**Brief Introduction of Dr. Tsang Fan Kwong**

Dr. Tsang Fan Kwong graduated from The University of Hong Kong. Dr. Tsang is an experienced psychiatrist currently working in the private practice who had previously served in the public mental health sector for more than 20 years. He has been dedicating tremendously in mental health promotion, including emotion management, stress coping, positive psychology, establishment of interpersonal relationship and parent-child relationship. Besides, Dr. Tsang is passionate about writing, he is a popular columnist in various local newspaper and more than 30 books have been published. His creativity and artistic talent is also demonstrated in his visual art exhibitions, his work was exhibited in Hong Kong, Macau, Malaysia, Japan, Korea and China. Being a popular and enthusiastic guest speaker in various public media, it is our privilege to have Dr. Tsang to share with us ways of achieving happiness and tips of preventing internet addiction.