



Dr. Gary Epler's Positive Leadership Program



5 Components of Well-Being Plus 10 Health Practices

Dr. Gary Epler is an award-winning author and speaker. He is an internationally-known Harvard Medical School professor. He has impacted the lives of people throughout the world through his speaking, books, and teaching. Dr. Epler has been recognized yearly since 1994 in "The Best Doctors in America." He believes personalized health empowers people and has written six health books. He has been called upon by individuals from around the globe who have a rare lung disease that he discovered. Dr. Epler is a successful entrepreneur and CEO. He is a sought-after speaker addressing audiences about health, nutrition, and fitness. He is a radio and television personality. He is a Hollywood screenwriter and has written a medical thriller movie, medical drama TV show, and a lifestyle reality TV show. He lives near Boston with his wife Joan.

Traits of good leadership include communication, confidence, positive attitude, creativity, intuition, and for the startup entrepreneur, team building and raising money.

Everyone has these traits and uses them every day at work and at home. The problem is that people need to improve these traits in a self-sustaining way that will result in continual strengthening of these traits.

Successful leaders live with high energy, creativity and enjoyment. They have positive feelings. They are engaged in life by living every minute. They have meaning in their lives with their family, at work, and with the community. They have accomplishments. They have positive social interaction. They have one success after another. They have time to listen and have time to help.

The solution for developing self-sustaining leadership is to follow the five-components of leadership well-being and the ten leadership health practices.



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Programs:

Seminar:	\$2,500
One-half day:	\$5,000
Three days:	\$30,000

