



Advertorial: We Should All Be Living Our Best Lives, and Spending Quality Time With Our Loved Ones

Let me show you how to heal from burn-out and reclaim the life of your dreams!!!

Hello, my name is Praharsha Menon, MD. I am a Family Medicine physician and a certified life coach. Not too long ago, I took a big blow from burn-out. My healing journey has been a beautiful one that helped me gain my power back. And now I am passionate about helping female physicians beat burnout and live the life of their dreams.

Why would you want to beat burn-out? Because burn-out:

- steals your energy and zest for life
- robs you of your ability to financially support yourself and your family
- erases the time you have to spend with your loved ones
- stops you from following your passions

But you DO NOT deserve to be suffering!!! You, dear doc, deserve to be happy and healthy! The world needs you as the true authentic YOU!!!

Together let's explore how I may be able to help you reclaim the life of your dreams. **Please use the link below to book a free discovery call with me:**

<https://calendly.com/praharshamenon/discovery-session>

For other free tips on healing from burnout, please use the link below to get a copy of my free Ebook: Life & Soul Healing for the Burned-out MD

<https://www.praharshamenon.com/life-soul-healing-for-the-burned-out-md/>

Let me also invite you to Enlightened MD, a free heart centered Facebook community of supportive physicians: <https://www.facebook.com/groups/enlightenedmds>

The first step is the most important step of a journey. Let's take that first step to a happier and healthier YOU!!!

Warmest regards,

Praharsha Menon, MD – Georgia Academy of Family Physician Member