

dog and cat wellness weiser

Dog and Cat Wellness Weiser: Your Complete Guide to Happy, Healthy Pets

Are you a Weiser resident searching for the best ways to keep your furry companions thriving? Finding reliable, local resources for dog and cat wellness in Weiser, Idaho can feel overwhelming. This comprehensive guide dives deep into everything you need to know about ensuring your beloved pets live long, happy, and healthy lives. We'll explore local vets, grooming services, pet stores stocking premium food, and even fun activities to keep your pets engaged and stimulated. Let's get started on your journey to peak pet wellness in Weiser!

Finding the Right Veterinarian in Weiser for Dog and Cat Wellness

Choosing a veterinarian is a crucial first step in your pet's wellness journey. A good vet is more than just someone who administers shots; they're your partner in preventative care and emergency situations. When selecting a veterinarian in Weiser, consider these factors:

Location and Accessibility: Choose a clinic convenient to your home or work, especially important during emergencies.

Services Offered: Does the clinic offer comprehensive services, including preventative care, surgery, dental care, and emergency services? Look for clinics that cater to both dogs and cats.

Reviews and Reputation: Check online reviews on sites like Google My Business, Yelp, and Facebook to gauge the experiences of other pet owners.

Communication and Staff: A good vet will communicate clearly and patiently, answering all your questions and addressing your concerns. Friendly and helpful staff is also a huge plus.

Emergency Services: Knowing whether your vet offers 24/7 emergency care or can quickly refer you to an emergency animal hospital is essential.

Nutrition: Fueling Your Dog and Cat's Wellness in Weiser

Proper nutrition plays a vital role in your pet's overall health and wellbeing. Avoid generic, mass-produced pet foods and opt for high-quality options. In Weiser, you'll likely find several pet stores carrying premium brands. Consider these factors when choosing pet food:

Species-Specific Diets: Cats and dogs have different nutritional needs.

Ensure you're feeding your pet a food formulated specifically for their species.

Age and Life Stage: Puppies, kittens, adult animals, and senior pets require different nutritional profiles. Choose a food tailored to your pet's age.

Ingredients: Read the ingredient list carefully. Look for foods with real meat or poultry as the primary ingredients, and avoid those with excessive fillers or artificial ingredients.

Dietary Restrictions: If your pet has allergies or specific dietary requirements (e.g., weight management, sensitive stomach), choose a food that addresses these needs. Consult with your veterinarian for recommendations.

Local Pet Stores: Research local pet stores in Weiser to see which ones offer a wide selection of high-quality pet food brands.

Grooming: Maintaining Your Pet's Cleanliness and Health

Regular grooming is crucial for both dogs and cats. It not only keeps them looking their best but also helps prevent skin problems, matting, and other health issues. In Weiser, you'll find various grooming services, including mobile groomers. When choosing a groomer, consider:

Experience and Qualifications: Look for groomers with experience and certifications.

Reviews and Recommendations: Check online reviews and ask for recommendations from other pet owners in Weiser.

Types of Services Offered: Ensure the groomer offers the services your pet needs, such as bathing, brushing, nail trimming, and ear cleaning.

Safety and Comfort: A reputable groomer will prioritize your pet's safety and comfort during the grooming process.

Scheduling: Book appointments in advance, especially during peak seasons.

Enrichment Activities: Keeping Your Dog and Cat Happy and Engaged in Weiser

A happy pet is a healthy pet! Provide your dog and cat with opportunities for enrichment and mental stimulation. This could include:

Daily Walks and Playtime: Regular exercise is crucial for dogs. Explore the parks and trails in Weiser for walks and playtime.

Interactive Toys: Provide toys that encourage your dog or cat to problem-solve and engage their minds. Puzzle feeders are excellent for this.

Socialization: If your pet is well-socialized, consider dog parks or supervised playdates with other friendly pets. However, always ensure safety and proper supervision.

Training Classes: Training classes are beneficial for both dogs and cats, fostering a stronger bond and teaching them valuable skills.

Indoor Enrichment: Even indoor cats benefit from climbing structures, scratching posts, and interactive toys to prevent boredom.

Preventative Care: The Cornerstone of Dog and Cat Wellness in Weiser

Preventative care is paramount in maintaining your pet's health. Regular vet checkups, vaccinations, and parasite prevention are essential. Discuss with your Weiser veterinarian:

Vaccination Schedules: Ensure your pet is up-to-date on all necessary vaccinations.

Parasite Prevention: Protect your pet from fleas, ticks, heartworms, and other parasites.

Dental Care: Regular dental checkups and cleaning are crucial for preventing dental disease.

Senior Pet Care: As your pet ages, their needs change. Discuss senior care with your vet to ensure your aging companion remains healthy and comfortable.

Conclusion

Maintaining your dog and cat's wellness in Weiser requires a multifaceted approach, encompassing quality veterinary care, nutritious food, regular grooming, engaging enrichment activities, and consistent preventative care. By utilizing the resources and tips outlined in this guide, you can empower your furry friends to live long, happy, and healthy lives. Remember to build a strong relationship with your veterinarian – they are your key partner in this journey!

FAQs

1. Are there any dog parks in Weiser? Yes, research local parks in Weiser to identify designated dog-friendly areas. Always check for any leash regulations or restrictions.
1. Where can I find affordable pet insurance in Weiser? Several national pet insurance companies operate in Idaho. Compare quotes online to find a plan that fits your budget and needs.
1. What are some common health problems faced by dogs and cats in Weiser's climate? Idaho's climate can impact pet health. Consult your vet about flea and tick prevention, as well as potential issues related to heat or cold depending on the season.

1. Are there any mobile grooming services in Weiser? Check online directories and local classifieds for mobile groomers operating in Weiser.

1. How often should I take my pet to the veterinarian for a checkup? The frequency of checkups depends on your pet's age and health status. Discuss an appropriate schedule with your veterinarian. They'll provide recommendations tailored to your pet's individual needs.

dog and cat wellness weiser: High-Quality, High-Volume Spay and Neuter and Other Shelter Surgeries Sara White, 2020-01-03 This comprehensive reference provides veterinarians with everything they need to know about performing surgeries such as spaying and neutering in busy animal shelters. It includes surgical and anesthetic techniques, perioperative procedures, reproductive medicine, and program management regarding dogs, cats, rabbits, and other small mammals. With more than 550 full-color images, High-Quality, High-Volume Spay and Neuter and Other Shelter Surgeries provides spay-neuter and shelter veterinarians with information on the most current clinical techniques. Dozens of veterinary experts offer their expert advice and knowledge on perioperative care, surgery instrumentation, infectious disease control, anesthesia protocols, CPR, the fundamentals of HGHVSN, and more. Covers all aspects of common shelter surgeries, including surgical and anesthetic techniques, perioperative procedures, reproductive medicine, and program management Provides coverage of dogs, cats, rabbits, and other small mammals Written by leaders in the field with experience in surgery, medicine, spay-neuter practice, teaching, and research High-Quality, High-Volume Spay and Neuter and Other Shelter Surgeries is an excellent resource for veterinarians, veterinary technicians, and students, as well as clinic and shelter owners.

dog and cat wellness weiser: Clinical Case Studies for the Family Nurse Practitioner Leslie Neal-Boylan, 2011-11-28 Clinical Case Studies for the Family Nurse Practitioner is a key resource for advanced practice nurses and graduate students seeking to test their skills in assessing, diagnosing, and managing cases in family and primary care. Composed of more than 70 cases ranging from common to unique, the book compiles years of experience from experts in the field. It is organized chronologically, presenting cases from neonatal to geriatric care in a standard approach built on the SOAP format. This includes differential diagnosis and a series of critical thinking questions ideal for self-assessment or classroom use.

dog and cat wellness weiser: BSAVA Manual of Canine and Feline Haematology and Transfusion Medicine Michael J. Day, Barbara Kohn, 2012-05-29 The first edition of the BSAVA Manual of Canine and Feline Haematology and Transfusion Medicine was a leader in its field, and this new edition has been eagerly awaited. The basic principles of haematology, which form the core of the Manual, have been updated to include new diagnostic procedures and new treatment strategies. New authors provide a fresh perspective on some topics and there are new chapters on anaemia of inflammation and neoplasia, non-regenerative anaemia, and vascular thrombosis. The author panel is comprised of internationally recognized specialists from Europe, North America, the Middle-East and Australia. These have worked together with the Editors to produce an essential book for the veterinary practice.

dog and cat wellness weiser: Veterinary Hematology, Clinical Chemistry, and Cytology Mary Anna Thrall, Glade Weiser, Robin W. Allison, Terry W. Campbell, 2022-02-02 A clear and

concise guide to veterinary laboratory diagnostic techniques and interpretation The newly revised Third Edition of *Veterinary Hematology, Clinical Chemistry, and Cytology* delivers a thorough and focused exploration of the basic principles of veterinary lab testing and diagnosis, as well as the cytology, hematology, and chemistry of common domestic and non-domestic species. The book offers readers an expanded wealth of clinical case presentations, providing case data and narrative discussions designed to promote skill development. The book is packed with information useful to veterinary students, technicians, pathologists, and researchers, and includes access to a companion website that offers clinical cases and the figures from the book in PowerPoint. Heavily and clearly illustrated, with a strong practical emphasis, this latest edition includes a brand-new section on veterinary cytology and a chapter on laboratory diagnosis of infectious diseases as well as updated information throughout that keeps pace with the rapidly developing field of clinical pathology. The book includes: A comprehensive overview of laboratory testing and diagnosis principles, with unique emphases on interpretive perspectives and slide preparation techniques. A complete treatment of hematopathology of domestic animal species, organized by erythrocytes, leukocytes, platelets, bone marrow, hemostasis, and transfusion medicine. A comprehensive treatment of clinical biochemistry in domestic animals organized by organ system, including electrochemical evaluation of electrolyte and acid-base pathology. A complete treatment of domestic animal cytology organized by both common collection sites and principles of inflammation, infectious agents, and neoplasia. Complete sections covering practical treatment of hematology and clinical biochemistry of non-domestic mammals, birds, reptiles, fish, and amphibians. *Veterinary Hematology, Clinical Chemistry, and Cytology* is a one-stop reference on veterinary laboratory diagnostic techniques and interpretation ideally suited for veterinary students, veterinary technicians, general practitioners, and specialists.

dog and cat wellness weiser: Yoga Sequencing Mark Stephens, 2012-09-18 The yoga teacher's guide to planning and sequencing yoga classes—with over 2,000 instructional photos and 67 yoga pose sequences for students of all skill levels. Also features additional resources, including yoga class planning worksheets, comprehensive glossaries, and much more! Addressing one of the most popular topics in the yoga profession, this book offers 67 model sequences of yoga poses (asanas) that cover the broad range of yoga student experience. Inside, established and aspiring yoga teachers will find:

- Over 2,000 instructional photos and guide to over 150 yoga asanas
- Multiple sequences for beginning, intermediate, and advanced students
- Yoga sequences for kids, teens, seniors, and women across their life cycle
- Yoga classes designed for relieving depression and anxiety
- Sequences for each of the major chakras and ayurvedic constitutions
- Guidance for teaching breathing (pranayama) and meditation techniques
- Glossary of terms and alphabetical asana index with thumbnail photographs
- Yoga class planning worksheets
- Representative sequences from several popular styles of hatha yoga
- And many more resources for further reading!

Drawing on ancient yoga philosophy and contemporary insights into functional anatomy, biomechanics, and kinesiology, *Yoga Sequencing* is the ultimate guide teachers looking to bring the transformative power of yoga into their practice and classes.

dog and cat wellness weiser: Biology, Medicine, and Surgery of Elephants Murray Fowler, Susan K. Mikota, 2008-01-09 Elephants are possibly the most well-known members of the animal kingdom. The enormous size, unusual anatomy, and longevity of elephants have fascinated humans for millennia. *Biology, Medicine, and Surgery of Elephants* serves as a comprehensive text on elephant medicine and surgery. Based on the expertise of 36 scientists and clinical veterinarians, this volume covers biology, husbandry, veterinary medicine and surgery of the elephant as known today. Written by the foremost experts in the field *Comprehensively* covers both Asian and African elephants *Complete* with taxonomy, behavioral, geographical and systemic information *Well-illustrated* and organized for easy reference

dog and cat wellness weiser: Conjure Cards Jake Richards, 2021 For centuries, people living in Appalachia have used homemade playing cards for fortune-telling and dream interpretation. This tradition has arisen over many generations of backwoods conjurers, 'grannie witches,' and 'yarb doctors'. Here, the author has created a fortune-telling deck fashioned after the folklore,

superstitions, and dream symbols that he grew up with in Western North Carolina

dog and cat wellness weiser: Let the Mocking Bird Sing Herbal Praise Sandy Bradley, 1996-07

dog and cat wellness weiser: Atlas of Veterinary Hematology John W. Harvey, 2001 This color atlas is designed as a reference for the morphologic aspects of veterinary hematology of common domestic animals. It covers a variety of species, including dogs, cats, horses, cattle, sheep, goats, pigs and llamas. The atlas is divided into two sections, the first covers blood, while the second discusses bone marrow. Techniques for the collection and preparation of blood and bone marrow spears and bone marrow core biopsies are covered in addition to the morphology of the tissues collected. Often, multiple examples of a cell type or abnormal condition are shown to illustrate the variance in morphology.

dog and cat wellness weiser: The Cat Susan E. Little, 2011-10-14 Comprehensive in scope and exclusively devoted to feline medical care, Dr. Susan Little's *The Cat: Clinical Medicine and Management* is an essential resource for anyone who provides complete, state-of-the-art care to cats. In one convenient volume, you'll find authoritative, clinically-focused information enhanced by full-color illustrations, tables, boxes, algorithms, key points, and much more — all in a format designed for quick access. Dr. Little and her expert contributors address the unique concerns and challenges facing the feline practitioner, including the latest advances in feline medical diagnosis and management and their clinical applications to everyday practice. User-friendly and complete, *The Cat* is also available as an e-book, giving you easy access to the complete, fully-searchable contents online. - Covers the latest advances in feline medicine from a systemic and adjunctive care perspective. It's the most comprehensive feline medical reference available with a strong clinical focus. - Helps you meet the increasing demand for state-of-the-art medical care by cat owners — including advanced diagnostic services and treatments designed to extend and improve quality of life for feline companions. - Features a full-color design with hundreds of schematic drawings, tables, boxes, key points, algorithms, and photographs for quick and easy access to information. - Addresses key topics unique to feline medicine and not currently covered in other books, including: insights and clinical advances attributable to the mapping of the feline genome; medical conditions associated with behavioral problems; managing the feline patient with co-existing and chronic disease; special medical problems and care considerations for the geriatric cat; environmental enrichment for the indoor cat; feline zoonotic agents and implications for human health; and shelter medicine and overpopulation solutions. - Provides in-depth information on indoor cats and senior cats, including timely guidance on meeting owners' expectations for longer, healthier lives for their cats. - Addresses the challenges of pet overpopulation, particularly the impact of millions of feral cats on public health and the environment. - Presents information written in the manner of expanded conference proceedings, delivering the latest insights and most current approaches to management of feline medical disorders. - Includes contributions from approximately 60 contributors, drawing on the valuable expertise of those most knowledgeable in the field of feline medical care. - Bears the full endorsement of the Winn Feline Foundation, a non-profit organization that supports studies about cat health and funds feline research projects worldwide, and is internationally regarded as a major contributor to the health and wellbeing of all cats. - The complete contents also are available online through Veterinary Consult.

dog and cat wellness weiser: Veterinary Hematology John W. Harvey, 2011-10-31 Combining essential hematology content with the diagnostic features of an atlas, *Veterinary Hematology: A Diagnostic Guide and Color Atlas* delivers all the information you need to accurately assess and diagnose the blood diseases of common domestic animals — including dogs, cats, horses, cattle, sheep, goats, pigs, and llamas. This all-in-one resource utilizes a clinically-oriented and user-friendly approach to guide you through the processes of selecting relevant diagnostic tests, collecting and preparing samples, interpreting sample results, and determining their clinical significance. High-resolution photomicrographs, full-color illustrations, and excellent schematic drawings, tables, and quick-reference algorithms help you clearly visualize these concepts and procedures. Two books in one gives you the information of a user-friendly, clinical textbook and the diagnostic features of a

color atlas in a single reference. Practical, clinically-relevant text is comprehensive and yet concise in its delivery of vital information such as: Principles and procedures that are employed in recognizing normal, abnormal, and artifactual features of blood and bone marrow samples and developing accurate diagnoses Common cytochemical stains and summary charts for interpretation Sample collection, staining procedures, and diagnostic techniques Differentiating features of malignant and benign hematologic disorders Miscellaneous cells and blood parasites and their significance in the evaluation of blood smears Hematopoietic and non-hematopoietic neoplasms High-resolution photomicrographs and excellent schematic drawings, tables, boxes and quick-reference algorithms aid your understanding of basic clinical concepts and differential diagnostic considerations. Over 800 full-color illustrations help you clearly visualize the concepts and clinical features of the blood and bone marrow — from normal cell maturation to the development of various pathologies.

dog and cat wellness weiser: Sustainable Wellness Matt Mumber, Heather Reed, 2012-09-21 “Describes a larger medicine . . . rooted in the natural world and our own internal resources. This is the next step in the evolution of health care.”—Dr. Andrew Weil, #1 New York Times bestselling author For nearly a decade, award-winning radiation oncologist Dr. Matt Mumber and yoga instructor Heather Reed have led retreats for people facing health challenges of all kinds. Through their eight-week Sustainable Wellness program, participants have found that using simple tools consistently creates remarkable health benefits. Whether you’re looking for improved physical health, better ways to manage stress, or just a greater sense of inner peace and wellness, Sustainable Wellness offers a simple but powerfully effective plan for transformation. You will learn how to: Empower yourself to reclaim your health and play a more active role in shaping it. Become aware of the daily choices that affect your health and how you can transform them in a positive way. Let go of destructive habits and embrace new ones that enhance wellness. Sustainable Wellness combines modern scientific research with ancient methods that benefit the individual on all levels. The authors share tested techniques, personal stories of triumph, and daily exercises that will guide you on the path to sustainable wellness. “Offers a refreshingly mature and practical synthesis of wisdom from the field of integrative healthcare . . . proven pathways to living with greater mindfulness and satisfaction.”—William Collinge, PhD, author of *Partners in Healing* “A powerful, inspiring approach to creating sustainable body/mind/spirit health and wellbeing.”—Jeremy Geffen, MD, FACP, author of *The Journey Through Cancer*

dog and cat wellness weiser: Brand Relevance David A. Aaker, 2011-01-25 Branding guru Aaker shows how to eliminate the competition and become the lead brand in your market This ground-breaking book defines the concept of brand relevance using dozens of case studies—Pruus, Whole Foods, Westin, iPad and more—and explains how brand relevance drives market dynamics, which generates opportunities for your brand and threats for the competition. Aaker reveals how these companies have made other brands in their categories irrelevant. Key points: When managing a new category of product, treat it as if it were a brand; By failing to produce what customers want or losing momentum and visibility, your brand becomes irrelevant; and create barriers to competitors by supporting innovation at every level of the organization. Using dozens of case studies, shows how to create or dominate new categories or subcategories, making competitors irrelevant Shows how to manage the new category or subcategory as if it were a brand and how to create barriers to competitors Describes the threat of becoming irrelevant by failing to make what customer are buying or losing energy David Aaker, the author of four brand books, has been called the father of branding This book offers insight for creating and/or owning a new business arena. Instead of being the best, the goal is to be the only brand around-making competitors irrelevant.

dog and cat wellness weiser: Assistive Technology for Visually Impaired and Blind People Marion Hersh, Michael A Johnson, 2010-05-12 Equal accessibility to public places and services is now required by law in many countries. For the vision-impaired, specialised technology often can provide a fuller enjoyment of the facilities of society, from large scale meetings and public entertainments to reading a book or making music. This volume explores the engineering and design

principles and techniques used in assistive technology for blind and vision-impaired people. This book maintains the currency of knowledge for engineers and health workers who develop devices and services for people with sight loss, and is an excellent source of reference for students of assistive technology and rehabilitation.

dog and cat wellness weiser: Buzz Books 2021: Spring/Summer , 2021-01-19 Buzz Books 2021 presents passionate readers with an insider's look at the buzziest books due out this spring season. Such major bestselling authors as Cynthia D'Aprix Sweeney, Jean Hanff Korelitz, Lisa Scottoline, and Tia Williams are featured, along with literary greats Leila Slimani and Viet Thanh Nguyen, a Pulitzer Prize-winner. Other sure-to-be popular titles are by Julie Murphy, of *Dumplin'* fame, with her first adult novel; Marie Benedict's book about J.P Morgan's personal librarian; and Flynn Berry's thriller about two sisters and the IRA. Buzz Books has had a particularly stellar track record with highlighting the most talented, exciting debut authors, and this edition is no exception. Amanda Dennis, Honorée Fanonne Jeffers, Carolyn Ferrell, Gabriela Garcia, are among the literary standouts, while Emma Stonex's *The Lamplighters*, inspired by a true story, has already been optioned for film. Our nonfiction selections include two World War II stories, one by *Boys in the Boat* author Daniel James Brown and a second by Mari K. Elder. Jennifer Gunter, M.D. of *The Vagina Bible* renown, returns with her *Menopause Manifesto*. Kat Chow, Erin French, and Danielle Henderson have written three very different memoirs, about a Chinese-American family, a restaurateur, and an unconventional Black childhood, respectively. Finally, we present early looks at new work from up-and-coming young adult authors: Safia Elhillo (*Home Is Not A Country*), Graci Kim (*The Last Fallen Star*), and Alexandria Weis (*Have You Seen Me?*). Be sure to look out for Buzz Books 2021: Fall/Winter, coming in May.

dog and cat wellness weiser: **Historic Hancock County** Paulette Jean Weiser, 2007 An illustrated history of Hancock County, Ohio, paired with histories of the local companies.

dog and cat wellness weiser: **Implementing Colorectal Cancer Screening** Institute of Medicine, National Cancer Policy Forum, 2008-12-01 The IOM's National Cancer Policy Board estimated in 2003 that even modest efforts to implement known tactics for cancer prevention and early detection could result in up to a 29 percent drop in cancer deaths in about 20 years. The IOM's National Cancer Policy Forum, which succeeded the Board after it was disbanded in 2005, continued the Board's work to outline ways to increase screening in the U.S. On February 25 and 26, 2008, the Forum convened a workshop to discuss screening for colorectal cancer. Colorectal cancer screening remains low, despite strong evidence that screening prevents deaths. With the aim to make recommended colorectal cancer screening more widespread, the workshop discussed steps to be taken at the clinic, community, and health system levels. Workshop speakers, representing a broad spectrum of leaders in the field, identified major barriers to increased screening and described strategies to overcome these obstacles. This workshop summary highlights the information presented, as well as the subsequent discussion about actions needed to increase colorectal screening and, ultimately, to prevent more colorectal cancer deaths.

dog and cat wellness weiser: **Feminism and the Politics of Childhood** Rachel Rosen, Katherine Twamley, 2018-02-22 *Feminism and the Politics of Childhood* offers an innovative and critical exploration of perceived commonalities and conflicts between women and children and, more broadly, between various forms of feminism and the politics of childhood. This unique collection of 18 chapters brings into dialogue authors from a range of geographical contexts, social science disciplines, activist organisations, and theoretical perspectives. The wide variety of subjects include refugee camps, care labour, domestic violence and childcare and education. Chapter authors focus on local contexts as well as their global interconnections, and draw on diverse theoretical traditions such as poststructuralism, psychoanalysis, posthumanism, postcolonialism, political economy, and the ethics of care. Together the contributions offer new ways to conceptualise relations between women and children, and to address injustices faced by both groups. Praise for *Feminism and the Politics of Childhood: Friends or Foes?* 'This book is genuinely ground-breaking.' – Val Gillies, University of Westminster 'Feminism and the Politics of Childhood: Friends or Foes?' asks an

impossible question, and then casts prismatic light on all corners of its impossibility.' – Cindi Katz, CUNY 'This provocative and stimulating publication comes not a day too soon.' – Gerison Lansdown, Child to Child 'A smart, innovative, and provocative book.' – Chandra Talpade Mohanty, Syracuse University 'This volume raises and addresses issues so pressing that it is surprising they are not already at the heart of scholarship.' – Ann Phoenix, UCL

dog and cat wellness weiser: Nobody Killed Her Sabyn Javeri, 2017-02-20 The nation sinks deep into mourning as news of former Prime Minister Rani Shah's assassination arrives. Intelligence agencies, opposition leaders, the army top brass, her closest relatives - all seem to be shifting in their chairs even as special investigative teams gear up to file a report. Conspiracy theories abound for there were many who stood to gain if she pulled out of the imminent elections. The needle of suspicion points most immediately to Madam Shah's close confidante Nazneen Khan, who was seen sitting right beside her in the convoy and, oddly, escaped the bomb blast unscathed. Sabyn Javeri's tale of intense friendship between two ambitious women unfolds in a country steeped in fanaticism and patriarchy. Set against a backdrop of intrigue and political machinations, this is a novel about love, loyalty, obsession and deception. Nobody Killed Her is dark noir meets pacy courtroom drama. An electrifying debut you will rave about to everyone you meet.

dog and cat wellness weiser: The Athlete's Guide to Sports Supplements Kimberly Mueller, Josh Hingst, 2013 The Athlete's Guide to Sports Supplements is for athletes, coaches, and trainers seeking information on safe and legal performance-focused supplements. Listed alphabetically, each of the 120 supplements has a detailed description of what it is and how it works, facts on performance benefits, current research, recommended dosages, and health concerns.

dog and cat wellness weiser: Sex Witch Sophie Saint Thomas, 2021-02-01 "A shameless celebration of sexual freedom, Sex Witch encourages us to cultivate the potent, political powers we all possess within our hearts and minds and between our thighs." -- Kristen J. Sollée, author of Witch Hunt, Cat Call, and Witches, Sluts, Feminists Sex Witch combines occult knowledge with tried-and-true relationship advice to provide spells for each stage of a relationship. Self-love, seduction, sex, love, protection, revenge, and healing are all covered. The spells, such as "A Tarot Spread to Find Which Relationship Format Is Right for You," "No TERFS Allowed: Embrace Gender Identity," and "Consecrate Sex Toys" use occult knowledge and Saint Thomas's award-winning relationship writing to manifest a spell book that does something genuinely magickal: it works. Sex Witch is real. Love is not always fair. Sometimes we get hurt or hurt others. Using the magic inside, you'll learn how to stay balanced during these ups and downs: •Break toxic cycles. •Use candle magic to summon the perfect partner. •Embrace and unleash your kinks. •Navigate relationships through rough patches. •Get over former lovers. •Practice self-forgiveness and self-kindness.

dog and cat wellness weiser: Divining a Digital Future Paul Dourish, Genevieve Bell, 2014-01-10 A sociotechnical investigation of ubiquitous computing as a research enterprise and as a lived reality. Ubiquitous computing (or ubicomp) is the label for a "third wave" of computing technologies. Following the eras of the mainframe computer and the desktop PC, ubicomp is characterized by small and powerful computing devices that are worn, carried, or embedded in the world around us. The ubicomp research agenda originated at Xerox PARC in the late 1980s; these days, some form of that vision is a reality for the millions of users of Internet-enabled phones, GPS devices, wireless networks, and smart domestic appliances. In Divining a Digital Future, computer scientist Paul Dourish and cultural anthropologist Genevieve Bell explore the vision that has driven the ubiquitous computing research program and the contemporary practices that have emerged—both the motivating mythology and the everyday messiness of lived experience. Reflecting the interdisciplinary nature of the authors' collaboration, the book takes seriously the need to understand ubicomp not only technically but also culturally, socially, politically, and economically. Dourish and Bell map the terrain of contemporary ubiquitous computing, in the research community and in daily life; explore dominant narratives in ubicomp around such topics as infrastructure, mobility, privacy, and domesticity; and suggest directions for future investigation, particularly with respect to methodology and conceptual foundations.

dog and cat wellness weiser: The Magic of Shapeshifting Rosalyn Greene, 2008-01-01 SHAPESHIFTERS are people with animal medicine, people who can connect with and use their animal powers. Those with access to this magical power can shift mentally, astrally, or even physically into their power animal or totem. Rosalyn Greene's ability to shift, both mentally and astrally, combined with her extensive study of the secret shapeshifting folklore, has resulted in this fascinating examination of all aspects and forms of shifting. This unique book helps you realize your potential for being a shapeshifter, giving detailed explanations about how the various forms of shifting occur. She shows you how to distinguish powerful visions, anxiety attacks, and imagination from real shifting, as well as how to recognize the warning signs of an imminent shift. Since there can be dangers and risks on both the mundane and psychic levels when you pursue the path of a shifter, many of the potential dangers associated with specific practices are carefully outlined. Shapeshifting is a spiritual journey, a very tough one, but very rewarding, linking us with both the fundamental power of animals and with the higher self. It has a purpose and reality far beyond simply using shifter abilities for earthly benefits; it can lead us through the unseen veil that separates us from our Selves.

dog and cat wellness weiser: Technocreep Thomas P. Keenan, 2014 Technology is rapidly moving into our bodies, writes cyber expert Keenan, and this book gives a chilling look ahead into where that road may lead us - on a one way trip to the total surrender of privacy and the commoditization of intimacy. Here is the definitive dissection of privacy-eroding and life-invading technologies, coming at you from governments, corporations, and the person next door. Take, for example, Girls Around Me: a Russian-made iPhone App that allowed anyone to scan the immediate vicinity for girls and women who checked in on Foursquare and had poorly secured Facebook profiles. It combined this information in a way never intended by the original poster. Going to a Disney theme park? Your creepy new MagicBand will alert Minnie Mouse that you're on the way and she'll know your kid's name when you approach her. Thinking about sending your DNA off to Ancestry.com for some genetic genealogy? Perhaps you should think again: your genetic information could be used against you. This masterful weaving of the negatives and positives of technology makes for a book that is realistic about technology's perils yet optimistic about it's great potential.--Foreword Reviews

dog and cat wellness weiser: Parentology Dalton Conley, 2014-03-18 An award-winning scientist offers his unorthodox approach to childrearing: "Parentology is brilliant, jaw-droppingly funny, and full of wisdom...bound to change your thinking about parenting and its conventions" (Amy Chua, author of Battle Hymn of the Tiger Mother). If you're like many parents, you might ask family and friends for advice when faced with important choices about how to raise your kids. You might turn to parenting books or simply rely on timeworn religious or cultural traditions. But when Dalton Conley, a dual-doctorate scientist and full-blown nerd, needed childrearing advice, he turned to scientific research to make the big decisions. In Parentology, Conley hilariously reports the results of those experiments, from bribing his kids to do math (since studies show conditional cash transfers improved educational and health outcomes for kids) to teaching them impulse control by giving them weird names (because evidence shows kids with unique names learn not to react when their peers tease them) to getting a vasectomy (because fewer kids in a family mean smarter kids). Conley encourages parents to draw on the latest data to rear children, if only because that level of engagement with kids will produce solid and happy ones. Ultimately these experiments are very loving, and the outcomes are redemptive—even when Conley's sassy kids show him the limits of his profession. Parentology teaches you everything you need to know about the latest literature on parenting—with lessons that go down easy. You'll be laughing and learning at the same time.

dog and cat wellness weiser: The World Peace Diet Will Tuttle, 2007 Incorporating systems theory, teachings from mythology and religions, and the human sciences, The World Peace Diet presents the outlines of a more empowering understanding of our world, based on a comprehension of the far-reaching implications of our food choices and the worldview those choices reflect and mandate. The author offers a set of universal principles for all people of conscience, from any

religious tradition, that they can follow to reconnect with what we are eating, what was required to get it on our plate, and what happens after it leaves our plates.

dog and cat wellness weiser: Drawing from Within Lisa Hinz, 2006-07-15 Drawing from Within is an introductory guide for those wanting to explore the use of art with clients with eating disorders. Art therapy is a particularly effective therapeutic intervention for this group, as it allows them to express uncomfortable thoughts and feelings through artistic media rather than having to explain them verbally. Lisa D. Hinz outlines the areas around which the therapist can design effective treatment programmes, covering family influences, body image, self-acceptance, problem solving and spirituality. Each area is discussed in a separate chapter and is accompanied by suggestions for exercises, with advice on materials to use and how to implement them. Case examples show how a therapy programme can be tailored to the individual client and photographs of client artwork illustrate the text throughout. Practical and accessible to practitioners at all levels of experience, this book gives new hope to therapists and other mental health professionals who want to explore the potential of using art with clients with eating disorders.

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Sage: Community, the world, and death. Mythology and science converge as the author details a life's journey into a religion with both old world ritual and new world science, fusing both into a creation myth which satisfies not only mind, but soul as well. A Wiccan Bible not only shows a religious path filled with joy, but one that offers the ability to accept and manage sorrow. It is filled with ritual and with the reasons why ritual is fulfilling, rewarding, and a necessary part of everyday life. As A.J. addresses each issue, he demonstrates not only how he found the solutions in Wicca, and the many ways in which science and magick have helped him to do so. A Wiccan Bible also contains select recipes that the author has collected, including mixtures for incense, oils, and baths.

dog and cat wellness weiser: The Global Smartphone Daniel Miller , Laila Abed Rabho , Patrick Awondo , Maya de Vries, Marília Duque, Pauline Garvey, Laura Haapio-Kirk, Charlotte Hawkins, Alfonso Otaegui , Shireen Walton, Xinyuan Wang, 2021-05-06 The smartphone is often literally right in front of our nose, so you would think we would know what it is. But do we? To find out, 11 anthropologists each spent 16 months living in communities in Africa, Asia, Europe and South America, focusing on the take up of smartphones by older people. Their research reveals that smartphones are technology for everyone, not just for the young. The Global Smartphone presents a series of original perspectives deriving from this global and comparative research project. Smartphones have become as much a place within which we live as a device we use to provide 'perpetual opportunism', as they are always with us. The authors show how the smartphone is more than an 'app device' and explore differences between what people say about smartphones and how they use them. The smartphone is unprecedented in the degree to which we can transform it. As a result, it quickly assimilates personal values. In order to comprehend it, we must take into consideration a range of national and cultural nuances, such as visual communication in China and Japan, mobile money in Cameroon and Uganda, and access to health information in Chile and Ireland - all alongside diverse trajectories of ageing in Al Quds, Brazil and Italy. Only then can we know what a smartphone is and understand its consequences for people's lives around the world.

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physician and educator Christopher Sanford provides succinct overviews and commonsense advice on how to prevent communicable diseases, malaria and other mosquito-borne illnesses, and travelers' diarrhea; avoid traffic and water accidents; and evaluate post-trip symptoms; and addresses many other concerns. His emphasis is on ailments and injuries that travelers are most likely to encounter, because "if something occurs less frequently than one-in-a-million, it probably isn't going to happen to you." *Staying Healthy Abroad* also covers concerns unique to women, men, children, LGBTQ individuals, and travelers with chronic illnesses. International travel can be a business requirement, a study-abroad opportunity, an exciting adventure, or a quick getaway outside the normal routine. The majority of health and safety risks for travelers can be avoided with sensible pre-travel precautions, such as immunizations, and attention to safe behavior while away. From altitude sickness to Zika virus, the clear and concise information in *Staying Healthy Abroad* helps make global travel less stressful and more enjoyable.

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code for better system performance, and the issues that stand in the way of getting that leadership. It includes substantive treatment of the modern democratic challenges that healthcare leaders face; and the essence of what it means to be a leader in today's world. The essence of leadership itself is described, and the case made for the need for people to use the workplace as the place to develop leadership rather than relying solely on formal programs. It will also outline a self-directed learning process that any individual leader—citizen, clinician, or senior executive—can use to develop their own leadership capability, and thus become more active as a leader of change. This book addresses the need for leaders to think on a system-wide scale. A second part of the book focuses primarily on the Canadian Health system and LEADS in a Caring Environment capabilities framework, and the link between LEADS and frameworks in Australia and the UK. LEADS was developed through a partnership between members of the Healthcare Leaders Association of British Columbia and the Canadian College of Health Leaders, the Canadian Health Leadership Network and Royal Roads University. Currently it is stewarded by a not-for-profit collaboration that has endorsed LEADS as an evidence-informed set of national expectations for Canadian health leaders. LEADS has been endorsed by many health organizations in almost all provinces in Canada as a foundation for their talent management programs in leadership (development and succession planning). The book will address the research foundations for the LEADS framework; how it was developed; the framework's contents; its congruence with other national frameworks, and how LEADS can be used as a model to envisage and plan change.

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