

## *Taking My Own Suggestions*

In June 2005 I had cervical surgery to remove spurs and repair a disc in my neck that didn't go as routinely and perfectly as had been described to me.

In early August, my primary care physician suggested that I take a month off to complete the healing process.

I did not take her advice, and I regret that I did not.

Now I am ready to take her advice and will be taking off the month of January to complete the healing process, replenish my energy, and prepare for the remainder of 2006.

In my 20 years of work as an Educator/Coach/Mediator, I have attempted to help others learn, do whatever is needed to survive in a changing world, resolve conflicts, and take care of themselves. Now I will attempt to take my own suggestions.

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