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## Dr. Pelizza

Nationally known speaker and author, Dr. John J. Pelizza is a leading authority on wellness, change process, stress management, communications, productivity, team building, and personal growth. He is a keynote speaker to over 3,500 business, school, professional and civic groups throughout North America.

John is a former hospital wellness director and chairperson of Health Education. He currently is a Professor of Health Education at The Sage Colleges in Troy, NY.

Dr. Pelizza has written several books, a quarterly newsletter, recorded audio CDs and has just released an audio CD titled: **Keys to Permanent Weight Loss.**

A partial listing of his experience includes Bayer, AYCO, Verizon, TD Canada Trust, AIM Funds, Madison-Oneida BOCES, NYSTRS and City School District of Albany .



- Unleashing your Potential!
- Keys to Physical and Mental Wellness
- 8 Mental Thoughts to Live & Work By
- Balancing Work & Life
- Capitalizing on Change
- The Power of Motivation
- Team Building
- Stress Management
- Communications
- Customer Service

Programs can be tailored to meet your specific needs, i.e., keynote, workshop, 1/2 day or full day.

We work directly with clients in order to offer you the most affordable pricing for Dr. Pelizza's services. **Call Bonnie at 518-766-4849**, visit [www.pelizza.com](http://www.pelizza.com) or e-mail [john@pelizza.com](mailto:john@pelizza.com) for fees & availability.

**Books & Recordings available at [www.pelizza.com](http://www.pelizza.com)**

# Pelizza's

Positive principles©  
for better living

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The newsletter designed . . . to help you **FEEL BETTER** and **DO BETTER** by managing your **THINKING** and taking **ACTION!**

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### *You asked for it . . .*

- ⇒ Video on front page of website
- ⇒ Newly designed website
- ⇒ **2 audio clips in PRODUCT section**
- ⇒ **Newsletter online**

*Share with a friend.*

### *Attitude, Aging & Happiness*

If you're in a good profession, it's hard to get bored, because you're never finished—there will always be work you haven't done.  
—Julia Child

Minds are like parachutes—they only function when open.  
—Thomas Dewar

No matter what you've done for yourself or for humanity, if you can't look back on having given love and attention to your own family, what have you really accomplished?  
—Lee Iacocca

Happiness is often the result of being too busy to be miserable.  
—Anonymous

The great thing about getting older is that you don't lose all the other ages you've been.  
—Madeline L'Engle

Instead of crying over spilt milk, go milk another cow.  
—Erna Asp

**To read the following (rest of the newsletter) visit [www.pelizza.com](http://www.pelizza.com) and click on the link for the newsletter.**

- How to get yourself unstuck
- Ramp up your emotional intelligence
- A vegetarian diet helps your health (and the environment)
- How you define work probably determines how you approach it
- 3 tips for positive-minded managers
- Unleash your creativity with the right questions
- Keep your desk and your career well organized for success
- The power of "why"