

Are You The Hammer Or The Nail?

By Lee C. Berlin
C&S Publishing

Dr. Lance A. Casazza, a Sacramento chiropractor and CCA member asks, “are you the hammer or the nail?”

Dr. Casazza’s personal answer to that question was a life changer and the source of his new book, *Be the Hammer Not the Nail*.

At a recent book signing in Sacramento, Dr. Casazza seemed the very

model of an energetic and positive individual with a successful chiropractic practice.

But that wasn’t always the case.

“I wasn’t making it in my practice and I couldn’t figure out why,” he said. “I finally realized I was the nail and not the hammer.”

Dr. Casazza explains in the book that “a nail sits at the hardware store waiting for something to happen.”

Hammers “build things... they constantly move around. Their job is never done.”

From there the doctor details the system he developed to change his way of thinking and live his dreams. Along the way, he recognized some universal truths about setting goals, living fully and “the power of your words.”

According to Dr. Casazza, “people spend more time planning a vacation than they do their own lives.”



In his book, the doctor thanks his Mom (“the hammer that never gave up on this nail”) and his friends, coaches and patients. At the book signing party, Dr. Casazza also gave a shout-out to the CCA for providing support and services. “They’re there to help me make my practice more successful. I am lucky to have such a helpful group in my corner,” he said.

What’s next for this energized chiropractor?

“I have four more books on the way,”

he said. “One adds another 110 tools, one is for kids, and there will also be books of tools from other authors and our readers.”

“Just remember Tool Number 52,” he said. “The road to success is always under construction.”

To order *Be the Hammer Not the Nail* visit 3L Publishing at www.3LPublishing.com. As Tool Number 13 reminds us, “Readers are leaders. One book a week.” This one is certainly worth your time.



The reason, he explains, is that most people don’t know what is needed to build a successful life.

The simple blueprint and 110 easy to understand ‘tools’ he provides in the book can be applied by anyone to turn negative into positive, failure into success.

“Now I have the best practice I could imagine. My office is more of a team instead of a dictatorship. I am happier than I have ever been,” he beamed amidst a stream of well-wishers waiting for an autograph.

The doctor explained that his book shares “a simple one-page blueprint for success in 21 days.” A key feature is the list of 110 tools that can be used to set and attain goals. Not just another self-help outline, Dr. Casazza lays his system out so that anyone can get started – and find success.

