychological Association past-president, Howard L. Millman, Ph.D. joined fellow authors Oprah Winfrey, Bill Clinton, Nelson Mandela, and Lance Armstrong in writing an article for Personal Excellence Nov. 2007.

“Turn Pain to Joy” is a method of transforming psychological and physical pain to joy by change thinking; being here; and focus, flex, and let go. Learning to reduce or eliminate bodily pain and tension makes psychological methods more effective. By experiencing less pain, and more joy life becomes more satisfying and productive. The article is available at paintojoy.com