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### Choose Your Energy: Change Your Life! Archives Available August 21st 2013: Living the Dream

Imagine being at the pinnacle of your career and living a good life. Suddenly your spouse is struck with a potentially deadly disease. How do you negotiate this life crisis and turn possible tragedy into something filled with promise? Imagine also that you've had a dream to write fiction, one you've deferred for years. After your wife's treatment, you decide you are finally ready to live out your dreams. You change the course of your life and begin writing fiction with your wife as editor-in-chief. Mark Rubinstein will share how he transformed everything about his life—including writing two n

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### Featured Guest



#### Mark Rubinstein

Mark Rubinstein was raised in Brooklyn, NY, and, after earning a degree in business administration at NYU, served in the US Army as a field medic tending paratroopers of the 82nd Airborne Division. After his discharge, Mark became a physician and psychiatrist, serving as an expert forensic witness many times. As an attending psychiatrist at New York Presbyterian Hospital and a clinical assistant professor of psychiatry at Cornell, he taught psychiatric residents, psychologists, and social workers while practicing psychiatry. His first novel was Mad Dog House. His next, Love Gone Mad, will be released in September 2013. Among the book's focuses: the insanity plea. Mark has also co-authored fi

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