

east desert inn wellness

East Desert Inn Wellness: Your Oasis of Rejuvenation

Are you yearning for a sanctuary where you can escape the relentless demands of modern life and reconnect with your inner peace? Imagine a place where the tranquility of the desert meets the revitalizing power of wellness. This isn't just a dream; it's the reality offered by East Desert Inn Wellness. This comprehensive guide dives deep into what makes East Desert Inn Wellness unique, exploring its offerings, benefits, and how it can be the perfect escape for your mind, body, and spirit. We'll unravel the secrets to its serene atmosphere and uncover how it helps guests achieve a profound sense of well-being. Prepare to discover your perfect desert retreat.

Unwinding in the Heart of the Desert: The East Desert Inn Experience

East Desert Inn Wellness isn't just a hotel; it's a holistic wellness destination meticulously designed to nurture your well-being. Nestled in the heart of [Insert Location - be specific, e.g., the Mojave Desert near Joshua Tree National Park], the inn leverages the natural beauty and serenity of its surroundings to create a truly transformative experience. The architecture seamlessly blends with the desert landscape, offering stunning views and a sense of peaceful seclusion. Forget bustling cityscapes and crowded resorts; here, you'll find tranquility and a connection to nature unlike any other.

Immersive Wellness Programs: Tailored to Your Needs

What sets East Desert Inn Wellness apart is its commitment to personalized wellness programs. Rather than a one-size-fits-all approach, the inn offers a range of tailored experiences designed to cater to individual needs and preferences. These programs might include:

Yoga and Meditation Retreats: Immerse yourself in daily yoga and meditation sessions, led by experienced instructors, to cultivate inner peace and mindfulness. Retreats often incorporate guided meditations, restorative yoga, and breathwork techniques.

Desert Hiking and Nature Walks: Discover the breathtaking beauty of the surrounding desert landscape with guided hikes and nature walks. Connect with nature, breathe in the fresh desert air, and appreciate the restorative power of the environment.

Spa Treatments and Therapies: Indulge in rejuvenating spa treatments, ranging from aromatherapy massages to holistic body wraps. These treatments utilize natural ingredients and techniques to promote relaxation and restore balance.

Nutritional Wellness Workshops: Learn about the principles of healthy eating and how to nourish your body with nutritious foods. Workshops might focus on mindful eating, incorporating local produce, and creating balanced meals.

Sound Healing and Energy Work: Experience the transformative power of sound healing and energy work sessions designed to release blockages, promote relaxation, and enhance overall well-being.

Personalized Wellness Consultations: Benefit from one-on-one consultations with wellness experts who will help you design a personalized program tailored to your specific goals and needs. This might involve assessing your lifestyle, identifying areas for improvement, and creating an action plan to achieve optimal well-being.

The Power of the Desert: Connecting with Nature for Holistic Wellness

The desert environment itself plays a crucial role in the East Desert Inn Wellness experience. The vast, open spaces, starlit nights, and the rhythm of nature create a calming and restorative atmosphere. Spending time in nature has been scientifically proven to reduce stress, improve mood, and boost overall well-being. At East Desert Inn, you'll have ample opportunities to connect with the natural world through guided hikes, sunrise meditations, and simply relaxing amidst the stunning landscape.

Luxury and Comfort: A Sanctuary for the Senses

Beyond the wellness programs, East Desert Inn boasts luxurious accommodations designed to enhance your comfort and relaxation. Imagine waking up to breathtaking views, enjoying a delicious and healthy breakfast, and spending your days immersed in peaceful activities. The inn's commitment to sustainable practices further enhances its commitment to holistic well-being, ensuring a minimal environmental impact.

More Than Just a Retreat: A Journey of Self-Discovery

East Desert Inn Wellness is more than just a place to relax; it's a journey of self-discovery. It's an opportunity to reconnect with yourself, to nurture your body and mind, and to emerge feeling refreshed, rejuvenated, and empowered. Whether you're seeking a weekend escape or a longer retreat, the inn provides the perfect environment for personal growth and transformation.

Conclusion

East Desert Inn Wellness offers a unique and transformative experience that blends the serenity of the desert with a comprehensive range of wellness programs. It's a sanctuary for those seeking relaxation, rejuvenation, and a deeper connection with themselves and nature. By prioritizing personalized experiences and leveraging the power of the desert environment, East Desert Inn Wellness provides an unparalleled opportunity to achieve holistic well-being.

FAQs

1. What is included in the price of a stay at East Desert Inn Wellness? The price of your stay varies depending on the length of your stay and the type of accommodation you choose. However, most packages include accommodation, daily wellness activities (such as yoga or meditation classes), and access to the spa facilities. Specific inclusions are clearly outlined on the inn's website.
1. Are there dietary restrictions catered for at the inn? Absolutely! The inn's culinary team is experienced in preparing meals to accommodate various dietary restrictions and preferences, including vegetarian, vegan, gluten-free, and allergy-friendly options. Please inform the inn of your dietary needs in advance of your arrival.
1. What kind of activities are available besides the structured wellness programs? Beyond the scheduled programs, guests can enjoy exploring the surrounding desert landscape independently, relaxing by the pool, reading a book in a quiet corner, or simply enjoying the peaceful atmosphere. The inn also offers guided stargazing sessions.
1. Is the East Desert Inn Wellness accessible to people with disabilities? We strive to make our facilities accessible to all guests. Please contact us directly to discuss your specific accessibility needs, and we'll happily work with you to ensure a comfortable and enjoyable stay.
1. How do I book a stay at East Desert Inn Wellness? You can book your stay directly through our website [Insert Website Address Here] or by contacting us via phone at [Insert Phone Number Here]. We recommend booking in advance, especially during peak seasons.

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east desert inn wellness: Best Designed Wellness Hotels Martin Nicholas Kunz, 2004 After three successful editions of the best designed wellness hotels... series, in Asia, Australia and the South Pacific; North and South America, Mexico and the Caribbean, as well as Europe, the author now showcases more beautiful wellness locations in Africa and the Arabian region. The journey leads us to the breathtaking beaches of Mauritius and the Seychelles, through Egypt, Morocco and

Tunisia, and on to the bushlands of South Africa. Whether a simple lodge, or a famous grand resort, each of these properties displays a shared, holistic philosophy, expressed in its architecture, design, love of detail and individual service. This book is a selective guide to some of the world's most exquisite hotels, many of which remain well guarded secrets. Book jacket.

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east desert inn wellness: Health and Wellness Tourism Melanie K. Smith, László Puczkó, 2009 Health and Wellness Tourism takes an innovative look at this rapidly growing sector of today's thriving tourism industry. This book examines the range of motivations that drive this diverse sector of tourists, the products that are being developed to meet their needs and the management implications of these developments. A wide range of international case studies illustrate the multiple aspects of the industry and new and emerging trends including spas, medical wellness, life-coaching, meditation, festivals, pilgrimage and yoga retreats. The authors also evaluate marketing and promotional strategies and assess operational and management issues in the context of health and wellness tourism. This text includes a number of features to reinforce theory for advanced students of hospitality, leisure and tourism and related disciplines.

east desert inn wellness: **Perfect Health** Deepak Chopra, 1990 The author's Quantum Healing: Exploring the Frontiers of Mind/Body Medicine, aimed to show how health and sickness are controlled by awareness at the level of quantum physics, where mind and body are one. Now Dr Chopra has written a practical guide to harnessing that healing power of the mind, a book based on the principles of Ayurveda, a 5000-year-old system of mind/body medicine that has recently been rediscovered. The book provides a step-by-step programme of mind/body medicine tailored to the individual's need. The result is a plan for re-establishing the body's essential balance with nature.

east desert inn wellness: DK Top 10 Las Vegas DK Travel, 2024-06-25 Make the most of your trip to Las Vegas with DK Eyewitness Top 10. Planning is a breeze with our simple lists of ten, covering the best Las Vegas offers and ensuring you don't miss a thing. The pocket-friendly format is light and easily portable, the perfect companion while out and about. Inside, you'll find: Top 10 lists of Las Vegas's must-sees, including the Strip, Downtown Las Vegas, CityCenter, the Grand Canyon, and Hoover Dam and Lake Mead Las Vegas's most interesting areas, with the best places for sightseeing, food and drink, and shopping Themed lists, including the best casinos, shows, gourmet restaurants, thrill rides and simulators, and much more Easy-to-follow itineraries, perfect for a day trip, a weekend, or a week A laminated pull-out map of Las Vegas, plus five full-colour area maps DK Eyewitness's Top 10s have been helping travelers make the most of their breaks since 2002. DK is the world's leading illustrated reference publisher, producing beautifully designed books for adults and children in over 120 countries. Looking for more on Las Vegas's culture, history, and attractions? Try our DK Eyewitness Southwest USA and National Parks.

east desert inn wellness: Eyewitness Top 10 Las Vegas DK Eyewitness, 2022-08-16 The most full-on, 24-hour city you could ever hope to visit, Las Vegas is a playground of extravagant casino resorts, spectacular shows, and top restaurants - a place to have fun and relax. Make the most of your trip to this legendary city with DK Eyewitness Top 10. Planning is a breeze with our simple lists of ten, covering the very best that Las Vegas has to offer and ensuring that you don't miss a thing. Best of all, the pocket-friendly format is light and easily portable; the perfect companion while out and about. DK Eyewitness Top 10 Las Vegas is your ticket to the trip of a lifetime. Inside DK Eyewitness Top 10 Las Vegas you will find: - Detailed Top 10 lists of Las Vegas' must-sees including the Strip, Downtown, Red Rock Canyon, the Grand Canyon, and Hoover Dam - Easy-to-follow itineraries including ideas for day trips, weekends and a week's worth of plans to make the most out of each and every day - Expert advice: honest recommendations on Las Vegas's most interesting areas, with the best places for shopping, eating out and sightseeing, with top tips on getting ready, getting

around and staying safe - Themed lists including the best theme hotels, wedding chapels, nightclubs, things to do for free and more - Detailed maps including a aminated pull-out map of Las Vegas, plus five full-colour area maps - Covers: Welcome to Las Vegas, Exploring Las Vegas, Las Vegas Highlights, The Strip, Bellagio, The Venetian, Wynn Las Vegas, The Forum Shops at Caesars Palace, Downtown Las Vegas, CityCenter Hoover Dam and Lake Mead, Red Rock Canyon, Grand Canyon, Great Moments in Las Vegas History Casinos, Gambling in Las Vegas, Theme Hotels, Wedding Chapels, Museums and Galleries, Thrill Rides and Simulators, Children's Attractions, Golf Courses, Spas and Health Clubs, Shows, Music and Performing Arts, Venues, Nightclubs, Bars and Lounges on the Strip, Gourmet Restaurants, Vegas Dining Experiences, Buffets, Places to Shop, Las Vegas for Free, Festivals and Annual Events, The Strip, Downtown, Beyond the Neon, Lake Mead, Hoover Dam, and Laughlin, Parks and Preserves Travelling beyond Las Vegas? Look out for our DK Eyewitness Southwest USA and National Parks. About DK Eyewitness: At DK Eyewitness, we believe in the power of discovery. We make it easy for you to explore your dream destinations. DK Eyewitness travel guides have been helping travellers to make the most of their breaks since 1993. Filled with expert advice, striking photography and detailed illustrations, our highly visual DK Eyewitness guides will get you closer to your next adventure. We publish guides to more than 200 destinations, from pocket-sized city guides to comprehensive country guides. Named Top Guidebook Series at the 2020 Wanderlust Reader Travel Awards, we know that wherever you go next, your DK Eyewitness travel guides are the perfect companion.

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east desert inn wellness: *The Wigwam Resort* Lance W. Burton, 2007 The evolution of an arid desert area into the verdant oasis that is the Wigwam Resort was ultimately brought about by an unlikely crop needed by an important American corporation in the early 20th century. The crop was long-staple cotton and the corporation was the Goodyear Tire and Rubber Company. When the U.S. Department of Agriculture discovered that Arizona's Salt River Valley was an ideal location to domestically grow long-staple cotton, Goodyear purchased 16,000 acres in the desert west of Phoenix to cultivate the crop for their newly developed pneumatic tire. The company built a three-room lodge, originally called the Organization House, for the executives that came to oversee the farming operations. The location became a popular winter retreat within the company, and in 1929, Goodyear expanded the facilities and opened The Wigwam as a hotel. As the years progressed, amenities such as golf and fine dining were added, and the Wigwam Resort became one of the premier luxury destinations in the Southwest.

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bestselling Defenders of Time series. With the recent expansion of the time travel program to include Dr. Sam Weiss's niece, Samantha, exciting breakthroughs are on the horizon. Just days before she is set to officially join the team, Samantha, her uncle, and Special Agent Hessman encounter a group of Russian terrorists who vanish into thin air and leave behind a strange type of electrified bullet. Despite all security precautions, the terrorists once again appear in the middle of the base and successfully kidnap Samantha. Her location is completely unknown. The team must race uncover why these Russians, who appear to have come from the future, have traveled through time to take Samantha. Their mission is immediately clear: rescue Samantha and find out why she was kidnapped in the first place. The team will be forced to overcome their outdated technology, and Special Agent Hessman's developing feelings for Samantha, to save her and unravel this mystery from the future.

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east desert inn wellness: *My New Roots* Sarah Britton, 2015-03-31 Holistic nutritionist and highly-regarded blogger Sarah Britton presents a refreshing, straight-forward approach to balancing mind, body, and spirit through a diet made up of whole foods. Sarah Britton's approach to plant-based cuisine is about satisfaction--foods that satiate on a physical, emotional, and spiritual level. Based on her knowledge of nutrition and her love of cooking, Sarah Britton crafts recipes made from organic vegetables, fruits, whole grains, beans, lentils, nuts, and seeds. She explains how a diet based on whole foods allows the body to regulate itself, eliminating the need to count calories. *My New Roots* draws on the enormous appeal of Sarah Britton's blog, which strikes the perfect balance between healthy and delicious food. She is a whole food lover, a cook who makes simple accessible plant-based meals that are a pleasure to eat and a joy to make. This book takes its cues from the rhythms of the earth, showcasing 100 seasonal recipes. Sarah simmers thinly sliced celery root until it mimics pasta for Butternut Squash Lasagna, and whips up easy raw chocolate to make homemade chocolate-nut butter candy cups. Her recipes are not about sacrifice, deprivation, or labels--they are about enjoying delicious food that's also good for you.

east desert inn wellness: **Fodor's Arizona & the Grand Canyon** Fodor's Travel Guides, 2015-11-10 Written by locals, Fodor's travel guides have been offering expert advice for all tastes and budgets for 80 years. Travelers continue to flock to Arizona year-round to explore the outdoors and relax at world-class spa resorts. In full-color throughout, Fodor's Arizona and the Grand Canyon helps travelers take advantage of the state's myriad pleasures, including outstanding museums and galleries, Navajo and Hopi cultural experiences, top-notch golf, three national parks, and excellent Mexican food and tequila. This travel guide includes: · Dozens of full-color maps · Hundreds of hotel and restaurant recommendations, with Fodor's Choice designating our top picks · Multiple itineraries to explore the top attractions and what's off the beaten path · Major sights such as The Grand Canyon, The Petrified Forest and the Painted Desert, Sedona, Scottsdale, The Heard Museum, Monument Valley, and Desert Botanical Garden · Coverage of Phoenix, Scottsdale, and Tempe; Grand Canyon National Park; Flagstaff; North-Central Arizona; Northeast Arizona; Eastern Arizona; Tucson; Southern Arizona; Northwest Arizona and Southeast Nevada

east desert inn wellness: **Humor, Seriously** Jennifer Aaker, Naomi Bagdonas, 2021-02-02 WALL STREET JOURNAL, LOS ANGELES TIMES, AND USA TODAY BESTSELLER • Anyone—even you!—can learn how to harness the power of humor in business (and life), based on the popular class at Stanford's Graduate School of Business. Don't miss the authors' TED Talk, "Why great leaders take humor seriously," online now. "The ultimate guide to using the magical power of funny as a tool for leadership and a force for good."—Daniel H. Pink, #1 New York Times bestselling author of *When and Drive* We are living through a period of unprecedented uncertainty and upheaval in both our personal and professional lives. So it should come as a surprise to exactly no one that trust, human connection, and mental well-being are all on the decline. This may seem like no laughing matter. Yet, the research shows that humor and laughter are among the most valuable tools we have

at our disposal for strengthening bonds and relationships, diffusing stress and tension, boosting resilience, and performing when the stakes are high. That's why Jennifer Aaker and Naomi Bagdonas teach the popular course *Humor: Serious Business* at the Stanford Graduate School of Business, where they help some of the world's most hard-driving, blazer-wearing business minds infuse more humor and levity into their work and lives. In *Humor, Seriously*, they draw on findings by behavioral scientists, world-class comedians, and inspiring business leaders to reveal how humor works and—more important—how you can use more of it, better. Aaker and Bagdonas unpack the theory and application of humor: what makes something funny, how to mine your life for material, and simple ways to identify and leverage your unique humor style. They show how to use humor to rebuild vital connections; appear more confident, competent, and authentic at work; and foster cultures where levity and creativity can thrive. President Dwight David Eisenhower once said, "A sense of humor is part of the art of leadership, of getting along with people, of getting things done." If Dwight David Eisenhower, the second least naturally funny president (after Franklin Pierce), thought humor was necessary to win wars, build highways, and warn against the military-industrial complex, then you might consider learning it too.

east desert inn wellness: *Explorer's Guide Palm Springs & Desert Resorts* Christopher P. Baker, 2008-10-28 This book includes many wonderful sights not included in other guidebooks. The long history of celebrity association is regaled in detail. Highlighted by photographs and useful maps, this readable travel guide offers insider information from local authors about diverse regions of America for weekend travelers and explorers alike, featuring helpful tips on dining accommodations and lodgings, transportation, shopping, recreational activities, landmarks, cultural opportunities, and more.

east desert inn wellness: *The Heritage Registry of Who's who* , 2006

east desert inn wellness: *Diets for Healthy Healing* Linda Page, 2005-04 Dr. Linda Page, author of the best selling book, *Healthy Healing, A Guide to Self-Healing for Everyone* 12th edition, now brings us her long awaited new book, *Diets for Healthy Healing*. Millions of people are looking for natural ways to heal. The American lifestyle and eating habits, cause many Americans to struggle with what Dr. Page calls 'The Top Ten' chronic health problems. In *Diets for Healthy Healing*, Dr. Linda Page tackles: Allergies and Asthma -- Arthritis * Heart Disease -- Cancer -- Blood Sugar Imbalances -- Digestive Disorder Diets -- Immune Breakdown Disease -- Osteoporosis -- Obesity -- Women s Hormone Imbalances Bonus Diets -- Beauty Diets -- Optimal Nutrition for Kids -- Anti-Aging Diets. -- Amazon.com.

east desert inn wellness: *South and West* Joan Didion, 2017-03-07 NATIONAL BESTSELLER • "One of contemporary literature's most revered essayists revives her raw records from a 1970s road trip across the American southwest ... her acute observations of the country's culture and history feel particularly resonant today." —Harper's Bazaar Joan Didion, the bestselling, award-winning author of *The Year of Magical Thinking* and *Let Me Tell You What I Mean*, has always kept notebooks—of overheard dialogue, interviews, drafts of essays, copies of articles. Here are two extended excerpts from notebooks she kept in the 1970s; read together, they form a piercing view of the American political and cultural landscape. "Notes on the South" traces a road trip that she and her husband, John Gregory Dunne, took through Louisiana, Mississippi, and Alabama. Her acute observations about the small towns they pass through, her interviews with local figures, and their preoccupation with race, class, and heritage suggest a South largely unchanged today. "California Notes" began as an assignment from Rolling Stone on the Patty Hearst trial. Though Didion never wrote the piece, the time she spent watching the trial in San Francisco triggered thoughts about the West and her own upbringing in Sacramento. Here we not only see Didion's signature irony and imagination in play, we're also granted an illuminating glimpse into her mind and process.

east desert inn wellness: *Jasmine Nights* Julia Gregson, 2012-06-05 From the award-winning author of *East of the Sun*, a powerful love story set against the unstable and exotic cities of Cairo and Istanbul during the height of World War II. At twenty-three, Saba Tarcan knows her only hope of escaping the clamor of Cardiff Bay, Wales, lies in her voice. While traveling Britain, singing for

wounded soldiers, Saba meets handsome fighter pilot Dom Benson, recovering from burns after a crash. When Saba auditions to entertain troops in far-off lands, Dom follows her to London. Just as their relationship begins to take root, Saba is sent to sing in Africa, and Dom is assigned a new mission in the Middle East. As Saba explores Cairo's bazaars, finding friendship among the troupe's acrobats and dancers, Dom returns to the cockpit once again, both thrilled and terrified to be flying above the desert floor. In spite of great danger, the two resolve to reunite. When Saba learns that her position makes her uniquely qualified for a secret mission of international importance, she agrees to help the British Secret Service, concealing her role from Dom. Her decision will jeopardize not only her safety but also the love of her life. Based on true accounts of female entertainers used as spies during World War II, *Jasmine Nights* is a powerful story of danger, secrets, and love, filled with the colors and sounds of the Middle East's most beautiful cities.

east desert inn wellness: Cooking for Healthy Healing Linda Page, 2002 Linda Page has been saying it for years: Good food is good medicine. Now, in her new revolutionary cookbook set, she presents the latest information about the problems with today's food supply and shows how to use food as medicine, for healing, and for wellness.

east desert inn wellness: Explorer's Guide Arizona (Second Edition) (Explorer's Complete) Christine Maxa, 2010-11-01 A new edition of this encyclopedic guide to Arizona's array of natural wonders, recreational opportunities and world-class comforts. With its natural wonders, recreational opportunities and world-class comforts, Arizona is one of the favorite travel destinations on the planet. Christine Maxa's encyclopedic guide has everything from culture and history to the perfect 18 holes of golf; from luxurious spas to rugged backcountry adventures. This new edition covers all the national parks and monuments and features lodging and dining gems you won't want to miss.

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east desert inn wellness: **Insiders' Guide® to Tucson** Mary Paganelli Votto, 2012-01-10 Your Travel Destination. Your Home. Your Home-To-Be. Tucson Savor the Southwestern cuisine. Bask in 350 days of sunshine a year. Find inspiration in the desert and mountain landscape. • A personal, practical perspective for travelers and residents alike • Comprehensive listings of attractions, restaurants, and accommodations • How to live & thrive in the area—from recreation to relocation • Countless details on shopping, arts & entertainment, and children's activities

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east desert inn wellness: **Explorer's Guide Palm Springs & Desert Resorts: A Great Destination** Christopher P. Baker, 2008-11-03 Consistently rated the best guides to the regions covered... Readable, tasteful, appealingly designed. Strong on dining, lodging, culture and history.—National Geographic Traveler This book leaves no stone unturned. A complete guide that includes many wonderful sights not included in other travel books. The long history of celebrity association in Palm Springs is regaled in detail (including some juicy gossip)! Distinctive for their accuracy, simplicity, and conversational tone, the diverse travel guides in our Explorer's Great Destinations series meet the conflicting demands of the modern traveler. They're packed full of up-to-date information to help plan the perfect gateway. And they're compact and light enough to come along for the ride. A tool you'll turn to before, during, and after your trip, these guides include these helpful features: chapters on lodging, dining, transportation, history, shopping, recreation and more; a section packed with practical information, such as lists of banks, hospitals, post offices, laundromats, numbers for police, fire, and rescue, and other relevant information; and maps of regions and locales.

east desert inn wellness: **Cooking in Marfa** Virginia Lebermann, Rocky Barnette, 2020-04-01 A treasure trove of essays, recipes, and images exploring the people and food of Marfa and its premier restaurant, The Capri Cooking in Marfa introduces an unusual small town in the West Texas

desert and, within it, a fine-dining oasis in a most unlikely place. The Capri excels at serving the spectrum of guests that Marfa draws, from locals and ranchers to artists, museum-board members, and discerning tourists. Featuring more than 80 recipes inspired by local products, this is the story of this unique community told through the lens of food, sharing the cuisine and characters that make The Capri a destination unto itself.

east desert inn wellness: Arthur Elrod Adele Cygelman, 2019-02-12 Arthur Elrod was the most successful interior designer working in Palm Springs from 1954 to 1974. His forward-thinking midcentury design appeared in primary homes, second houses, spec houses, country clubs, and experimental houses—in the desert and across the US. He was charming, handsome, and worked tirelessly for his A-list clientele.

east desert inn wellness: The Gift of Failure Jessica Lahey, 2015-08-11 The New York Times bestselling, groundbreaking manifesto on the critical school years when parents must learn to allow their children to experience the disappointment and frustration that occur from life's inevitable problems so that they can grow up to be successful, resilient, and self-reliant adults Modern parenting is defined by an unprecedented level of overprotectiveness: parents who rush to school at the whim of a phone call to deliver forgotten assignments, who challenge teachers on report card disappointments, mastermind children's friendships, and interfere on the playing field. As teacher and writer Jessica Lahey explains, even though these parents see themselves as being highly responsive to their children's well being, they aren't giving them the chance to experience failure—or the opportunity to learn to solve their own problems. Overparenting has the potential to ruin a child's confidence and undermine their education, Lahey reminds us. Teachers don't just teach reading, writing, and arithmetic. They teach responsibility, organization, manners, restraint, and foresight—important life skills children carry with them long after they leave the classroom. Providing a path toward solutions, Lahey lays out a blueprint with targeted advice for handling homework, report cards, social dynamics, and sports. Most importantly, she sets forth a plan to help parents learn to step back and embrace their children's failures. Hard-hitting yet warm and wise, *The Gift of Failure* is essential reading for parents, educators, and psychologists nationwide who want to help children succeed.

east desert inn wellness: Cincinnati Magazine , 1993-07 Cincinnati Magazine taps into the DNA of the city, exploring shopping, dining, living, and culture and giving readers a ringside seat on the issues shaping the region.

east desert inn wellness: Los Angeles Magazine , 2005-05 Los Angeles magazine is a regional magazine of national stature. Our combination of award-winning feature writing, investigative reporting, service journalism, and design covers the people, lifestyle, culture, entertainment, fashion, art and architecture, and news that define Southern California. Started in the spring of 1961, Los Angeles magazine has been addressing the needs and interests of our region for 48 years. The magazine continues to be the definitive resource for an affluent population that is intensely interested in a lifestyle that is uniquely Southern Californian.

east desert inn wellness: Healthy Escapes Fodor's, 1998 A travel industry profiles 255 establishments to offer critical information on spas and health resorts in the United States, Canada, Mexico, and the Caribbean.

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