

health and wellness emily witt

Health and Wellness with Emily Witt: Your Journey to a Thriving Life

Are you feeling overwhelmed by conflicting health advice? Do you crave a holistic approach to wellness that actually fits into your busy life? Then you've come to the right place! This comprehensive guide dives deep into the world of health and wellness with Emily Witt, exploring practical strategies and empowering insights to help you achieve your personal well-being goals. We'll uncover the secrets to sustainable healthy habits, debunking myths and offering actionable steps you can implement today. Get ready to embark on a transformative journey towards a healthier, happier you!

Understanding Emily Witt's Approach to Health and Wellness

Emily Witt's philosophy centers around a balanced and individualized approach to wellness. It's not about restrictive diets or grueling workouts; it's about cultivating a mindful relationship with your body and mind. Her approach emphasizes sustainable lifestyle changes rather than quick fixes, recognizing that long-term well-being requires consistent effort and self-compassion. Emily focuses on building a strong foundation through:

Mindful Nutrition: This isn't about deprivation but about nourishing your body with whole, unprocessed foods. Emily emphasizes understanding your individual nutritional needs and making conscious choices that support your energy levels and overall health. We'll delve into practical meal planning tips and strategies for navigating social situations and cravings.

Movement as Medicine: Exercise isn't just about weight loss; it's about strengthening your body, improving your mood, and reducing stress. Emily encourages finding activities you genuinely enjoy, whether it's dancing, hiking, yoga, or simply a daily walk. The key is consistency and finding joy in the process.

Stress Management Techniques: Chronic stress can wreak havoc on your physical and mental health. Emily provides evidence-based techniques for managing stress, including mindfulness meditation, deep breathing exercises, and connecting with nature. We'll explore practical strategies you can integrate into your daily routine.

Prioritizing Sleep: Adequate sleep is crucial for physical and cognitive function. Emily emphasizes the importance of establishing a regular sleep schedule, creating a relaxing bedtime routine, and optimizing your sleep environment for better rest. We'll discuss common sleep disruptors and solutions.

Cultivating Self-Compassion: Self-care isn't selfish; it's essential for long-term well-being.

Emily encourages practicing self-compassion, acknowledging your imperfections, and celebrating your successes along the way. We'll explore techniques for fostering self-love and acceptance.

Practical Strategies for Implementing Emily Witt's Wellness Plan

Now that we understand the core principles, let's explore practical steps you can take to integrate these concepts into your daily life:

1. **Create a Personalized Wellness Plan:** Don't just follow generic advice. Assess your current lifestyle, identify your goals, and create a personalized plan that aligns with your individual needs and preferences. This could include specific dietary changes, exercise routines, and stress-management techniques.
1. **Start Small and Build Momentum:** Don't try to overhaul your entire lifestyle overnight. Begin with small, achievable changes and gradually build momentum. For example, start by incorporating a 15-minute walk into your daily routine before aiming for a full hour-long workout.
1. **Track Your Progress and Celebrate Successes:** Monitoring your progress helps you stay motivated and identify areas for improvement. Keep a journal, use a fitness tracker, or simply reflect on your accomplishments each week. Celebrate even small victories to reinforce positive habits.
1. **Seek Support and Accountability:** Surround yourself with a supportive community of friends, family, or colleagues who share your wellness goals. Consider joining a fitness class, finding a workout buddy, or working with a health coach for extra motivation and guidance.
1. **Embrace Imperfection and Practice Self-Compassion:** There will be setbacks along the way. Don't beat yourself up over occasional slips; acknowledge them, learn from them, and get back on track. Self-compassion is key to long-term success.

Debunking Common Health and Wellness Myths

Let's address some common misconceptions that can hinder your progress:

Myth: You need to spend hours at the gym to achieve fitness goals. Truth: Consistency and finding activities you enjoy are far more important than the duration of your workouts.

Myth: Detox diets are essential for cleansing your body. Truth: Your body has natural detoxification processes. Focus on nourishing your body with whole foods instead of restrictive diets.

Myth: Supplements are a quick fix for nutritional deficiencies. Truth: A balanced diet is the best way to obtain essential nutrients. Supplements should be used only under the guidance of a healthcare professional.

Myth: Stress is unavoidable and you just have to deal with it. Truth: You can actively manage stress through techniques like mindfulness, meditation, and deep breathing exercises.

Conclusion

Embarking on a journey towards health and wellness with Emily Witt is about cultivating a sustainable and holistic approach to well-being. It's not a race, but a marathon. Remember to focus on building consistent, positive habits, practicing self-compassion, and celebrating your progress along the way. By incorporating the principles and strategies outlined in this guide, you can transform your relationship with your body and mind and create a thriving life filled with energy, joy, and well-being. Remember, your health journey is unique to you; adapt these principles to fit your lifestyle and celebrate your achievements every step of the way.

FAQs

1. How can I find a health and wellness coach like Emily Witt? Look for certified health coaches with experience in areas relevant to your goals. Online directories and professional organizations can assist you in your search.
1. What if I have a pre-existing health condition? It's crucial to consult with your healthcare provider before making significant changes to your diet or exercise routine, especially if you have pre-existing health conditions.
1. Is it necessary to spend a lot of money on health and wellness products? Many effective strategies are affordable and accessible. Focus on creating sustainable

habits rather than relying on expensive products or programs.

1. How do I deal with setbacks and maintain motivation? Acknowledge setbacks as learning opportunities. Focus on your progress, not perfection. Celebrate your successes and remind yourself of your "why."
1. How can I make sustainable changes to my diet? Start by gradually incorporating healthier options into your meals. Focus on whole foods, and find healthy alternatives for your favorite foods. Small changes add up to big results.

health and wellness emily witt: Future Sex Emily Witt, 2017-01-03 Emily Witt is single and in her thirties. She has slept with most of her male friends. Most of her male friends have slept with most of her female friends. Sexual promiscuity is the norm. But up until a few years ago, she still envisioned her sexual experience achieving a sense of finality, 'like a monorail gliding to a stop at Epcot Center'. Like many people, she imagined herself disembarking, finding herself face-to-face with another human being, 'and there we would remain in our permanent station in life: the future'. But, as we all know, things are more complicated than that. Love is rare and frequently unreciprocated. Sexual acquisitiveness is risky and can be hurtful. And generalizing about what women want or don't want or should want or should do seems to lead nowhere. Don't our temperaments, our hang-ups, and our histories define our lives as much as our gender? In *Future Sex*, Witt captures the experiences of going to bars alone, online dating, and hooking up with strangers. After moving to San Francisco, she decides to say yes to everything and to find her own path. From public health clinics to cafe conversations about 'coregasms', she observes the subcultures she encounters with awry sense of humour, capturing them in all their strangeness, ridiculousness, and beauty. The result is an open-minded, honest account of the contemporary pursuit of connection and pleasure, and an inspiring new model of female sexuality - open, forgiving, and unafraid.

health and wellness emily witt: Health and Safety Emily Witt, 2024-09-17 From the New Yorker staff writer and acclaimed author of *Future Sex* ("introspective and breathtakingly honest"—New York Times Book Review), a memoir about drugs, techno, and New York City In the summer of 2016, a divisive presidential election was underway, and a new breed of right-wing rage was on the rise. Emily Witt, who would soon publish her first book on sex in the digital age, had recently quit antidepressants for a more expansive world of psychedelic experimentation. From her apartment in Brooklyn, she began to catch glimpses of the clandestine nightlife scene thrumming around her. In *Health and Safety*, Witt charts her immersion into New York City's dance music underground. Emily would come to lead a double life. By day she worked as a journalist, covering gun violence, climate catastrophes, and the rallies of right-wing militias. And by night she pushed the limits of consciousness in hollowed-out office spaces and warehouses to music that sounded like the future. But no counterculture, no matter how utopian, could stave off the squalor of American politics and the cataclysm of 2020. Affectionate yet never sentimental, *Health and Safety* is a lament for a broken relationship, for a changed nightlife scene, and for New York City just before the fall. Sparing no one—least of all herself—Witt offers her life as a lens onto an era of American delirium

and dissolution.

health and wellness emily witt: **How Music Got Free** Stephen Witt, 2015 Journalist Stephen Witt traces the secret history of digital music piracy, from the German audio engineers who invented the mp3, to a North Carolina compact-disc manufacturing plant where factory worker Dell Glover leaked nearly two thousand albums over the course of a decade, to the high-rises of midtown Manhattan where music executive Doug Morris cornered the global market on rap, and, finally, into the darkest recesses of the Internet.--

health and wellness emily witt: *The Prime of Life* Simone de Beauvoir, 1940-01-01 The author recalls her life in Paris in the formative years of 1929 to 1944, telling of her relationship with Jean-Paul Sartre and of Parisian intellectual life of the 1930s and 1940s.

health and wellness emily witt: The Goddess Pose Michelle Goldberg, 2015-06-09 New York Times best-selling author Michelle Goldberg tells the globetrotting story of the incredible woman who brought yoga to the West. When Indra Devi was born in Russia in 1899, yoga was virtually unknown outside of India. By the time of her death, in 2002, it was being practiced around the world. Here Michelle Goldberg tells the globetrotting story of the incredible woman who helped usher in a craze that continues unabated to this day. A sweeping picture of the twentieth century that travels from the cabarets of Berlin to the Mysore Palace to Golden Age Hollywood and beyond, *The Goddess Pose* brings the Devi's little known but extraordinary adventures vividly to life.

health and wellness emily witt: Formulations Andrew Witt, 2022-01-11 An investigation of mathematics as it was drawn, encoded, imagined, and interpreted by architects on the eve of digitization in the mid-twentieth century. In *Formulations*, Andrew Witt examines the visual, methodological, and cultural intersections between architecture and mathematics. The linkages Witt explores involve not the mystic transcendence of numbers invoked throughout architectural history, but rather architecture's encounters with a range of calculational systems—techniques that architects inventively retooled for design. Witt offers a catalog of mid-twentieth-century practices of mathematical drawing and calculation in design that preceded and anticipated digitization as well as an account of the formal compendia that became a cultural currency shared between modern mathematicians and modern architects. Witt presents a series of extensively illustrated “biographies of method”—episodes that chart the myriad ways in which mathematics, particularly the mathematical notion of modeling and drawing, was spliced into the creative practice of design. These include early drawing machines that mechanized curvature; the incorporation of geometric maquettes—“theorems made flesh”—into the toolbox of design; the virtualization of buildings and landscapes through surveyed triangulation and photogrammetry; formal and functional topology; stereoscopic drawing; the economic implications of cubic matrices; and a strange synthesis of the technological, mineral, and biological: crystallographic design. Trained in both architecture and mathematics, Witt uses mathematics as a lens through which to understand the relationship between architecture and a much broader set of sciences and visual techniques. Through an intercultural exchange with other disciplines, he argues, architecture adapted not only the shapes and surfaces of mathematics but also its values and epistemic ideals.

health and wellness emily witt: Why Women Have Better Sex Under Socialism Kristen R. Ghodsee, 2018-11-20 A spirited, deeply researched exploration of why capitalism is bad for women and how, when done right, socialism leads to economic independence, better labor conditions, better work-life balance and, yes, even better sex. In a witty, irreverent op-ed piece that went viral, Kristen Ghodsee argued that women had better sex under socialism. The response was tremendous — clearly she articulated something many women had sensed for years: the problem is with capitalism, not with us. Ghodsee, an acclaimed ethnographer and professor of Russian and East European Studies, spent years researching what happened to women in countries that transitioned from state socialism to capitalism. She argues here that unregulated capitalism disproportionately harms women, and that we should learn from the past. By rejecting the bad and salvaging the good, we can adapt some socialist ideas to the 21st century and improve our lives. She tackles all aspects of a woman's life - work, parenting, sex and relationships, citizenship, and leadership. In a chapter called

Women: Like Men, But Cheaper, she talks about women in the workplace, discussing everything from the wage gap to harassment and discrimination. In *What To Expect When You're Expecting Exploitation*, she addresses motherhood and how having it all is impossible under capitalism. Women are standing up for themselves like never before, from the increase in the number of women running for office to the women's march to the long-overdue public outcry against sexual harassment. Interest in socialism is also on the rise -- whether it's the popularity of Bernie Sanders or the skyrocketing membership numbers of the Democratic Socialists of America. It's become increasingly clear to women that capitalism isn't working for us, and Ghodsee is the informed, lively guide who can show us the way forward.

health and wellness emily witt: *The Rules Do Not Apply* Ariel Levy, 2017-03-16 'Every deep feeling a human is capable of will be shaken loose by this short, but profound book' David Sedaris 'I wanted what we all want: everything. We want a mate who feels like family and a lover who is exotic, surprising. We want to be youthful adventurers and middle-aged mothers. We want intimacy and autonomy, safety and stimulation, reassurance and novelty, coziness and thrills. But we can't have it all.' Ariel Levy picks you up and hurls you through the story of how she lived believing that conventional rules no longer applied - that marriage doesn't have to mean monogamy, that aging doesn't have to mean infertility, that she could be 'the kind of woman who is free to do whatever she chooses'. But all of her assumptions about what she can control are undone after a string of overwhelming losses. 'I thought I had harnessed the power of my own strength and greed and love in a life that could contain it. But it has exploded.' Levy's own story of resilience becomes an unforgettable portrait of the shifting forces in our culture, of what has changed - and what never can.

health and wellness emily witt: *Sticky Fingers* Joe Hagan, 2017-10-24 Shortlisted for the Pendergyn Music Book Prize *Sticky Fingers* is the story of how one man's ego and ambition captured the 1960s youth culture of rock and roll and turned it into a hothouse of fame, power, politics, and riches that would last for fifty years. Drawn from dozens of hours of interviews with Jann Wenner, who granted Joe Hagan exclusive access to his vast personal archive, this biography reveals how Wenner manufactured an unforgettable cultural mythology in story and image every other week for five decades. Hagan captures in stunning detail the extraordinary stories behind *Rolling Stone*, the magazine that reinvented youth culture, and marketed the libertine world of late-sixties San Francisco. He chronicles Wenner's marksmanship as an editor, his instinctive understanding of the zeitgeist, his endless pursuit of fame and power and his capacity for betrayal that would earn him as many enemies as friends. Featuring on-the-record interviews with Mick Jagger, Bruce Springsteen, Paul McCartney, Elton John, Keith Richards, Pete Townsend, Yoko Ono, Billy Joel, Tom Wolfe, Cameron Crowe, Lorne Michaels, David Geffen, Dan Aykroyd, Bette Midler, and many others, Hagan describes Wenner with intimacy, nuance, and complexity. Like a real life *Clash of the Titans*, *STICKY FINGERS* captures the spirit of the age and paints an unforgettable portrait of one of the most significant cultural forces of our time.

health and wellness emily witt: *A Little Life* Hanya Yanagihara, 2016-01-26 NEW YORK TIMES BESTSELLER • A stunning "portrait of the enduring grace of friendship" (NPR) about the families we are born into, and those that we make for ourselves. A masterful depiction of love in the twenty-first century. NATIONAL BOOK AWARD FINALIST • MAN BOOKER PRIZE FINALIST • WINNER OF THE KIRKUS PRIZE *A Little Life* follows four college classmates—broke, adrift, and buoyed only by their friendship and ambition—as they move to New York in search of fame and fortune. While their relationships, which are tinged by addiction, success, and pride, deepen over the decades, the men are held together by their devotion to the brilliant, enigmatic Jude, a man scarred by an unspeakable childhood trauma. A hymn to brotherly bonds and a masterful depiction of love in the twenty-first century, Hanya Yanagihara's stunning novel is about the families we are born into, and those that we make for ourselves. Look for Hanya Yanagihara's latest bestselling novel, *To Paradise*.

health and wellness emily witt: *Neurotribes* Steve Silberman, 2016-08-23 This New York

Times-bestselling book upends conventional thinking about autism and suggests a broader model for acceptance, understanding, and full participation in society for people who think differently. What is autism? A lifelong disability, or a naturally occurring form of cognitive difference akin to certain forms of genius? In truth, it is all of these things and more—and the future of our society depends on our understanding it. Wired reporter Steve Silberman unearths the secret history of autism, long suppressed by the same clinicians who became famous for discovering it, and finds surprising answers to the crucial question of why the number of diagnoses has soared in recent years. Going back to the earliest days of autism research, Silberman offers a gripping narrative of Leo Kanner and Hans Asperger, the research pioneers who defined the scope of autism in profoundly different ways; he then goes on to explore the game-changing concept of neurodiversity. NeuroTribes considers the idea that neurological differences such as autism, dyslexia, and ADHD are not errors of nature or products of the toxic modern world, but the result of natural variations in the human genome. This groundbreaking book will reshape our understanding of the history, meaning, function, and implications of neurodiversity in our world.

health and wellness emily witt: *Be Awesome* Hadley Freeman, 2014 Hadley Freeman, Guardian features writer and author of the popular 'Ask Hadley' column, presents the modern lady with twenty-three essays that remind us to 'Be Awesome'.

health and wellness emily witt: *The Pleasure Gap* Katherine Rowland, 2020-02-04 American culture is more sexually liberal than ever. But compared to men, women's sexual pleasure has not grown: Up to 40 percent of American women experience the sexual malaise clinically known as low sexual desire. Between this low desire, muted pleasure, and experiencing sex in terms of labor rather than of lust, women by the millions are dissatisfied with their erotic lives. For too long, this deficit has been explained in terms of women's biology, stress, and age. In *The Pleasure Gap*, Katherine Rowland rejects the idea that women should settle for diminished pleasure; instead, she argues women should take inequality in the bedroom as seriously as we take it in the workplace and understand its causes and effects. Drawing on extensive research and interviews with more than one hundred women and dozens of sexual health professionals, Rowland shows that the pleasure gap is neither medical malady nor psychological condition but rather a result of our culture's troubled relationship with women's sexual expression. This provocative exploration of modern sexuality makes a case for closing the gap for good.

health and wellness emily witt: *Dance Education around the World* Charlotte Svendler Nielsen, Stephanie Burridge, 2015-04-21 Dance has the power to change the lives of young people. It is a force in shaping identity, affirming culture and exploring heritage in an increasingly borderless world. Creative and empowering pedagogies are driving curriculum development worldwide where the movement of peoples and cultures generates new challenges and possibilities for dance education in multiple contexts. In *Dance Education around the World: Perspectives on Dance, Young People and Change*, writers across the globe come together to reflect, comment on and share their expertise and experiences. The settings are drawn from a spectrum of countries with contributions from Europe, the Americas, the Middle East, Asia, the Pacific and Africa giving insights and fresh perspectives into contrasting ideas, philosophies and approaches to dance education from Egypt to Ghana, Brazil to Finland, Jamaica to the Netherlands, the UK, USA, Australia, New Zealand and more. This volume offers chapters and narratives on: Curriculum developments worldwide Empowering communities through dance Embodiment and creativity in dance teaching Exploring and assessing learning in dance as artistic practice Imagined futures for dance education Reflection, evaluation, analysis and documentation are key to the evolving ecology of dance education and research involving individuals, communities and nations. *Dance Education around the World: Perspectives on Dance, Young People and Change* provides a great resource for dance educators, practitioners and researchers, and pushes for the furtherance of dance education around the world. Charlotte Svendler Nielsen is Assistant professor and head of educational studies at the Department of Nutrition, Exercise and Sports, research group Body, Learning and Identity, University of Copenhagen, Denmark. Stephanie Burridge lectures at Lasalle College of the Arts and

Singapore Management University, and is the series editor for Routledge Celebrating Dance in Asia and the Pacific.

health and wellness emily witt: *In Your Prime* India Knight, 2014-10-23 Humane, witty, wise and full of practical advice: India Knight's guide to ageing is the book every woman has been waiting for. 'Our mothers' fifty is not our fifty. We have no map, no blueprint, no nothing. We have no sense of what is and isn't age-appropriate, or even of whether age-appropriateness is still relevant. We're supposed to be grown-up, but we seldom feel it.' Part guide, part memoir, part manual, in *In Your Prime* India Knight seeks to provide proper, weighty answers to the questions women are asking themselves now. Covering a wide range of subjects from clothes and cosmetics, being a parent to older children, having older parents and what that entails, and of course, the menopause, *In Your Prime* is the definitive, much-needed guide to approaching middle age with confidence and panache. India Knight is the author of three previous novels: *My Life on a Plate*, *Don't You Want Me* and *Comfort and Joy*. Her non-fiction books include *The Shops*, the bestselling diet book *Neris* and India's *Idiot-Proof Diet*, the accompanying bestselling cookbook *Neris and India's Idiot-Proof Diet Cookbook* and *The Thrift Book*. India is a columnist for the *Sunday Times* and lives in London with her three children.

health and wellness emily witt: *Trip* Tao Lin, 2018-05-01 Part memoir, part history, part journalistic exposé, *Trip* is a look at psychedelic drugs, literature, and alienation from one of the twenty-first century's most innovative novelists--The Electric Kool-Aid Acid Test for a new generation. A Vintage Original. While reeling from one of the most creative--but at times self-destructive--outpourings of his life, Tao Lin discovered the strange and exciting work of Terence McKenna. McKenna, the leading advocate of psychedelic drugs since Timothy Leary, became for Lin both an obsession and a revitalizing force. In *Trip*, Lin's first book-length work of nonfiction, he charts his recovery from pharmaceutical drugs, his surprising and positive change in worldview, and his four-year engagement with some of the hardest questions: Why do we make art? Is the world made of language? What happens when we die? And is the imagination more real than the universe? In exploring these ideas and detailing his experiences with psilocybin, DMT, salvia, and cannabis, Lin takes readers on a trip through nature, his own past, psychedelic culture, and the unknown.

health and wellness emily witt: *School Mental Health* Stan Kutcher, Yifeng Wei, Mark D. Weist, 2015-05-05 This book provides vivid examples of school mental health innovations from 18 countries, addressing mental health promotion, prevention and interventions. These initiatives and innovations enable readers from different regions and disciplines to apply strategies to help students achieve and maintain mental health, enhance their learning outcomes and access services, worldwide.

health and wellness emily witt: *What My Bones Know* Stephanie Foo, 2022-02-22 A searing memoir of reckoning and healing by acclaimed journalist Stephanie Foo, investigating the little-understood science behind complex PTSD and how it has shaped her life "Achingly exquisite . . . providing real hope for those who long to heal."—Lori Gottlieb, New York Times bestselling author of *Maybe You Should Talk to Someone* ONE OF THE BEST BOOKS OF THE YEAR: The Washington Post, Cosmopolitan, NPR, Mashable, She Reads, Publishers Weekly By age thirty, Stephanie Foo was successful on paper: She had her dream job as an award-winning radio producer at *This American Life* and a loving boyfriend. But behind her office door, she was having panic attacks and sobbing at her desk every morning. After years of questioning what was wrong with herself, she was diagnosed with complex PTSD—a condition that occurs when trauma happens continuously, over the course of years. Both of Foo's parents abandoned her when she was a teenager, after years of physical and verbal abuse and neglect. She thought she'd moved on, but her new diagnosis illuminated the way her past continued to threaten her health, relationships, and career. She found limited resources to help her, so Foo set out to heal herself, and to map her experiences onto the scarce literature about C-PTSD. In this deeply personal and thoroughly researched account, Foo interviews scientists and psychologists and tries a variety of innovative therapies. She returns to her hometown of San Jose, California, to investigate the effects of immigrant trauma on the community, and she uncovers family

secrets in the country of her birth, Malaysia, to learn how trauma can be inherited through generations. Ultimately, she discovers that you don't move on from trauma—but you can learn to move with it. Powerful, enlightening, and hopeful, *What My Bones Know* is a brave narrative that reckons with the hold of the past over the present, the mind over the body—and examines one woman's ability to reclaim agency from her trauma.

health and wellness emily witt: *Our Kind of People* Uzodinma Iweala, 2012-07-10 In 2005, Uzodinma Iweala stunned readers and critics alike with *Beasts of No Nation*, his debut novel about child soldiers in West Africa. Now his return to his native continent has produced *Our Kind of People*, a nonfiction account of the AIDS crisis that is every bit as startling and original. Iweala embarks on a remarkable journey in his native Nigeria, meeting individuals and communities that are struggling daily to understand both the impact and meaning of the disease. He speaks with people from all walks of life—the ill and the healthy, doctors, nurses, truck drivers, sex workers, shopkeepers, students, parents, and children. Their testimonies are by turns uplifting, alarming, humorous, and surprising, and always unflinchingly candid. Beautifully written and heartbreakingly honest, *Our Kind of People* goes behind the headlines of an unprecedented epidemic to show the real lives it affects, illuminating the scope of the crisis and a continent's valiant struggle.

health and wellness emily witt: *Dreamland (YA edition)* Sam Quinones, 2019-07-16 As an adult book, Sam Quinones's *Dreamland* took the world by storm, winning the NBCC Award for General Nonfiction and hitting at least a dozen Best Book of the Year lists. Now, adapted for the first time for a young adult audience, this compelling reporting explains the roots of the current opiate crisis. In 1929, in the blue-collar city of Portsmouth, Ohio, a company built a swimming pool the size of a football field; named *Dreamland*, it became the vital center of the community. Now, addiction has devastated Portsmouth, as it has hundreds of small rural towns and suburbs across America. How that happened is the riveting story of *Dreamland*. Quinones explains how the rise of the prescription drug OxyContin, a miraculous and extremely addictive painkiller pushed by pharmaceutical companies, paralleled the massive influx of black tar heroin—cheap, potent, and originating from one small county on Mexico's west coast, independent of any drug cartel. Introducing a memorable cast of characters—pharmaceutical pioneers, young Mexican entrepreneurs, narcotics investigators, survivors, teens, and parents—*Dreamland* is a revelatory account of the massive threat facing America and its heartland.

health and wellness emily witt: *Battle for the Soul* Edward-Isaac Dove, 2022-05-31 An award-winning political journalist for *The Atlantic* tells the inside story of how the embattled Democratic Party, seeking a direction for its future during the Trump years, successfully regained the White House. The 2020 presidential campaign was a defining moment for America. As Donald Trump and his nativist populism cowed the Republican Party into submission, many Democrats—haunted by Hillary Clinton's shocking loss in 2016 and the resulting four-year-long identity crisis—were convinced that he would be unbeatable. Their party and the country, it seemed, might never recover. How, then, did Democrats manage to win the presidency, especially after the longest primary race with the biggest field ever? How did they keep themselves united through an internal struggle between newly empowered progressives and establishment forces—playing out against a pandemic, an economic crisis, and a new racial reckoning? Edward-Isaac Dove's *Battle for the Soul* is the searing, fly-on-the-wall account of the Democrats' journey through recalibration and rebirth. Dove traces this process: from the early days in the wilderness of the post-Obama era to the jockeying of potential candidates; from the backroom battles and exhausting campaigns to the unlikely triumph of the man few expected to win; and on through the inauguration and the insurrection at the Capitol. Dove draws on years of on-the-ground reporting and contemporaneous conversations with the key players—whether with Pete Buttigieg in his hotel suite in Des Moines an hour before he won the Iowa caucuses or with Joe Biden in his first-ever interview in the Oval Office—as well as with aides, advisors, and voters. Offering unparalleled access and an insider's command of the campaign, *Battle for the Soul* takes a compelling look at the policies, politics, and people, as well as the often absurd process of running for president. This fresh and timely story

brings you on the trail, into the private rooms, and along to eavesdrop on critical conversations. You will never see campaigns or this turning point in our history the same way again.

health and wellness emily witt: *The Extraordinary Life of an Ordinary Man* Paul Newman, 2022-10-18 NEW YORK TIMES BEST SELLER • The raw, candid, unvarnished memoir of an American icon. The greatest movie star of the past 75 years covers everything: his traumatic childhood, his career, his drinking, his thoughts on Marlon Brando, James Dean, Elizabeth Taylor, John Huston, his greatest roles, acting, his intimate life with Joanne Woodward, his innermost fears and passions and joys. With thoughts/comments throughout from Joanne Woodward, George Roy Hill, Tom Cruise, Elia Kazan and many others. A BEST BOOK OF THE YEAR: TIME and Vanity Fair Newman at his best...with his self-aware persona, storied marriage and generous charitable activities...this rich book somehow imbues his characters' pain and joy with fresh technicolor. —The Wall Street Journal In 1986, Paul Newman and his closest friend, screenwriter Stewart Stern, began an extraordinary project. Stuart was to compile an oral history, to have Newman's family and friends and those who worked closely with him, talk about the actor's life. And then Newman would work with Stewart and give his side of the story. The only stipulation was that anyone who spoke on the record had to be completely honest. That same stipulation applied to Newman himself. The project lasted five years. The result is an extraordinary memoir, culled from thousands of pages of transcripts. The book is insightful, revealing, surprising. Newman's voice is powerful, sometimes funny, sometimes painful, always meeting that high standard of searing honesty. The additional voices—from childhood friends and Navy buddies, from family members and film and theater collaborators such as Tom Cruise, George Roy Hill, Martin Ritt, and John Huston—that run throughout add richness and color and context to the story Newman is telling. Newman's often traumatic childhood is brilliantly detailed. He talks about his teenage insecurities, his early failures with women, his rise to stardom, his early rivals (Marlon Brando and James Dean), his first marriage, his drinking, his philanthropy, the death of his son Scott, his strong desire for his daughters to know and understand the truth about their father. Perhaps the most moving material in the book centers around his relationship with Joanne Woodward—their love for each other, his dependence on her, the way she shaped him intellectually, emotionally and sexually. *The Extraordinary Life of an Ordinary Man* is revelatory and introspective, personal and analytical, loving and tender in some places, always complex and profound.

health and wellness emily witt: **Pediatric Hepatology and Liver Transplantation** Lorenzo D'Antiga, 2019-04-29 This book is the first to provide balanced examination of both pediatric liver disease and liver transplantation – two topics that are inherently related, given that most chronic liver disorders eventually require organ replacement. The different forms of liver disease encountered in the pediatric age group are first discussed in a series of disease-specific chapters that have a reader-friendly, uniform structure covering pathophysiology, diagnostic and treatment algorithms, clinical cases, and transition to adult care. Key topics in the field of liver transplantation are then addressed. Examples include indications and contraindications, surgical techniques and complications, immunosuppression, in pediatric liver transplantation, acute and chronic rejection and allograft dysfunction, and CMV and EBV infection in transplant recipients, long-term graft injury and tolerance. A section on pediatric hepatology across the world includes chapters presenting the features and management of pediatric liver disease in South-America, Africa and Asia. A closing section considers what the future holds for pediatric liver disease and its management, including novel genetic testing, cell therapy and gene therapy. *Pediatric Hepatology and Liver Transplantation* will be of value for a range of practitioners, from residents making their first approach to pediatric liver disease through to specialists working in transplantation centers.

health and wellness emily witt: *The Rain Barrel Effect* Stephen Cabral, 2018-03-24 Discover the 6,000 year old secret to finally getting well, losing weight and feeling alive again! Every year we spend more and more on healthcare, research and pharmaceuticals, yet every year the rate of auto-immune, Alzheimer's, digestive disorders, diabetes and diseases of all types continue to rise. Soon 1 out of 2 people will get cancer in their life time and 2 out of 3 people will be overweight. Clearly

what we're doing is not working and there must be something that's being overlooked... It turns out the answer is simpler than we think and it lies in the oldest form of medicine in the world. The Rain Barrel Effect explains exactly how we get sick, put on weight, and begin to breakdown over time, as well as how to reverse that process and take back control of your life!

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health and wellness emily witt: *Procrastination, Health, and Well-Being* Fuschia M Sirois, Timothy A Pychyl, 2016-06-29 Research on procrastination has grown exponentially in recent years. Studies have revealed that procrastination is an issue of self-regulation failure, and specifically misregulation of emotional states—not simply a time management problem as often presumed. This maladaptive coping strategy is a risk factor not only for poor mental health, but also poor physical health and other aspects of well-being. *Procrastination, Health, and Well-Being* brings together new and established researchers and theorists who make important connections between procrastination

and health. The first section of the book provides an overview of current conceptualizations and philosophical issues in understanding how procrastination relates to health and well-being including a critical discussion of the assumptions and rationalizations that are inherent to procrastination. The next section of the book focuses on current theory and research highlighting the issues and implications of procrastination for physical health and health behaviors, while the third section presents current perspectives on the interrelationships between procrastination and psychological well-being. The volume concludes with an overview of potential areas for future research in the growing field of procrastination, health, and well-being. - Reviews interdisciplinary research on procrastination - Conceptualizes procrastination as an issue of self-regulation and maladaptive coping, not time management - Identifies the public and private health implications of procrastination - Explores the guilt and shame that often accompany procrastination - Discusses temporal views of the stress and chronic health conditions associated with procrastination

health and wellness emily witt: What Goes Around Emily Chappell, 2017-02-02 At twenty-five, Emily Chappell took up cycle couriering while she searched for a 'real job'. Eight years on, she is still riding. As she flies through the streets of London, dancing with the traffic, Chappell records the pains and pleasures of life on wheels: the dangerous missions; the moments of fear and freedom, and ultimately the simple joy of pedalling onward.

health and wellness emily witt: Imbeciles Adam Cohen, 2016-03-01 Longlisted for the 2016 National Book Award for Nonfiction One of America's great miscarriages of justice, the Supreme Court's infamous 1927 *Buck v. Bell* ruling made government sterilization of "undesirable" citizens the law of the land. In 1927, the Supreme Court handed down a ruling so disturbing, ignorant, and cruel that it stands as one of the great injustices in American history. In *Imbeciles*, bestselling author Adam Cohen exposes the court's decision to allow the sterilization of a young woman it wrongly thought to be "feeble-minded" and to champion the mass eugenic sterilization of undesirable citizens for the greater good of the country. The 8-1 ruling was signed by some of the most revered figures in American law—including Chief Justice William Howard Taft, a former U.S. president; and Louis Brandeis, a progressive icon. Oliver Wendell Holmes, considered by many the greatest Supreme Court justice in history, wrote the majority opinion, including the court's famous declaration "Three generations of imbeciles are enough." *Imbeciles* is the shocking story of *Buck v. Bell*, a legal case that challenges our faith in American justice. A gripping courtroom drama, it pits a helpless young woman against powerful scientists, lawyers, and judges who believed that eugenic measures were necessary to save the nation from being "swamped with incompetence." At the center was Carrie Buck, who was born into a poor family in Charlottesville, Virginia, and taken in by a foster family, until she became pregnant out of wedlock. She was then declared "feeble-minded" and shipped off to the Colony for Epileptics and Feeble-Minded. *Buck v. Bell* unfolded against the backdrop of a nation in the thrall of eugenics, which many Americans thought would uplift the human race. Congress embraced this fervor, enacting the first laws designed to prevent immigration by Italians, Jews, and other groups charged with being genetically inferior. Cohen shows how Buck arrived at the colony at just the wrong time, when influential scientists and politicians were looking for a "test case" to determine whether Virginia's new eugenic sterilization law could withstand a legal challenge. A cabal of powerful men lined up against her, and no one stood up for her—not even her lawyer, who, it is now clear, was in collusion with the men who wanted her sterilized. In the end, Buck's case was heard by the Supreme Court, the institution established by the founders to ensure that justice would prevail. The court could have seen through the false claim that Buck was a threat to the gene pool, or it could have found that forced sterilization was a violation of her rights. Instead, Holmes, a scion of several prominent Boston Brahmin families, who was raised to believe in the superiority of his own bloodlines, wrote a vicious, haunting decision upholding Buck's sterilization and imploring the nation to sterilize many more. Holmes got his wish, and before the madness ended some sixty to seventy thousand Americans were sterilized. Cohen overturns cherished myths and demolishes lauded figures in relentless pursuit of the truth. With the intellectual force of a legal brief and the passion of a front-page exposé, *Imbeciles* is an ardent indictment of our champions of

justice and our optimistic faith in progress, as well as a triumph of American legal and social history.

health and wellness emily witt: Refusing Compulsory Sexuality Sherronda J. Brown, 2024 An interrogation of sex-obsessed culture and an exploration of what it means to be Black and asexual in America today--

health and wellness emily witt: Disaster Resilience National Academies, Policy and Global Affairs, Committee on Science, Engineering, and Public Policy, Committee on Increasing National Resilience to Hazards and Disasters, 2012-12-29 No person or place is immune from disasters or disaster-related losses. Infectious disease outbreaks, acts of terrorism, social unrest, or financial disasters in addition to natural hazards can all lead to large-scale consequences for the nation and its communities. Communities and the nation thus face difficult fiscal, social, cultural, and environmental choices about the best ways to ensure basic security and quality of life against hazards, deliberate attacks, and disasters. Beyond the unquantifiable costs of injury and loss of life from disasters, statistics for 2011 alone indicate economic damages from natural disasters in the United States exceeded \$55 billion, with 14 events costing more than a billion dollars in damages each. One way to reduce the impacts of disasters on the nation and its communities is to invest in enhancing resilience-the ability to prepare and plan for, absorb, recover from and more successfully adapt to adverse events. Disaster Resilience: A National Imperative addresses the broad issue of increasing the nation's resilience to disasters. This book defines national resilience, describes the state of knowledge about resilience to hazards and disasters, and frames the main issues related to increasing resilience in the United States. It also provide goals, baseline conditions, or performance metrics for national resilience and outlines additional information, data, gaps, and/or obstacles that need to be addressed to increase the nation's resilience to disasters. Additionally, the book's authoring committee makes recommendations about the necessary approaches to elevate national resilience to disasters in the United States. Enhanced resilience allows better anticipation of disasters and better planning to reduce disaster losses-rather than waiting for an event to occur and paying for it afterward. Disaster Resilience confronts the topic of how to increase the nation's resilience to disasters through a vision of the characteristics of a resilient nation in the year 2030. Increasing disaster resilience is an imperative that requires the collective will of the nation and its communities. Although disasters will continue to occur, actions that move the nation from reactive approaches to disasters to a proactive stance where communities actively engage in enhancing resilience will reduce many of the broad societal and economic burdens that disasters can cause.

health and wellness emily witt: Lemons Melissa D. Savage, 2017 After her mother dies in 1975, ten-year-old Lemonade must live with her grandfather in a small town famous for Bigfoot sightings and soon becomes friends with Tobin, a quirky Bigfoot investigator.

health and wellness emily witt: Bringing School to Life Sarah K. Anderson, 2017-11-08 Place-based education is on the rise. Tired of "teaching to the test," educators are looking for authentic ways to connect their curriculum to real life. The place-based approach brings students into their communities to learn necessary content and skills by working to meet the needs of local agencies and organizations. Students are more engaged because they know they are doing real work, teachers are reinvigorated by creating exciting learning opportunities, and the school takes on a more active role in the community. At the heart of this process is the place itself: the land, the history, and the culture. Bringing School to Life: Place-Based Education across the Curriculum by Sarah Anderson offers insights into how to build a program across the K-8 grades. Anderson addresses key elements such as mapping, local history, citizen science, integrated curricula, and more. Additionally, Anderson suggests strategies for building community partnerships and implementation for primary grades. This book goes beyond theory to give concrete examples and advice in how to make place-based education a real educational option in any school.

health and wellness emily witt: Artificial Intelligence in Medicine Lei Xing, Maryellen L. Giger, James K. Min, 2020-09-03 Artificial Intelligence Medicine: Technical Basis and Clinical Applications presents a comprehensive overview of the field, ranging from its history and technical foundations, to specific clinical applications and finally to prospects. Artificial Intelligence (AI) is

expanding across all domains at a breakneck speed. Medicine, with the availability of large multidimensional datasets, lends itself to strong potential advancement with the appropriate harnessing of AI. The integration of AI can occur throughout the continuum of medicine: from basic laboratory discovery to clinical application and healthcare delivery. Integrating AI within medicine has been met with both excitement and scepticism. By understanding how AI works, and developing an appreciation for both limitations and strengths, clinicians can harness its computational power to streamline workflow and improve patient care. It also provides the opportunity to improve upon research methodologies beyond what is currently available using traditional statistical approaches. On the other hand, computer scientists and data analysts can provide solutions, but often lack easy access to clinical insight that may help focus their efforts. This book provides vital background knowledge to help bring these two groups together, and to engage in more streamlined dialogue to yield productive collaborative solutions in the field of medicine. - Provides history and overview of artificial intelligence, as narrated by pioneers in the field - Discusses broad and deep background and updates on recent advances in both medicine and artificial intelligence that enabled the application of artificial intelligence - Addresses the ever-expanding application of this novel technology and discusses some of the unique challenges associated with such an approach

health and wellness emily witt: The Woman Upstairs Claire Messud, 2013-04-30 Told with urgency, intimacy, and piercing emotion, this New York Times bestselling novel is the riveting confession of a woman awakened, transformed, and abandoned by a desire for a world beyond her own. Nora Eldridge is a reliable, but unremarkable, friend and neighbor, always on the fringe of other people's achievements. But the arrival of the Shahid family—dashing Skandar, a Lebanese scholar, glamorous Sirena, an Italian artist, and their son, Reza—draws her into a complex and exciting new world. Nora's happiness pushes her beyond her boundaries, until Sirena's careless ambition leads to a shattering betrayal. A New York Times Book Review Notable Book • A Washington Post Top Ten Book of the Year • A Chicago Tribune Noteworthy Book • A Huffington Post Best Book • A Boston Globe Best Book of the Year • A Kirkus Best Fiction Book • A Goodreads Best Book

health and wellness emily witt: Cleopatra and Frankenstein Coco Mellors, 2022-02-08 The smash National bestseller and Goodreads Choice Award finalist--perfect for readers of Modern Lovers and Conversations with Friends. An addictive, humorous, and poignant debut novel about the shock waves caused by one couple's impulsive marriage. Twenty-four-year-old British painter Cleo has escaped from England to New York and is still finding her place in the sleepless city when, a few months before her student visa ends, she meets Frank. Twenty years older and a self-made success, Frank's life is full of all the excesses Cleo lacks. He offers her the chance to be happy, the freedom to paint, and the opportunity to apply for a Green Card. But their impulsive marriage irreversibly changes both their lives, and the lives of those close to them, in ways they never could've predicted. Each compulsively readable chapter explores the lives of Cleo, Frank, and an unforgettable cast of their closest friends and family as they grow up and grow older. Whether it's Cleo's best friend struggling to embrace his gender queerness in the wake of Cleo's marriage, or Frank's financially dependent sister arranging sugar daddy dates to support herself after being cut off, or Cleo and Frank themselves as they discover the trials of marriage and mental illness, each character is as absorbing, and painfully relatable, as the last. As hilarious as it is heartbreaking, entertaining as it is deeply moving, *Cleopatra and Frankenstein* marks the entry of a brilliant and bold new talent.

health and wellness emily witt: The Impeachers Brenda Wineapple, 2019-05-21 ONE OF THE BEST BOOKS OF THE YEAR: Jennifer Szalai, The New York Times; The New York Times Book Review; NPR; Publishers Weekly "This absorbing and important book recounts the titanic struggle over the implications of the Civil War amid the impeachment of a defiant and temperamentally erratic American president."—Jon Meacham, Pulitzer Prize-winning author of *The Soul of America* When Abraham Lincoln was assassinated and Vice-President Andrew Johnson became "the Accidental President," it was a dangerous time in America. Congress was divided over how the Union should be reunited: when and how the secessionist South should regain full status, whether

former Confederates should be punished, and when and whether black men should be given the vote. Devastated by war and resorting to violence, many white Southerners hoped to restore a pre-Civil War society, if without slavery, and the pugnacious Andrew Johnson seemed to share their goals. With the unchecked power of executive orders, Johnson ignored Congress, pardoned rebel leaders, promoted white supremacy, opposed civil rights, and called Reconstruction unnecessary. It fell to Congress to stop the American president who acted like a king. With profound insights and making use of extensive research, Brenda Wineapple dramatically evokes this pivotal period in American history, when the country was rocked by the first-ever impeachment of a sitting American president. And she brings to vivid life the extraordinary characters who brought that impeachment forward: the willful Johnson and his retinue of advocates—including complicated men like Secretary of State William Seward—as well as the equally complicated visionaries committed to justice and equality for all, like Thaddeus Stevens, Charles Sumner, Frederick Douglass, and Ulysses S. Grant. Theirs was a last-ditch, patriotic, and Constitutional effort to render the goals of the Civil War into reality and to make the Union free, fair, and whole. Praise for *The Impeachers* “In this superbly lyrical work, Brenda Wineapple has plugged a glaring hole in our historical memory through her vivid and sweeping portrayal of President Andrew Johnson’s 1868 impeachment. She serves up not simply food for thought but a veritable feast of observations on that most trying decision for a democracy: whether to oust a sitting president. Teeming with fiery passions and unforgettable characters, *The Impeachers* will be devoured by contemporary readers seeking enlightenment on this issue. . . . A landmark study.”—Ron Chernow, Pulitzer Prize-winning author of *Grant*

health and wellness emily witt: Severance Ling Ma, 2018-08-14 Maybe it’s the end of the world, but not for Candace Chen, a millennial, first-generation American and office drone meandering her way into adulthood in Ling Ma’s offbeat, wryly funny, apocalyptic satire, *Severance*. A stunning, audacious book with a fresh take on both office politics and what the apocalypse might bring. —Michael Schaub, NPR.org “A satirical spin on the end times-- kind of like *The Office* meets *The Leftovers*.” --Estelle Tang, Elle NAMED A BEST BOOK OF THE YEAR BY: NPR * The New Yorker (Books We Loved) * Elle * Marie Claire * Amazon Editors * The Paris Review (Staff Favorites) * Refinery29 * Bustle * BuzzFeed * BookPage * Bookish * Mental Floss * Chicago Review of Books * HuffPost * Electric Literature * A.V. Club * Jezebel * Vulture * Literary Hub * Flavorwire Winner of the NYPL Young Lions Fiction Award * Winner of the Kirkus Prize for Fiction * Winner of the VCU Cabell First Novelist Award * Finalist for the PEN/Hemingway Award for Debut Novel * A New York Times Notable Book of 2018 * An Indie Next Selection Candace Chen, a millennial drone self-sequestered in a Manhattan office tower, is devoted to routine. With the recent passing of her Chinese immigrant parents, she’s had her fill of uncertainty. She’s content just to carry on: She goes to work, troubleshoots the teen-targeted *Gemstone Bible*, watches movies in a Greenpoint basement with her boyfriend. So Candace barely notices when a plague of biblical proportions sweeps New York. Then *Shen Fever* spreads. Families flee. Companies cease operations. The subways screech to a halt. Her bosses enlist her as part of a dwindling skeleton crew with a big end-date payoff. Soon entirely alone, still unfevered, she photographs the eerie, abandoned city as the anonymous blogger NY Ghost. Candace won’t be able to make it on her own forever, though. Enter a group of survivors, led by the power-hungry IT tech Bob. They’re traveling to a place called the Facility, where, Bob promises, they will have everything they need to start society anew. But Candace is carrying a secret she knows Bob will exploit. Should she escape from her rescuers? A send-up and takedown of the rituals, routines, and missed opportunities of contemporary life, Ling Ma’s *Severance* is a moving family story, a quirky coming-of-adulthood tale, and a hilarious, deadpan satire. Most important, it’s a heartfelt tribute to the connections that drive us to do more than survive.

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