
SCHILLINGER
CHIROPRACTIC
&
WELLNESS
CENTER

Voted "Best Chiropractic Office: by the Independent Journal"
DR. MARK SCHILLINGER D.C.
Stress Management and Wellness Care

Day with the Doctor

This life changing, in-home, 12 hour event is the ultimate lifestyle transformational makeover! It begins with an assessment of how satisfied you currently are with your life and then moves into setting short and long term achievable goals. Most importantly, you will know how to implement a method (RIGHT Way®) and a daily lifestyle that will allow you to enjoy a meaningful and successful life. All of the spiritual, emotional, nutritional and physical unfulfilled areas of your life will be illuminated and then you'll receive my mentorship to get your life moving in the right direction.

This intensive focuses on resolving your challenges and the achievement of your personal, family and/or professional career goals. We will generate the step by step action plan necessary to embody your life's purpose and achieve your financial goals. My commitment is to dramatically increase your physical well being, spiritual growth and financial success by guiding you to deeper wisdom in all aspects of your life. Everything I show you can be incorporated into your life even if you have the busiest of schedules.

A list of the areas in your life I will help you master includes:

- * remembering your unique True Self
- * restoring self-respect
- maintaining personal integrity
- expressing yourself creatively
- reducing stressful situations
- * meditating and breathing practices
- * directing anger into wisdom
- * minimizing anxiety
- * losing weight and gaining energy
- * increasing your communication effectiveness
- * enjoying rewarding & resourceful relationships
- * improving parenting proficiency
- * acquiring organizational skills
- * implementing time management techniques
- * exercising with brief daily routines
- * releasing past fears and emotional wounds
- * sharpening your ability to focus & finish projects
- * developing self discipline
- * eliminating addictive behaviors
- * resolving conflicts and limitations