

envision wellness kenmore ave

Envision Wellness Kenmore Ave: Your Guide to Holistic Well-being

Are you searching for a path to improved health and wellness in the Kenmore Ave area? Feeling overwhelmed by the sheer number of options available? This comprehensive guide dives deep into Envision Wellness Kenmore Ave, exploring its services, benefits, and why it's becoming a leading choice for individuals seeking holistic well-being. We'll cover everything you need to know to determine if Envision Wellness is the right fit for your wellness journey. Get ready to discover how Envision Wellness can help you achieve your health goals.

Understanding Envision Wellness Kenmore Ave: More Than Just a Clinic

Envision Wellness Kenmore Ave isn't your typical medical clinic; it's a holistic wellness center dedicated to empowering individuals to take control of their health and achieve optimal well-being. They offer a unique blend of traditional and alternative therapies, focusing on the interconnectedness of mind, body, and spirit. This integrated approach sets them apart, providing a personalized experience tailored to individual needs. Forget the one-size-fits-all approach; Envision Wellness focuses on creating a customized wellness plan for each client.

A Spectrum of Services: Catering to Diverse Needs

Envision Wellness Kenmore Ave provides a wide range of services to address various health concerns and wellness goals. Let's explore some of their key offerings:

1. **Chiropractic Care:** Experienced chiropractors utilize gentle, effective techniques to alleviate back pain, neck pain, headaches, and other musculoskeletal issues. Their focus extends beyond pain relief, aiming to restore proper spinal alignment and improve overall body function.
1. **Acupuncture:** This ancient Chinese medicine practice involves inserting thin needles into specific points on the body to stimulate energy flow and promote healing. Acupuncture is effective for pain management, stress reduction, and improving overall well-being. Envision Wellness

uses licensed and experienced acupuncturists.

1. **Massage Therapy:** From deep tissue massage to Swedish massage, Envision Wellness offers a variety of massage modalities designed to relieve muscle tension, improve circulation, and reduce stress. Their skilled massage therapists provide a relaxing and therapeutic experience.
1. **Nutritional Counseling:** Understanding the power of nutrition is crucial for optimal health. Envision Wellness's registered dietitians work with clients to create personalized nutrition plans tailored to their individual needs and goals, whether it's weight management, improved energy levels, or managing specific health conditions.
1. **Wellness Workshops and Classes:** Beyond individual treatments, Envision Wellness actively promotes community wellness through workshops and classes focusing on topics like stress management, mindfulness, and healthy cooking. These events provide valuable tools and techniques for long-term well-being.

The Envision Wellness Difference: A Holistic Approach to Health

What truly sets Envision Wellness Kenmore Ave apart is its commitment to a holistic approach. They don't just treat symptoms; they identify and address the root causes of health issues. This integrated approach considers the interplay between physical, emotional, and mental well-being, providing a comprehensive and sustainable path to improved health.

Their team of experienced and highly qualified practitioners work collaboratively to create a personalized plan that addresses each client's unique needs. This collaborative approach ensures a comprehensive and coordinated care plan, maximizing the effectiveness of the treatments. They prioritize building strong patient-practitioner relationships, fostering trust and creating a supportive environment for healing and growth.

Building a Sustainable Wellness Plan: Your Journey to Lasting Health

Envision Wellness doesn't just offer temporary fixes; they empower you to

build a sustainable wellness plan for long-term health. This involves education, ongoing support, and a collaborative partnership with their practitioners. They provide the tools and knowledge necessary to maintain a healthy lifestyle long after your initial treatments.

This dedication to long-term well-being extends beyond the clinic walls. They encourage lifestyle changes that promote overall health, such as regular exercise, mindful eating, and stress-reduction techniques. Envision Wellness acts as a guiding force, supporting you every step of the way on your journey to optimal health.

Why Choose Envision Wellness Kenmore Ave? Your Path to Well-being Starts Here

Choosing the right wellness center is a crucial decision. Envision Wellness Kenmore Ave distinguishes itself through its:

Holistic Approach: Addressing the mind, body, and spirit for comprehensive well-being.

Experienced Practitioners: Highly qualified and dedicated professionals in their respective fields.

Personalized Care: Tailored treatment plans designed to meet individual needs and goals.

Supportive Environment: Creating a comfortable and nurturing atmosphere conducive to healing.

Commitment to Long-Term Well-being: Empowering individuals with knowledge and tools for sustained health.

Envision Wellness Kenmore Ave is more than just a clinic; it's a community dedicated to fostering health and wellness. It's a place where you can find support, guidance, and the tools you need to thrive.

Conclusion: Invest in Your Well-being Today

Taking care of your health is an investment in yourself, and Envision Wellness Kenmore Ave provides the resources and expertise to help you reach your full potential. Their holistic approach, coupled with their commitment to personalized care, sets them apart in the world of wellness. If you're ready to prioritize your well-being and embark on a journey to lasting health, Envision Wellness Kenmore Ave is the perfect place to start. Contact them today to schedule a consultation and begin your transformation.

Frequently Asked Questions (FAQs)

1. Does Envision Wellness Kenmore Ave accept insurance? Contact Envision Wellness directly to inquire about their insurance policies. They may accept certain plans or offer payment plans.

1. What are the clinic's hours of operation? Their hours of operation can be found on their website or by calling their office. It's always best to check their website for the most up-to-date information.

1. Do I need a referral to see a practitioner at Envision Wellness? This varies depending on the specific service. It's recommended to contact Envision Wellness directly to determine if a referral is necessary for your desired treatment.

1. What forms of payment are accepted? Check Envision Wellness's website or contact them directly to confirm the accepted payment methods, such as cash, credit cards, and health savings accounts (HSAs).

1. How do I schedule an appointment? You can typically schedule an appointment by phone or through their online booking system (if available). Details are usually found on their website or via a phone call.

envision wellness kenmore ave: Imagine Boston 2030 City Of Boston, 2017-09-08 Today, Boston is in a uniquely powerful position to make our city more affordable, equitable, connected, and resilient. We will seize this moment to guide our growth to support our dynamic economy, connect more residents to opportunity, create vibrant neighborhoods, and continue our legacy as a thriving waterfront city. Mayor Martin J. Walsh's Imagine Boston 2030 is the first citywide plan in more than 50 years. This vision was shaped by more than 15,000 Boston voices.

envision wellness kenmore ave: *The Couple And Family In Managed Care* Dennis Bagarozzi, 2013-10-28 Published in 1996, *The Couple And Family In Managed Care* is a valuable contribution to the field of Family Therapy.

envision wellness kenmore ave: *Let's Talk About Race* Julius Lester, 2020-07-14 This wonderful book should be a first choice for all collections and is strongly recommended as a springboard for discussions about differences." —School Library Journal (starred review) In this acclaimed book, the author of the Newbery Honor Book *To Be a Slave* shares his own story as he explores what makes each of us special. A strong choice for sharing at home or in the classroom. Karen Barbour's dramatic, vibrant paintings speak to the heart of Lester's unique vision, truly a celebration of all of us. This stunning picture book introduces race as just one of many chapters in a person's story (School Library Journal). Lester's poignant picture book helps children learn, grow, discuss, and begin to create a future that resolves differences (Children's Literature). Julius Lester said: I write because our lives are stories. If enough of these stories are told, then perhaps we will

begin to see that our lives are the same story. The differences are merely in the details. I am a story. So are you. So is everyone.

envision wellness kenmore ave: Biology Education for Social and Sustainable

Development Mijung Kim, C. H. Diong, 2012-10-20 In an era of globalization and urbanization, various social, economic, and environmental challenges surround advances in modern biological sciences. Considering how biological knowledge and practice are intrinsically related to building a sustainable relationship between nature and human society, the roles of biology education need to be rethought to respond to issues and changes to life in this biocentury. This book is a compilation of selected papers from the Twenty Third Biennial Conference of the Asian Association for Biology Education 2010. The title, Biology Education for Social and Sustainable Development, demonstrates how rethinking and reconstruction of biology education in the Asia-Pacific region are increasingly grounded in deep understandings of what counts as valuable local knowledge, practices, culture, and ideologies for national and global issues, and education for sustainable development. The 42 papers by eminent science educators from Australia, China, Philippines, Singapore, Taiwan, and the U.S., represent a diversity of views, understandings, and practices in biology education for sustainable development from school to university in diverse education systems and social-cultural settings in the Asia-Pacific region and beyond. The book is an invaluable resource and essential reference for researchers and educators on Asian perspectives and practices on biology education for social and sustainable development.

envision wellness kenmore ave: Partners in Self-sufficiency United States. Department of Housing and Urban Development. Office of Policy Development and Research, 1988

envision wellness kenmore ave: City Plan for Akron Prepared for Chamber of Commerce John Nolen, 1919

envision wellness kenmore ave: Why Good Things Happen to Good People Stephen Post, Ph.D., Jill Neimark, 2008-04-01 A longer life. A happier life. A healthier life. Above all, a life that matters—so that when you leave this world, you'll have changed it for the better. If science said you could have all this just by altering one behavior, would you? Dr. Stephen Post has been making headlines by funding studies at the nation's top universities to prove once and for all the life-enhancing benefits of caring, kindness, and compassion. The exciting new research shows that when we give of ourselves, especially if we start young, everything from life-satisfaction to self-realization and physical health is significantly affected. Mortality is delayed. Depression is reduced. Well-being and good fortune are increased. In their life-changing new book, *Why Good Things Happen to Good People*, Dr. Post and journalist Jill Neimark weave the growing new science of love and giving with profoundly moving real-life stories to show exactly how giving unlocks the doors to health, happiness, and a longer life. The astounding new research includes a fifty-year study showing that people who are giving during their high school years have better physical and mental health throughout their lives. Other studies show that older people who give live longer than those who don't. Helping others has been shown to bring health benefits to those with chronic illness, including HIV, multiple sclerosis, and heart problems. And studies show that people of all ages who help others on a regular basis, even in small ways, feel happiest. *Why Good Things Happen to Good People* offers ten ways to give of yourself, in four areas of life, all proven by science to improve your health and even add to your life expectancy. (And not one requires you to write a check.) The one-of-a-kind "Love and Longevity Scale" scores you on all ten ways, from volunteering to listening, loyalty to forgiveness, celebration to standing up for what you believe in. Using the lessons and guidelines in each chapter, you can create a personalized plan for a more generous life, finding the style of giving that suits you best. The astonishing connection between generosity and health is so convincing that it will inspire readers to change their lives in ways big and small. Get started today. A longer, healthier, happier life awaits you.

envision wellness kenmore ave: *Clinicians' and Educators' Desk Reference on the Licensed Complementary and Alternative Healthcare Professions* Academic Consortium for Complementary and Alternative Health Care, Accahc, Phd, 2011-01-12 A reference text on the complementary and

alternative medicine professions written by leading educators from each discipline that is meant to support students, practitioners, patients and academic and policy leaders in helping to create appropriate and respectful collaboration between the disciplines to provide optimal health care.

envision wellness kenmore ave: American Indian Thought Anne Waters, 2003-12-02 This book brings together a diverse group of American Indian thinkers to discuss traditional and contemporary philosophies and philosophical issues. Covers American Indian thinking on issues concerning time, place, history, science, law, religion, nationhood, and art. Features newly commissioned essays by authors of American Indian descent. Includes a comprehensive bibliography to aid in research and inspire further reading.

envision wellness kenmore ave: Early Childhood Oral Health Joel H. Berg, Rebecca L. Slayton, 2015-10-26 Dental caries has been called a “silent epidemic” and is the most prevalent chronic disease affecting children. Though much has been written on the science and practice of managing this disease, publications are diverse in their loci, preventing easy access to the reader. Early Childhood Oral Health coalesces all the important information related to this topic in a comprehensive reference for students, academics, and practitioners. This second edition expands the scope of the first and puts an additional focus on interprofessional and global efforts that are necessary to manage the growing disease crisis and screening and risk assessment efforts that have expanded with the boom of new technologies. With updated references and incorporating the latest research, chapters address the biology and epidemiology of caries, the clinical management of early childhood caries, risk assessment, and early diagnosis. Other topics include public health approaches to managing caries worldwide, implementation of new caries prevention programs, fluoride regimens, and community programs, and family oral health education. Brand new are four chapters on the medical management of early childhood caries, considerations for children with special needs, interprofessional education and practice, and how the newest policy issues and the Affordable Care Act affect dental care. A must-read for pediatric dentists, cariologists, public health dentists, and students in these fields, Early Childhood Oral Health is also relevant for pediatricians and pediatric nursing specialists worldwide.

envision wellness kenmore ave: The Illustrated Encyclopedia of Body-mind Disciplines Nancy Allison, 1999 Introduces various programs and activities designed to awaken the links between mind, body, and spirit, including sensory therapies, subtle energy practices, massage, movement therapy methods, martial arts, yoga, meditation, and creative arts therapies.

envision wellness kenmore ave: Complementary & Alternative Therapies for Nursing Practice Karen Lee Fontaine, 2005 A clearly written book that provides an excellent introduction to alternative therapies. Systematized health care practices, botanical healing, manual healing methods, mind-body techniques, spiritual therapies, and more. For nurses and practitioners in allied health fields who seek to expand their practice to offer wider choices to consumers of health care.

envision wellness kenmore ave: Floret Farm's Discovering Dahlias Erin Benzakein, 2021-03-09 A stunning guide to growing, harvesting, and arranging gorgeous dahlia blooms from celebrated farmer-florist and New York Times bestselling author Erin Benzakein, founder of Floret Flower Farm. World-renowned flower farmer and floral designer Erin Benzakein reveals all the secrets to growing, cultivating, and arranging gorgeous dahlias. These coveted floral treasures come in a dazzling range of colors, sizes, and forms, with enough variety for virtually every garden space and personal preference, making them one of the most beloved flowers for arrangements. In these pages, readers will discover: • Expert advice for planting, harvesting, and arranging garden-fresh dahlias • A simple-to-follow overview of the dahlia classification system • An A-Z guide with photos and descriptions of more than 350 varieties • Step-by-step how-to's for designing show-stopping dahlia bouquets that elevate any occasion Expert Author: Erin Benzakein's gorgeous flowers are celebrated throughout the world. Her book Floret Farm's A Year in Flowers was a New York Times bestseller and her first book, Floret Farm's Cut Flower Garden, won the American Horticultural Society Book Award. Filled with Wisdom: Overflowing with hundreds of lush photographs and invaluable advice, DISCOVERING DAHLIAS is an essential resource for gardeners and a must-have

for anyone who loves flowers, including flower lovers, avid and novice gardeners, floral designers, florists, small farmers, stylists, and designers.

envision wellness kenmore ave: Introduction to Clinical Nutrition, Third Edition

Vishwanath Sardesai, 2011-10-11 Dietary factors have been implicated in at least four of the ten leading causes of death in the U.S. (heart disease, cancer, diabetes, and stroke). Nevertheless, physicians frequently receive inadequate training in nutrition to properly counsel their patients. *Introduction to Clinical Nutrition, Third Edition* discusses the physiologic and metabolic interrelationships of all nutrients and their roles in health maintenance and the prevention of various diseases. Since the publication of the second edition of this book, new discoveries have revolutionized the field of clinical nutrition. This is true especially with respect to gene-nutrient interaction, epigenetic pathways that contribute to the activation and inactivation of gene expression, the relationship of nutrients to telomere length and health, and personalized nutrition. Highlighting these advances, new and revised topics include: Fiber, antioxidants, nutraceuticals, alternative medicine, and epidemiology DNA, gene-nutrient interaction, epigenetics, and telomeres Nutritional aspects of kidney disease, diabetes, and metabolic syndrome Personalized nutrition and personalized medicine Vegetarianism, the Mediterranean diet, and other popular dietary practices Obesity and cholesterol Designed as a textbook for students in conventional medicine, osteopathy, dentistry, dietetics, nursing, pharmacy, and public health, the book focuses on the critical biochemical and physiological aspects of nutrients. It includes clinical case studies to clarify topics at the end of most chapters and references to facilitate further study.

envision wellness kenmore ave: Catastrophic Care David Goldhill, 2013-01-08 A visionary investigation that will change the way we think about health care: how and why it is failing, why expanding coverage will actually make things worse, and how our health care can be transformed into a transparent, affordable, successful system. In 2007, David Goldhill's father died from infections acquired in a hospital, one of more than two hundred thousand avoidable deaths per year caused by medical error. The bill was enormous—and Medicare paid it. These circumstances left Goldhill angry and determined to understand how world-class technology and personnel could coexist with such carelessness—and how a business that failed so miserably could be paid in full. *Catastrophic Care* is the eye-opening result. Blending personal anecdotes and extensive research, Goldhill presents us with cogent, biting analysis that challenges the basic preconceptions that have shaped our thinking for decades. Contrasting the Island of health care with the Mainland of our economy, he demonstrates that high costs, excess medicine, terrible service, and medical error are the inevitable consequences of our insurance-based system. He explains why policy efforts to fix these problems have invariably produced perverse results, and how the new Affordable Care Act is more likely to deepen than to solve these issues. Goldhill steps outside the incremental and wonkish debates to question the conventional wisdom blinding us to more fundamental issues. He proposes a comprehensive new way, where the customer (the patient) is first—a system focused on health and maintaining it, a system strong and vibrant enough for our future. If you think health care is interesting only to institutes and politicians, think again: *Catastrophic Care* is surprising, engaging, and brimming with insights born of questions nobody has thought to ask. Above all it is a book of new ideas that can transform the way we understand a subject we often take for granted.

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John Hancock Callender, 1974

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Treisman, 2011-01-01 The relationship between chronic pain and addiction Patients with chronic pain understandably seek relief from their distress and discomfort, but many medications that alleviate pain are potentially addictive, and most chronic pain conditions only have a temporary response to opiate analgesic drugs. This volume reviews the fundamental topics that underlie the complex relationships of this controversial domain. The authors review behavioral models and practical methods for understanding and treating chronic pain and addiction including methods to formulate patients with complex comorbidity and screen patients with chronic pain for addictive

liability. Finally, the authors describe the current findings from clinical and basic science that illuminate the role of opiates, cannabinoids and ketamine in the treatment of chronic pain. Up to date and comprehensive, this book is relevant to all professionals engaged in the care of patients with chronic pain or addiction and all others interested in these contemporary issues, particularly non-clinicians seeking clarity in the controversy over the best approach to patients with chronic pain.

envision wellness kenmore ave: In the Memory House (PB) Howard Mansfield, 1995-09 A recollection of the land, its people, and its ideals. Examines what we choose to remember and how progress has created absences in our landscapes.

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envision wellness kenmore ave: Shanghai Year Peter Brigg, 1987-01-01 This book represents snapshots of Shanghai with speculations on their meaning as China opens to the West and undergoes yet another shift towards modernity.

envision wellness kenmore ave: Ancient Map for Modern Birth Pam England, 2017 A fresh new paradigm for childbirth preparation, blending current research with processes and stories that support a woman's determination, self-respect, and readiness to deal with any type of birth, in any setting (from home to operating room). The author's map, inspired by ancient teachings, offers the modern woman a step-by-step guide to understanding her emotional, physical, and psychological journey through her childbearing year. It emphasizes the importance of staying flexible and open to the unknown possibilities and surprises that are a part of pregnancy, childbirth and parenting.--Publisher.

envision wellness kenmore ave: Celebrations Maya Angelou, 2011-09-07 Grace, dignity, and eloquence have long been hallmarks of Maya Angelou's poetry. Her measured verses have stirred our souls, energized our minds, and healed our hearts. Whether offering hope in the darkest of nights or expressing sincere joy at the extraordinariness of the everyday, Maya Angelou has served as our common voice. Celebrations is a collection of timely and timeless poems that are an integral part of the global fabric. Several works have become nearly as iconic as Angelou herself: the inspiring "On the Pulse of Morning," read at President William Jefferson Clinton's 1993 inauguration; the heartening "Amazing Peace," presented at the 2005 lighting of the National Christmas Tree at the White House; "A Brave and Startling Truth," which marked the fiftieth anniversary of the United Nations; and "Mother," which beautifully honors the first woman in our lives. Angelou writes of celebrations public and private, a bar mitzvah wish to her nephew, a

birthday greeting to Oprah Winfrey, and a memorial tribute to the late Luther Vandross and Barry White. More than a writer, Angelou is a chronicler of history, an advocate for peace, and a champion for the planet, as well as a patriot, a mentor, and a friend. To be shared and cherished, the wisdom and poetry of Maya Angelou proves there is always cause for celebration.

envision wellness kenmore ave: Civic Engagement in Higher Education Barbara Jacoby and Associates, 2009-01-27 Numerous studies have chronicled students lack of trust in large social institutions, declining interest in politics, and decreasing civic skills. This book is a comprehensive guide to developing high-quality civic engagement experiences for college students. The book defines civic engagement and explains why it is central to a college education. It describes the state of the art of education for civic engagement and provides guidelines for designing programs that encourage desired learning outcomes. In addition, the book guides leaders in organizing their institutions to create a campus-wide culture of civic engagement.

envision wellness kenmore ave: Educating for Democracy Anne Colby, Elizabeth Beaumont, Thomas Ehrlich, Josh Corngold, 2010-01-06 Educating for Democracy reports the results of the Political Engagement Project, a study of educational practices at the college level that prepare students for responsible democratic participation. In this book, coauthors Anne Colby, Elizabeth Beaumont, Thomas Ehrlich, and Josh Corngold show that education for political development can increase students' political understanding, skill, motivation, and involvement while contributing to many aspects of general academic learning.

envision wellness kenmore ave: Birthing from Within Pam England, Rob Horowitz, 2007 Giving birth is the pivotal moment of a woman's life but it is often treated as a medical procedure, and not as a rite of passage. Birthing from Within offers parents engaging and memorable ways for pregnant women, and their partners, to activate personal, social and spiritual resources that will guide them through labour and afterwards. Many birth classes teach from the 'outside', from the perspective of the professional. Yet, knowledge of anatomy and the stages of labour can often seem irrelevant in the intensity of contraction. The pregnant woman needs to know about labour and birth from her own perspective, she needs to be prepared for birthing from within. Pam England offers a method that allows a woman to fully understand her own strengths and resources. The self-discoveries made during pregnancy makes birth life-enhancing and empowers the future of the family. It is a multi-sensory and holistic approach that aims to make parents feel positively informed about what they are about to experience, confident about the birth of their child. Pain is an inevitable part of childbirth but Birthing from Within provides resources for building pain-coping confidence in parents. It gives detailed instructions on dealing with normal labour pain and when the humane use of drugs may be called for.--Cover.

envision wellness kenmore ave: Clinicians' and Educators' Desk Reference on the Integrative Health and Medicine Professions Beth Rosenthal, Renee Motheral Clugston, Elizabeth Goldblatt, 2017-06-12 A reference text on the integrative health and medicine professions written by leading educators from each discipline that is meant to support students, practitioners, patients and academic and policy leaders in helping to create appropriate and respectful collaboration between the disciplines to provide optimal health care.

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ABOUT THE AUTHORThe author grew up on a farm near De Smet, South Dakota, and has lived in

North Dakota and Iowa. For the last 28 years she has worked in school or public libraries as a children's librarian. DeAnn enjoys gardening, orcharding and quilting. She lives on an acreage near Logan, Iowa with her cat, Elsa, 785,479 honey bees and 18 chickens, including Little Black Banty.

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