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## Fabulous Fall Programs!

Dear Dr Craig,

This will just be a quick blast to keep you updated with our unfolding upcoming schedule of events.

Dr Craig

### Happiness: Exploring the Science of Joy

with Vicki Robin, co-author of **Your Money or Your Life** and creator of **Money, Happiness & Enough: The Whole Enchilada** Teleclasses.

Tuesday, October 26th from 6 - 7:30 pm (or [CLICK HERE](#) to LISTEN for FREE after Oct. 30)



**Happiness is all the rage. Sociologists, psychologists, scientists and politicians are wondering if we can design our lives - personal and collective - around well-being rather than economic growth. In Bhutan they call it Gross National Happiness. In Positive Psychology they call it learned optimism. In neurobiology they talk about dopamine and serotonin and opiates. In spirituality they hook monks up to machines to map the joy centers of the brain. Vicki Robin will lead us and our listeners to explore the secrets of their own joy.**

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Vicki Robin is co-author of the International Bestseller, **YOUR MONEY OR YOUR LIFE**, has done a thousand or more media appearances including twice on Oprah, all the morning TV shows, NPR, PBS, and even KSER (her first interview ever 20 years ago!) She teaches telecourses, including her current one: **The Whole Enchilada: Money, Happiness and Enough**. Locally she is cofounder of Transition Whidbey and part of Wake Up Laughing, Whidbey's premier Improvisational Theater Troupe. Website: <http://yourmoneyoryourlife.org>.

**Net proceeds benefit Transition Whidbey**

## **Monthly Mindfulness Meditation Tuesdays, October 19 and November 9, 6:30-8 PM with Erica Rayner-Horn, M.A.**



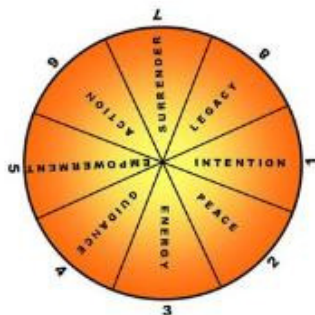
Mindfulness Meditation is the practice of bringing our attention to the present moment, without judgment, to whatever is arising inwardly and outwardly. It is being fully aware of our experience without any effort to change it. It is cultivating awareness of our life as it unfolds moment to moment. Please join Erica at the Sears House if this work calls out to you. Register by [emailing me](#) or calling 360 331 5565. Pre registration is strongly recommended. You are welcome to bring your own cushion and or mat or chair will be provided. Cost is \$10 or free for anyone in financial distress.

## **Examiner.com highlights the Chiropractic Zone ...**



Nice article written by Carolyn Tamler about the programs we have been offering...if you are interested in having an article written about you regarding something unique you are creating in our business here on Whidbey Island...[click here](#) to check it out and contact Carolyn.

**Manifestation Wheel Workshop  
now offered as a Teleclass from  
the comfort of your own home.**



I can personally attest to the fact that manifestation is alive, well and possible, even in these challenging times. In the year of 2010, I will have gotten married to a fabulous woman, become a step dad to two incredible kids, been blessed to have

created a nurturing new amazing officespace in a beautiful location, and am about to move into the home of my dreams....so really it is possible. If you are interested in learning more about how to use this process that is based on teachings that draw from my studies in Native American Wheel teachings, Law of Attraction premises, Quantum Physics principles, EFT tools...all to create what you really want in your life. Find out more by listening in to Alina and I on her Blog Talk Radio program for free, this Wednesday, October 20 at 6 PM by [CLICKING HERE](#).

OR

[CLICK HERE](#) to register:

**4 Part Teleclass** Includes Worksheets and Recordings  
Tuesdays from 6-7pm beginning 10/26/10 **\$65**

"The most beautiful thing we can experience is the mysterious. It is the source of all true art and science. He to whom the emotion is a stranger, who can no longer pause and stand wrapped in awe, is as good as dead; his eyes are closed." *Albert Einstein*

Sincerely,



"Dr Craig" Weiner  
The Chiropractic Zone

**Save 100% Attend your first Dr Craig's Best Back Exercise Class for FREE! Mondays from 12 - 1.**

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