I would like to propose a workshop to teach acupuncturists how to coach their patients to make changes, eat healthy, sleep more, etc. These are all the things acupuncturists tell their patients to do, but patients often feel overwhelmed and don't know where to start. I've taken all the materials I share with my patients and put them in an easy to follow, week by week plan. The book was recently published and available in ebook or paper form. Below is the title, table of contents and a bit of the first chapter.

A Clear Path to a Vibrant Life
Seven Simple Steps to Increase Your Energy and Happiness!

Table of Contents
Seven Steps in Seven Weeks

Introduction/How to Use This Workbook
Week 1: Setting Yourself Up for Success
Week 2: Clean Out Your Pantry and Make a Plan
Week 3: Supplements and Skin Care
Week 4: Digestion
Week 5: Sleep and Stress
Week 6: Exercising to Burn Fat, Not Sugar
Week 7: Daily Happiness
Week 8: Put It All Together

INTRODUCTION:
WHO AM I,
AND WHAT IS MY STORY?

I'm "that" mom at school who doesn't like cupcakes served in the classroom at 10 a.m. My interest in health and fitness dates back to the 1970s when I did yoga as a kid back when only hippies did it. As a teenager, I read *Prevention* magazine and spent Saturday mornings watching PBS cooking shows. But I was also the kid who loved sugar and all things sweet. As a way to feed my sugar addiction, I became a very good baker at a young age. It was the best way to keep a steady flow of carbs and sugar in my life. Things have changed around my house, but I still love to bake. I just don't do it weekly, and when I do, I use ingredients that are healthier than white flour and refined sugar.

I coach people about healthy eating and healthy living. I help them with their health issues and work with them to figure out ways they can transform damaging habits into healthy ones without feeling deprived. That's the purpose of this workbook. I wanted something that would be easy for people to do. I hope you find this information not only helpful but also useful in your everyday life.

HOW TO USE THIS WORKBOOK

Each week I'll cover a new topic. Read through the week's topic and then, one at a time, start adding the concepts discussed to your life during that week. For example, Week 1 covers intention, meditation, and self-limiting beliefs. Start by setting your intentions, and then, a day or so later, add meditation. Finally, set aside some time to explore your self-limiting beliefs.

At the end of each week, you'll see a list of weekly reflections. Take a few minutes to rate how you're feeling. This exercise will help you keep track of the changes you are making as the weeks go by.

Week 1
Setting Yourself Up for Success

How to Change

Have you ever noticed how hard change can be? Doing things like getting off sugar or coffee or exercising more can just add stress to your life. And when it's not easy, you don't stick with it.

What many people don't realize is that a one-degree change can put you in an entirely different place in a very short time. Think about a ship heading from New York to Spain. Where might that ship end up if it was one degree off course? Perhaps Morocco! That's a big difference. Now picture yourself making a one-degree change in your life. Where might you end up six months or a year from now?

Stanford researcher B. J. Fogg discovered that behavior is systematic. That is, we don't change our behavior through sheer willpower. To make lasting changes in your behavior, you need three components: motivation, ability, and a trigger event.

What does that mean? Consider the following situation. You want to lose weight. That's your intention. What's your motivation? You want to be able to keep up with your kids. Not eating daily dessert is the ability. Not buying dessert when grocery shopping is the trigger event, allowing you to keep your intention of losing weight.

Makes sense, right? Willpower alone would be you telling yourself, "I'll buy the desserts, but I just won't eat them." How well do you think that one will work for you?

What if your goal is too big? Try breaking it down into small (maybe even tiny) steps. For example, if you want to exercise more, start with two push-ups, not fifty. Or if you want

to floss your teeth, start with one tooth. Sounds ridiculous, doesn't it? That's actually what it takes to make lasting changes.

Often people feel overwhelmed even with the idea change. How do you fit one more thing into your already packed schedule? Find an anchor. That means that you should anchor the new behavior to an already existing habit. Do you brush your teeth regularly? Then attach flossing to that action. Most people pee an average of seven times a day. What new habit could you attach to that activity? Could you do lunges on your way back to your desk from the bathroom or stretch your arms and legs when you get up from your desk? Sure, you might look silly, but you'd be working out. And who knows, you might even start a new trend at the office.

The big thing to remember is this: if it hurts, you're doing too much. The new behavior needs to **not** be a big deal.