

# The Swing Theory

Stacey Watt, M.D.



## About the Book

Picture the following scene. A beautiful bright sunny summer day with a cool breeze that blows across an empty playground. You see a group of children running as fast as their legs can carry them towards the equipment. Your gaze drifts towards the swing set. Look at the joy in the faces of the children as they soar into the sky. Laughing and enjoying the success of soaring above the ground. Why can't you achieve that success? I hear a million excuses everyday why people cannot reach his or her goals. Excuses are all they are.

My name is Stacey Watt. I have had success on the athletic field, in the medical arena, in the classroom, on the home-front and in the world of business. I have the credentials and the experience. I want to share that knowledge with you.

invite you to join me as I tell you my stories, share tips and explain methods I have developed to help you achieve your goals.

I call it The Swing Theory.

I know you have heard these promises before. I have too. I will share with you my passion and my work.

Let's get started.

## About the Author

Stacey Watt is an associate professor of anesthesiology at the State University of New York at Buffalo. She is also a practicing physician, a wife and homemaker, a mother of two young girls, an athlete, a motivational speaker, a mentor, and an award-winning educator. While in high school, she was ranked number one in the United States among female high school athletes in the discus event. She then attended the University of Florida on a full athletic scholarship, during which time she became a two-time NCAA All-American in the discus event. Dr. Watt has helped countless people achieve all that they were capable of in school, work, and play. In this book, she explains the methods and techniques she found so useful in her own life, which she uses to help others attain their own personal successes.



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