

January 2, 2008.



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My New Year's Resolutions for the past few years is to not make any resolutions. Not because I am lazy or apathetic, but because of stress. Every January 1, people around the world wake up to watch the Cotton Bowl Parade, eat their black eyed peas and proclaim to every one in ear shot that this year will be different; that they will lose weight, stop smoking, get in shape and they really mean it this time. Then we all set out with the best intentions to be a size 2 by March 15, and it doesn't happen, if you haven't already given up.

Unrealistic expectations and being over-eager to achieve set you up for a fall that will cause you to relapse, go backwards and may even usher in a bit of depression. Not only that, but the stress from trying creates a whole new list of issues.

Now I'm not advocating doing nothing; what I am saying is instead of a list of 100, make a short list, no more than three resolutions. Then set a long term goal of what you want, then set measurable short term bench marks in order to gage your progress and success.



Newsletter Spotlight

They're back!!!

Just in time for winter, the hoodies are back. Refer your friend today and receive a FREE Susquehanna Spine & Rehab fleece hooded sweat-shirt while supplies last.

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I woke up this morning of January 2, 2008 a bit dejected. The years are rolling by faster and faster, and it is no longer the most wonderful time of the year. The holidays are over and old man winter is blowing in (along with blowing 10 tons of Christmas paper across my yard); and once again, Santa did not bring me my 1987 Ford Bronco or my 1911A1 Colt. Now that the hustle and bustle is behind us, it is time to get back to work and real life. So for everyone who has put their health on hold during the chaos of the season and past few months, let me invite you back. Give us a call today at 443-512-0025 so we can get back to correcting the cause of your pain and discomfort, so that it not only goes away, but makes 2008 your best year ever! .

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