

HOW TO SOLVE YOUR

PERSONAL ENERGY CRISIS!



Dr. Howard Wolin with Jay Sargeant

“WE ARE IN THE MIDST OF A PERSONAL ENERGY CRISIS!”



Dr. Howard Wolin, MD

Quite simply, many of us are exhausted much of the time. We are living in a way our bodies cannot support. In the last 50 years, our lives have changed more than at any period in history. Our genetic hardwiring,

passed on from generations of our ancestors, prepared us to deal with crises periodically! We now face these crises, it seems, every hour of every day!

We are bombarded daily by stress from cell phones, emails, television news, busy schedules, etc! Our children are fast tracked into this world of constant stress with a stream of programmed chaos from ballet to music lessons, math tutors, study groups, sports practice, personal coaches, etc.

When there is any break from the noise and nuisance of the modern world, we 'refresh' ourselves with television, video games etc., while eating 'empty' foods that increase the physical stress on our bodies even further.

Dr. Howard Wolin

Dr. Howard Wolin received his BA from New York University and his MD from the School of Medicine, University of Louisville in Kentucky. He completed his Internship and Psychiatric Residency at the Michael Reese Hospital, Chicago. Dr. Wolin is a Graduate of the Chicago Psychoanalytic Institute and has been in professional practice for 40 years. In addition, Dr. Wolin is a trainer, lecturer and has authored numerous articles and publications.

Jay Sargeant

Jay Sargeant is one of the country's most powerful business and communication coaches. Co-author of the much praised 'Paradigms of Persuasion', Mr. Sargeant has consulted to and coached Fortune 500 companies, led huge sales teams and created happiness and success in hundreds of business environments.

MY PERSONAL AND PROFESSIONAL STORY.



How do I know about this Personal Energy Crisis? Each and every day, in my practice, I have a front row seat to witness the results of this Crisis.

more importantly, provide you with simple techniques to meet the energy challenges you and your family face every day!

**WE END UP
EXHAUSTED,
OVERWEIGHT
AND OLD
BEFORE OUR
TIME!**



I have young couples come to me who are deeply in love, ardent for one another, but too tired for intimacy. I have 12 year old children who are too tired to go out and play. They sit in my office and exhibit the physiology of 40 year olds. I have adult men and women in the prime of life, in many cases very successful and full of financial resources, but functionally depressed because they are exhausted.

I offer practical suggestions that you can act on immediately and produce results in as short a time as a week. In a month, you could truly take back your life! It's a simple and comprehensive plan to turn your life around.



Modern science might keep this group alive for 75+ years, but they are functionally 'the walking dead'. In my practice I work with you and provide you with simple techniques to meet the energy challenges you and your family face every day!

My patients pay hundreds of dollars for consultation time, but I can only reach a few folks in my practice. With the Workbook I can reach tens of thousands of energy starved people!

IT'S A SIMPLE AND
COMPREHENSIVE
PLAN TO TURN
YOUR LIFE
AROUND.

MY LIFE IN A NUTSHELL...



As a holistic Psychiatrist for 40 years, I aspire to be a model of robust emotional and physical health.

In an effort to reach this goal, I embarked upon a healing path in my mid-teens that took me through medical school, internship, psychiatric residency and psychoanalytic training and practice and many other associated alternative modalities.

I turned to cutting edge technologies along the way. I exercised, connected with health conscious people and practitioners, made better food choices, took natural food supplements and cut back on stressful activities in my life. I reversed the aging process and in a short period of time, I felt 10 years younger!

I currently run 5 miles and work out with weights on alternate days, 6 days a week. I have less body fat at 70 than I

did at 30! At 70, I still feel 10 years younger! I wake up clear of mind and renewed each morning. I live life with gusto and passion!

Most importantly, I have a way to make this story, YOURS!

I FEEL 10 YEARS
YOUNGER!

