

# Read This...

## Before Valentine's Day\*

\*Or as soon as you can after!

“Love is the will to extend one's self for the purpose of nurturing one's own or another's spiritual growth.”

Since Valentine's Day is this month (February 14<sup>th</sup> to be exact!) it is appropriate to give you that definition of love. Who's definition is it?

Glad you asked. It's M. Scott Peck's from his wonderful book, *“The Road Less Traveled.”*

If you are interested in love and living a much better (and happier) life in general, it is recommended you get a copy of Dr. Peck's book and read it immediately.

In fact, Dr. Peck gives many definitions of love and what it's really all about. One of those “things” is *love comes with the will to do something*. In other words, it is planned – it is a conscious act of wanting love.

Everything in life is the same. You must want something... and then... go get it. The notion that you are going to find the love of your life... or the best career... or whatever... “when you least expect it” and not actively looking for it... is hogwash!

What does this have to do with you?

Nothing comes to those who sit back and wait for the moment to be right. The same holds true for your health and if you have a condition like back pain.

Too many people with back pain or other health conditions take the “do nothing” approach and end up worse off in the long run.

The formula is quite simple:

If you want to find the person of your dreams... make up your mind and go get him or her.

If you want a better job or career... make up your mind and go get it.

And if you have a health problem or ache or pain, make up your mind to do something about it... and do it. Take action. And you will most likely find love, enhance your career... and find the solution to your pain.

Sure, not everything works out like you planned. But you will always fail if you never even try.

And if you're feeling back pain, neck pain, whiplash or sciatica, just call us at (831) 475-8600 and schedule an appointment. Don't wait until your condition gets worse.

And get a copy of M. Scott Peck's great book. It's worth it.

OVER.  
PLEASE