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to take charge of your marriage. Notice how different that is from taking charge of your spouse.

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In terms of what you can do, start by completing your online profiles on various review sites to give potential clients a better sense of your skills and practice philosophy, recommends Pauline Wallin, PhD, a clinical psychologist in Camp Hill, Pennsylvania, and cofounder of The Practice Institute, a behavioral health consulting organization.

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Think of food as energy to charge up your battery for the day. Throughout the day, you use energy from the battery to think and move, so you need to eat and drink to stay powered up. Balancing the energy you take in through food and beverages with the energy you use for growth, activity, and daily living is called "energy balance."

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