

What is Positive Psychology?

“Positive psychology is the scientific study of what makes life most worth living.”

Positive psychology is a scientific approach to studying human thoughts, feelings and behavior with a focus on strengths instead of weaknesses, building the good in life instead of repairing the bad and taking the lives of average people up to “great” instead of focusing solely on moving those who are struggling up to normal” (Peterson, 2008)

Positive psychology focuses on the positive events and influences in life, including:

- Positive experiences (like happiness, joy, inspiration, and love)
- Positive states and traits (like gratitude, resilience and compassion)
- Positive institutions (applying positive principles within entire organizations and institutions)

As a field, positive psychology spends much of its time thinking about topics like character strengths, optimism, life satisfaction, happiness, well-being, gratitude, compassion (as well as self-compassion), self-esteem and self confidence, hope and elevation. This helps people flourish and live their best lives.



By appointment only

Day	Hours
Monday	11:00 am— 9:00 pm
Tuesday	11:00 am— 9:00 pm
Wednesday	11:00 am— 9:00 pm
Thursday	11:00 am— 9:00 pm
Friday	11:00 am— 9:00 pm
Saturday	closed
Sunday	closed



Village Mind and Body Institute

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*“Mental Health
You Can Afford
From People Who
Care”*



*“It was a good experience
in the middle of awfulness.”*

Jill N.

Village Mind and Body
Institute

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About Us

Village Mind and Body Institute was founded in 2016 and was originally located in The Villages itself on Rt. 466. We were founded on one principle, to put patients above all else including money.

Our chief of staff is Doctor Brady, Ed.D., Psy.D. He started helping people with their problems in the 1970's. Doc Brady is an award winning Christian psychologist and life coach who has written several books including one on counseling.

Doc was trained and certified by the Florida Supreme Court in conflict resolution. Doc volunteered for the court system in the 5th District Court for years. Doc was proud to be awarded the Lifetime Achievement Award in 2010 by a sitting president of the United States.

Doc has education from Yale University, University of North Carolina at Chapel Hill, University of California Berkeley, Johns Hopkins University, Sydney University and the University of California, FCE.

Our staff hypnotherapist is Tonya Houghton who has more than 20 years of experience as a nurse and hypnotherapist. Tonya is presently enrolled and near completion of an ND, doctorate program. Tonya is loved by all who know her.

What Sets Us Apart From Others

We use positive psychology, which gives rapid results. We accentuate the positive, which uses mindfulness, gratitude, happiness, positive thinking, etc.

Our typical patient is seen One month to One and a half months, rather than the others which often takes six months to two years to accomplish or see **any** results.

We have male and female therapists available.

We have evening hours available Monday thru Friday.

We have a sliding fee scale so that everyone can be helped.

We are a non-profit organization
(508 (c) (1) (a)).

Our sessions do not run 45 minutes as it is typical in this profession. Our sessions are usually 1 1/2 hours to 2 hours.

Our Counselors are also life coaches which gives us more flexibility and we work from an holistic and spiritual approach.

You see, no one else in Central Florida does what we do. Come in for a free consultation and find out for yourself why we are #1.

Our Services

We specialize in couples therapy, depression, anxiety, anger management, conflict resolution and trauma to mention a few.

We use CBT, Cognitive Behavioral Therapy
Talk Therapy
Hypnotherapy
Mindfulness
Tele-Medicine
Psychological Testing

We are the proud recipients of the 2016, 2017 and the 2018 best mental health practice in The Villages

