

## Balance

As women we hear a lot about needing to find balance in our lives. But put into practice, what does it really mean? I think that often it's an honest reflection on what's missing for us. In order to make room for what we really want, we need to have the courage to say "no" to what we don't. When I stopped and took several deep breaths I realized what I was craving most was something closer to home. I intentionally turned my focus toward myself and my family, my patients and incredible staff, and on continuing to build a practice in this community that I love.

All I have to do to see the progress we've made since I began my practice in Larchmont is to look around at my staff. Five years ago they were a few dedicated, eager, fresh-faced kids. And now they resemble my patients - some are now busy working moms striving to find balance like the rest of us. I continue to learn every day from the amazing women I see in my office, both staff members and patients. They teach me that learning to practice a little kindness, patience, and tolerance toward ourselves as well as others, strengthens and reinforces us, propelling us toward what we want to accomplish.

We all have the opportunity to learn from each person we interact with every day. When we accept that every person has something to add, and each encounter can be a lesson, we are basking in examples of how to live more fulfilling lives.

As multitasking busy women it's often challenging to spend a fraction of the time feeling proud of our achievements in comparison to the hours wasted making apologies, feeling guilty and worrying that we've left things undone. Learning to say "no" takes a surprising amount of courage.

So what did I say "no" to this year? For one I traveled less, (for work that is), and I zeroed in on the professional opportunities that were most important to me. I focused on the speaking and teaching engagements with other physicians that feel most valuable.

And here's what I made room for in my life this past year: we have leased additional office space to include more patient rooms, we're planning to renovate the front office and the waiting room to include an interactive area for patients to test out products. With more space we're looking forward to adding additional staff members. We have made going paperless a top priority. We're also continuing to conduct in-office studies for the dermal filler, Sculptra and the Obagi Medical Products. I also took great pride in being featured on Entertainment Tonight and at the *More Magazine* Reinvention Convention.

And finally, I took a much-needed vacation to Tulum, Mexico with fourteen members of my extended family, ranging from 4 to 80 years old. We stayed in eco-lodges at the Sian Ka'an Biosphere Reserve where we snorkeled, swam with dolphins and even witnessed

the hatching of sea turtles' eggs. It was an exquisite setting in which to relax, reflect and reconnect.

I'm grateful to the Larchmont Chronicle for focusing on women in this annual issue. It helps me stop and consider what's most important, and it reminds me just how much I LOVE practicing in Larchmont. I deeply appreciate being included with the wonderful group of women in this issue. So to them, as well as all the women of Larchmont - moms, daughters, wives and professionals - Congratulations on achieving another year in the many and varied roles that we play.