

For Busy Physicians: A Better Way for Doctors to Live.

How to Free Up ½-2 Hours a Day to do Whatever You Want.

I am offering a [No-Charge Teleseminar](#) to Friends of Bill Frank.

In one hour, you will begin to get rid of your burnout and sense of overwhelm. Learn ways to free up chunks of time so that you can relax more, have fun, connect with your family, or generate greater income!

By Joseph Weiner, MD, PhD



You have spent your medical career trying to take excellent care of patients and their families. It's safe to assume that you've also tried to get fulfillment from helping others. In return, you may have been hoping for a lifestyle that would give you security, freedom and some luxury.

Unfortunately, the physician's life has become harder and harder to sustain over the last 20 years, and each year it seems to get more challenging. This may have caused you to feel discouraged, even demoralized. Perhaps this has even adversely affected your health and family life.

[I want to share with you how I've helped physicians overcome the burnout and sense of overwhelm that is widespread throughout our profession.](#)

[During this no-charge teleseminar:](#)

1. I will illustrate three of the most common disconnects between a physician's values and work life. These are _____, _____ and _____.
2. You will understand the only thing in life that is not replaceable. This one thing is: _____. Understanding this will enhance your motivation to recapture control of your life!
3. You will understand why "Time Management" is a passive approach to life. Instead, you need to understand that it's really about Time _____.
4. I will give you a roadmap to the four elements of regaining control of your time. These are: (1) clarifying your _____, (2) setting precise and measurable _____, (3) making and keeping short and medium-term _____ and (4) reacting to _____ by _____ events with consistent effort to keep your life on track.

AND AS A BONUS, FOR THE FIRST 8 PEOPLE WHO REGISTER FOR THE TELECONFERENCE SCHEDULED FOR SATURDAY 11/8/08, YOU WILL RECEIVE A NO-CHARGE 15-MINUTE CONSULTATION WORTH \$100. IN THIS 15-MINUTE CONSULTATION, I WILL FREE UP 30 MINUTES OF YOUR TIME EVERY DAY. THIS IS THE EQUIVALENT OF GETTING 4.5 WORK-WEEKS OF TIME EACH YEAR TO DO WHATEVER YOU WANT!

Register Now. Attendance is Limited!

ANOTHER BONUS: For EVERYONE who registers *and* attends this no-charge teleconference, there will be an

EXCITING GIFT WORTH \$297 that will be announced at the 44th minute of the call!

These no-charge one-hour teleseminars are scheduled for

Saturday 11/08/08 from 9-10am EST, and
Monday 11/10/08 from 8-9pm EST.

How to register:

- 1) Simply email my assistant Ann Harrell at ann@amhbusinessolutions.com. Write, "I'd like to register for this week's teleseminar" in the subject line. Include your full name, primary email address and first name, as you'd like to be called.
- 2) Ann will email you back a gift worth \$97 just for registering!

During this teleseminar, I will also be discussing a super enrollment incentive for friends of Bill Frank for a high-level physician-only teleseminar course called,

"A Better Way for Doctors to Live".

This course has already helped practicing physicians free up chunks of time, find more career satisfaction and re-connect with the things that mean most to them in their lives.

Four examples of how my Teleseminar Course, "A Better Way for Doctors to Live" has helped physicians regain control over their lives and increase their personal and professional joy:

Example 1: D.L., a mid career pulmonologist.

Dr. L. is a highly respected pulmonologist at a busy tertiary care medical center. She is also a wife and mother of five children. She told me about how she was over-run with committee assignments, patient care responsibilities and the need to be there for her family. Her life was so out of balance, Dr. L. came home to find her daughter waiting for her at 8pm in her dance outfit, but her dance class was at 5pm. This happened three weeks in a row.

After working in my physician-only teleseminar course, “A Better Way for Doctors to Live,” Dr. L. never missed her daughter’s dance class again. She was home promptly at 5pm on Wednesdays, 3 hours earlier than she had been coming home before. In addition, Dr. L. declined several non-essential committee requests and grand rounds invitations, further lightening her load. I taught her how to say no while gaining increased respect from her colleagues. Her work and personal life is flourishing.

Example 2: F.S., a senior internist.

Dr. S. has weathered the storms of medicine for over 35 years, but he was progressively experiencing increasing signs of burnout and becoming hopeless that he could get home at a reasonable hour. When he would walk through the door of his home at 8pm, he would often be met with his wife’s annoyance. As an older physician, he needed to find a way for his work to be less draining. He also needed to spend more time with his wife.

After working in “A Better Way for Doctors to Live,” he learned how he had the right to have a great personal life, without sacrificing his ideals of noble physician-ship. We analyzed time choices he regularly made that caused great inefficiencies in his day. We also examined decisions he made that devalued his own time. **Within four weeks, he was coming home earlier, often for dinner, and feeling great hope that he could better control his work day.**

Example 3: D.L-P., an inpatient psychiatrist

Dr. L-P. is an early career inpatient psychiatrist. She was quickly burning out in her new inpatient job, one year out of residency training. She was working harder as an attending physician than she did as a resident. She regularly came home at 7-8pm and was too exhausted to go out with

friends and loved ones. She said that much of her weekends were spent recovering from her work-week, rather than having fun.

After applying the principles we teach in “A Better Way for Doctors to Live”, she discovered tools that enabled her to come home by 6pm: this was 2 hours earlier than she had before! She was able to have more energy to see her boyfriend and had greater hope that she could develop a gratifying career in psychiatry, without sacrificing her personal life.

Example 4: U.I., a mid-career oncologist.

Dr. I. is an oncologist in Houston who is beginning a private practice, after being on staff at a hospital for 5 years. She is also raising two sons. Her work demands had caused her to come home at 10pm regularly. She was feeling guilty and questioned her decision to begin a private practice.

While working in the physician-only teleseminar course, “A Better Way for Doctors to Live,” we analyzed: 1) the ways she planned her work days, 2) how she did not distinguish emergent from non-emergent consult requests, and 3) how she could better organize her day. Dr. I. is now regularly coming home at 8:00pm – this is 2 hours earlier than before! She is feeling connected to her sons again and she now has 15-30 minutes daily to do things just for herself. These great outcomes have given her more energy to throw herself into her private practice.

You may be asking, “Who is Joe Weiner and what can he do for me?”

To give you confidence and validation that I can help you, I’d like to share with you some things other clinicians have said about me:

Endorsements

I have been a clinical educator for 30 years and have authored a textbook on medical communication used by over 22 medical schools throughout the country. In this context, I can say that Joe Weiner is one of the foremost educators in the country. He has not only made important conceptual contributions to our understanding of the

patient-physician encounter, but his ability to clearly communicate and effectively train others in these concepts sets him apart. He is a leader among leaders in our field.

Steven A. Cole, MD
Professor of Psychiatry
Stony Brook University Medical Center

Dr. Weiner's presentations are compelling and thought provoking. His knowledge base and understanding of the experience of health care professionals and patients are extensive. He is an extraordinary teacher.

Jane Bowling, DSW
Director of Social Work
Memorial Sloan-Kettering Cancer Center

Dr. Weiner is a recognized thought leader and educator whose insightful and clear approach to complicated and difficult topics in medical education is widely known and respected. His lectures, consulting approach, and workshops reflect his broad knowledge base, his compassion and genuine desire to help others learn and grapple with serious and often overwhelming aspects of medical practice. Dr. Weiner has made a significant contribution to medical training at all levels of professional development.

Lidia Schapira, MD
Assistant Professor of Medicine
Harvard Medical School,
Staff Physician,
Massachusetts General Hospital at the Gillette Center for Breast Oncology

If you'd like to find out how you can find hours a week to relax, have more fun, connect with family and friends and generate greater income, please register for my no-charge teleseminar. There are two dates available:

Saturday, November 8, 2008 from 9:00am-10:00am EST
Monday, November 10, 2008 from 8:00pm-9:00pm EST.

How to register:

Joseph Weiner Corp.
565 Plandome Road, Suite 133
Manhasset, NY 11030

JosephWeinerMD@gmail.com

- 1) Simply email my assistant Ann Harrell at ann@amhbusinesssolutions.com. Write, "I'd like to register for this week's teleseminar" in the subject line. Include your full name, primary email address and first name, as you'd like to be called. Register now, because enrollment is limited!
- 2) Ann will email you back a gift worth \$97 just for registering!

Let's review:

- 1) The first 8 people who register for the Saturday 11/8/08 teleconference will receive a NO-CHARGE 15 minute consultation with me worth \$100 as a gift. Register now! Enrollment is limited.
- 2) Everyone who registers for the teleconference will receive a gift worth \$97.
- 3) Everyone who registers and attends the teleconference will receive a special bonus gift worth \$297 that will be announced at the 44th minute of the call.

I look forward to meeting you over the phone and I hope that your continued journey as a physician brings you the deep satisfaction and joy that you deserve.

With kindest regards,
Joe