



## DIANE LANG

THERAPIST, EDUCATOR & LIFE COACH

### **Time is Money**      **Baby Steps: the Path from** **The Working Mom**      **Motherhood to Career**

Therapist, Educator and Life Coach Diane Lang has dedicated her career to helping people turn their lives around and is now on a mission to help them develop a sustainable positive attitude that can actually turn one into an optimist, literally. A therapist and educator of Positive Psychology, she has seen that it can provide a strong foundation for finding great happiness and is gratified that it is becoming a mainstream method of treatment.

A parent herself, Lang has taught Positive Parenting to parents and written extensively on the benefits of using it with even the youngest children. She has also spoken or conducted seminars on postpartum depression, striving for balance versus having it all and practical tips on interviewing, networking and dressing for success and is the author of “Baby Steps: the Path from Motherhood to Career.”

A therapist at the Universal Institute in Livingston, NJ Lang counsels patients with traumatic brain injury and substance abuse. Her clinical experience includes treating patients with different forms of mental illness, physical and emotional abuse and relationship issues. Lang is also an Adjunct Professor in Psychology at Montclair State University and Centenary College; her college work includes mentoring students for individual career counseling and personal issue advisement.

As an expert in her fields of therapy, Lang has been featured in the Daily Record and Cookie Magazine, seen on NJ 12 TV and the national television program “Fox & Friends”. She has also participated in a reality based Internet show, ourprisoner.com, hosted Generation X-tinet and appeared in various educational videos. In addition Lang writes a bi-weekly column “The Working Mom” at Mommytalk.com and sharing her expertise on parenting on The WTBQ Expat Show.

Lang has an M.A. in Counseling and a B.A. in Liberal Arts from the New York Institute of Technology. Please visit her website for more information: [www.dlcounseling.com](http://www.dlcounseling.com) or her blog: [www.myhappyblog.vox.com](http://www.myhappyblog.vox.com)

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