
SCHILLINGER
CHIROPRACTIC
&
WELLNESS
CENTER

Voted "Best Chiropractic Office" by the Marin Independent Journal

DR. MARK SCHILLINGER, D.C.

Stress Management and Wellness Care

Life Coaching

Did you know, according to medical literature, that 80% of all illness is stress related? The most common harmful effects of stress include: anxiety, depression, headache, muscular tension or pain, inflammation, organ malfunction, mental illness and fatigue. To avoid suffering from the negative effects of stress you need to have an effective method that consistently finds the answers to all of the questions and challenges that arise in your life. The RIGHT Way system of lifestyle management will guide you to successfully navigate the turbulent waters you'll encounter on your life's journey, allowing you to enjoy a fulfilling and meaningful life.

Using The RIGHT Way method of personal growth, family unity and professional success you will keep your life moving in the right direction by:

- * discovering your core values and how to embody them
- * achieving personal and professional goals
- * communicating with clarity and certainty
- * exercising efficiently 10 minutes a day
- * cultivating a relaxed and radiant mind
- * improving your diet & losing weight
- * understanding the nature of reality
- * resolving past emotional conflicts
- * leading your family confidently
- * enjoying intimate relationships
- * expressing yourself creatively
- * continually trusting yourself

How Dr. Schillinger's "RIGHT Way" Technique Has Helped Others

"The Right Way has brought Light into my life. I wish I had words to explain what it does for me." U.S.

The RIGHT Way sessions are so helpful. I no longer obsess about things and my focus is on the positive. I am feeling better! K.N.

"The Right Way is very enlightening and refreshing for me to practice. The community is great too!" L.L.

"The Right Way has given me a more clear sense of purpose and vision." C.D.

The RIGHT Way helps me catch myself going in the wrong direction and now I know what to do to get myself right. Immediately my anxiety goes down and my perspective about life returns. The meditations really work! J.G.

"The Right Way has taught me how reduce my stress immediately by being totally present." A.N.