

Inside

PAGE 1 DRESSED TO THE 'ONES'

PAGE 2 WHY NEW YEAR'S RESOLUTIONS FAIL

PAGE 2 SERVICE OF THE MONTH: NEW YEAR, NEW REAR

PAGE 3 YOUR PERSONAL DEVELOPMENT PLAN

PAGE 3 SUKKAR VIP PROGRAM

PAGE 4 HOW YOUR SMARTPHONE MAKES TRAVEL CHEAPER

NEW SPA HOURS!
The Phoenician Medical Spa is now open
M-T 8-5, F 9-3, Sat 9-2



SHARING IS SAVING HOW YOUR SMARTPHONE MAKES TRAVEL CHEAPER

The internet can do more for your vacation than help you book a hotel. New-age entrepreneurs have pioneered a host of apps to help you find cheaper alternatives to expensive aspects of traveling.

Share economy is a new business approach where companies provide a platform for consumers to work with each other directly, making services and goods cheaper. The result is a better, less expensive way to travel.

SAY GOODBYE TO TAXIS AND RENTAL CARS.

Popular apps like Uber, Lyft, and Sidecar allow locals to turn their cars into personal taxis that people — like you — can request rides from using their phones. It's cheaper than a rental car or traditional taxi, and more direct (and better smelling) than

public transportation. No reason to be nervous about safety, either, because using these services is as safe as using a traditional taxi, according to a study by the Cato Institute.

WHAT IF YOU RENT A CAR OR BRING YOUR OWN?

Finding parking in the hot destinations of the world is a nuisance we often forget during planning, but if you've ever attended a Broadway show in New York, you know how serious a topic it is. JustPark is an app that allows owners of private parking spaces to rent theirs out at a cheaper rate than your average parking garage.

COUCH SURFING IS THE NEW TRAVEL SPORT.

Hotels are easily one of the most expensive parts of a vacation — even if you find a

deal online. With apps like Airbnb and CouchSurfing, locals offer their couches, beds, and rooms for as low as \$20 a night.

IS THE CONCEPT KINDA SKETCHY?

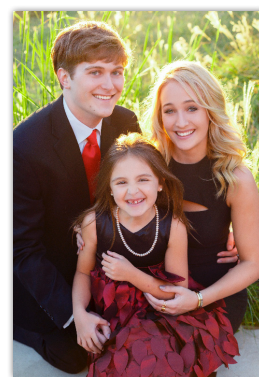
One might pause before staying with or getting a ride from a total stranger, but the accountability keeps things safe. Both the host and guest are required to submit a review of their experience before they can use the app again, and in most cases, both users are required to scan their IDs in order to register.

Beyond saving you cash, these apps can also guide you to a more personal experience and the chance to make your vacation truly unique.



DRESSED TO THE 'ONES'

SOME LESS LAID-BACK GOALS FOR 2017



Happy New Year, everyone! We had a fantastic Christmas and capped off the year with a truly special office get-together hosted at our home. Instead of a fancy dress-up party, we wanted to spend time together, look back on the year, and just talk in a comfortable setting with great food. Everyone brought their favorite Italian dish, and the dress code was simply to "wear a onesie." Of course, I had my LSU onesie specially ordered in advance for the occasion, and the team showed up "dressed to the ones"! We definitely celebrated in style.

After our delicious meal, we made a champagne toast to the new year, and I read one of my poems — a lighthearted dedication to the team — for a few (sympathy?) laughs. I feel very fortunate to have a staff that appreciates my more down-to-earth approach. A "nonplastic" plastic surgeon is really what I aim to exude, and it's moments like these that remind me why I've got the best team supporting me in this endeavor.



This month, I announced that these fantastic people will be treated to a day of pampering at the Trellis Spa in the Houstonian Hotel as a prize for surpassing the previous year's goals. They'll have their special day next month, and I

think everyone is getting really excited for a luxury experience. As we strive to make the practice more exciting and our treatments the very best, we've just bought a brand-new CoolSculpting machine, which we started using the day it was purchased. This investment will serve our patients with the biggest and baddest technology available, and we're excited to offer even more CoolSculpting treatments from here on out.

We met this month to set our goals for the new year, and of course, we're trying to surpass last year's accomplishments. I always reassure my team that goals are not meant to be easy, so these high sights might seem

unattainable now, but we can push through and achieve anything with continued hard work and education.



That said, I don't usually make personal New Year's resolutions at the beginning of the year, because I'm constantly in the process of making, transforming, and meeting goals, regardless of the season. I look forward to seeing what the family accomplishes this year, as Hannah continues to receive acceptance letters from the colleges she's applied to, and as Joseph becomes more and more handsome and upstanding each day. Allie is getting ready for her second semester, and nobody can believe how fast she's growing — and she's as smart as a whip, too. I say she's an old soul for some of the mature thoughts she has. What young child stops to say things like, "... Wow, where has the time gone?" Indeed, where has it gone? It will be so amazing to see what a wise young woman she grows up to be.

I hope you and your family are enjoying the beginning of the year and making space in your life for everything you hope and dream to accomplish in 2017!

Until next time,

— Dr. Sam Sukkar

A New Year's Habit

WHY RESOLUTIONS FAIL AND HOW TO BEAT THE ODDS

If you're one of the 50 percent of Americans who view the new year as a perfect time to make a positive change in your life, the odds are stacked against you. Research from the University of Hertfordshire in the U.K. found that 88 percent of New Year's resolutions fail. But don't feel discouraged! Here are three steps you can take to help your New Year's resolution beat the odds:

DON'T BE ABSTRACT

According to Dr. BJ Fogg of Stanford University, New Year's resolutions tend to fail because "people aren't picking specific behaviors. They're picking abstracts." This means we're identifying vague destinations we want to reach without creating a map for how to get there.

With resolutions, ask yourself "How?" What action steps will you take? "I'm going to enjoy life to the fullest and see a new play every month," or "I plan on getting healthier by no longer drinking soda." Start with tiny steps that you can build on to become better habits in your life.

TAKE IT ONE RESOLUTION AT A TIME

Stanford University's Professor Baba Shiv says people can suffer from "cognitive overload." That is, our prefrontal cortex — the part of our brain responsible for handling things like resolutions — doesn't do well with too many tasks. Pick just one resolution you care about, and you'll be more likely to succeed.

REMEMBER, SETBACKS AREN'T FAILURES

We're only human, and we're going to make mistakes. Just because you broke down and ordered that double cheeseburger, skipped a workout, or bailed on going to that new swing dancing class doesn't mean your resolution is finished. A New Year's resolution only fails if you stop trying.

There is something very poetic about starting good habits on the clean slate of a new year. By taking these steps, you can make sure those new habits stick.

Service of the Month:

NEW YEAR, NEW REAR

VASER Hi-Def Lipo for a Better 2017 Body

It's hard to believe it's already 2017! Year after year, we toast to the future, and we begin to make all kinds of goals and resolutions for ourselves. More often than not, those resolutions involve feeling healthier, feeling younger, and improving your appearance. You work out, you eat right, and yet, March rolls around and you're right back where you started. Even if you're doing everything you can to reach your

body goals, there are a few parts of the human body that are simply more resistant to the hard work and effort.

It could be the back of your arms, that infamous muffin top, or loose skin on the abdomen that wouldn't tone up after pregnancy. Whatever the issue may be, many people look to liposuction to finally eliminate the excess fat in these areas for a tighter and more youthful figure.

VASER Hi-Def Liposuction is a powerful form of fat removal that contours and sculpts your body to give you a more firm, athletic-looking shape. We are one of the few practices in the area that offers this specialized technique.

This procedure is minimally invasive and very safe, and it uses ultrasound energy that breaks apart and removes unwanted fat from any problem area, including the abdomen, buttocks, arms, or any other area with loose skin. While it effectively removes fat and

tightens skin, VASER Hi-Def doesn't damage the surrounding nerves, blood vessels, or tissue, and it only causes minimal swelling and bruising. Recovery from your liposuction procedure can take place at home, as the process is not as invasive as other fat-removal techniques. Most of our patients are able to return to work within three to four days.

Whether you are looking to achieve a slimmer waistline or remove a large amount of fat from your thighs or tummy, VASER Hi-Def Liposuction could be the procedure that puts you on track to reach this year's goals once and for all.



FEELING STUCK?

YOU PROBABLY NEED A PERSONAL DEVELOPMENT PLAN

It's a shock to wake up one day and realize that you don't have anything you thought you'd have. Fortunately, you can avoid that by creating and following a personal development plan.

A personal development plan is an action plan for improving yourself in the context of life goals like relationships, education, your career, or all of the above. Here are the three steps you should be sure to include in the plan:

1. The goal(s) you want to achieve.

Make each goal a SMART one: Specific, Measurable, Achievable, Realistic, and Time-Bound.

2. Evidence of success. Define what a successful outcome looks like.

3. Action items. List out the steps you think it will take to attain your desired outcome.

That's it! This simple process will put you miles ahead of most people in terms of achieving your goals. Research has found that less than 3 percent of Americans have written goals, and less than 1 percent review those goals each day.

Even sitting down to create a personal development plan will set you apart, but the most important thing is that you're committing to take action and

recognizing that wherever you are in life is not an accident, but a result of the choices you make.

Stop feeling stuck! Pick a goal that you've always wanted to achieve in any of those areas and go for it by following the steps above. There are no guarantees in life, so you can put in a lot of effort and get nowhere — but the odds of you getting what you want *without* the effort are even lower. Get started on your personal development plan today so you can be that much closer to your goals tomorrow.

**Bring in a completed word search and get \$25 off your next Botox treatment!*

DR. SUKKAR'S Word Search

S	S	Z	F	Z	T	K	E	J	R	D	H	E	A	A
E	U	T	U	A	I	V	D	L	E	Z	O	Y	C	B
T	H	Y	N	J	N	T	S	T	Y	Q	T	C	N	E
A	R	H	U	E	X	T	A	Q	J	T	O	U	D	G
I	B	Q	M	Z	M	R	A	R	G	M	S	J	Q	I
C	L	I	D	Q	B	T	E	S	P	B	W	J	T	N
E	O	H	R	E	B	A	A	L	T	D	B	A	L	N
R	W	L	L	K	S	V	I	E	O	I	H	O	Q	I
P	J	E	I	S	F	S	R	N	R	H	C	G	B	N
P	C	E	U	Z	H	I	O	S	Q	T	U	Z	C	G
A	Q	R	R	M	D	R	G	A	P	A	T	A	M	G
H	E	X	E	D	C	H	R	I	S	T	M	A	S	O
N	A	N	R	N	K	P	N	M	G	A	O	Q	E	H
Y	T	G	N	I	T	P	L	U	C	S	L	O	O	C
S	E	V	E	I	H	C	A	J	O	O	D	C	S	D

- | | | |
|-----------------|---------------|------------|
| ACCOMPLISHMENTS | CELEBRATED | REASSURE |
| ACHIEVE | CHRISTMAS | STYLE |
| APPRECIATES | COOLSCULPTING | TREATMENTS |
| BEGINNING | FANTASTIC | |

Sukkar VIP Program

In appreciation for recommending us, we want to reward you!

Surgery — Receive a \$250 Phoenician Medical Spa gift card for referring a friend who has surgery with us!

Spa — Receive a \$50 Phoenician Medical Spa gift card for referring a friend to the spa!

Can You Reach VIP Status?

Three patient referrals will gain you a one-year membership to the Sukkar VIP Program!

VIPs enjoy ...

- ◆ 15 percent off all services (excludes injectables and products), including your next procedures.
- ◆ An invite to all EXCLUSIVE VIP events.
- ◆ Automatic entry into ALL quarterly contests and drawings.

Don't keep us a secret! Refer a friend today!