

# **faith hope wellness pooler ga**

## **Faith, Hope, & Wellness: Your Guide to Pooler, GA's Holistic Haven**

Feeling overwhelmed? Searching for a holistic approach to wellness in the Pooler, GA area? You're not alone. Many people are seeking a deeper connection between mind, body, and spirit, and finding the right resources can feel like searching for a needle in a haystack. This comprehensive guide dives deep into the thriving wellness scene in Pooler, GA, focusing on locations and services that prioritize faith, hope, and overall wellbeing. We'll explore various options, from spiritual guidance to physical therapies, helping you find the perfect fit for your unique journey to a healthier, happier you.

### **Understanding the Faith, Hope, and Wellness Connection in Pooler, GA**

The pursuit of wellness isn't just about physical health; it's a holistic endeavor that encompasses mental, emotional, and spiritual wellbeing. In Pooler, GA, a vibrant community spirit intertwines with a growing emphasis on holistic wellness practices. This means you'll find a diverse range of services catering to the interconnectedness of faith, hope, and a healthy lifestyle. Many residents find strength and guidance through their faith, which in turn fuels their hope for a brighter future and empowers them to take steps towards better physical and mental health. This synergistic relationship is at the core of the wellness movement in Pooler.

### **Finding Your Faith-Based Support System in Pooler, GA**

For many, faith plays a central role in their wellness journey. Pooler, GA boasts a rich tapestry of religious communities offering support, guidance, and a sense of belonging. These communities often provide:

**Counseling and pastoral care:** Many churches and religious organizations offer counseling services, providing a safe space to address life's challenges from a faith-based perspective. This can be particularly helpful for individuals seeking spiritual guidance alongside traditional therapy.

**Support groups:** Connecting with others facing similar challenges can be incredibly empowering. Faith-based support groups offer a sense of community and shared experiences, fostering hope and resilience.

**Spiritual retreats and workshops:** Many organizations in the area host retreats and workshops focused on spiritual growth and self-discovery, allowing individuals to deepen their faith and cultivate inner peace.

### **Exploring Holistic Wellness Centers in Pooler, GA**

Beyond faith-based support, Pooler also offers an array of holistic wellness centers and practitioners.

These centers often provide a variety of services, including:

**Yoga and meditation studios:** Practicing yoga and meditation can significantly reduce stress and improve overall wellbeing. These practices promote mindfulness and cultivate a deeper connection to oneself and the divine.

**Massage therapy:** Massage therapy can relieve muscle tension, improve circulation, and promote relaxation. Many therapists incorporate elements of energy work and aromatherapy for a more holistic experience.

**Acupuncture and other alternative therapies:** Acupuncture, along with other alternative therapies, can address various health concerns, including pain management, stress reduction, and improved energy levels.

**Nutritional counseling:** Working with a registered dietitian can help you develop a personalized nutrition plan that supports your overall health and wellness goals.

## **The Role of Hope in the Wellness Journey**

Hope is an essential ingredient in the pursuit of wellness. It provides the motivation to persevere through challenges, embrace positive change, and believe in a brighter future. In Pooler, the strong sense of community and the availability of resources designed to support holistic wellbeing contribute significantly to fostering hope among residents. The shared experiences within faith-based communities and the supportive environment offered by wellness centers create a network of encouragement and understanding, which are crucial for maintaining hope during difficult times.

## **Finding the Right Fit for Your Needs in Pooler, GA**

The key to finding the right wellness approach is identifying your individual needs and preferences. Consider the following questions when searching for resources in Pooler:

What are my primary wellness goals? (e.g., stress reduction, pain management, spiritual growth)

What type of support system am I looking for? (e.g., individual therapy, group support, community involvement)

What modalities resonate with me? (e.g., traditional medicine, alternative therapies, faith-based practices)

What is my budget? Costs for various services can vary significantly.

By carefully considering these questions, you can effectively narrow down your search and find the resources that best align with your unique journey toward wellness. Remember that the path to wellness is a personal one; there's no one-size-fits-all approach.

## **Conclusion**

Pooler, GA offers a rich tapestry of resources for individuals seeking a holistic approach to wellness. By integrating faith, hope, and a variety of wellness practices, you can embark on a journey toward a healthier, happier life. Remember to take the time to explore the various options available, connect with your community, and find what resonates most with your individual needs. The path to wellness is a journey, not a destination, and with the right resources and support, you can achieve a fulfilling and balanced life.

# FAQs

1. Are there any free or low-cost wellness resources available in Pooler, GA?

Yes, many churches and community centers offer free or low-cost support groups, counseling services, and wellness workshops. Check with local organizations for specific offerings.

1. How do I find a qualified holistic practitioner in Pooler, GA?

You can search online directories, ask for recommendations from friends and family, or check with your primary care physician for referrals. Always verify the practitioner's credentials and experience before booking an appointment.

1. What if I don't have a strong faith background, but I'm interested in the spiritual aspects of wellness?

Many wellness centers and practitioners offer services that incorporate mindfulness, meditation, and other spiritual practices without requiring religious affiliation. Explore options that focus on self-discovery and inner peace.

1. How can I incorporate faith and hope into my daily wellness routine?

Start by identifying what brings you a sense of peace and connection. This could involve prayer, meditation, spending time in nature, journaling, or engaging in acts of service. Make time for these activities each day, even for a few minutes, to cultivate feelings of hope and inner strength.

1. Are there any community events in Pooler focused on wellness and faith?

Check local church bulletins, community calendars, and online event listings for information about workshops, retreats, and other wellness-focused events. Many organizations host events that blend faith and wellness practices.

**faith hope wellness pooler ga:** Directive Play Therapy Elsa Soto Leggett, PhD, LPC-S, RPT-S, Jennifer N. Boswell, PhD, LPC-S, NCC, RPT, 2016-10-26 Structured, therapist-led approaches to play therapy are becoming increasingly popular due to their time-limited nature and efficacy for such

specific disorders as trauma and attachment issues. This is the first book to provide comprehensive coverage of numerous directive play therapy techniques and interventions that are empirically validated and can be adapted for use in clinical, school, group, and family settings. Designed for both students and practitioners, the text addresses the theoretical bases for these approaches and provides in-depth, practical guidance for their use. The book describes how directive play therapies differ from nondirective therapies and illustrates best practices in using directive techniques. It examines such diverse approaches as cognitive behavioral, solution focused, sensorimotor, and the use of creative arts in play therapy. Each approach is covered in terms of its theoretical foundation, research basis, specific techniques for practice, and a case example. The text describes how to adapt directive play therapy techniques for use in various contexts, such as with families, in groups, and in schools. Helpful templates for treatment planning and case documentation are also included, making the book a valuable resource for both training courses and practicing professionals in play therapy, clinical mental health counseling, child counseling, school counseling, child and family social work, marriage and family therapy, and clinical child psychology. Key Features: Delivers step-by-step guidance for using directive play therapy techniques--the first book to do so Addresses theoretical basis, research support, and practical techniques for a diverse range of therapies Covers varied settings and contexts including school, clinical, group, and family settings Includes case studies Provides templates for treatment planning and case documentation

**faith hope wellness pooler ga: Decision Cases for Advanced Social Work Practice** Terry A. Wolfer, Lori D Franklin, Karen A Gray, 2013-11-19 These fifteen cases take place in child welfare, mental health, hospital, hospice, domestic violence, refugee resettlement, veterans' administration, and school settings and reflect individual, family, group, and supervised social work practice. They confront common ethical and treatment issues and raise issues regarding practice interventions, programs, policies, and laws. Cases represent open-ended situations, encouraging students to apply knowledge from across the social work curriculum to develop problem-solving and critical-thinking skills. An instructor's manual with teaching notes is available by emailing: [coursematerials@columbiauniversitypress.com](mailto:coursematerials@columbiauniversitypress.com).

**faith hope wellness pooler ga: Middle Range Theories** Sandra J. Peterson, Timothy S. Bredow, 2009 This groundbreaking text is the most complete and detailed book devoted to middle-range theories and their applications in clinical nursing research. The book thoroughly explains the process of selecting an appropriate theory for a particular nursing research study and sets forth criteria for critiquing theories. Each chapter includes examples of research using middle-range theories, definitions of key terms, analysis exercises, reference lists, and relevant Websites. Instruments are presented in appendices. New features of this edition include analysis questions for all theories; new chapters on learning theory and physiologic middle-range theories; Part introductions to frame the selection process for each middle-range theory chosen; and a glossary of terms.

**faith hope wellness pooler ga: HypnoBirthing, Fourth Edition** Marie Mongan, 2015-12-08 HypnoBirthing® has gained momentum around the globe as a positive and empowering method of childbirth. In fact, more than 25,000 books were sold in 2014 through the author's website alone, and according to Nielsen BookScan, over 70,000 were sold through reporting retailers since its publication in 2005. Here's why: HypnoBirthing helps women to become empowered by developing an awareness of the instinctive birthing capability of their bodies. It greatly reduces the pain of labor and childbirth; frequently eliminates the need for drugs; reduces the need for caesarian surgery or other doctor-controlled birth interventions; and it also shortens birthing and recovery time, allowing for better and earlier bonding with the baby, which has been proven to be vital to the mother-child bond. What's more, parents report that their infants sleep better and feed more easily when they haven't experienced birth trauma. HypnoBirthing founder Marie Mongan knows from her own four births that it is not necessary for childbirth to be a terribly painful experience. In this book she shows women how the Mongan Method works and how parents they can take control of the greatest and most important event of their lives. So, why is birth such a traumatic event for so many women?

And why do more than 40% of births now end in caesarian section, the highest percentage in history? The answer is simple: because our culture teaches women to fear birth as a painful and unsettling experience. Fear causes three physical reactions in the body—tightening of the muscles, reduced blood flow to the birthing muscles, and the release of certain hormones—which increase the pain and discomfort of childbirth. This is not hocus-pocus; this is science.

**faith hope wellness pooler ga: Law, Ethics, & Bioethics for the Health Professions**

Marcia A Lewis, Carol D Tampo, Brenda M Tatro, 2012-02-07 Now in its Seventh Edition and in vivid full-color, this groundbreaking book continues to champion the “Have a Care” approach, while also providing readers with a strong ethical and legal foundation that enables them to better serve their clients. The book addresses all major issues facing healthcare professionals today, including legal concerns, important ethical issues, and the emerging area of bioethics.

**faith hope wellness pooler ga: *Pediatric Pulmonary Disease* J. Thomas Stocker, 1988-12-01**

**faith hope wellness pooler ga: The Power of Crying Out Bill Gothard, 2011-11-09 A**

prescription for explosive and effective prayer —Pat Boone “The Power of Crying Out will bless and inspire you with a deeper understanding of God’s grace and power. Bill Gothard’s book has reawakened in me a strong desire to cry out to my Lord with passion and expectancy.” —Dr. Gary Smalley, counselor and bestselling author When members of the early church cried out to God in urgent need, the place shook with the power of their supplication. In this compelling vision for modern-day supplication, Bill Gothard recognizes the key truth that only God’s almighty power can rescue His children in times of distress. Using illustrations from Scripture and testimonies from everyday people, Gothard demonstrates the power of crying out—and how God can shake the world of those who cry out to Him today. His compelling teaching will revolutionize the way you pray—for all time!

**faith hope wellness pooler ga: The Straight Dope Cecil Adams, 1998** Is it true what they say about Catherine the Great and the horse? How do they measure snow? How do they get the stripes into toothpaste? Do cats have navels? How are coins taken out of circulation? Why do men have nipples? Cecil Adams has tackled these questions and more in his outspoken, uncompromising, and always entertaining weekly newspaper column, The Straight Dope. Now the best of these questions and answers--from the profound to the ridiculous--are collected in book form so that you can know a little about a lot. Exploding myths, revealing shocking truths, and explaining all major mysteries of the cosmos, The Straight Dope contains more than four hundred fully-indexed entries on topics ranging from sex to consumer products, science to history, and rock 'n' roll to much, much more!

**faith hope wellness pooler ga: Full Spectrum Philadelphia Museum of Art, Shelley R.**

Langdale, Ruth Fine, Allan L. Edmunds, 2012 Since its founding in 1972, the Brandywine Workshop has become an internationally recognized center for printmaking and a vital part of the Philadelphia community. In 2009 the workshop donated one hundred prints to the Philadelphia Museum of Art in memory of its late director Anne d'Harnoncourt. Full Spectrum celebrates this generous gift and documents and contextualizes the workshop's achievements over its distinguished forty-year history. All one hundred prints by the eighty-nine artists represented in the gift—including John Biggers, Barbara Chase-Riboud, Joyce de Guatemala, Sam Gilliam, Mei-Ling Hom, Jacob Landau, Kenneth Noland, Betye and Alison Saar, and Kay Walkingstick—are beautifully reproduced. Cultural identity, political and social issues, portraiture, landscape, patterning, and pure abstraction are some of the many subjects explored in these works, underscoring the breadth of the workshop's conceptual and stylistic reach. Published in association with the Philadelphia Museum of Art Exhibition Schedule: Philadelphia Museum of Art(09/07/12-11/25/12)

**faith hope wellness pooler ga: Seeking Wisdom Julia Cameron, 2022-01-11** Julia Cameron returns to the spiritual roots of the Artist’s Way in this 6-week Program Author Julia Cameron changed the way the world thinks about creativity when she first published The Artist’s Way: A Spiritual Path to Higher Creativity thirty years ago. Over five million copies later, Cameron now turns her attention to creative prayer, which she believes is a key facet of the creative life. In Seeking Wisdom, a 6 Week Artist’s Way Program, readers, too, will learn to pray. Tracing her own

creative journey, Cameron reveals that prayer led her forward at a time of personal crisis. Unexpectedly, prayer became an indispensable support to her artistic life. The tools she created to save herself in her darkest hour became the tools she would share with the world through *The Artist's Way*. *Seeking Wisdom* details the origin of these tools, and by Cameron's example, the central role that prayer plays in sustaining a life as an artist. In this volume, Cameron shares a mindful collection of prayer practices that open our creative souls. This path takes us beyond traditional religious rituals, welcoming readers regardless of their beliefs and backgrounds. As you journey through each week of the program you'll explore prayers of petition, gratitude, creativity, and more. Along the way, the three beloved tools of *The Artist's Way*—Morning Pages, Artist Dates, and Walks—are refreshed and reintroduced, to provide a proven, grounded framework for growth and development. Additionally, Cameron introduces a fourth tool, *Writing Out Guidance*. She believes this powerful practice will greatly aid aspiring artists. *Seeking Wisdom* issues an invitation to step further into exciting creative practice.

**faith hope wellness pooler ga:** *The Postal Record* , 1923

**faith hope wellness pooler ga:** *Israel: Is It Good for the Jews?* Richard M. Cohen, 2014-09-16  
A very personal journey through Jewish history (and Cohen's own), and a passionate defense of Israel's legitimacy. Richard Cohen's book is part reportage, part memoir—an intimate journey through the history of Europe's Jews, culminating in the establishment of Israel. A veteran, syndicated columnist for *The Washington Post*, Cohen began this journey as a skeptic, wondering in a national column whether the creation of a Jewish State was "a mistake." As he recounts, he delved into his own and Jewish history and fell in love with the story of the Jews and Israel, a twice-promised land—in the Bible by God, and by the world to the remnants of Europe's Jews. This promise, he writes, was made in atonement not just for the Holocaust, but for the callous indifference that preceded World War II and followed it—and that still threatens. Cohen's account is full of stories—from the nineteenth century figures who imagined a Zionist country, including Theodore Herzl, who thought it might resemble Vienna with its cafes and music; to what happened in twentieth century Poland to his own relatives; and to stories of his American boyhood. Cohen describes his relationship with Israel as a sort of marriage: one does not always get along but one is faithful.

**faith hope wellness pooler ga:** *Cumulative List of Organizations Described in Section 170 (c) of the Internal Revenue Code of 1954* United States. Internal Revenue Service, 1997

**faith hope wellness pooler ga:** **Occupational Safety and Health for Technologists, Engineers, and Managers** David L. Goetsch, 2011 Known for its comprehensive coverage, this text covers all aspects of occupational safety and health in today's global workplace. Appropriate for safety management, engineering and technology programs, the book follows a logical sequence that provides a historical perspective and overview, covers the laws and regulations, discusses the human element, examines hazard assessment, prevention, and control, and covers management of safety and health. This edition features updated OSHA standards and contemporary topics such as safety culture, safety's role in global competitiveness, workplace violence, natural disasters and terrorism. Some new features include: All OSHA standards, as well as those of other regulatory agencies, were updated Chapter 4: Added a new section on the Emerging Role of Safety Professionals Chapter 9: Added a new section on the safety professional's role in product recalls Chapter 15: Added a new section on practical prevention measures for reducing slip and fall hazards and a new checklist for enhancing vision protection

**faith hope wellness pooler ga:** **Chrystallia and the Source of Light** Paul Michael Glaser, 2011-10 A life affirming story about a fourteen year old girl and her eleven year old brother who, on the eve of their last Christmas with their dying mother, take a magical journey through the underground world of crystals and minerals in search of the source of light.

**faith hope wellness pooler ga:** *Early Advent Singing* , 1994 This collection of 52 early Adventist hymns is a revised and enlarged edition of *Advent Singing*. The book is divided into sections by time periods with an introduction and a list of contents for each segment. A history and

stories about each hymn precede the words and music. Contents Millerite Adventist Hymns-1841-1844 Angels Hovering Round I'm a Pilgrim Never Part Again Together Let Us Sweetly Live and more.... Pioneer Sabbath-keeping Adventist Hymns-1845-1863 God of My Life How Far From Home? Land of Light O Brother be Faithful and more.... Early Seventh-day Adventist Hymns-1863-1915 Dare to Be a Daniel Resting By and By There is Sunlight on the Hilltop We Shall Meet Beyond the River and more....

**faith hope wellness pooler ga:** *The Ghostly Tales of Savannah* Jessa Dean, 2020-09-07 Ghost stories from America's Hostess City of the South have never been so creepy, fun, and full of mystery! Savannah's haunted history and local legends come to life—even when the main players are dead. From the legend of Rene Rhondolia to the many spirits who haunt the Sorrel-Weed house, this spooky chapter book will keep readers rapt. Dive into suspenseful tales of bumps in the night, paranormal investigations, and the unexplained; just be sure to keep the light on.

**faith hope wellness pooler ga:** **The Big Book of Kombucha** Hannah Crum, Alex LaGory, 2016-03-17 2016 Silver Nautilus Book Award Winner Brew your own kombucha at home! With more than 400 recipes, including 268 unique flavor combinations, you can get exactly the taste you want — for a fraction of the store-bought price. This complete guide, from the proprietors of Kombucha Kamp, shows you how to do it from start to finish, with illustrated step-by-step instructions and troubleshooting tips. The book also includes information on the many health benefits of kombucha, fascinating details of the drink's history, and recipes for delicious foods and drinks you can make with kombucha (including some irresistible cocktails!). “This is the one go-to resource for all things kombucha.” — Andrew Zimmern, James Beard Award-winning author and host of Travel Channel's Bizarre Foods

**faith hope wellness pooler ga:** *Crazy Is a Compliment* Linda Rottenberg, 2016-03 Reveals how companies like GE and Burberry have broken the corporate mould, and introduces us to entrepreneurs like Leila Velez, who started a multi-million hair-care company from her kitchen sink in Rio.

**faith hope wellness pooler ga:** **SEAL Team Six** Howard E. Wasdin, Stephen Templin, 2011-05-10 The New York Times bestselling book that takes you inside SEAL Team Six - the covert squad that killed Osama Bin Laden SEAL Team Six is a secret unit tasked with counterterrorism, hostage rescue, and counterinsurgency. In this dramatic, behind-the-scenes chronicle, Howard Wasdin takes readers deep inside the world of Navy SEALs and Special Forces snipers, beginning with the grueling selection process of Basic Underwater Demolition/SEAL (BUD/S)—the toughest and longest military training in the world. After graduating, Wasdin faced new challenges. First there was combat in Operation Desert Storm as a member of SEAL Team Two. Then the Green Course: the selection process to join the legendary SEAL Team Six, with a curriculum that included practiced land warfare to unarmed combat. More than learning how to pick a lock, they learned how to blow the door off its hinges. Finally as a member of SEAL Team Six he graduated from the most storied and challenging sniper program in the country: The Marine's Scout Sniper School. Eventually, of the 18 snipers in SEAL Team Six, Wasdin became the best—which meant one of the best snipers on the planet. Less than half a year after sniper school, he was fighting for his life. The mission: capture or kill Somalian warlord Mohamed Farrah Aidid. From rooftops, helicopters and alleys, Wasdin hunted Aidid and killed his men whenever possible. But everything went quickly to hell when his small band of soldiers found themselves fighting for their lives, cut off from help, and desperately trying to rescue downed comrades during a routine mission. The Battle of Mogadishu, as it became known, left 18 American soldiers dead and 73 wounded. Howard Wasdin had both of his legs nearly blown off while engaging the enemy. His dramatic combat tales combined with inside details of becoming one of the world's deadliest snipers make this one of the most explosive military memoirs in years.

**faith hope wellness pooler ga:** **Beating Cancer with Nutrition** Patrick Quillin, 2005 In this revision of the best-seller, Dr. Patrick Quillin shares his extensive and very practical experience in helping thousands of cancer patients with a nutrition program of diet and supplements, including

nutrients to reduce the toxic side effects of chemo and radiation. This book has been translated in Japanese, Korean and Chinese. Reissue.

**faith hope wellness pooler ga:** *Personalized Nutrition* George Moschonis, Katherine Livingstone, Jessica Biesiekierski, 2019-08-26 "Personalised Nutrition" represents any initiative that attempts to provide tailor-made healthy eating advice based on the nutritional needs of each individual, as these are dictated by the individual's behaviour, phenotype and/or genotype, and their interactions. This Special Issue of Nutrients is dedicated to the development, implementation and assessment of the effectiveness of evidence-based "Personalised Nutrition" strategies. In this regard, a selection of reviews and original research manuscripts will bring together the latest evidence on how lifestyle habits, physiology, nutraceuticals, gut microbiome and genetics can be integrated into nutritional solutions, specific to the needs of each individual, for maintaining health and preventing diseases.

**faith hope wellness pooler ga: Climate Change** The Royal Society, National Academy of Sciences, 2014-02-26 Climate Change: Evidence and Causes is a jointly produced publication of The US National Academy of Sciences and The Royal Society. Written by a UK-US team of leading climate scientists and reviewed by climate scientists and others, the publication is intended as a brief, readable reference document for decision makers, policy makers, educators, and other individuals seeking authoritative information on the some of the questions that continue to be asked. Climate Change makes clear what is well-established and where understanding is still developing. It echoes and builds upon the long history of climate-related work from both national academies, as well as on the newest climate-change assessment from the United Nations' Intergovernmental Panel on Climate Change. It touches on current areas of active debate and ongoing research, such as the link between ocean heat content and the rate of warming.

**faith hope wellness pooler ga:** *Dark Spaces* Cameron Rose, 2020-01-27 Dark Spaces is a free verse poetry book written to shed light on the stigmas and misconceptions of mental illness while expressing the emotions felt by those that fight every day to deal with them. Having grown up in a household where my mom struggled with Bipolar Disorder, I have watched how her mental illness has affected her life. My mom is very outspoken about her disorder, but many suffer in silence as mental illness eats away at them. There are different types of mental illness, but I will focus more on mood disorders such as Depression and Bipolar Disorder. These mental illnesses are often used against people to make them feel inept or inadequate. Those that struggle with mental illness often struggle getting help because of fear! Fear is very powerful and whispers things into your ear that you can convince yourself are true. If you are reading this and are struggling, I hope these poems will help you fight that fear that tells you to give up or that you're not good enough. You're just as valuable as everyone else, and you are loved more than you know, don't let anyone tell you differently. If you're reading this and know someone that may be struggling with mental illness, I hope that this encourages you to help them fight. Become a light that exposes the lies and help them know they are loved. The book will be separated into three chapters: Lost in the Darkness, Exposing the Darkness, and Becoming the Light in Dark Spaces, these chapters will discuss different vantage points of mental illness and how to shine light on these dark spaces.

**faith hope wellness pooler ga: Pastoral Record** Abingdon Press, 1984-08 History of pastor's ministry in one place.

**faith hope wellness pooler ga:** *Reputation Matrix: Five Strategies To Increase Your Visibility, Credibility, and Positive Word of Mouth in the Community and Online* Marjorie Young, 2020-07-23

**faith hope wellness pooler ga:** *The Stranahans of Fort Lauderdale* Harry A. Kersey, 2003 This informative, fast-paced, interesting book on the Stranahans of Fort Lauderdale provides needed historical context to a dynamic, ever-growing population center. Harry Kersey, one of Florida's leading historians, interweaves the story of the town's founding and growth into the lives of two of its most significant pioneers and community builders.--J. Michael Denham, director, Center for Florida History, Florida Southern College, Lakeland When they married in 1900, Frank and Ivy Stranahan began a life together on the Florida frontier that would shape and define the development

of one of the state's most sophisticated urban centers. Pioneering spirit and economic enterprise linked them to Seminole Indians, venture capitalists, and colorful entrepreneurs along the New River settlement; today they're recognized as a founding family of Fort Lauderdale and their riverfront home has been restored and designated a National Historic Landmark. Frank Stranahan came south from Ohio in 1893 to run an overnight camp on the stagecoach line carrying passengers from Lake Worth to the Miami area. He soon opened a trading post that thrived on commerce in pelts, plumes, and hides with Seminole Indians, who in turn purchased goods and groceries to take back to their camps in the Everglades. Stranahan's business interests expanded to include real estate and banking. An honest businessman, he became a respected political and civic leader, instrumental in the birth of Fort Lauderdale in 1911. When the Florida land boom collapsed and his bank closed, Stranahan's mental and physical health failed, and he committed suicide in 1929. Ivy Cromartie, a native Floridian, was 18 when she arrived at the settlement as its first schoolteacher and met her future husband. Energetic and articulate, she focused her activities outside the home. Besides teaching, she was active in a variety of reform movements ranging from Audubon Society efforts to save the plume birds to temperance and women's suffrage, working mainly through the Florida Federation of Women's Clubs. She is best remembered for her role as an advocate for Indian rights--especially education and child welfare--primarily with the Friends of the Seminoles, an organization she established in the 1930s. Before her death in 1971 she spoke frequently about her full life to reporters and historians and was interviewed extensively by Kersey. Harry A. Kersey, Jr., professor of history at Florida Atlantic University, Boca Raton, is the author of several books, including *The Florida Seminoles and the New Deal, 1933-1942* (UPF, 1989) and *Pelts, Plumes, and Hides: White Traders among the Seminole Indians, 1870-1930* and the coauthor of *Buffalo Tiger: A Life in the Everglades*.

**faith hope wellness pooler ga: Courthouses of Georgia** Association County Commissioners of Georgia, 2014 The courthouses of Georgia's 159 counties hold the keys to the history of individual families and entire communities alike. Internationally recognized photographer Greg Newington captures the prominence and character of these great structures, paying tribute to the community's investment in preserving historic courthouses for future generations.

**faith hope wellness pooler ga: Mercer's Moment** Daniel Shirley, 2019-10

**faith hope wellness pooler ga: At the Lake** Bass And Pike Press, 2020-06-19 The At the Lake Coloring Book series is an adorable way to celebrate the wonderful summer memories made around the water. Each coloring book in this series can be enjoyed by kids of all ages and contains: over 50 pages for coloring fun on the back of each page there is a place for Colored by: and Date: to mark these special memories each page has a dotted boundary line on the side to help guide you as you cut or tear out the page without losing part of your picture each page is 8 x 10 in size - perfect for framing and keeping! Check out all the cute themes in the At the Lake series, including: At the Lake with Grandma and Grandpa At the Lake with my Cousins At the Lake - Time for a Sleepover At the Lake - Fishing with Daddy At the Lake with my Sister At the Lake - Fun with my brothers At the Lake - Independence Day At the Lake - With my Family and more!

**faith hope wellness pooler ga: Christianity and Social Work** Scales Laine, Kelly Michael, 2020-05-29 Christianity and Social Work is written for social workers whose motivations to enter the profession are informed by their Christian faith, and who desire to develop faithfully Christian approaches to helping.

**faith hope wellness pooler ga: Calling All Musicians** Lightning Source, Michel, 2008-04 It has taken forty years of living, loving, sorrow, laughter and thirty extra pounds to make me feel like a woman; having a really great muse doesn't hurt either. Inspiration is highly underrated. I used to think body image was everything; now I know it is self image that dictates who we are. This book of poetry was inspired by a most unusual muse: a man I have never even met. I see myself in my muse as easily as I see the blue in my eyes. I know this man on a soul level. I know most people won't believe that, but that doesn't mean it isn't true. Faith and free will are amazing gifts. Imagination is not only for children. I never understood when people would say, 'I just know,' until I heard his

music. Yes, he is a musician. Something in his music just makes me feel like I know him. I am a tiny speck in this beautiful universe, and that suits me just fine because there are six billion other tiny specks just waiting to be bumped into. As for the title, well, I have faith most of you will figure it out. I grow weary explaining my poetry to people as they have forgotten how to believe. This is a love story, my love story.

**faith hope wellness pooler ga: Sell the Way You Buy** David Priemer, 2020-04-07 While a Vice President at Salesforce, David Priemer had an epiphany during one of the company's high-pressure selling periods: the very sales tactics they were using were not working on him. Yes, the numbers still showed results, but through brute force rather than elegance and efficiency. Priemer also discovered that his sales colleagues were spending far more time on leads that did not convert to sales than on those that did. His company--and his entire profession--was acting with more than enough gusto, but without enough awareness and empathy. They were not selling the way they buy. Sell the Way You Buy is about much more than putting yourself in the customer's shoes. Customers don't always know what they want or need, or they may be seeking a solution for something that isn't their core problem. They suffer from status quo bias, from recency bias, from confirmation bias. And meanwhile, the state of overwhelming choice has most products and solution providers adrift in the Sea of Sameness. In today's world, almost everyone is in sales, but as Priemer realized, we don't teach it. Sell the Way You Buy will show you how to ask questions, how to listen, how to tell a compelling brand story, and how to talk to customers (how to talk to people). Priemer reveals scientifically supported methods to understand the customer, identify their needs, and move them toward the right solution--all the while teaching you to avoid all the reasons why the average person doesn't like salespeople. In short, to sell the way you buy.

**faith hope wellness pooler ga: Flags Over the Warsaw Ghetto** Moshe Arens, 2019-04-16 The Warsaw Ghetto Uprising has become a symbol of heroism throughout the world. A short time before the uprising began, Pawel Frenkel addressed a meeting of the Jewish Military fighters: Of course we will fight with guns in our hands, and most of us will fall. But we will live on in the lives and hearts of future generations and in the pages of their history.... We will die before our time but we are not doomed. We will be alive for as long as Jewish history lives! On the eve of Passover, April 19, 1943, German forces entered the Warsaw ghetto equipped with tanks, flame throwers, and machine guns. Against them stood an army of a few hundred young Jewish men and women, armed with pistols and Molotov cocktails. Who were these Jewish fighters who dared oppose the armed might of the SS troops under the command of SS General Juergen Stroop? Who commanded them in battle? What were their goals? In this groundbreaking work, Israel's former Minister of Defense, Prof. Moshe Arens, recounts a true tale of daring, courage, and sacrifice that should be accurately told out of respect for and in homage to the fighters who rose against the German attempt to liquidate the Warsaw ghetto, and made a last-ditch fight for the honor of the Jewish people. The generally accepted account of the Warsaw Ghetto Uprising is incomplete. The truth begins with the existence of not one, but two resistance organizations in the ghetto. Two young men, Mordechai Anielewicz of the Jewish Fighting Organization (ZOB), and Pawel Frenkel of the Jewish Military Organization (ZZW), rose to lead separate resistance organizations in the ghetto, which did not unite despite the desperate battle they were facing. Included is the complete text of The Stroop Report translated into English.

**faith hope wellness pooler ga: Becoming a Chef** Andrew Dornenburg, Karen Page, 1995 What an extraordinary book! Pain, gain, joy, pathos, and the aroma of braised short ribs. It made me want to open (God forbid!) another restaurant. I never thought anyone could capture the magic and mission of being a chef, but they've done it! Barbara Tropp, Chef-Owner, China Moon Cafe An unusually comprehensive book, immensely readable, at once passionate and coherent, probing and well-informed. For anyone interested in the historic coming of age of the professional American kitchen, this is a requisite buy. Michael and Ariane Batterberry, Founding Editors and Associate Publishers of Food Arts Finally, a book that lets chefs speak for themselves! An insightful look at the complex life of a professional chef in the 90s. Fascinating portraits of the people who have defined

American cuisinewho they are and how they got to be where they are today. Anyone who is interested in becoming a chef will find this book invaluablethis is what it takes to make it. Mark Miller, Chef-Owner, Coyote Cafe and Red Sage After reading this book, I understand that becoming an outstanding leader is not very different from becoming a chef. Both roles require passion, discipline, authenticity, and an experimental attitude. On top of that, organizing a kitchen may be as difficult as organizing any business. Not only will present and future chefs and restaurateurs want to read this book, but anyone with a taste for excellent cooking and excellent leadership will find something of interest on every page. Warren Bennis, Distinguished Professor of Business Administration at the University of Southern California and Author, On Becoming a Leader and Leaders Becoming a Chef is a marvelous book for the interested home cook as well as the aspiring chef. Like great wines with great food, there are great dishes and a great education here. Robert Mondavi, Founder, Robert Mondavi Winery

**faith hope wellness pooler ga: The Impact Of Influence** Anthony McCauley, Britt Gusmus, Dr B Patrick Glenn, 2021-03-27 We all have been impacted by amazing influences in our lives. We create an everlasting ripple effect by learning lessons from those that have impacted us. When we apply those lessons, we are able to make our world a better place. The Impact of Influence, Using Your Impact to Create a Life of Influence is overflowing with wisdom from visionary author, Chip Baker, and 16 other powerful influencers who have discovered their paths to success. They are influencing many and impacting generations. The inspirational stories within the pages of this book will inspire you to make a positive difference for those around you. This empowering compilation highlights men that have faced challenges head on, learned from them and pulled the blessings from the lessons. They now impact our world in an amazing way.

**faith hope wellness pooler ga: It's Dangerous to Believe** Mary Eberstadt, 2016-06-21 Mary Eberstadt, "one of the most acute and creative social observers of our time," (Francis Fukuyama) shines a much-needed spotlight on a disturbing trend in American society: discrimination against traditional religious belief and believers, who are being aggressively pushed out of public life by the concerted efforts of militant secularists. In It's Dangerous to Believe, Mary Eberstadt documents how people of faith—especially Christians who adhere to traditional religious beliefs—face widespread discrimination in today's increasingly secular society. Eberstadt details how recent laws, court decisions, and intimidation on campuses and elsewhere threaten believers who fear losing their jobs, their communities, and their basic freedoms solely because of their convictions. They fear that their religious universities and colleges will capitulate to aggressive secularist demands. They fear that they and their families will be ostracized or will have to lose their religion because of mounting social and financial penalties for believing. They fear they won't be able to maintain charitable operations that help the sick and feed the hungry. Is this what we want for our country? Religious freedom is a fundamental right, enshrined in the First Amendment. With It's Dangerous to Believe Eberstadt calls attention to this growing bigotry and seeks to open the minds of secular liberals whose otherwise good intentions are transforming them into modern inquisitors. Not until these progressives live up to their own standards of tolerance and diversity, she reminds us, can we build the inclusive society America was meant to be.

**faith hope wellness pooler ga: The Power of Hope** First Place 4 Health, 2010-08-11 When struggling with the inevitable ups and downs of weight loss and control, it's easy to lose hope. Life seems to seesaw between victory and defeat, and even short-term failures can lead to feelings of shame, disgrace and despair. Yet hope is a bedrock of Christian faith, and God intends for His children to stand firm, trusting and confident in the future He has planned. The Power of Hope will help participants continue moving toward their goals and help them find energy and motivation to face daily challenges without losing faith. Each First Place 4 Health Bible study contains 12 weeks of daily study to help members put Christ in first place. Based on proven techniques and 25 years of experience, First Place 4 Health is the most complete Christ-centered healthy living program available, and it has helped thousands of members create balance in the four core areas of their lives: emotional, spiritual, mental and physical. The results? Weight loss and total health from the

inside out!

**faith hope wellness pooler ga: Losing, Learning, and Loving** Kelly Hudson, 2021-05-02

**faith hope wellness pooler ga: Unjustified Joy** , 2018

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