

"I HAVE NEVER BEEN TO A MORE MOTIVATING AND INFORMATIONAL CONFERENCE."

"I read your book and love it! - It's straightforward, honest, wise, and inspiring. Thank you."

"APPLICABLE, AUTHENTIC & REALISTIC."

"Dr. Sulak gives practical, doable advice from not only her role as a practicing physician, professor, and internationally known researcher, but her own life experience. She and her husband Jeffrey Waxman, MD have applied the essential elements to health and happiness and are living examples of the amazing results possible when Living WELL Aware. Their journey outlined in the book is the prescription you need to live life to the fullest."

-Jack Canfield, Co-Author of *The Success Principles™* and *Chicken Soup for the Soul®*

"As a previous attendee of Dr. Sulak's conference, I wanted you to have some first-hand knowledge of how amazing and impactful this conference has been for me. Employee wellness and engagement are two of my areas of responsibilities in Human Resources at Texas A&M University. After having attended Dr. Sulak's Living WELL Aware conference, I was so impressed by the holistic nature of her program that I decided to join forces with Dr. Sulak in developing a program specifically for Texas A&M University employees entitled Living WELL Aware at Texas A&M, a dynamic, year-long program focused on promoting holistic employee well-being. If you have not had the opportunity to hear Dr. Sulak speak, I would highly recommend that you do so. You will not regret it!"

-Mary A. Schubert
Director of Strategic Projects, Wellness, & Engagement
Human Resources, Texas A&M University

"Forget about Dr. Phil and Dr. Oz. Dr. Pat, short for Dr. Patricia Sulak, is the new "go to" person for medical advice, and her book SHOULD I FIRE MY DOCTOR? is straightforward advice on how to live longer and healthier without trying to sell people expensive pills or exercise machines. This book is truly a must read for anyone who cares about their family and themselves. Dr. Pat was one of the best guests we have ever had on my radio show."

Bill Horan, Host
THE SECRETS OF SUCCESS

"Your workshops gave our members real life ideas of how to take control of their lives. You are amazing and your energy is contagious! Thank you for your time and hard work, but more importantly... thank you for caring about our well being!"

"THIS WAS A GREAT DAY OF INFORMATION. YOU GUYS HAVE A REALLY GOOD MESSAGE AND YOUR DELIVERY IS SPOT ON! I WAS NEVER BORED (AND FRANKLY I EXPECTED TO BE).

YOU GUYS MADE IT FUN, INFORMATIVE, AND INSPIRING. I WILL RECOMMEND THIS TO EVERYONE."

I just started the book and am overwhelmed in the best most positive way. It is superbly written, flows like a running stream, and refreshes my spirit.

"CANNOT TELL YOU HOW COOL YOUR LIVING WELL AWARE STUFF IS!! FROM BOTH A PROFESSIONAL AND PERSONAL STANDPOINT... SO, SO REFRESHINGLY ON TARGET AND STATED IN AN ARTICULATE WAY!!"

"POINTED OUT PRACTICAL EVERY DAY, SIMPLE CHANGES THAT WE CAN MAKE IN OUR LIVES TO IMPROVE OUR HEALTH AND PREVENT DISEASE."