



We are fortunate that there have been a number of advancements in women's wellness over the past several years. Part of the credit for that goes to a particular brand of research maverick. For years, studies on disease and medicines were conducted on male subjects only, the assumption being that similar results would hold true for women. Not so, said several innovative thinkers, and they proved it with studies that showed markedly different results between the genders. Today, more and more studies in

BY SUZANNE STAVINOHA

# Women's Wellness



OCTOBER IS A WONDERFUL MONTH TO CELEBRATE WOMEN. BECAUSE IT IS BREAST CANCER AWARENESS MONTH, WE CAN ALSO USE OCTOBER AS A TIME TO REMIND OURSELVES OF ALL THE WAYS WOMEN CAN (AND SHOULD) TAKE GOOD CARE OF THEMSELVES.

areas like heart disease and even sexual behavior are differentiated by gender, which means findings from the women's studies will be more specific to their biology and anatomy, and the resulting treatments more effective.

Acknowledging October as Breast Cancer Awareness Month, we extend kudos to the dedicated folks at The Susan G. Komen Breast Cancer Foundation for their tireless work on behalf of all the women afflicted with this disease. Thanks to them, more and more of our mothers, daughters, sisters, and friends are surviving and thriving.

Read on to learn about trends, techniques, products, and developments that are improving the lives of our greatest asset—the women of the Lone Star State.



# A Whole and Healthy Life

Janet Chene, M.D.

The Healing Arts Center

## Integrative Medicine

**The Healing Arts Center: 144 Fairway Drive, Kerrville 830-896-8090 drchene.com**

A board-certified M.D., Dr. Janet Chene integrates the best of modern medicine with scientifically sound alternatives to help her patients reach optimal health. "Many people think of alternative medicines as being out there in left field," says Dr. Chene. "But there are a number of natural methods that can be used quite effectively, both to prevent illness and to promote healing. I like to provide that broader spectrum of health options to my patients." On the basis of individual and family history and lifestyle, Dr. Chene personalizes a plan to maximize the health of each patient. She also may recommend gene testing to find out if there are risk factors that can be modified. In some cases, she may recommend hormone, neurotransmitter, or biochemical tests as well, to detect and correct any imbalances.

**The Methodist Hospital: 6565 Fannin, Houston, 713-790-3311 methodisthealth.com**

Heart disease is the number one cause of death for women in this country. The important point to remember, however, is that heart disease is preventa-

ble. "Diet and exercise are sometimes the best defense," says Dr. Christie Ballantyne, director of the Center for Cardiovascular Disease Prevention at Methodist DeBakey Heart Center in Houston, "but we also look at family history, blood glucose, cholesterol, and other factors." The first thing to do, according to Dr. Ballantyne, is to determine your risk level. Methodist offers a comprehensive questionnaire and screening program that can help women do just that. With this vital information in hand, patients can work with their doctor on a plan for a healthier future.

**Dr. Allen Sprinkle: 1106 W. Randol Mill Road, Arlington 817-461-9998 drsprinkle.com**

Most people experience a sleepless night now and then. Those who develop chronic sleep disorders, however, can suffer severe head and neck pain, impaired energy levels, and, in some cases, even stroke or heart attack. So says Dr. Allen Sprinkle, a dentist and expert in pain management, who treats a variety of sleep disorders, including snoring, insomnia, and sleep apnea. He is the first in Texas to prescribe a new device called an Oral Systemic Balance Appliance. "Problems occur when your airway is compromised. This device

stimulates the tongue up and out of the airway, thus reducing the autonomic nervous system's 'fight or flight' response. Adrenaline levels lower, the brain and body relax, and the patient can enjoy a restoring night's sleep."

**Harris Methodist Fort Worth Hospital: 1301 Pennsylvania Avenue, Fort Worth 888-4-HARRIS harrismethodisthospitals.org** Harris Methodist Fort Worth Hospital is the number one choice in women's health care services. Throughout the years, Harris Methodist Fort Worth Hospital has excelled in providing quality care to women through their Women's Services programs.

More than childbirth and gynecology, Women's Services encompasses all aspects of women's health, including cardiology, oncology, and rehabilitative services. Providing a full spectrum of services has always been a priority at Harris Methodist Fort Worth Hospital. That's one reason why, for almost 75 years, so many women and their families have chosen Harris Methodist Fort Worth Hospital as their health care provider. For information on how Harris Methodist Fort Worth Hospital can benefit you and your family, call 888-4-HARRIS or visit harrismethodisthospitals.org.

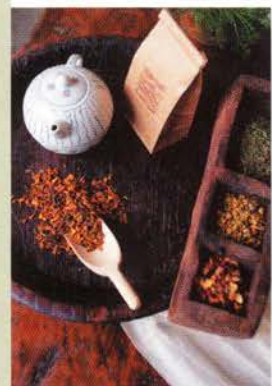
## FAST FACTS



## BEAUTIFUL YOU

### THE NATURAL WOMAN

Inner beauty can be seen, felt, and experienced by one and all. To achieve that elusive "inner glow," millions of women depend on holistic treatments, including acupuncture, Chinese herbs, and natural cosmetics. "Proper functioning of the middle *jiao*, or digestive system, keeps skin glowing from the inside," says Andra Millian, an acupuncturist and Chinese medicine expert practicing in Austin. "A combination of Chinese herbs, carefully chosen by a licensed herbalist, can keep you feeling and looking your most radiant." Natural or organic cosmetics, available throughout Texas at Whole Foods Market and other retailers, nourish your skin by leaving out the artificial colors and preservatives and loading up on plant oils, natural botanicals, antioxidants, and pure essential oils.



# You...Only Better!

**Consulting Orthopedists:**  
 3900 W. Fifteenth, Suite 208  
 Plano, 888-781-5558  
[consultingorthopedists.com](http://consultingorthopedists.com)  
 Consulting Orthopedists, in association with Baylor Health Care System, announces the creation of a national center of excellence in scoliosis diagnosis and treatment, to be located on the campus of the new Baylor Regional Medical Center in Plano. The Baylor Scoliosis Center, scheduled to open in early 2005, will be the only center devoted exclusively to the treatment of scoliosis and related spinal disorders in the North Texas region and one of only a handful in the nation. The center will be led by orthopedic surgeon Dr. Alexis P. Shelokov, who has devoted most of his 25 years in medicine exclusively to scoliosis and who developed or tested many of the treatments used today in scoliosis surgery.

**Methodist Health System: Methodist Dallas Medical Center, 1441 N. Beckley Avenue at Colorado, Dallas 214-947-8181**  
[methodisthealthsystem.org](http://methodisthealthsystem.org)  
 Methodist Health System has pioneered many medical advancements in the Metroplex—from the world's first successful heart-kidney-pancreas transplant to one of the most sophisticated neonatal ICUs in North Texas. Throughout its 77-year history, Methodist has had an extraordinary commitment to serving women. It is Dallas's only member of the "Spirit of Women," an elite group of hospitals nationwide committed to caring for women. The system's two hospital campuses, Methodist Dallas Medical Center and Methodist Charlton Medical Center, serve the growing population in the Metroplex through vital programs that address some of the most serious health concerns facing women today: heart disease, cancer, and obesity.

**Meridian Plastic Surgery Center: 4220 Bull Creek, Austin, 512-617-7500**  
[austin-plasticsurgery.com](http://austin-plasticsurgery.com)  
 Exciting new developments and technologies have broadened the possibilities in the field of plastic surgery. While breast augmentation and liposuction are still common requests, according to Dr. Kelly Tjelmeland of Meridian Plastic Surgery Center in Austin, the popularity and effectiveness of Botox® and Restylane® are fueling a demand for injectable soft-tissue augmentation. "This is a minimally invasive procedure that can be done in the office," says Dr. Tjelmeland. Also on the rise are plastic surgery procedures to remove excess skin and tissue left over when patients slim down through bariatric surgery, or "stomach stapling." Whatever the request, Dr. Tjelmeland is quick to confirm that "patient safety is the number one priority for us. We get great results by concentrating on patient health and realistic expectations."

**Dallas Plastic Surgery Institute: Dr. Craig Hobar, 411 N. Washington Avenue, Suite 6000, Dallas 214-823-8423**  
[drhobar.com](http://drhobar.com)  
 Leonardo da Vinci once said,

"When the spirit does not work with the hands, there is no art." That sentiment is found not only on Dr. Craig Hobar's Web site but in his daily practice as well. A professionally recognized and respected plastic surgeon, Dr. Hobar has been helping women look and feel their best for years. As part of a new and comprehensive approach to improving the quality of life for his patients, Dr. Hobar has launched a Web site called Hobar Health and Wellness ([hobarhealth.com](http://hobarhealth.com)). The information gathered there from a team of physicians, medical writers, and experts is intended to inform people of all ages and backgrounds about ways they can prevent disease, optimize weight, age gracefully, and stay productive and active.

**Facial Center for Plastic Surgery: 902 Frostwood, Suite 168, Houston, 832-358-3223**  
[houstonfaces.com](http://houstonfaces.com)  
 Years ago, women tried to hide the fact that they'd had plastic surgery. Today, however, "having some work done" doesn't carry the stigma it once did. "The television shows featuring plastic surgery have brought it into the mainstream," says Dr. Michel Siegel, a specialist in facial

## FAST FACTS



## BEAUTIFUL YOU

### SHAPE SHIFTERS

We all know that a good bra can make or break how we look in clothes. Yet, according to one survey, 70 percent of women are wearing the wrong size bra. Specialty boutiques like Victoria's Secret, as well as upscale department stores like Neiman Marcus and Nordstrom, offer professional assistance with finding a properly fitting bra. You can also visit [thebreastsite.com](http://thebreastsite.com) to find a do-it-yourself sizing chart. While for many women the word "girdle" conjures up visions of the unrelenting contraptions our grandmothers used to wear, the newer lines of "shapers" are worth a look. Thinner and more comfortable than in the olden days, these garments are ideal for making the most of today's sleek, figure-hugging fashions.



plastic surgery with almost a decade of specialized training. "While it's not just for celebrities anymore, it's still surgery. You have to be careful about who you choose." For instance, while rhinoplasty is quite common, says Dr. Siegel, the procedure is still complex. He says it's important to work with a surgeon who has the ability and training to accomplish your goals. Dr. Siegel currently is the only facial plastic surgeon in Houston's Galleria/Memorial area.

**Dr. Steve Byrd:** 411 N. Washington, Suite 6000 LB 13, Dallas 214-821-9662 [drstevebyrd.com](http://drstevebyrd.com)

While Dr. Steve Byrd performs a variety of plastic surgery procedures, including rhinoplasty, endoscopic or "scarless" face lift, and breast augmentation, one of the most common requests he gets from patients is for liposuction. "Stubborn fat pockets do exist in some women," says Dr. Byrd, "no matter how much they diet and exercise. But you can create bigger problems if you don't change the behavior that created the fat pockets to begin with." Before he performs liposuction on any patient, Dr. Byrd has extensive discussions about maintaining healthy eating habits and developing an active, in-control lifestyle. "The surgery then gives you the immediate gratification of a slimmer body contour," he notes. "And that just reinforces the positive changes already adopted."

**Hill Country Facial Plastic Surgery Center:** 206 W. Windcrest, Fredericksburg 866-588-3937 [fazlift.com](http://fazlift.com)

If you're considering facial plastic surgery, you want to get as much information about the procedure as possible. That's why Hill Country Facial Plastic Surgery Center offers free seminars at which prospective pa-

tients can learn about the latest techniques, view before-and-after photos, and talk to former patients. Dr. Michael Walker, the award-winning plastic surgeon who runs the center, specializes in both surgical and nonsurgical facial rejuvenation procedures, including face, neck, and brow lifts, skin resurfacing, rhinoplasty, and Botox® injections. One unique benefit of having a procedure done here is the location. Patients spend their brief recovery time in a relaxing B&B in the beautiful Hill Country setting of Fredericksburg.

**Dr. John Tebbetts:** 2801 Lemmon Avenue W., Suite 300 Dallas, 214-220-2712 [thebestbreast.com](http://thebestbreast.com)

Widely recognized as an expert in the field of breast augmentation, Dr. John Tebbetts has himself designed many new breast implant innovations and surgical techniques. His expansive knowledge and advice are available through his book, *The Best Breast: The Ultimate Discriminating Woman's Guide to Breast Augmentation*. Dr. Tebbetts is working on the second edition of his book, but out this fall will be the free companion interactive DVD featuring Dr. Tebbetts and his wife, Terrye. "Everyone learns in a different way," says Terrye Tebbetts. "This DVD is another tool to help women make an informed decision. We take them through the pros and cons, and explain all the options." Dr. Tebbetts is also known for his unique 24-hour-recovery experience, which keeps downtime for his patients to a minimum.

**Texas Center for Cosmetic Dentistry and Spa:** 4800 W. Panther Creek Drive, Suite 200, The Woodlands, 877-90-SMILE [lovethatsmile.com](http://lovethatsmile.com)

Dr. Guy Lewis has created a successful practice in cosmetic dentistry in two ways. First, he is a highly trained, award-

winning professional. A graduate of and adjunct professor at Baylor College of Dentistry, Dr. Lewis offers services including veneers, implants, whitening, crowns, bridges, and more. In addition, Dr. Lewis has taken the comfort and pampering of his patients to a new level. Wanting to avoid a cold, clinical-looking environment, he has created offices that look more like an upscale resort. Patients are treated to complimentary snacks and beverages, along with heated neck pillows and foot massages during dental procedures. For patients coming in from out of town—as many do—the center's Web site lists recommendations for dining, lodging, shopping, and entertainment.

**The LipoSurgery Clinic:** 14855 Blanco Road, Suite 100, San Antonio, 210-656-LIPO (5476) [theliposurgeryclinic.com](http://theliposurgeryclinic.com)

Having performed more than 2,500 liposurgery procedures since 1995, Dr. Kimberly Finder is one of the most experienced liposuction surgeons in San Antonio. Unlike most other surgeons, however, Dr. Finder has dedicated her practice exclusively to women. Along with her caring and friendly staff, Dr. Finder focuses on the special needs and concerns of women before, during, and after a liposuction procedure. The first step is a one-on-one consultation to answer questions and discuss expectations. During the procedure, only local anesthesia is used, keeping the patient comfortable and yet reducing the risk of complications. Afterward, most patients can return to routine activities in just a few days.

**FAST FACTS**



**BEAUTIFUL YOU**

**WRANGLING WRINKLES**

Sun damage, dry skin, and stress all cause wrinkles. There are a number of treatments, tonics, and creams that claim to fight the signs of aging, but how do you choose what's right for you? For those who aren't squeamish about needles, there are the "injectables"—Botox, Restylane, and Radiesse—that fill in laugh and frown lines. There are also creams commonly referred to as "Botox alternatives." Doctors seem to agree, however, that simple sunscreen, used early and often, is still the most effective anti-aging product. Dr. John Wolf, chair and professor of dermatology at Baylor College of Medicine in Houston, recommends daily application of sunscreen with an SPF factor of at least 15.





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Dr. Kimberly FINDER is Board Certified by the American Board of Dermatology, member of The American Academy of Dermatology, and The American Society for Dermatologic Surgery, American Society of Lipo-Suction Surgery

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# The Body Beautiful

**Smooth Solutions:** San Antonio, Plano  
Lewisville, Victoria, 866-403-0300

[smoothsolutions.net](http://smoothsolutions.net)

Smooth Solutions offers expert laser hair removal using two of the most advanced laser types approved by the FDA. Professionals at the five locations in Texas have treated more than 100,000 men and women since 1997. Customer care and safety are priorities at each of the clinics. Registered nurses are on hand to consult with each patient before the first session, answering all of the client's questions and concerns before treatments begin. During the session, laser light is absorbed by the pigment in the hair and flows to the follicle, causing the hair to fall out. Treatments at Smooth Solutions are fast and effective, with the majority of clients achieving their desired results in only five sessions.

**BioSilk Spa:** Galleria III, Houston  
713-439-1477

[biosilkspa.com](http://biosilkspa.com)

The treatment begins as soon as you walk in the door. Relaxing music, the soothing scents of aromatherapy, and a cup of herbal tea help you unwind from the hectic world outside. "Women come here to get pampered," says Director Isabelle Brallet. Judging from the extensive list of luxurious treatments offered, they've come to the right place. There is the Gentle Rain Massage or the Hydrotherapy Indulgence Bath. You can try the Hot Herbal Body Wrap, the Anti-Aging Oxygen Facial, or the Citrus Body Polish. There is even a selection of signature manicures and pedicures available. The BioSilk Spa offers a variety of spa packages, including one for the bride-to-be, and gift certificates can be purchased for half- or full-day treatments.



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# SNORING.

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**Dr. Allen Sprinkle, D.D.S., P.A.**  
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Arlington, TX 76012  
(817) 461-9998 • www.drsprinkle.com



**The Body Wrap Shop:** 2800 N. Henderson Avenue, Suite 300, Dallas 214-821-7000  
bodywrapdallas.com

A preferred slimming system for more than 30 years, the "Suddenly Slender" electrolyte and mineral body wrap is used in more than 400 salons in 15 countries. The process is simple and takes about an hour, says Dallas salon owner Michelle Ladewig. The body is wrapped in soft, porous bandages and soaked in a solution of food-grade minerals. "When I first tried the wrap myself," says Ladewig, "I was amazed. I did four wraps in three days and lost a total of twenty inches." Ladewig sees similar results in many of her customers. One of her favorite stories is about the bride-to-be who, after six months of twice-weekly treatments, had to have her wedding gown altered from a size 14 to a size 7.

**The Woodhouse Day Spa:** 203 E. Stayton Ave., Victoria, 877-570-7772  
woodhousespas.com

With six locations throughout Texas as of 2004, this fast-growing franchise of luxury day spas offers women a sanctuary of peace and pampering. From massages to manicures, hydrotherapy to aromatherapy, the services at Woodhouse are a study in total relaxation. To encourage women to take better care of themselves, Woodhouse offers a 30-day wellness challenge that incorporates ten different programs. Choose from regimens that focus on hormonal balance, anti-stress, anti-acne, or others. Woodhouse's own Dr. Lynda Torrey, who holds a doctorate in Ayurvedic Medicine, has developed each program to deliver the ultimate in individualized and holistic care. A unique offering at Woodhouse Day Spa is the Corporate Rewards Program, in which companies can purchase blocks of services to use as incentives for their top performers or salespeople.



The Woodhouse Day Spa

**boscia:** 866-267-2421

[boscia.net](http://boscia.net)

With baby boomers approaching and/or passing 50, the market for skincare products is booming as well. One skincare line that already has become a favorite in Hollywood is *boscia*, freshness-dated, preservative-free products that promise "beauty without compromise." *boscia*'s products don't cover up skin from the outside so that it "looks" better. The skin is made healthier and more supple from the inside, using botanical extracts that penetrate deep into pores and cells. The line includes cleansers, toners, moisturizers, and masks, as well as eye creams and a vegetable-based antioxidant supplement. Complimentary samples of *boscia* products are available at the Bath & Body Works flagships in Houston and Dallas, Nordstrom in Austin, and Sephora in San Antonio.



**FAST FACTS**



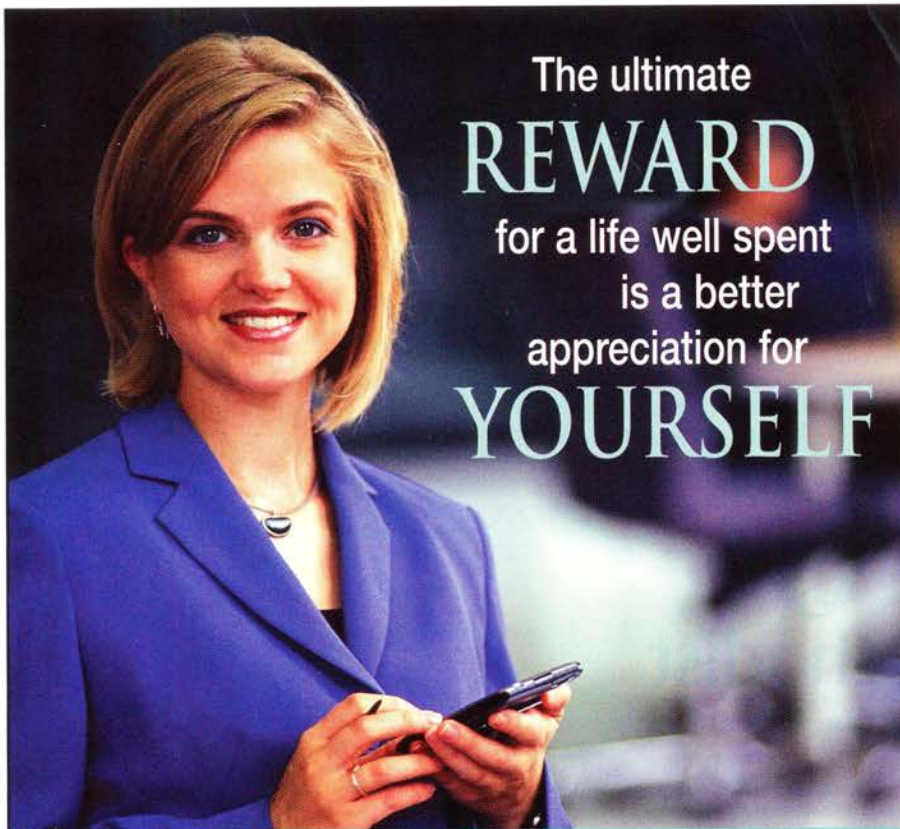
**GET THE SPIRIT**

**CELEBRATING FRIENDS**

Many pundits credit *Sex and the City* for getting women to reconsider and celebrate the incredible value of "girlfriend-ship." Whatever the reason, the phenomenon of female-focused, girl-power partying

has taken hold. In San Antonio, the venerable La Mansion Hotel offers a "Girls Night Out" package that includes champagne upon check-in, a welcome gift for you and your best gal pal, and two 50-minute spa treatments at the luxurious new Watermark Spa.

Scrapbookers, book clubs, or reunion planners should check out the John C. Rogers House ([bbonline.com/tx/rogers/specials.html](http://bbonline.com/tx/rogers/specials.html)), a B&B in East Texas. Proprietress Marcia Nelson hosts themed retreats for 5 to 12 women who want to have a "no-cooking, no-cleaning, no-carb-counting, chocolate-eating, fuzzy-



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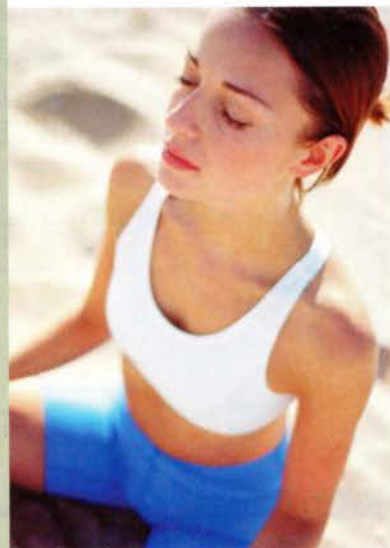
house-shoe-wearing" weekend away from work and family. According to Nelson, these gatherings feature "lots of giggling. It's like one giant slumber party!"

### YOGA

Madonna does it. Streisand swears by it. "It" is yoga, and millions of people practice this body-mind discipline on a regular basis. If you've tried yoga and didn't like it, chances are you were in the wrong class, or so says Austin yoga expert Charles MacInerney (yogateacher.com). "Contact different yoga teachers to find out more about their class," urges MacInerney. "Once there, be sure not to compare yourself to others. A simple rule: Pay attention to what your own body is telling you. And breathe!" If you're interested in refining or expanding your yoga practice, you may want to attend the Fifth Annual Texas Yoga Retreat, scheduled for November 5-7 in Austin. Go to [texasyoga.com](http://texasyoga.com) for details.

### INNER PEACE

While millions of Texans are regular churchgoers, many seek a still more personal path to spiritual peace. Throughout the state, there are dedicated centers, workshops, retreat houses, and groups that can help with that search. One such "contemplative" center in Austin is called Eremos (eremos.org). Offering busy people an opportunity "to step back within the embrace of silence," Eremos gives visitors the time and space to process what's going on in their lives. "The pace of life, the stress of work, family conflicts—they all take a toll, physically and spiritually," says Jean Springer, founder of Eremos. Through a variety of different prayer groups and nondenominational events, Springer helps provide guidance toward reflection and healing.





# Empowering Women

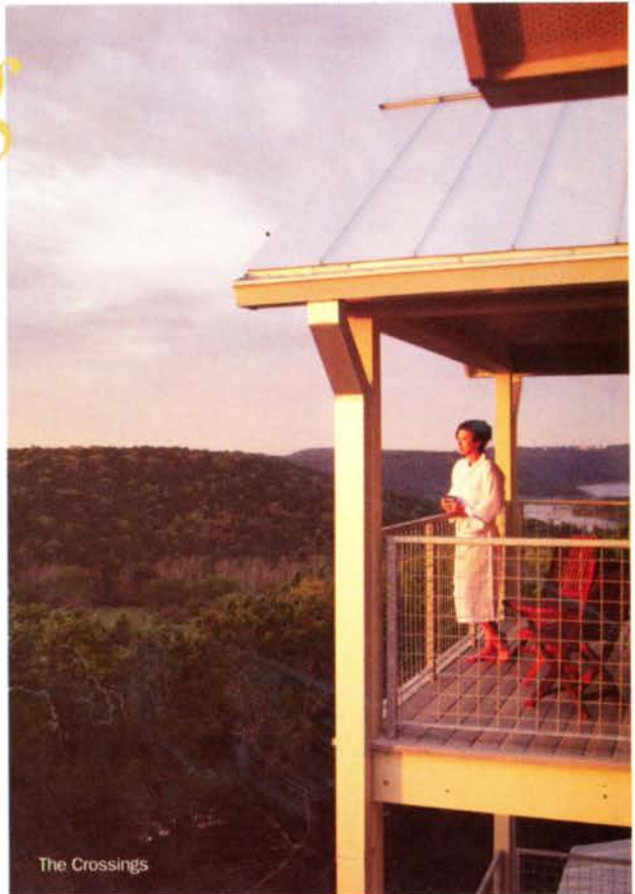
**The Crossings:** 13500 FM 2769  
Austin, 512-258-7243  
[thecrossingsaustin.com](http://thecrossingsaustin.com)

Created as a unique meeting and retreat space where guests can experience "personal and/or professional growth and renewal in a beautiful Texas Hill Country setting," the Crossings is a success on all counts. Located among the rolling hills and green trees of West Austin, this peaceful venue is a hub of activity. In partnership with Omega Institute of Rhinebeck, New York, the Crossings offers seminars, professional training, and workshops in integrative health, conscious business, transformational psychology, meditation and yoga, spirituality, and world music and art. Called a "fabulous spa getaway" by *Cosmopolitan* and one of the 10 great body/mind retreats by *Spa Magazine*, the world-class wellness center and spa, which also offers a variety

of exotic bodywork and massage options, can be enjoyed as a destination resort or as a complement to your workshop experience.

**Southwest Airlines:** Dallas, 800-I-FLY-SWA  
[southwest.com](http://southwest.com)

Besides being one of the top-ranked airlines in the country, Southwest Airlines is one of the best corporations for working women as well. The airline that started in 1971 as a triangle on a cocktail napkin—representing the company's initial flights between Houston, Dallas, and San Antonio—is now an influential force in a very competitive industry. Much of the thanks for its record-breaking accomplishments clearly can go to the creativity, brains, and hard work of women. Nearly half of the airline's



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employees (47.3 percent) are women, holding positions as diverse as flight attendant, maintenance technician, chief financial officer . . . and president. Since joining the company in an administrative role, President Colleen Barrett has become the highest-ranking woman in the airline industry.

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Women are expanding their minds while expanding career opportunities in technology, business, and management at DeVry University. DeVry's master's, bachelor's, and associate degree programs offer women more choice in pursuing their professional goals, especially in areas once dominated by men, such as technology. Today, nearly one third of DeVry University students are female. And traditionally, women and men enjoy equal pay in technology careers. Many female DeVry students who are juggling school, family, and a career appreciate the university's flexible scheduling. Courses are offered during the day, at night, and on weekends. Plus, the Irving Campus is complemented by DeVry University Centers in Plano and Fort Worth.

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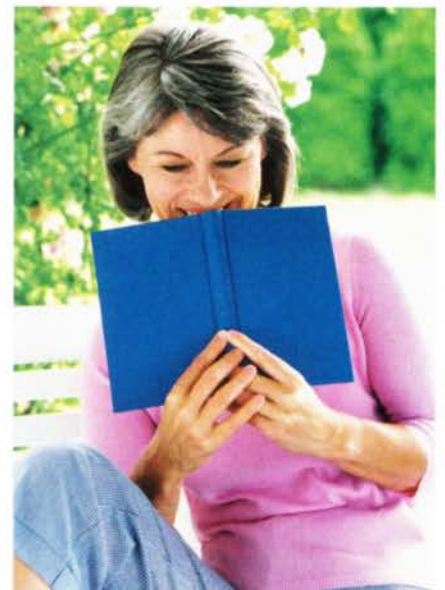
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**FAST FACTS**




**MIND MATTERS**

**READ INTO IT** How long did it take for you to abandon that New Year's resolution to "read more books"? Make reading a focus by joining, or starting, a book club. "It's a great way to read books you might not otherwise consider," says Sarah Krenzke, member of a Houston club that's been meeting for seven years. "We meet once a month, have dinner, and talk about the book. It's a lot of fun, and we get to spend time with friends." If you'd like to join a club, check with your local bookstore for gatherings it may sponsor. To organize your own, look on Web sites like [bookbrowse.com](http://bookbrowse.com) or [bookclubs-resource.com](http://bookclubs-resource.com) for helpful startup tips, plus recent reviews and discussion guides.


**LIFELONG LEARNING** While many women may have put off higher education to care for families, that hasn't stopped them from cultivating a curious mind. Community colleges and continuing education classes are bursting at the seams with women hungry for better career opportunities and intellectual growth. "Women far outnumber men now in many areas such as medicine, law, and business," says Carole Keeney, public information officer for Houston Community College. "Our total enrollment is 59.2 percent female." Continuing education classes see a similar ratio, and favorite subjects for women include computer courses, massage therapy, and real estate.

**FIGHT THE "FOG"** Whether it's by quilting, working crossword puzzles, or campaigning for your favorite candidate, keeping the brain active and engaged is one of the best ways to feel young at any age. According to a recent study by Dr. James Pennebaker ([psy.utexas.edu/pennebaker](http://psy.utexas.edu/pennebaker)), a professor of psychology at the University of Texas at Austin, regularly writing about your deepest thoughts and feelings can help improve both mental and physical health, specifically the immune system. "Although the scientific research surrounding the value of expressive writing is still in the early phases," states Pennebaker, "there are some approaches to writing that have been found to be helpful."

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