

CAROL

FAVORITE MOVIE:

The Wizard of Oz. My uncle Ray Bolger played the Scarecrow. He'd always keep us kids entertained growing up.

FAVORITE BOOK:

The Biology of Belief, by Bruce Lipton, PhD. Scientific evidence shows we can impact our DNA and our health, either positively or negatively, with our thoughts.

ON TOP OF MY PLAYLIST:

Anything Cher!

MOST TREASURED ITEM:

A ring my mother had made after my dad passed away that included diamonds he'd given her. It's a connection to them both.

TO DESTRESS I LIKE TO:

Use my punching bag and do what I call a "brain dump."

GADGET I CAN'T LIVE WITHOUT:

An alarm clock.

BIGGEST INDULGENCE:

Going to China for two weeks.

TOP OF MY BUCKET LIST:

See the Northern Lights.

I'M INSPIRED BY:

My late father. He was shot and lost an eye as a young boy, told he should be in a vocational program instead of high school, but went on to become a doctor whose focus was wellness.

MOST VALUABLE COPING STRATEGY:

It's a tie! "One day at a time" and the Serenity Prayer.

BIGGEST CHALLENGE I'VE OVERCOME:

Giving up my old unhealthy coping tools and replacing them with healthy ones!

GREATEST LESSON I'VE LEARNED:

There is no such thing as "I can't," only, "I won't try."

Diagnosis: Depression (MDD) • **Age:** 51 • **Year Diagnosed:** 1992
Location: New Jersey • **Occupation:** CEO of WellYOUUniversity, LLC

Photo: TOM FITZPATRICK OF TOM'S PHOTOGRAPHY for esperanza

