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Good morning Andrea,

My husband George, whom I love, was walking "old".

It didn't get better. It looked painful. He didn't complain – he considered it the new normal.

At Information Monday I whispered in your ear to take a look at him walk. After the session you came up to him with your business card in two hands, did a Japanese bow and said,

"I can help you."

When I asked him how it went he said, "Good."

When I asked what you did he said "I have no idea, she's a wizard, I'm going again."

By the third visit his gait was normal. "How do you feel?" I asked. "Good," he replied. "What does she do?" I asked. "Wizardry," he responded.

It would be a stretch to imagine that I live pain free and watching George gave me some hope. "I want to go to Andrea," I told him. "Whatever she asks, say yes," he responded.

Your principles are diametrically opposed to the rules I have lived by:

- Start with the strongest side instead of focusing on the weak area. Incredible fact: the weak side quickly learns what to do from the strong side's success.
- When I don't follow through you tell me to give myself grace. Really? No blame? No "should"? Grace. Interesting.
- If it hurts, back off 30% - until it doesn't. Epiphany: more pain doesn't create less pain.
- Do less. You don't want me to do yoga or strength training the same day I see you. My bias has always been if some is good, more is better. You want me to do less. Amazing.

Any sufficiently developed technology is indistinguishable from magic. When I share you with people they ask what you do. "No idea," I say. "She's a wizard. Whatever she asks, say yes."

With gratitude for your mastery of the human brain and body technology,



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