



FABRIKANT CHIROPRACTIC OFFICE

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OUT WITH THE OLD, IN WITH THE NEW

I know that businesses break down, and love can be thrown on the rocks; however, current events have made the rules and models of human conduct seem laughable. We just finished one of the most important elections in recent history, and only days later the governor of Illinois was caught on tape trying to sell the vacated Senate seat to the highest bidder. Meanwhile, the former president of the NASDAQ is led away in handcuffs for running the largest ponzi scheme in history (wiping out \$50 billion in personal and charitable savings).

The enormous time we spend staying current causes the mind to race back and forth, rarely settling anywhere, much less feeling at home. Little or no pleasure can be found reading or listening to news headlines. In fact, they seem like a personal assault to hopefulness.

Let's agree that we must stop the **noise** and get back on **mission**.

The complexity of our world and current events, as important as they are, act to obscure **personal focus** and **sharpness of perception**. More noise equals less productivity. More productivity will quiet down the noise.

After all is said and done, there are only 3 important things to keep in mind: **family**, **health** and **business**. These things are beyond important - they are critical. Recurring symptoms in any area should not be ignored or dismissed. Forget the idea that some high-priced pharmaceutical will make your tired and over-communicated brain happy or get your kids to pay attention.

Let's re-engage and make time to re-invent. Are you paying close enough attention to these three areas to recognize where fundamental changes need to occur? Are you prepared to go beyond traditional boundaries and be a catalyst for change? Are you willing to pay the price?

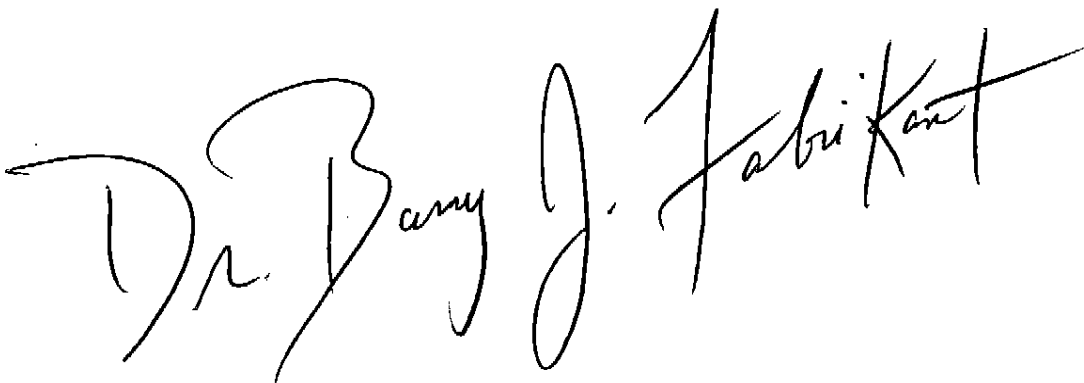
A champion boxer would never show up on fight day without training and preparation. Remember Rocky hanging upside down from the rafters doing stomach crunches and pulling logs through the snow to build strength and endurance.

If you want to feel the way you used to feel or succeed the way you used to succeed, you need to train, prepare and do the things you used to do. Get back to training & fundamentals.

Re-invention doesn't have to be radical. It could mean facing your fear without flinching. If you're a champion, taking a hit is inevitable: train for it, expect it.

- Learn a strategy of pre-eminence
- Be seen as a leader in your field
- Create better outcomes and solutions to solve problems
- Have a higher purpose
- Give, love and serve out of your abundance
- Liberate yourself and others from their current trend & circumstance
- Give people the whole truth. Human nature is self-serving. Find out what's in it for them & communicate it.
- Remain hopeful
- Create extraordinary value
- Refuse to be anything but the best
- Invest in yourself
- Choose to protect and enrich, because before it's all over, we will all be helping each other down the stairs.

This message was prepared and brought to you by the *Chiropractor who loves you...* just do it.

A handwritten signature in black ink that reads "Dr. Barry J. Fabrikant". The signature is written in a cursive, flowing style with a large initial "D" and "B".