

longleaf recovery and wellness

Longleaf Recovery and Wellness: Your Path to Lasting Well-being

Are you feeling overwhelmed, stuck in a rut, or simply yearning for a more fulfilling life? At Longleaf Recovery and Wellness, we understand the challenges of navigating life's complexities. This comprehensive guide dives deep into the holistic approach we offer, explaining how we help individuals achieve lasting recovery and wellness. We'll explore our unique programs, the evidence-based therapies we utilize, and the supportive community we foster. Prepare to discover how Longleaf can be your partner on the journey to a healthier, happier you.

Understanding the Longleaf Approach to Recovery and Wellness

Our philosophy at Longleaf Recovery and Wellness centers around a holistic, person-centered approach. We recognize that true wellness encompasses mind, body, and spirit. Unlike traditional models that focus solely on addressing a single issue, we strive to understand the interconnectedness of your physical, emotional, and mental health. This integrated approach allows us to develop customized treatment plans tailored to your specific needs and goals. We believe in empowering you to take control of your recovery journey, fostering self-awareness, and equipping you with the tools you need for lasting transformation. This isn't just about treating symptoms; it's about identifying the root causes and building a resilient foundation for long-term well-being.

Evidence-Based Therapies Offered at Longleaf Recovery and Wellness

At Longleaf, we employ a wide array of evidence-based therapies proven effective in promoting recovery and wellness. Our team of highly skilled and compassionate professionals utilizes a combination of techniques to achieve optimal results. These include:

Cognitive Behavioral Therapy (CBT): CBT helps you identify and change negative thought patterns and behaviors contributing to emotional distress. We'll work with you to develop coping mechanisms and strategies for managing difficult situations.

Dialectical Behavior Therapy (DBT): DBT is particularly effective in treating borderline personality disorder and other conditions involving emotional

regulation difficulties. It emphasizes mindfulness, distress tolerance, and interpersonal effectiveness skills.

Trauma-Informed Therapy: If you've experienced trauma, we understand the unique challenges it presents. Our trauma-informed approach prioritizes safety, respect, and empowerment, creating a supportive environment for healing.

Individual and Group Therapy: We offer both individual and group therapy sessions, providing opportunities for personal reflection and connection with others facing similar challenges. The support of a community can be invaluable in the recovery process.

Medication Management (in collaboration with your physician): For some individuals, medication can be a valuable tool in managing symptoms. We collaborate closely with your physician to ensure your medication plan aligns with your overall treatment goals.

Holistic Therapies: Recognizing the mind-body connection, we also incorporate holistic therapies such as yoga, meditation, and mindfulness practices to support overall well-being.

Creating a Supportive and Empowering Community

Recovery and wellness are not solitary journeys. At Longleaf, we believe in the power of community. We foster a supportive and encouraging environment where individuals feel safe to share their experiences, connect with others, and find strength in shared purpose. Our community programs offer:

Peer Support Groups: Connecting with others who understand your struggles can provide invaluable support and validation.

Social Activities: We organize various social activities to promote bonding and encourage healthy social interaction.

Educational Workshops: We regularly host workshops on topics relevant to recovery and wellness, offering opportunities for continued learning and personal growth.

Family Therapy: We recognize the crucial role families play in the recovery process and offer family therapy to facilitate communication, understanding, and support.

Longleaf's Commitment to Personalized Care

At Longleaf Recovery and Wellness, we understand that every individual's journey is unique. We don't offer a one-size-fits-all approach. Instead, we collaborate with you to develop a personalized treatment plan that addresses your specific needs and goals. This collaborative approach ensures that

you're actively involved in shaping your recovery and feel empowered throughout the process. Regular assessments and adjustments to your plan allow us to optimize your progress and ensure you receive the support you need at every stage.

The Long-Term Benefits of Choosing Longleaf

Investing in your recovery and wellness at Longleaf offers lasting benefits that extend far beyond the completion of your treatment program. By developing coping mechanisms, building resilience, and fostering self-awareness, you'll be better equipped to navigate life's challenges and cultivate a more fulfilling life. The skills and tools you gain will empower you to maintain your progress long-term and build a strong foundation for lasting well-being. You'll discover a renewed sense of purpose, improved relationships, and increased overall life satisfaction.

Conclusion

Longleaf Recovery and Wellness offers a comprehensive and personalized path to lasting recovery and well-being. Our holistic approach, evidence-based therapies, and supportive community provide the ideal environment for growth, healing, and transformation. We invite you to explore our programs further and discover how Longleaf can help you achieve a healthier, happier, and more fulfilling life. Contact us today to begin your journey towards lasting well-being.

Frequently Asked Questions (FAQs)

1. What types of insurance do you accept? We accept a wide range of insurance plans. Please contact our admissions team to verify your coverage.
1. What is the length of treatment at Longleaf? The length of treatment varies depending on individual needs and goals. We work with you to develop a treatment plan that aligns with your specific circumstances.
1. Do you offer residential treatment? We offer both residential and outpatient treatment options.

1. What are your visiting hours? Visiting hours are flexible and can be arranged to suit individual needs. Please contact our admissions team for more details.

1. What makes Longleaf different from other recovery centers? Longleaf distinguishes itself through its truly holistic and personalized approach, emphasizing community support and ongoing wellness beyond treatment completion. We prioritize empowering individuals to take control of their recovery journey and build a sustainable foundation for long-term well-being.

longleaf recovery and wellness: Manual of Singing Voice Rehabilitation Leda Scarce, 2016-04-18 Manual of Singing Voice Rehabilitation: A Practical Approach to Vocal Health and Wellness provides speech-language pathologists and singing teachers with the tools to lay the foundation for working with singers who have voice injuries. Singing voice rehabilitation is a hybrid profession that represents a very specific amalgam of voice pedagogy, voice pathology, and voice science. Becoming a singing voice rehabilitation specialist requires in-depth training and thorough preparation across these fields. This text presents a conceptual and practical basis for interacting with singers in an effective and supportive way, identifying factors to address, structuring singing voice rehabilitation sessions, and ensuring that singers are getting adequate exercise while allowing their injuries to heal, as well as resources and materials to provide to singers to optimize the outcome of their rehabilitation. Each chapter exposes readers to important concepts of singing voice rehabilitation and the elements that need to be addressed in the singing voice rehabilitation process, which include medical factors, emotional factors, vocal hygiene, vocal pacing, and vocal coordination and conditioning. This text contains information for developing exercises and interventions to target specific vocal problems and guidance in customizing vocal exercises based on injury, singing style, skill level, professional level, and the particular vocal demands of each singer. Key features include: * Rehabilitation and therapy exercises * Clinical case studies to illustrate real-life examples and practical application While the intended audience for this book is speech-language pathologists and teachers of singing who are accomplished performers, experienced pedagogues, and clinically and scientifically well-informed, there is information herein that will be of value to all singers, physicians interested in learning more about the behavioral side of singing voice rehabilitation, nonsinging speech-language pathologists, or anyone seeking knowledge about singing health, including music educators, music therapists, conductors, vocal coaches, worship leaders, or music directors. Disclaimer: Please note that ancillary content (such documents, audio, and video) may not be included as published in the original print version of this book.

longleaf recovery and wellness: Building Resilience to Trauma Elaine Miller-Karas, 2015-02-20 After a traumatic experience, survivors often experience a cascade of physical, emotional, cognitive, behavioral, and spiritual responses that leave them feeling unbalanced and threatened. Building Resilience to Trauma explains these common responses from a biological perspective, reframing the human experience from one of shame and pathology to one of hope and biology. It also presents alternative approaches, the Trauma Resiliency Model (TRM) and the Community Resiliency Model (CRM), which offer concrete and practical skills that resonate with what we know about the biology of trauma. In programs co-sponsored by the World Health Organization, the Unitarian Universalist Service Committee, ADRA International and the department

of behavioral health of San Bernardino County, the TRM and the CRM have been used to reduce and in some cases eliminate the symptoms of trauma by helping survivors regain a sense of balance. Clinicians will find that they can use the models with almost anyone who has experienced or witnessed any event that was perceived as life threatening or posed a serious injury to themselves or to others. The models can also be used to treat symptoms of vicarious traumatization and compassion fatigue.

longleaf recovery and wellness: Managing the Family Forest Gordon G. Mark, Robert S. Dimmick, 1971

longleaf recovery and wellness: Making Healthy Places Andrew L. Dannenberg, Howard Frumkin, Richard J. Jackson, 2012-09-18 The environment that we construct affects both humans and our natural world in myriad ways. There is a pressing need to create healthy places and to reduce the health threats inherent in places already built. However, there has been little awareness of the adverse effects of what we have constructed-or the positive benefits of well designed built environments. This book provides a far-reaching follow-up to the pathbreaking *Urban Sprawl and Public Health*, published in 2004. That book sparked a range of inquiries into the connections between constructed environments, particularly cities and suburbs, and the health of residents, especially humans. Since then, numerous studies have extended and refined the book's research and reporting. *Making Healthy Places* offers a fresh and comprehensive look at this vital subject today. There is no other book with the depth, breadth, vision, and accessibility that this book offers. In addition to being of particular interest to undergraduate and graduate students in public health and urban planning, it will be essential reading for public health officials, planners, architects, landscape architects, environmentalists, and all those who care about the design of their communities. Like a well-trained doctor, *Making Healthy Places* presents a diagnosis of--and offers treatment for--problems related to the built environment. Drawing on the latest scientific evidence, with contributions from experts in a range of fields, it imparts a wealth of practical information, with an emphasis on demonstrated and promising solutions to commonly occurring problems.

longleaf recovery and wellness: Ecology of a Cracker Childhood Janisse Ray, 2023-07 From the memories of a childhood marked by extreme poverty, mental illness, and restrictive fundamentalist Christian rules, Janisse Ray crafted a "heartfelt and refreshing" (New York Times) memoir that has inspired thousands to embrace their beginnings, no matter how humble, and to fight for the places they love. This new edition updates and contextualizes the story for a new generation and a wider audience desperately searching for stories of empowerment and hope. Ray grew up in a junkyard along U.S. Highway 1, hidden from Florida-bound travelers by hulks of old cars. In language at once colloquial, elegiac, and informative, Ray redeems her home and her people, while also cataloging the source of her childhood hope: the Edenic longleaf pine forests, where orchids grow amid wiregrass at the feet of widely spaced, lofty trees. Today, the forests exist in fragments, cherished and threatened, and the South of her youth is gradually being overtaken by golf courses and suburban development. A contemporary classic, *Ecology of a Cracker Childhood* is a clarion call to protect the cultures and ecologies of every childhood.

longleaf recovery and wellness: Regeneration Paul Hawken, 2021-09-21 A radically new understanding of and practical approach to climate change by noted environmentalist Paul Hawken, creator of the New York Times bestseller *Drawdown* *Regeneration* offers a visionary new approach to climate change, one that weaves justice, climate, biodiversity, equity, and human dignity into a seamless tapestry of action, policy, and transformation that can end the climate crisis in one generation. It is the first book to describe and define the burgeoning regeneration movement spreading rapidly throughout the world. *Regeneration* describes how an inclusive movement can engage the majority of humanity to save the world from the threat of global warming, with climate solutions that directly serve our children, the poor, and the excluded. This means we must address current human needs, not future existential threats, real as they are, with initiatives that include but go well beyond solar, electric vehicles, and tree planting to include such solutions as the fifteen-minute city, bioregions, azolla fern, food localization, fire ecology, decommodification, forests

as farms, and the number one solution for the world: electrifying everything. Paul Hawken and the nonprofit Regeneration Organization are launching a series of initiatives to accompany the book, including a streaming video series, curriculum, podcasts, teaching videos, and climate action software. Regeneration is the inspiring and necessary guide to inform the rapidly spreading climate movement.

longleaf recovery and wellness: So You Want to Sing Rock 'n' Roll Matthew Edwards, 2014-10-16 Rock 'n' roll is a style that was born out of the great American melting pot. An outgrowth of the blues, rock 'n' roll music combines driving rhythms, powerful chords, and lyrics that communicate the human experience to audiences around the world. Although rock singing was once seen as a vulgar use of the human voice and was largely ignored by the academic community, voice teachers and singers around the world have recently taken a professional interest in learning specialized techniques for singing rock 'n' roll. So You Want to Sing Rock 'n' Roll gives readers a comprehensive guide to rock history, voice science, vocal health, audio technology, technical approaches to singing rock, and stylistic parameters for various rock subgenres. Matthew Edwards, assistant professor of voice at Shenandoah Conservatory, provides easy-to-understand explanations of technical concepts, with tips for practical application, and suggestions for listening and further reading. So You Want to Sing Rock 'n' Roll includes guest-authored chapters by singing voice researchers Dr. Scott McCoy and Dr. Wendy LeBorgne, as well as audio and visual examples available from the website of the National Association of Teachers of Singing. This work is not only the ideal guide to singing professionals, but the perfect reference work for voice teachers and their students, lead and back-up singers, record producers and studio engineers. The So You Want to Sing series is produced in partnership with the National Association of Teachers of Singing. Like all books in the series, So You Want to Sing Rock 'n' Roll features online supplemental material on the NATS website. Please visit www.nats.org to access style-specific exercises, audio and video files, and additional resources.

longleaf recovery and wellness: The Singing Athlete Andrew Byrne, 2020-06-23 If you are a singer, you are an athlete. And the athletic skills that make you a great vocalist come from one source: your brain. The Singing Athlete is the first book of its kind: a view on voice training through the lens of both the physical body and the nervous system. As one of the top teachers of professional Broadway performers, Andrew Byrne has developed a unique synthesis of athletics and neuroscience that will guide you to higher levels of performance. In addition to his work on Broadway, Andrew is devoted to studying the training methods used by Olympic athletes as a Master Practitioner of Z-Health functional applied neuroscience. He has taken thousands of hours of research and boiled it down into an easily digestible form that will help you unlock amazing new vocal skills. When you buy The Singing Athlete, you're not just picking up a book. You're getting a complete training system. With your purchase, you get lifetime access to The Singing Athlete Video Guide, a companion website that includes over 150 training videos. You'll learn the correct form for every drill, explore awesome bonus content, and download PDFs to track your progress. Through the fully illustrated book and the accompanying videos, you will learn to: Breathe correctly for stress reduction and optimal vocal support Exercise your tongue, jaw, and throat in ways that lower threat in your brain Use your ears and eyes to improve vocal range and stamina Heal any scars that might be holding you back Eliminate reflux, tinnitus, sinus problems, and other vocal stumbling blocks Move better, feel better, and sing better FAQs How is The Singing Athlete different from other vocal training systems? When you study voice, your instructor is always practicing neurology--either accidentally or on purpose. A lot of voice systems can tell you about the anatomy of the voice, but The Singing Athlete provides a crucial missing piece--how to train your brain. Once you understand how your nervous system is in charge of your singing, the way you practice will shift forever, and everything your teacher says will make more sense. I'm an instructor of a certain style of vocal training. Can I integrate The Singing Athlete into what I already do? That is one of the greatest strengths of this system; this material can fit in seamlessly with almost any style of training. The Singing Athlete is designed to complement what you already do, providing a new framework to expand and focus your

thinking. Lisa Rochelle (NYC Singing Voice Specialist) says it this way: The Singing Athlete negates no other system, no other technique, and no other pedagogy. It can be used to meet a singer where they are. How will I know if this training is working? The process in The Singing Athlete (known as Assess and Reassess) will show you precisely what kind of exercise your voice appreciates. With The Singing Athlete, there is no guesswork and you will be sure you are doing the right drills. I'm not a Broadway singer—I sing other styles (pop/country/R&B/classical, etc.) Can I get good results from this book? The Singing Athlete is independent of vocal style. You can apply these exercises to any vocal style, from heavy metal to grand opera. Whether you want to sing *Quando m'en vo* or *Call Me Maybe*, Andrew has got you covered. How does The Singing Athlete Video Guide work? Learning movement is a visual process. To get the most out of the exercises, Andrew has shot a video of each drill. This will allow you to make sure you've got the form right, as well as learn details about how to use and tweak the drills. Once you've purchased the book, you can get lifetime access to the Video Guide at thesingingathlete.com. (Plus, there are some cool songs there, too.)

longleaf recovery and wellness: A Systematic Approach to Voice Kari Ragan, 2020-04-20 A Systematic Approach to Voice: The Art of Studio Application is a professional resource presenting a framework for the integration of science-informed principles of voice production and pedagogical application in the training of singers. Author Dr. Kari Ragan has spent years using this organizational template of the five voice systems—respiration, phonation, registration, articulation, and resonance—to identify technical challenges and design corrective vocal exercises in order to facilitate efficient singing. Each of the voice system chapters contains a brief overview of the mechanics as well as key points for teachers, or “teacher takeaways.” The book’s core offering is vocal exercises which, framed within a systematic approach, provide strategies for the art of studio application. The intent is an approach that leads to technically proficient singing working in service of great artistry. Key Features: * Over 85 vocal exercises for studio application framed within a systematic approach for both a CCM and classical aesthetic * Brief overview of the mechanics of each voice system and relevant “teacher takeaways” * Extensive discussion on semi-occluded vocal tract (SOVT) exercises * Introduction of several kinesthetic singing tools * Eight sample warm-up protocols designed for various levels of singers and both CCM and classical genres * Video demonstrations for each vocal exercise and sample warm-up

longleaf recovery and wellness: The Vocal Athlete Marci Rosenberg, Wendy D. LeBorgne, 2019-06-28 The Vocal Athlete: Application and Technique for the Hybrid Singer, Second Edition is a compilation of voice exercises created and used by well-known voice pedagogues from preeminent colleges, established private studios, and clinical settings. The exercises focus on various aspects of contemporary commercial music (CCM) including bodywork, mental preparation, registration, and much more. New to the Second Edition: * 20 new singing exercises * Updated and expanded exercises, figures, and references throughout Related Textbook The book is designed to accompany the textbook, The Vocal Athlete, Second Edition, a first of its kind in singing science and pedagogy developed for singers of all styles with a particular emphasis on CCM. The Vocal Athlete text and workbook are invaluable tools for anyone who uses or trains the singing voice or works with CCM singers. Disclaimer: Please note that ancillary content (such as documents, audio, and video, etc.) may not be included as published in the original print version of this book.

longleaf recovery and wellness: Bootlegger's Daughter Margaret Maron, 1992-05 This smart, sassy series introduces Deborah Knott, candidate for district judge--and daughter of an infamous bootlegger. Deborah's campaigning is interrupted when disturbing new evidence surrounding a murder that has never been solved surfaces and she is implored to investigate.

longleaf recovery and wellness: A Handbook of Native American Herbs Alma R. Hutchens, 1992-11-10 The author of ‘the bible on herbalism’ returns with a portable guide on North American medicinal herbs—for the professional and amateur herbalist alike Based on the now-classic reference text Indian Herbalogy of North America, this illustrated pocket guide is the perfect companion for those eager to expand their knowledge of herbal healing. Through detailed descriptions and illustrations, Alma R. Hutchens walks readers through: • 125 of the most useful

medicinal herbs found in North America, and their uses • How to create herbal remedies for common ailments • The herbal traditions of North America and other lands Entries include staples of folk medicine such as echinacea and slippery elm as well as common kitchen herbs—from parsley to thyme to pepper—whose tonic and healing properties are less widely known.

longleaf recovery and wellness: Take Out Margaret Maron, 2017-02-28 From New York Times bestselling, award-winning author Margaret Maron--winner of the Edgar Award, Agatha Award, Anthony Award, and Macavity Award for her classic mystery *The Bootlegger's Daughter*--comes a stunning mystery featuring NYPD Detective Sigrid Harald. Every Margaret Maron is a celebration of something remarkable. -- New York Times Book Review Maron writes with wit and sophistication. -- USA Today There's nobody better. -- Chicago Tribune NYPD Detective Sigrid Harald is still reeling from the untimely death of her lover, acclaimed painter Oscar Nauman, when she is called to investigate the poisoning of two homeless men in the West Village. As she examines the mysterious deaths, Sigrid uncovers a grim neighborhood scandal surrounding two influential women: one a haughty mafia widow, the other a retired opera prima donna, both with dark secrets they've kept under wraps for decades. Was the poison really meant for the homeless men, or were they merely unintended victims as the decades-long feud between the two women comes to a head? And still, Sigrid can't stop wondering what brought her late lover so urgently across the country to the winding mountain road that took his life--until she meets a man who may hold the answers she seeks Opening a new Margaret Maron is like unwrapping a Christmas gift. -- Cleveland Plain Dealer Of today's series writers none has been more successful at weaving the bond between star and audience than Margaret Maron. -- San Diego Union-Tribune

longleaf recovery and wellness: Singing Through Change Cate Frazier-Neely, Joanne Bozeman, Nancy Bos, 2020-04-12 A BOOK FOR ALL WOMEN WHO LOVE TO SING AND ARE STRUGGLING WITH CHANGESinging Through Changes , Women's Voices in Midlife, Menopause and Beyond is a must read for anyone who is a singer, voice teacher , singing specialist, choral director, or medical professional. Readers will find a bounty of information which, for the first time, summarizes current research on adult female voice change, while allowing a glimpse into the lives of women who have faced the results of adult female voice change. Written in an accessible style, the book provides case studies which enable a better understanding of adult female voice change and its effects physically, vocally, emotionally, psychologically and socially. This book will be an invaluable resource to singers, voice teachers, choral directors and any woman who loves to sing! -- Lynne Gackle, Ph.D., Baylor University, President, ACDA, Author, *Finding Ophelia's Voice*, *Opening Ophelia's Heart: Nurturing the Adolescent Female Voice*A thorough, thoughtful, and compassionate look into the complexities surrounding the singing voice for women during midlife and the menopausal transition, interwoven with stories that inform, encourage and inspire us to keep singing. This will no doubt be a tremendous resource for the singing and medical communities for years to come. -- Lori L. Sonnenberg, Clinical Speech Pathologist, Singing Voice Specialist, Soprano - Sonnenberg Voice This book is a beacon of light for all women who sing and for whom singing is important. It provides information, objective data, resources, suggestions, and many individual anecdotes from women who have openly shared their experiences singing while going through perimenopause, menopause and postmenopause. It fills a gaping hole in our knowledge and opens a path to new dialog on this vital topic. Every expert in all the related voice disciplines needs to know what is in this excellent book. -- Jeanie LoVetri, Director, The Voice Workshop, New York, NY NANCY BOS, JOANNE BOZEMAN, AND CATE FRAZIER-NEELY are known experts in the field of voice. Their cumulative teaching and writing careers of over a century form a broad scope of experience in voice health and pedagogy. Singing Through Change is the culmination of over two years of joint research of female midlife singing voice.www.singingthroughchange.com

longleaf recovery and wellness: The River Witch Kimberly Brock, 2012-04-06 Broken in body and spirit, she secludes herself in the mystical wilderness of a Georgia island. Can she find herself in the sweetness of old songs, old ways, and the gentle magic of the river people? Kimberly Brock has an amazing voice and a huge heart; *The River Witch* welcomes the reader to a haunted landscape,

authentically Southern, where the tragedies of the past and the most fragile, gorgeous kind of love-soaked hope are equally alive. This is one debut that you absolutely should not miss.-Joshilyn Jackson, New York Times Bestselling Author of *Gods in Alabama* Kimberly Brock's *The River Witch* achieves what splendid writing ought to achieve-story and character that linger in the reader's consciousness. Such is the power of Roslyn Byrne, who retreats to Manny's Island, Georgia, in search of herself, only to discover her great need of others. Tender and intriguing, often dazzling in its prose, this is a mature work of fiction worthy of the celebration of praise.-Terry Kay, internationally known author of the classic novel, *To Dance With The White Dog* There is magic and wonder in *The River Witch*, but the real enchantment here is the strength of the characters Roslyn and Damascus. Their voices are the current that carries the reader along in this compelling tale of healing and discovery.- Sharyn McCrumb, New York Times Bestselling Author, *The Ballad of Tom Dooley* With lyrical prose, Kimberly Brock explores the hidden places of the heart. *The River Witch* is a magical and bewitching story that, like a river, winds its way through the soul. In the voices of her wounded characters, Brock takes us through both the breaking and the healing of a life. -Patti Callahan Henry, New York Times Bestselling Author of *The Perfect Love Song* Kimberly Brock is a native Southerner, a former actor and special needs educator. Her work has appeared in anthologies and magazines. She lives with her husband and three children north of Atlanta, Georgia. *The River Witch* is her first novel. Visit her at KimberlyBrockBooks.com.

longleaf recovery and wellness: Real Birth Robin Greene, 2015-07-14 Intimate and intensely personal, the forty-five first-person narratives contained in *Real Birth: Women Share Their Stories* offer readers a window into the complex and emotionally exciting experience of childbirth. Women from a full range of socioeconomic backgrounds and circumstances recount the childbirth choices they've made and the ways those choices have played themselves out in the real life contexts of their everyday lives. Readers meet women from all over the country who speak to us directly--no interviewer intrudes, no judgments intrude, and no single method of childbirth is advocated. Instead, these women offer us their candid experiences, presented clearly and unflinchingly. Medically reviewed by physicians Dr. Richard Randolph for the first edition and Dr. Deborah Morris for this second edition, *Real Birth* offers readers a plethora of correct information as well the kind of real scoop that other books and health care professionals are often reluctant to reveal. The result is a well-grounded book that reaches across the boundaries of childbirth literature. *Real Birth* is introduced by Ariel Gore, journalist, editor, writer, and founding editor/publisher of *Hip Mama*, an Alternative Press Award-winning publication about the culture of motherhood. Also included are an extensive glossary of medical terms, a thoroughly researched selective bibliography, and a list of resources of interest to pregnant women and new moms.

longleaf recovery and wellness: *Cultural Competence and the Higher Education Sector* Jack Frawley, Gabrielle Russell, Juanita Sherwood, 2020-06-09 This open access book explores cultural competence in the higher education sector from multi-disciplinary and inter-disciplinary perspectives. It addresses cultural competence in terms of leadership and the role of the higher education sector in cultural competence policy and practice. Drawing on lessons learned, current research and emerging evidence, the book examines various innovative approaches and strategies that incorporate Indigenous knowledge and practices into the development and implementation of cultural competence, and considers the most effective approaches for supporting cultural competence in the higher education sector. This book will appeal to researchers, scholars, policy-makers, practitioners and general readers interested in cultural competence policy and practice.

longleaf recovery and wellness: *Vascular Disease in Women* Caitlin Hicks, Linda Harris, 2021-07-16 *Vascular Disease in Women* highlights the epidemiology, natural history and treatment of vascular disease, specifically as it pertains to women. The book provides a thorough overview of what is known and what is now known about vascular disease in women and highlights opportunities for further education and research on this topic. The book will serve as an essential reference for both clinicians and researchers, discussing the disease prevalence, treatment options, and treatment

outcomes for vascular disease in women and explores the need for future research in vascular disease specifically as it pertains to women. - Provides a comprehensive overview of vascular disease as it affects women - Includes contributions from world-renowned vascular surgeons of both genders, who have a vested interest in women's vascular health - Covers what is known and not known about vascular disease in women, prompting further research in the area for what is still unknown

longleaf recovery and wellness: *Model Selection and Multimodel Inference* Kenneth P. Burnham, David R. Anderson, 2007-05-28 A unique and comprehensive text on the philosophy of model-based data analysis and strategy for the analysis of empirical data. The book introduces information theoretic approaches and focuses critical attention on a priori modeling and the selection of a good approximating model that best represents the inference supported by the data. It contains several new approaches to estimating model selection uncertainty and incorporating selection uncertainty into estimates of precision. An array of examples is given to illustrate various technical issues. The text has been written for biologists and statisticians using models for making inferences from empirical data.

longleaf recovery and wellness: *Anatomy of the Voice* Theodore Dimon, Jr, 2018-04-24 The first comprehensive, fully-illustrated approach to the voice that explains the anatomy and mechanics in detailed yet down-to-earth terms, for voice users and professionals of all kinds This book is the first to explain, in clear and concise language, the anatomy and mechanics of the mysterious and complex bodily system we call the voice. Beautifully illustrated with more than 100 detailed images, *Anatomy of the Voice* guides voice teachers and students, vocal coaches, professional singers and actors, and anyone interested in the voice through the complex landscape of breathing, larynx, throat, face, and jaw. Theodore Dimon, an internationally recognized authority on the subject, as well as an expert in the Alexander Technique, makes unfamiliar terrain accessible and digestible by describing each vocal system in short, manageable sections and explaining complex terminology. The topics he covers include ribs, diaphragm, and muscles of breathing; the intrinsic musculature of the larynx, its structure and action; the suspensory muscles of the throat; the face and jaw; the tongue and palate; and the evolution and function of the larynx.

longleaf recovery and wellness: *The Self-Care Solution* Jennifer Ashton, Sarah Toland, 2019-12-30 ABC's chief medical correspondent helps you ring in the New Year right with a resolution that's actually doable: a year-long plan to improve your emotional and physical health—from giving up alcohol to doing a digital detox, but each for only one month. Dr. Jennifer Ashton is at the top of her field as an ob-gyn and news correspondent. But even at the top there's still room to improve, and with *The Self-Care Solution*, she upends her life one month at a time, using her own experiences to help you improve your health and enhance your life. Dr. Ashton becomes both researcher and subject as she focuses on twelve separate challenges. Beginning with a new area of focus each month, she guides you through the struggles she faces, the benefits she experiences, and the science behind why each month's challenge—giving up alcohol, doing more push-ups, adopting an earlier bedtime, limiting technology—can lead to better health. Month by month, Dr. Ashton tackles a different area of wellness with the hope that the lessons she learns and the improved health she experiences will motivate her (and you) to make each change permanent. Throughout, she offers easy-to-comprehend health information about the particular challenge to help you understand its benefits and to stick with it. Whether it's adding cardio or learning how to meditate, Dr. Ashton makes these daily lifestyle choices and changes feel possible—and shows how beneficial a mindful lifestyle can be. Inspiring, practical, and informative, illustrated with helpful photos and charts, *The Self-Care Solution* teaches you how to recalibrate your life to enjoy a better, healthier year, one month at a time. Featuring guidance from top experts, entertaining case studies, easy-to-follow advice and tips, and Dr. Ashton's observations and insights, this book can help you achieve a better life balance and a more active and healthy lifestyle.

longleaf recovery and wellness: *The Singer's Voice* Michael S. Benninger, Thomas Murry, 2008-05-01 Each type of performer, whether singer, voice-over artists, dancer/singers,

instrumentalist/singers, brings specific issues to the voice treatment team and requires special individual attention from the various members of the team, from laryngologist to speech pathologist, singing or voice teacher. The Singer's Voice identifies these individuals, presents reports on cases with special needs and offers myriad solutions that help to preserve the voice and prevent further damage. It is written by a world-leading group of dedicated professionals from an array of disciplines related to the care and treatment of individuals who use their voices in professional settings. Ranging from current day performers to choral conductors to past rock and roll musicians, all contributors have shown a dedication to the care of the singer and performer through their studios, academic training, their research interests and experience, and their clinical and/or their performance background. The content is thoroughly practical and written to be accessible to a wide range of voice professionals, particularly singing and voice teachers; instructors in the various performing arts; those who provide medical and allied health care; and, indeed, performers and students themselves.

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service will learn about the services offered at these sites, basic eligibility for health care, and more. Helpful topics described in depth throughout these pages for veterans, their dependents, and their survivors include: Vocational rehabilitation and employment VA pensions Home loan guaranty Burial and memorial benefits Transition assistance Dependents and survivors health care and benefits Military medals and records And more

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chronicles the history of Sarasota, Florida's African American community - Newtown - that celebrated its 100-year anniversary in 2014. It answers questions about many aspects of community life: why the earliest African Americans who came to Sarasota, then a tiny fishing village, first settled in areas near downtown called -Black Bottom- and -over town;- their transition from there to Newtown; how they developed Newtown from swampland into a self-contained community to ensure their own survival during the Jim Crow era; the ways they earned a living, what self-help organizations they formed; their religious and educational traditions; residents' military service, the strong emphasis placed on education; how they succeeded in gaining political representation after filing a federal lawsuit; and much more. Newtown residents fought for civil rights, endured and triumphed over Jim Crow segregation, suffered KKK intimidation and violence, and currently are resisting the stealthy gentrification of their community. Whether you are new to the area, a frequent visitor, an educator, historian or a longtime resident trying to connect the dots in your family tree, you will find these stories of courage, dignity and determination enlightening and empowering!

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a very valuable and proven modality in recovery treatment. Dr. Weedn's 8 Ways Workbook brings TLC's to the recovering person through an easy to use, yet very effective means; a well thought out road map towards positive change that supports recovery on many levels.

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