

Live the WOW!

Learn to Dance! When You Hear the Music of Life You have a Choice. Sit it Out as a Wallflower. Or, Dance! People Living the WOW! are Dancing their Hearts Out to Their Own Music! YOU Should too!

Thomas Connors
VALLEY PATRIOT WOW! COLUMNIST

What are you waiting for? Get up there and Dance!

Dancing with the Stars! It was an amazing phenomenon the first time it hit television screens. For some crazy reason it brings a great feeling to audiences all across America.

Maybe that's because it represents Life in General and our inner Desire to Live the WOW! throughout all aspects of our own lives.

Pay Attention to Life! You, too, will hear the Music; the Rhythm, the Beat that MOVES those who Live the WOW! every day of their Lives.

I can still remember my Mom cradling me in her arms as she rocked me in her rocking chair. And I can still hear her singing me to sleep. Believe me when I tell you that took some effort. One thing about Mom, she could not carry a tune (even if she had a bucket to put it in!). Despite that,

I always remember her having a song in her heart.

People Living the WOW! find that Life provides them with that same consistent "music" or rhythm to their daily routines as well. They see it as a gift; a type of motivation that gets them going and helps them regulate their day through calm and rational emotions. You could say they go with the flow of the music and use it to their advantage. Not only does it stir their creativity and builds energy, it adds meaning, both tangible and spiritual to their lives.

But, you have to pay attention to its existence. You have to listen for it. It's not like a whole symphony shows up on your front door step and entertains you. No, it is subtle, yet, succinct, once you figure out how to get into the Rhythm of Living your Life with flair and gusto. It will move you too, if you let it.

You CANNOT go through the Motions and Expect Success to Fall at your Feet. You have to Learn HOW to Hear the Music of Life Through your Heart and

Breakthrough treatment now available in Andover

Imagine thirty to forty years ago if you were told that lasers would replace scalpels in surgery or that robotic instruments

would build cars: you may not have believed it! By the same token, would you believe that chiropractic treatments can now be performed using a special hand-held instrument developed by NASA scientists; all while you are sitting in an upright position without any turning or twisting movements?

Advances in computers and engineering technologies have been able to uniquely blend with chiropractic in order to both analyze and treat the human body in such a way that was never before realized.

According to Andover Chiropractor, Dr. Richard Tellier, "This new form of computerized treatment is so gentle and effective, that it amazes even the most skeptical patients." It's called the Pro-Adjuster and is the latest, state-of-the-art technology in existence today, and there is only one in the Andover area.

The Pro-Adjuster is a brilliant combination of tradition and technology. It can safely and gently analyze and treat the spine and other joints to remove the nerve impingement that is often the cause of pains in the low back, neck, shoulder and elsewhere in the body. The Pro-Adjuster also works on a variety of muscular conditions to loosen tight muscles with ease and comfort. Many patients say that it's like getting a mini-massage.

It can also help increase the amount of motion in almost any joint. Even patients with knee, hip and foot problems such as plantar fasciitis are being helped. The treatment is covered by most insurance companies.

Dr. Tellier says that "The secret to the Pro-Adjuster lies in its advanced piezoelectric sensor that is able to detect the slightest amount of restriction in a joint and then deliver an extremely precise adjustment." He says that "even though traditional forms of adjusting also work, people are drawn to this new technique

because of how gentle it is and does not involve any twisting, especially in the neck. Many people love getting adjusted

with manual techniques, all of which are safe and effective. But there are a large number of people who never get to experience the amazing benefits of chiropractic because they are scared to have their spines adjusted in that way".

Now, there is no longer a reason to be weary. The Pro-Adjuster is perfect for anyone who has been thinking about going to a chiropractor, but hasn't yet made that decision. Dr. Tellier wants everyone to be able to experience these same benefits and if you have any of the following conditions, the Pro-Adjuster may be the answer you've been looking for....

Low back discomfort
Fibromyalgia, Sciatic nerve, Planter Fascitis, Neck and shoulder pain, Knee or hip pain, TMJ dysfunction, Scoliosis, Carpal Tunnel Syndrome, Arthritis, Headaches, Sports injuries

Treatment with the Pro-Adjuster is consistent, measurable, and extremely gentle. There is no guesswork, and it's safe for individuals of all ages. Call the office today and mention this article to receive a FREE Pro-Adjuster analysis to pin-point your problem areas and to see how the Pro-Adjuster can help. Call within the next 10 days and you will also receive a complimentary muscle test that can show the areas of your stress and how it's affecting your body. Call (978)474-0836 today to reserve your free Pro-Adjuster Analysis Scan.

This technological marvel can help you return to a healthier lifestyle. You may no longer have to live with a persistent, painful condition, Call today!

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Soul!

Any body can learn the steps to a particular dance. But that is purely going through the motions. And no matter how hard a person tries, he or she will always look awkward. Almost as if they are tripping over themselves. They choose to only dance with their feet. It is strictly physical for them.

The Pros, on the other hand, dance with their heart! They FEEL the music and let it direct their every step. They don't walk through a number; they glide through it. Music and Dance become One!

Living the WOW! becomes possible when you force yourself to do the very same thing. Listen for Your Music. I swear the Good Lord put it there to attract you to the good Life He has in store. Cup your ears if you have to and find the volume control so you don't miss a single beat. Force yourself to start listening.

Be Patient and Have FUN! Take it One Step at a Time until you can Put it All Together in Harmony. Practice Makes Perfect!

If you have ever taken dance lessons you know what every instructor does. He or she runs through the whole dance or routine. You tell yourself how impossible this will be. Then the instructor begins practicing the first step with you. Then the second step. Third step. And on and on.

Days or weeks later you can run through the routine with ease. Perfection follows when you get the rhythm of the music to match the movement of your body.

Living the WOW! involves the very same process. It's learning what the flow or rhythm of Life really means. It means putting your heart and soul into your daily life. Whether it is at home, work, school or play.

That is what is so Energizing about Dance and Music. VARIETY! It is never boring or even predictable. Just the way Living the WOW! should be!

Mix it Up! Get out of Your Rut! Variety CAN indeed put Spice into that Life of Yours. If you Let it!

Dancers take on many types of chal-

lenges. From the old soft shoe to tap. From ballet to modern jazz. As long as there are different kinds of music there will be unique and different interpretations of dance and movement to go along with it.

That is the Magic of Living the WOW! Never a dull or uninteresting moment. Life becomes an event; a memorable occasion to celebrate all the wonder before you as you live life to the fullest here on earth.

Some of our Guests in Contract Services at American Training have learned to harness the rhythm of a WOW! Performance through music. So much so, they beat all records this past month!

New jobs to do mean new tasks to learn. To many people, the eye/hand coordination that is required to perform up to our customers' standards is not so easy. Once I see a Guest learn the steps to a job, it is so rewarding to watch them methodically perfect their rhythm or pace. The headsets go on and they set their goals of completing so many widgets in fifteen minutes, a half hour and an hour. They adjust by putting their passion into each piece they produce.

These people with disabilities take a special, personal pride in their work. They use every gift available to them to produce successfully for our customers. They're not sitting life out as wallflowers because of some disability. They're hearing their own music and getting up to Dance. The result? Last month we hit our best month ever. Just a little bit over \$40 thousand dollars in billings.

Now, that's a WOW!



Tom Connors is President/CEO of American Training, a diverse collection of companies committed to "Bringing Out the Best in Everyone They Touch". He believes in living life to the fullest by making the WOW! a regular part of your personal, spiritual and working

life. You can reach Tom at Tom@American-TrainingInc.com or by writing to him at Tom Connors, American Training, 102 Glenn Street, Lawrence, MA 01843 © 2010

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