



living **WELL** aware™

PATRICIA J. SULAK, MD

The Best in Wellness Information, Implementation, & Inspiration

Spring 2014 Newsletter

GIVE UP vs. GET RID

by Patricia J Sulak, MD

I was discussing the importance of healthy eating with a friend. She attended a Living WELL Aware seminar and made major changes, including choosing better food and exercising regularly, resulting in a 30 pound weight loss. She said she was starting to struggle with sticking to her goals and plans she had set for herself, relating that it was difficult to "give up" the foods she craved. Her words hit me like a lead brick.

*We must have **quality thinking** if we are going to make lasting changes that are required to get to the next level of health and happiness.* Instead of thinking we are "giving up" something that we know is not serving us well, we need to take our thinking to a higher level. It's not about "giving up" a bad habit. It's about "getting rid" of that source of unhealthiness and unhappiness.

We all know how difficult it can be to make changes in our lives, especially when what we want to change has been present for years, if not decades. Yes, you've heard it numerous times: "I have to change my thinking in order to

Living Well Aware Events & News

Rx for Body & Soul

Dr Sulak will present tips to health & happiness!

Open to the public (free)

Faith Point Church

Killeen, TX

Monday, June 2, 2014

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Living WELL Aware Conference

Waco, Texas

Friday, June 27, 2014

8:30am-4pm

Education Service Center,

Region 12

2101 Texas Loop 340

Waco, TX 76712

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change anything." There is no arguing with this.

{FACT: The quality of our life is directly related to the quality of our thinking.}

I didn't GIVE UP cigarettes, unhealthy food consumption, TV sitcoms, and nagging my husband and kids. I decided to GET RID of those damaging habits. What in your life do you need to **GET RID** of to be healthier and happier? Is it unhealthy food consumption, a sedentary lifestyle, sexually explicit material, tobacco, alcohol, drug abuse, gambling, or self-induced anger, stress, and anxiety? Should you GET RID of the habit of getting into other people's business when you should be taking care of your own business? If we want to make substantial **GAINS** in the quality of our life, it's often about what we are **GETTING RID** of rather than what we are GIVING UP.

Remember, so much of our current culture is making us miserable and is literally killing us.

{FACT: There are hundreds of thousands of PREVENTABLE premature deaths in the United States each year.} They are caused by our culture of convenience, complacency, and consumption.

The Great News: We can take ownership of our lives by Living WELL Aware and making our physical, emotional, and spiritual health and happiness a priority. This is the focus of my upcoming book, *Should I Fire My Doctor?*

Actually, it's not about whether we should fire our healthcare provider. It's about hiring ourselves and understanding the necessity of NOT relying on the medical industry for optimal health. WE are the solution to our problems! I look forward to hearing from you and seeing you an upcoming LWA event.

Patricia J Sulak MD
Founder, Living WELL Aware
Author, *Should I Fire My Doctor*, Available June 2014

[Register Now!](#)

'Should I Fire My Doctor,' available soon!

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