



**Karen Lee Paquette**  
BSc, BScPT, RCAMT, ND, CCC  
<http://TheGoDoctor.com>  
[TheGoDoctor@TheGoDoctor.com](mailto:TheGoDoctor@TheGoDoctor.com)  
(250)730-2272



## FACT SHEET – STOP BEING STOPPED

**Title:** Stop Being Stopped

**Subtitle:** The GO Doctor's Guide to Unleashing the Healthier, Sexier You!

**Author:** Karen Lee Paquette - **The GO Doctor**

**Release Date:** February 2008

**Publisher:** iUniverse ISBN – 0-595-42604-2

**Keynote:** Using four guiding principles “Stop Being Stopped” outlines how to become infinitely more successful, healthy and joyful.

Karen Lee Paquette empowers anyone to use naturopathic medicine and the power of passion to engage principles of healthy living.

**The Book:** Identifies and removes what's stopping you from looking and feeling your best using four guiding principles:

1. The **UNLIMITED ENERGY** to fuel your life with vigor.
2. The **ENDLESS DESIRE** to nurture your health and your mind.
3. The **EFFORTLESS DISCIPLINE** to respect and follow your vision.
4. The **TREMENDOUS WILLPOWER** to gain full control of your destiny.

After reading the book a reader will be motivated to:

- Restore and maintain your physical energy.
- Nurture your health with passion and inspiration.
- Achieve goals effortlessly.
- Learn to stop self-sabotage.

In “Stop Being Stopped” passion is the driving force —giving the reader the **GREEN LIGHT** to achieve their health dreams!

### AUTHOR BIO

Karen Lee Paquette is trained as physical therapist, a naturopathic doctor, and life coach and recently retired from her position as an associate professor, curriculum consultant and clinical supervisor at the Canadian College of Naturopathic Medicine in Toronto, Ontario.

**Media Relations Contact:**  
**Karen Lee Paquette**  
**Tel: (250)730-2272**  
**Email: [TheGoDoctor@TheGoDoctor.com](mailto:TheGoDoctor@TheGoDoctor.com)**