

# Strategic Solutions

Gets you moving in the right direction

---

165 Liberty Street, Bridgeville, PA 15017 • Toll Free: 1-888-299-6798

My experience at Dr. Dorie's retreat was truly eye opening. I came away with a new appreciation and relationship to my body. This led me to not only a better acceptance of my physical appearance but opened myself up to learning to love myself for who I am and what I can do rather than just what I look like. This new perspective has allowed me to focus my energies on moving my business forward, and opening myself up to new areas in public speaking and networking that I would not have done before because I was self conscious.

I also learned how to truly get in tune with my body and listen to what it needed. I can now tap into many aspects of my inner voice that helps guide me in all different kinds of aspects of my life. This has allowed me to find a hidden well of untapped creativity that I never knew existed within me. Since the retreat, I have significantly changed the course of my business and have created some truly innovative and cutting edge experiential learning programs that have expanded my market from being regional to more national in scope.

I have released my need to feel guilty about what I eat. This has been a truly liberating experience. I spent enormous amounts of energy worrying about food and about gaining more weight. Today, I eat when I am hungry and consume whatever foods my body needs. I no longer label certain foods as good or bad. This act alone helped me release huge amounts of guilt that I was unaware I was carrying around. Although I haven't lost weight, I have been able to maintain my weight over the past three years and the anxiety about potential weight gain is no longer a part of my life.

My focus has completely shifted from weight loss towards attaining inner harmony, balance and peace. My motivation is no longer about the fear of how someone else may judge my appearance. My shift from an outer directed need for approval to an inner relationship with my physical body has given me the freedom to focus on my life and my work in away that let's me embody my true purpose and how I can best serve others. Dr. Dorie has taught me how to have a loving and accepting relationship with myself no matter what I look like which has transferred into my relationships with others. I can truly say that my life is filled with more connections, greater joy and a sense of enhanced freedom since I first met with Dr. Dorie and experienced her work.

Sincerely,



Amy Skolen  
President, Strategic Solutions