

green point wellness promo code

Green Point Wellness Promo Code: Your Guide to Affordable Self-Care

Are you looking for ways to prioritize your well-being without breaking the bank? Finding affordable access to quality wellness services can be a challenge, but it doesn't have to be. This comprehensive guide dives deep into the world of Green Point Wellness and how you can potentially save money using a Green Point Wellness promo code. We'll explore where to find these valuable codes, what services you can access, and tips to maximize your savings. Get ready to unlock your path to a healthier, happier you without the hefty price tag!

Understanding Green Point Wellness and its Services

Before we delve into the exciting world of Green Point Wellness promo codes, let's understand what Green Point Wellness actually offers. Green Point Wellness (assuming this is a fictional or real wellness center – replace with the actual services if known) typically provides a range of services aimed at improving physical and mental well-being. These might include:

Massage Therapy: Relieve muscle tension, reduce stress, and improve circulation with professional massage services. Different modalities like Swedish, deep tissue, or sports massage may be available.

Yoga & Fitness Classes: Improve flexibility, strength, and mindfulness through various yoga styles and fitness classes. Look for options like Hatha, Vinyasa, or restorative yoga, and various cardio or strength training programs.

Acupuncture: Explore traditional Chinese medicine techniques to alleviate pain, reduce stress, and improve overall health.

Meditation & Mindfulness Workshops: Learn techniques to manage stress, improve focus, and cultivate inner peace.

Nutritional Counseling: Get personalized advice on healthy eating habits to support your well-being goals.

The specific services offered can vary depending on the Green Point Wellness location, so it's always best to check their official website or contact them directly. Knowing what services interest you most will help you target your search for relevant Green Point Wellness promo codes.

Where to Find Green Point Wellness Promo Codes

Finding a working Green Point Wellness promo code might require a bit of

detective work, but it's often worth the effort. Here are some reliable places to start your search:

Green Point Wellness Website: The official website is often the first place to check. Look for a "Promotions" or "Deals" section, or sign up for their email newsletter to receive exclusive offers directly in your inbox.

Social Media: Follow Green Point Wellness on platforms like Facebook, Instagram, and Twitter. They frequently announce promotions and discounts on their social media channels. Engage with their posts and participate in contests for a chance to win a Green Point Wellness promo code.

Coupon Websites: Reputable coupon websites aggregate deals and discounts from various businesses. Search for "Green Point Wellness promo code" on these sites to see what's currently available. Be cautious and only use well-known and trusted websites to avoid scams.

Email Marketing: Subscribe to their email list. Businesses often send exclusive deals and promotions to their subscribers.

Review Sites: Check review sites like Yelp or Google My Business. Sometimes users share their experiences with discount codes or promotions in their reviews.

Remember to always verify the validity and expiration date of any Green Point Wellness promo code before using it.

Tips for Maximizing Your Savings with Green Point Wellness Promo Codes

Once you've found a Green Point Wellness promo code, here's how to maximize its potential:

Check for Stackable Offers: See if you can combine the promo code with other discounts, like early bird pricing or package deals.

Plan Your Visits: Look for deals that require a minimum spend or a series of appointments. This can significantly lower the per-session cost.

Refer a Friend: Many wellness centers offer referral programs. Refer a friend and both of you might receive discounts or bonus services.

Be Flexible with Scheduling: Weekday or off-peak appointments often come with reduced pricing.

Understanding the Terms and Conditions

Before you get excited about a Green Point Wellness promo code, make sure you understand the terms and conditions associated with it. Pay close attention to:

Expiration Dates: Promo codes typically have limited validity periods.

Service Restrictions: Some codes might only apply to specific services or packages.

Minimum Spending Requirements: Some codes require a minimum purchase amount

to be eligible for the discount.

Conclusion

Finding affordable wellness solutions doesn't have to be a struggle. By strategically searching for a Green Point Wellness promo code and utilizing the tips outlined above, you can access high-quality services and prioritize your well-being without breaking the bank. Remember to always verify the code's validity and understand the terms and conditions before using it. Prioritizing your self-care is an investment in your overall health and happiness, and with a little resourcefulness, it can be a budget-friendly one!

FAQs

1. Are Green Point Wellness promo codes valid across all locations? Not necessarily. Promo codes may be location-specific, so always check the terms and conditions before using the code.
1. Can I combine multiple promo codes in one transaction? Usually not. Most businesses only allow one promo code per transaction. Check the terms and conditions for specifics.
1. What happens if my Green Point Wellness promo code doesn't work? Contact Green Point Wellness customer service directly. They can help troubleshoot the issue or offer alternative solutions.
1. How frequently are Green Point Wellness promo codes released? The frequency varies. Regularly checking their website and social media is the best way to stay updated.
1. Are there any limitations on how often I can use a Green Point Wellness promo code? This depends on the specific terms and conditions of the code. Some might have a one-time use limit, while others may allow multiple uses within a certain timeframe. Always check the fine print.

green point wellness promo code: *Healthier Together* Liz Moody, 2019-04-09 A healthy cookbook to share with a partner, featuring more than 100 recipes designed to nourish your bodies and souls. An Epicurious Best Cookbook for Spring • “Healthier Together focuses on real whole foods and bringing community together.”—Kelly LeVeque, celebrity nutritionist and bestselling author of *Body Love Food* writer and health blogger Liz Moody once followed trendy diets and ate solely for fuel, not for flavor. That changed when she met her soon-to-be-boyfriend and they started cooking nutrient- and vegetable-rich meals. She not only fell in love with food again, but she also discovered that setting goals and sticking to them is easier and more gratifying when paired with someone else. Mincing garlic and sautéing onions together eventually led the couple to marriage—proving that good food really is the universal connector! These 100+ flavor-packed recipes are designed to be cooked and enjoyed by two people, plus they’re all gluten-free, dairy-free, and plant-centered. They include homemade alternatives for all the foods you love to share, such as brunch, takeout, and sweet treats. Indulge in Cardamom Banana Bread Pancakes with Candied Coffee Walnuts, Cornflake “Fried” Chicken, General Tso’s Cauliflower, and Chocolate Tahini Brownie Bites. Pick your partner—near or far—and get ready to get healthy. Praise for *Healthier Together* “This cookbook is one you’ll be reaching for time and time again when you need healthy food that is satisfying and delicious.”—Tieghan Gerard “Liz Moody offers heaps of tasty recipes packed with great ingredients.”—Real Simple “Healthier Together is a brilliant concept! Cooking with a friend/partner/mom is so much better than cooking alone, plus having a partner will keep you both accountable on your healthy eating journey.”—Gina Homolka “Liz does an amazing job helping you make delicious food in a way that is both feasible and fun.”—Rachel Mansfield “Liz’s book overflows with food made to share, healthy but with all the comfort and flavor that brings happy people around the table.”—Daphne Oz “Liz’s message is profound, yet so simple . . . you need to have both whole foods and whole, real relationships to truly be healthy and happy. This book makes eating healthy a celebration, not a sacrifice, and it brings an arsenal of fresh and flavorful recipes that are fun to make and eat!”—Jeanine Donofrio

green point wellness promo code: *M Is for Mama* Abbie Halberstadt, 2022-02-01 *Mama* of ten Abbie Halberstadt helps women humbly and gracefully rise to the high calling of motherhood without settling for mediocrity or losing their minds in the process. Motherhood is a challenge. Unfortunately, our worldly culture offers moms little in the way of real help. Mamas only connect to celebrate surviving another day and to share in their misery rather than rejoice in what God has done and to build each other up in hard times. There has to be a better way, a biblical way, for mamas to grow and thrive. As a daughter of Christ, you have been called to be more than an average mama. Attaining excellence doesn’t have to be unsettling but it will take committed focus and a desire to parent well according to God’s grace and for His glory. *M is for Mama* offers advice, encouragement, and scripturally sound strategies seasoned with a little bit of humor to help you embrace the challenge of biblical motherhood and raise your children with love and wisdom. *Mama*, you are worthy of the awesome responsibility God has given you. Now it’s time to start believing you can live up to it.

green point wellness promo code: *Inside Flyer* , 2004

green point wellness promo code: *Rockwood and Green's Fractures in Adults* Paul Tornetta, III, William Ricci, Charles M. Court-Brown, Margaret M. McQueen, 2019-02-22 This exhaustive reference includes new chapters and pedagogical features, as well as—for the first time—content on managing fragility fractures. To facilitate fast, easy absorption of the material, this edition has been streamlined and now includes more tables, charts, and treatment algorithms than ever before. Experts in their field share their experiences and offer insights and guidance on the latest technical developments for common orthopaedic procedures, including their preferred treatment options.

green point wellness promo code: *Instant Loss Cookbook* Brittany Williams, 2018-10-02 THE INSTANT NATIONAL BESTSELLER • Brittany Williams lost more than 125 pounds using her Instant Pot® and making all her meals from scratch. Now she shares 125 quick, easy, and tasty whole food recipes that can help you reach your weight loss goals, too! Brittany Williams had struggled with her

weight all her life. She grew up eating the standard American staples—fast, frozen, fried, and processed—and hit a peak weight of 260 pounds. When her 4-year-old daughter's autoimmune disease was alleviated by a low-sugar, dairy-free, grain-free, whole-food-based diet, Brittany realized she owed her own body the same kind of healing. So on January 1, 2017, she vowed to make every meal for a year from scratch, aided by her Instant Pot®. She discovered that the versatility, speed, and ease of the electric pressure cooker made creating wholesome, tasty, family-satisfying meals a breeze, usually taking under thirty minutes. Not only did the family thrive over the course of the year, Brittany lost an astonishing 125 pounds, all documented on her Instant Loss blog. Illustrated with gorgeous photography, Instant Loss Cookbook shares 125 recipes and the meal plan that Brittany used for her own weight loss, 75% of which are recipes for the Instant Pot® or other multicooker. These recipes are whole food-based with a spotlight on veggies, mostly dairy and grain-free, and use ingredients that you can find at any grocery store. The clearest guide to navigating your Instant Pot® or other multicooker that you'll find, Instant Loss Cookbook makes healthy eating convenient—and that's the key to sustainable weight loss.

green point wellness promo code: Ecovillages Karen T. Litfin, 2014-01-15 In a world of dwindling natural resources and mounting environmental crisis, who is devising ways of living that will work for the long haul? And how can we, as individuals, make a difference? To answer these fundamental questions, Professor Karen Litfin embarked upon a journey to many of the world's ecovillages—intentional communities at the cutting-edge of sustainable living. From rural to urban, high tech to low tech, spiritual to secular, she discovered an under-the-radar global movement making positive and radical changes from the ground up. In this inspiring and insightful book, Karen Litfin shares her unique experience of these experiments in sustainable living through four broad windows - ecology, economics, community, and consciousness - or E2C2. Whether we live in an ecovillage or a city, she contends, we must incorporate these four key elements if we wish to harmonize our lives with our home planet. Not only is another world possible, it is already being born in small pockets the world over. These micro-societies, however, are small and time is short. Fortunately - as Litfin persuasively argues - their successes can be applied to existing social structures, from the local to the global scale, providing sustainable ways of living for generations to come. You can learn more about Karen's experiences on the Ecovillages website: <http://ecovillagebook.org/>

green point wellness promo code: Anti-Diet Christy Harrison, 2019-12-24 Reclaim your time, money, health, and happiness from our toxic diet culture with groundbreaking strategies from a registered dietitian, journalist, and host of the Food Psych podcast. 68 percent of Americans have dieted at some point in their lives. But upwards of 90% of people who intentionally lose weight gain it back within five years. And as many as 66% of people who embark on weight-loss efforts end up gaining more weight than they lost. If dieting is so clearly ineffective, why are we so obsessed with it? The culprit is diet culture, a system of beliefs that equates thinness to health and moral virtue, promotes weight loss as a means of attaining higher status, and demonizes certain ways of eating while elevating others. It's sexist, racist, and classist, yet this way of thinking about food and bodies is so embedded in the fabric of our society that it can be hard to recognize. It masquerades as health, wellness, and fitness, and for some, it is all-consuming. In Anti-Diet, Christy Harrison takes on diet culture and the multi-billion-dollar industries that profit from it, exposing all the ways it robs people of their time, money, health, and happiness. It will turn what you think you know about health and wellness upside down, as Harrison explores the history of diet culture, how it's infiltrated the health and wellness world, how to recognize it in all its sneaky forms, and how letting go of efforts to lose weight or eat perfectly actually helps to improve people's health—no matter their size. Drawing on scientific research, personal experience, and stories from patients and colleagues, Anti-Diet provides a radical alternative to diet culture, and helps readers reclaim their bodies, minds, and lives so they can focus on the things that truly matter.

green point wellness promo code: Intuitive Eating, 2nd Edition Evelyn Tribole, M.S., R.D., Ellyse Resch, M.S., R.D., F.A.D.A., 2007-04-01 We've all been there—angry with ourselves for

overeating, for our lack of willpower, for failing at yet another diet that was supposed to be the last one. But the problem is not you, it's that dieting, with its emphasis on rules and regulations, has stopped you from listening to your body. Written by two prominent nutritionists, Intuitive Eating focuses on nurturing your body rather than starving it, encourages natural weight loss, and helps you find the weight you were meant to be. Learn: *How to reject diet mentality forever *How our three Eating Personalities define our eating difficulties *How to feel your feelings without using food *How to honor hunger and feel fullness *How to follow the ten principles of Intuitive Eating, step-by-step *How to achieve a new and safe relationship with food and, ultimately, your body With much more compassionate, thoughtful advice on satisfying, healthy living, this newly revised edition also includes a chapter on how the Intuitive Eating philosophy can be a safe and effective model on the path to recovery from an eating disorder.

green point wellness promo code: *The Body Is Not an Apology* Sonya Renee Taylor, 2018-02-13 The Body Is Not an Apology The Power of Radical Self-Love Against a global backdrop of war, social upheaval, and personal despair, there is a growing sense of urgency to challenge the systems of oppression that dehumanize bodies and strip us of our shared humanity. Rather than feel helpless in the face of oppression, world-renowned activist, performance poet, and author Sonya Renee Taylor teaches us how to turn to the power of radical self-love in her new book, *The Body Is Not an Apology*. Radical self-love is the guiding framework that transforms the learned self-hatred of our bodies and the prejudices we have about other people's bodies into a vision of compassion, equity, and justice. In a revolutionary departure from the corporate self-help and body-positivity movement, Taylor forges the inextricable bond between radical self-love and social justice. The first step is recognizing that we have all been indoctrinated into a system of body shame that profits off of our self-hatred. When we ask ourselves, Who benefits from our collective shame? we can begin to make the distinction between the messages we are receiving about our bodies or other bodies and the truth. This book moves us beyond our all-too-often hidden lives, where we are easily encouraged to forget that we are whole humans having whole human experiences in our bodies alongside others. Radical self-love encourages us to embark on a personal journey of transformation with thoughtful reflection on the origins of our minds and bodies as a source of strength. In doing this, we not only learn to reject negative messages about ourselves but begin to thwart the very power structures that uphold them. Systems of oppression thrive off of our inability to make peace with bodies and difference. Radical self-love not only dismantles shame and self-loathing in us but has the power to dismantle global systems of injustice-because when we make peace with our bodies, only then do we have the capacity to truly make peace with the bodies of others

green point wellness promo code: *Cognitive Capitalism* Yann Moulier-Boutang, 2011 This book argues that we are undergoing a transition from industrial capitalism to a new form of capitalism - what the author calls 'cognitive capitalism' ;

green point wellness promo code: *Sexless in the City* Kat Harris, 2021-04-20 Discover a renewed biblical vision for sex, singleness, and relationships, and transform into an empowered woman of faith equipped to navigate today's dating culture with vision, clarity, and freedom. Let's face it: being single in today's culture as a woman of faith can be a STRUGGLE FEST. But it doesn't have to be. With real talk and straight wisdom, speaker, podcaster, and founder of The Refined Woman Kat Harris says it's time for a new conversation about singleness, sex, and desire. Growing up at the height of the purity movement, Kat knew this much: good Christians don't have sex until marriage. But approaching 30 and thrust into the New York City dating scene, she found a set of rules was not a compelling enough reason to keep her clothes on. Caught between purity culture's rules and popular culture's do what feels good, Kat began a multi-year journey searching for answers to the biggest questions about sexuality and faith: What does the Bible really say about sex? Why does almost everyone deal with some sort of sexual shame? But really--what's a single girl to do with her sexual desire? What if we never get married . . . then what? It turns out Kat was asking questions that countless women were dying to ask but didn't know they had the permission to do so. Hungry for clarity, she researched, wrestled, and discovered a God who wasn't afraid or ashamed of

sex and desire as she thought He might be. In actuality, God created sex and desire within humanity and called it very good. Now she believes God desires to restore a generation disillusioned with purity culture and Christian dating, discouraged about their singleness, ashamed of their sexual desire, and uncertain how to practically walk this season out well. Join Kat on her messy, sometimes painful, and always honest journey to discovering God's heart for sexuality, desire, singleness, and our purpose within it all.

green point wellness promo code: Karl Polanyi Gareth Dale, 2010-06-21 Karl Polanyi's *The Great Transformation* is generally acclaimed as being among the most influential works of economic history in the twentieth century, and remains as vital in the current historical conjuncture as it was in his own. In its critique of nineteenth-century 'market fundamentalism' it reads as a warning to our own neoliberal age, and is widely touted as a prophetic guidebook for those who aspire to understand the causes and dynamics of global economic turbulence at the end of the 2000s. Karl Polanyi: *The Limits of the Market* is the first comprehensive introduction to Polanyi's ideas and legacy. It assesses not only the texts for which he is famous – prepared during his spells in American academia – but also his journalistic articles written in his first exile in Vienna, and lectures and pamphlets from his second exile, in Britain. It provides a detailed critical analysis of *The Great Transformation*, but also surveys Polanyi's seminal writings in economic anthropology, the economic history of ancient and archaic societies, and political and economic theory. Its primary source base includes interviews with Polanyi's daughter, Kari Polanyi-Levitt, as well as the entire compass of his own published and unpublished writings in English and German. This engaging and accessible introduction to Polanyi's thinking will appeal to students and scholars across the social sciences, providing a refreshing perspective on the roots of our current economic crisis.

green point wellness promo code: The People Margaret Canovan, 2005-09-16 Political myths surround the figure of the people and help to explain its influence; should the people itself be regarded as fictional? This original and accessible study sheds a fresh light on debates about popular sovereignty, and will be an important resource for students and scholars of political theory.

green point wellness promo code: ROAR Stacy T. Sims, PhD, Selene Yeager, 2016-07-05 "Dr. Sims realizes that female athletes are different than male athletes and you can't set your race schedule around your monthly cycle. ROAR will help every athlete understand what is happening to her body and what the best nutritional strategy is to perform at her very best."—Evie Stevens, Olympian, professional road cyclist, and current women's UCI Hour record holder Women are not small men. Stop eating and training like one. Because most nutrition products and training plans are designed for men, it's no wonder that so many female athletes struggle to reach their full potential. ROAR is a comprehensive, physiology-based nutrition and training guide specifically designed for active women. This book teaches you everything you need to know to adapt your nutrition, hydration, and training to your unique physiology so you can work with, rather than against, your female physiology. Exercise physiologist and nutrition scientist Stacy T. Sims, PhD, shows you how to be your own biohacker to achieve optimum athletic performance. Complete with goal-specific meal plans and nutrient-packed recipes to optimize body composition, ROAR contains personalized nutrition advice for all stages of training and recovery. Customizable meal plans and strengthening exercises come together in a comprehensive plan to build a rock-solid fitness foundation as you build lean muscle where you need it most, strengthen bone, and boost power and endurance. Because women's physiology changes over time, entire chapters are devoted to staying strong and active through pregnancy and menopause. No matter what your sport is—running, cycling, field sports, triathlons—this book will empower you with the nutrition and fitness knowledge you need to be in the healthiest, fittest, strongest shape of your life.

green point wellness promo code: Wasted Lives Zygmunt Bauman, 2013-04-26 The production of 'human waste' – or more precisely, wasted lives, the 'superfluous' populations of migrants, refugees and other outcasts – is an inevitable outcome of modernization. It is an unavoidable side-effect of economic progress and the quest for order which is characteristic of modernity. As long as large parts of the world remained wholly or partly unaffected by

modernization, they were treated by modernizing societies as lands that were able to absorb the excess of population in the 'developed countries'. Global solutions were sought, and temporarily found, to locally produced overpopulation problems. But as modernization has reached the furthest lands of the planet, 'redundant population' is produced everywhere and all localities have to bear the consequences of modernity's global triumph. They are now confronted with the need to seek – in vain, it seems – local solutions to globally produced problems. The global spread of the modernity has given rise to growing quantities of human beings who are deprived of adequate means of survival, but the planet is fast running out of places to put them. Hence the new anxieties about 'immigrants' and 'asylum seekers' and the growing role played by diffuse 'security fears' on the contemporary political agenda. With characteristic brilliance, this new book by Zygmunt Bauman unravels the impact of this transformation on our contemporary culture and politics and shows that the problem of coping with 'human waste' provides a key for understanding some otherwise baffling features of our shared life, from the strategies of global domination to the most intimate aspects of human relationships.

green point wellness promo code: The Future of Human Rights Alison Brysk, 2018-06-04 Human rights have fallen on hard times, yet they are more necessary than ever. People all over the world – from Amazonian villages to Iranian prisons – need human rights to gain recognition, campaign for justice, and save lives. But how can we secure a brighter future for human rights? What changes are required to confront the regime's weaknesses and emerging global challenges? In this cutting-edge analysis, Alison Brysk sets out a pragmatic reformist agenda for human rights in the twenty-first century. Tracing problems and solutions through contemporary case studies – the plight of refugees, declining democracies such as Mexico and Turkey, the expansion of women's rights, new norms for indigenous peoples, and rights regression in the USA – she shows that the dynamic strength of human rights lies in their evolving political practice. This distinctive vision demands that we build upon the gains of the human rights regime to construct new pathways which address historic rights gaps, from citizenship to security, from environmental protection to resurgent nationalism, and to globalization itself. Drawing on the author's extensive experience as a leading human rights scholar and activist, *The Future of Human Rights* offers a broad and authoritative guide to the big questions in global human rights governance today.

green point wellness promo code: *Code of Ethics for Nurses with Interpretive Statements* American Nurses Association, 2001 Pamphlet is a succinct statement of the ethical obligations and duties of individuals who enter the nursing profession, the profession's nonnegotiable ethical standard, and an expression of nursing's own understanding of its commitment to society. Provides a framework for nurses to use in ethical analysis and decision-making.

green point wellness promo code: **You Better Be Lightning** Andrea Gibson, 2021-11-09 2023 Feathered Quill Book Awards Gold Medal Winner 2022 Independent Publisher Book Awards (IPPY) Gold Medal Winner 2022 Over the Rainbow Short List 2021 Goodreads Choice Awards - Best Poetry Book Finalist 2021 Bookshop's Indie Press Highlights *You Better Be Lightning* by Andrea Gibson is a queer, political, and feminist collection guided by self-reflection. The poems range from close examination of the deeply personal to the vastness of the world, exploring the expansiveness of the human experience from love to illness, from space to climate change, and so much more in between. One of the most celebrated poets and performers of the last two decades, Andrea Gibson's trademark honesty and vulnerability are on full display in *You Better Be Lightning*, welcoming and inviting readers to be just as they are.

green point wellness promo code: **Positive Intelligence** Shirzad Chamine, 2012 Chamine exposes how your mind is sabotaging you and keeping you from achieving your true potential. He shows you how to take concrete steps to unleash the vast, untapped powers of your mind.

green point wellness promo code: **Liberty and Security** Conor Gearty, 2013-04-03 All aspire to liberty and security in their lives but few people truly enjoy them. This book explains why this is so. In what Conor Gearty calls our 'neo-democratic' world, the proclamation of universal liberty and security is mocked by facts on the ground: the vast inequalities in supposedly free societies, the

authoritarian regimes with regular elections, and the terrible socio-economic deprivation camouflaged by cynically proclaimed commitments to human rights. Gearty's book offers an explanation of how this has come about, providing also a criticism of the present age which tolerates it. He then goes on to set out a manifesto for a better future, a place where liberty and security can be rich platforms for everyone's life. The book identifies neo-democracies as those places which play at democracy so as to disguise the injustice at their core. But it is not just the new 'democracies' that have turned 'neo', the so-called established democracies are also hurtling in the same direction, as is the United Nations. A new vision of universal freedom is urgently required. Drawing on scholarship in law, human rights and political science this book argues for just such a vision, one in which the great achievements of our democratic past are not jettisoned as easily as were the socialist ideals of the original democracy-makers.

green point wellness promo code: 10% Happier Dan Harris, 2014-03-11 #1 New York Times Bestseller REVISED WITH NEW MATERIAL Winner of the 2014 Living Now Book Award for Inspirational Memoir An enormously smart, clear-eyed, brave-hearted, and quite personal look at the benefits of meditation. —Elizabeth Gilbert Nightline anchor Dan Harris embarks on an unexpected, hilarious, and deeply skeptical odyssey through the strange worlds of spirituality and self-help, and discovers a way to get happier that is truly achievable. After having a nationally televised panic attack, Dan Harris knew he had to make some changes. A lifelong nonbeliever, he found himself on a bizarre adventure involving a disgraced pastor, a mysterious self-help guru, and a gaggle of brain scientists. Eventually, Harris realized that the source of his problems was the very thing he always thought was his greatest asset: the incessant, insatiable voice in his head, which had propelled him through the ranks of a hypercompetitive business, but had also led him to make the profoundly stupid decisions that provoked his on-air freak-out. Finally, Harris stumbled upon an effective way to rein in that voice, something he always assumed to be either impossible or useless: meditation, a tool that research suggests can do everything from lower your blood pressure to essentially rewire your brain. 10% Happier takes readers on a ride from the outer reaches of neuroscience to the inner sanctum of network news to the bizarre fringes of America's spiritual scene, and leaves them with a takeaway that could actually change their lives.

green point wellness promo code: *Sexual Violence and Armed Conflict* Janie L. Leatherman, 2013-04-26 Every year, hundreds of thousands of women become victims of sexual violence in conflict zones around the world; in the Democratic Republic of Congo alone, approximately 1,100 rapes are reported each month. This book offers a comprehensive analysis of the causes, consequences and responses to sexual violence in contemporary armed conflict. It explores the function and effect of wartime sexual violence and examines the conditions that make women and girls most vulnerable to these acts both before, during and after conflict. To understand the motivations of the men (and occasionally women) who perpetrate this violence, the book analyzes the role played by systemic and situational factors such as patriarchy and militarized masculinity. Difficult questions of accountability are tackled; in particular, the case of child soldiers, who often suffer a double victimization when forced to commit sexual atrocities. The book concludes by looking at strategies of prevention and protection as well as new programs being set up on the ground to support the rehabilitation of survivors and their communities. Sexual violence in war has long been a taboo subject but, as this book shows, new and courageous steps are at last being taken at both local and international level - to end what has been called the "greatest silence in history".

green point wellness promo code: Listening Publics Kate Lacey, 2013-05-03 In focusing on the practices, politics and ethics of listening, this wide-ranging book offers an important new perspective on questions of media audiences, publics and citizenship. Listening is central to modern communication, politics and experience, but is commonly overlooked and underestimated in a culture fascinated by the spectacle and the politics of voice. Listening Publics restores listening to media history and to theories of the public sphere. In so doing it opens up profound questions for our understanding of mediated experience, public participation and civic engagement. Taking a cross-national and interdisciplinary approach, the book explores how listening publics have been

constituted in relation to successive media technologies from the invention of writing to the digital age. It asks how new practices of listening associated with sound and audiovisual media transform a public world forged in the age of print. Through detailed histories and sophisticated theoretical analysis, *Listening Publics* demonstrates the embodied and critical activity of listening to be a rich concept with which to rethink the practices, politics and ethics of media communication.

green point wellness promo code: Alter-Globalization Geoffrey Pleyers, 2013-04-23

Contrary to the common view that globalization undermines social agency, 'alter-globalization activists', that is, those who contest globalization in its neo-liberal form, have developed new ways to become actors in the global age. They propose alternatives to Washington Consensus policies, implement horizontal and participatory organization models and promote a nascent global public space. Rather than being anti-globalization, these activists have built a truly global movement that has gathered citizens, committed intellectuals, indigenous, farmers, dalits and NGOs against neoliberal policies in street demonstrations and Social Forums all over the world, from Bangalore to Seattle and from Porto Alegre to Nairobi. This book analyses this worldwide movement on the bases of extensive field research conducted since 1999. *Alter-Globalization* provides a comprehensive account of these critical global forces and their attempts to answer one of the major challenges of our time: How can citizens and civil society contribute to the building of a fairer, sustainable and more democratic co-existence of human beings in a global world?

green point wellness promo code: Outdated Jonathan "JP" Pokluda, Kevin McConaghy,

2021-03-02 Everyone wants to be loved--to find someone who will stick with them through all of life's ups and downs, someone who is in it for the long haul. But in a world where dating is increasingly based on split-second decisions and geared toward casual relationships rather than marriage, it's easy for single people to feel discouraged, used, or unworthy of true love and lasting affection. Reality just never seems to match up with our (often wildly unrealistic) expectations. Jonathan JP Pokluda has counseled thousands of young singles through the pain and heartbreak of dating the world's way. Now he wants to dispel the myths, misconceptions, and fairy tales you've believed about dating and replace them with the truth from the One who invented marriage, created you to crave relationship, and is the very embodiment of true love. With plenty of true stories about relationships healed and love found, this practical book explains God's purposes for singleness, dating, and marriage and covers why you should date, who you should date, and how you should date. If you're ready to trade the world's way of dating for the way that actually works, it's time to begin dating well.

green point wellness promo code: Approaches to Social Enquiry Norman Blaikie, 2007-09-24

Since its initial publication, this highly respected text has provided students with a critical review of the major research paradigms in the social sciences and the logics or strategies of enquiry associated with them. This second edition has been revised and updated.

green point wellness promo code: Adorno Stefan Müller-Doohm, 2015-10-09 'Even the

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decisions about Europe's future are put in the hands of its peoples, and a 'bipolar commonality' of the West in which a more unified Europe is able to work closely with the United States to build a more stable and equitable international order. This book includes Habermas's portraits of three long-time philosophical companions, Richard Rorty, Jacques Derrida and Ronald Dworkin. It also includes several important new texts by Habermas on the impact of the media on the public sphere, on the enduring importance religion in post-secular societies, and on the design of a democratic constitutional order for the emergent world society.

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that both individuals and organizations have in a world of global interdependence. Young applies clear analysis and cogent moral arguments to concrete cases, including the wars against Serbia and Iraq, the meaning of the US Patriot Act, the conflict in Palestine/Israel, and working conditions in sweat shops.

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