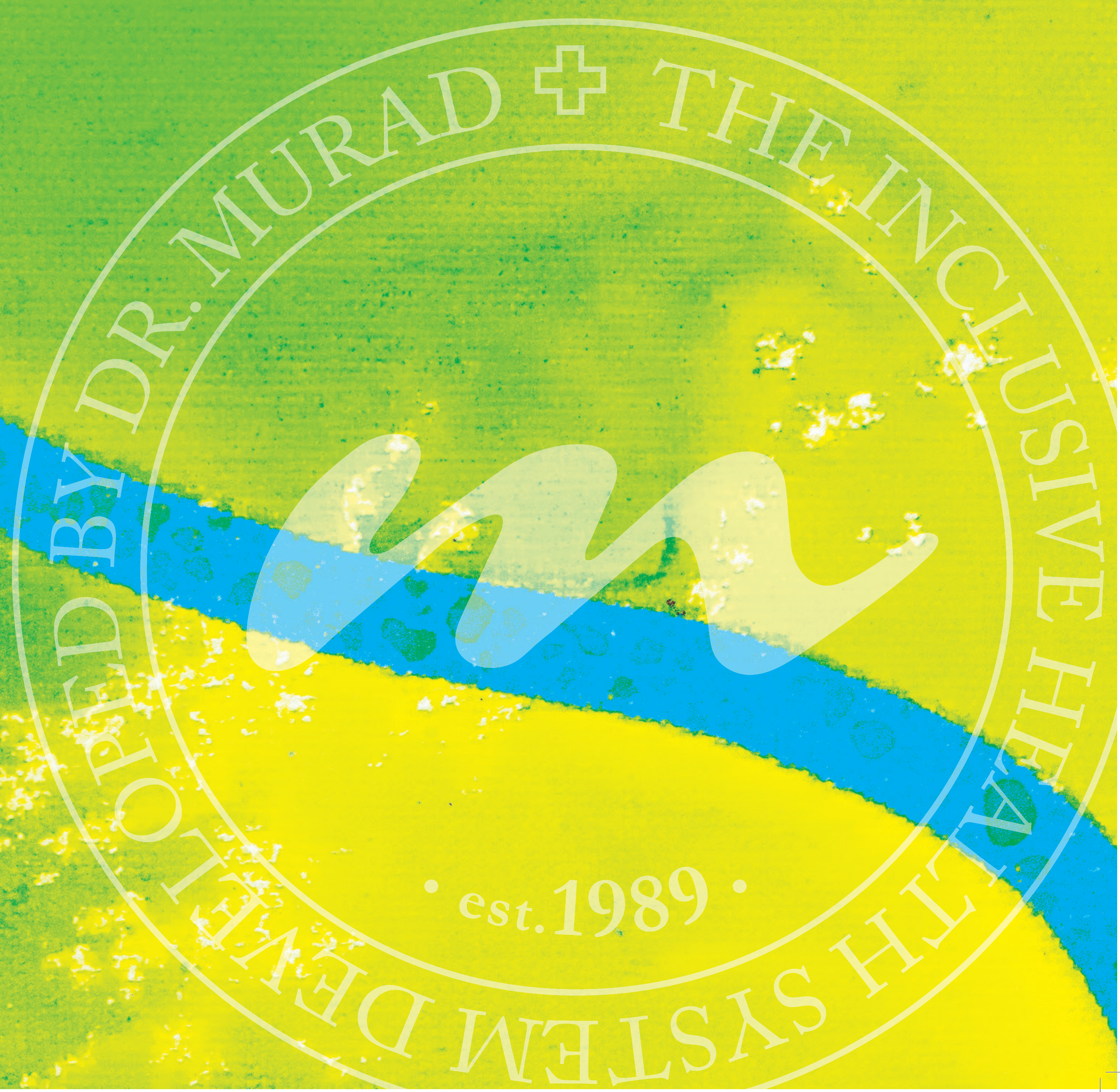


“Life is good,  
bad, and  
indifferent,  
focus on  
the good.”

*Howard Murad MD*





“Happiness  
resides  
within.”

*Howard Murad MD*





“Be thrilled  
with who  
you are.”

*Howard Murad MD*





“Turn the  
rest of your  
life into the  
best of  
your life.”

*Howard Murad MD*





“Follow your  
path despite  
what others  
think.”

*Howard Murad MD*





“Give  
yourself  
permission  
to be  
healthy.”

*Howard Murad MD*





“Increase  
simplicity  
in your life.”

*Howard Murad MD*





“Success  
comes  
when you  
don't fear  
failure.”

*Howard Murad MD*

