

Patricia J. Sulak, MD



A physician, professor, author, and renowned researcher and speaker, Patricia J. Sulak, M.D. is passionate about improving the lives of everyone she encounters. She and her husband, Jeffrey A. Waxman, MD, are co-founders of Living WELL Aware, a holistic wellness educational program.


While internationally known for her innovative research on difficult women's medical issues, her current endeavor is assisting men and women of all ages in elevating their health and happiness.

Dr. Sulak sees first-hand the declining physical, emotional, and social well-being of Americans. The good news: There are doable strategies to dealing with these problems. Dr. Sulak shows the way to reclaiming our health and happiness, using her experience of over 40 years as a physician, educator, researcher, and highest-rated speaker.

She is ideally positioned to provide the best in validated wellness information and has the gift of helping audiences comprehend the root causes of common health issues, assisting them in visualizing and achieving their goals, and addressing the key reasons we all struggle in making life-improving changes. Through her keynote presentations, conferences, webinar series, and her book, workbook, and wellness journal, Dr Sulak provides the necessary framework for all of us to have fulfilling lives.

Importantly, Dr. Sulak shares her personal journey. As a busy wife, mother, OBGYN physician, researcher, and international speaker, she was doing amazing work helping others, but not taking care of herself. This took its toll in many areas of her life, including her marriage and emotional well-being. In 2008, Dr. Sulak and Dr. Waxman began their search for proven wellness concepts to elevate the quality of their own lives, acquiring information they had not been taught in medical school. The result: They experienced greater health and happiness, and also became more productive and creative. The next step was sharing these life-changing strategies with others.

[Show Yourself Some Love Women's Wellness Event 2024](#)



Dr. Sulak has delivered her Living WELL Aware messages to businesses, organizations, schools, and communities throughout the country. Now, thousands of middle school students are also benefiting from her unique online adolescent health curriculum Living WELL Aware: My Choices, My Life. Students, parents, and instructors are giving the adolescent program a big thumbs up because of its applicable content, ease of online implementation, and components for adults.

Dr. Sulak's distinguished career includes numerous honors including Alumnus of the Year at the University of Texas School of Medicine, inclusion in "Best Doctors in America" and "Texas Super Docs," the TEA "Heroes for Children" award, and the American College of Obstetrics and Gynecology Community Service Award. And, Dr. Sulak shows no evidence of slowing down! She welcomes opportunities to share her passion of obtaining a life of abundance by Living WELL Aware.

livingWELLaware.com