

mansfield physical therapy wellness

Mansfield Physical Therapy & Wellness: Your Path to a Healthier, Happier You

Are you experiencing persistent pain, limited mobility, or just feeling "off"? Living in Mansfield and searching for relief? This comprehensive guide dives deep into the world of Mansfield physical therapy and wellness, exploring how it can help you overcome physical challenges and achieve a vibrant, pain-free life. We'll cover everything from understanding the benefits of physical therapy to finding the right practitioner in Mansfield, ensuring you have all the information you need to embark on your wellness journey. Get ready to discover how Mansfield physical therapy & wellness can transform your health!

Understanding the Power of Physical Therapy in Mansfield

Physical therapy isn't just about recovering from injuries; it's a proactive approach to overall wellness. In Mansfield, as in any community, physical therapists play a vital role in helping individuals manage pain, improve mobility, and enhance their quality of life. Whether you're dealing with a sports injury, recovering from surgery, managing chronic conditions like arthritis, or simply aiming to improve your fitness and posture, a Mansfield physical therapist can create a personalized plan to meet your specific needs.

This personalized approach is key. Generic treatments don't always work. A skilled therapist in Mansfield will assess your individual situation, considering your medical history, lifestyle, and goals. This allows for the development of a treatment plan that's tailored to you, maximizing your chances of success and minimizing the risk of setbacks.

Finding the Right Mansfield Physical Therapy Clinic: Key Considerations

Choosing the right physical therapy clinic in Mansfield is crucial for a successful outcome. Here are some factors to consider:

Experience and Expertise: Look for clinics with therapists specializing in your specific condition. Some clinics might focus on sports injuries, while others excel in treating neurological conditions or geriatric care.

Treatment Modalities: Ensure the clinic offers a range of treatment options, such as manual therapy, therapeutic exercise, electrotherapy, and aquatic therapy. A diverse approach often leads to better results.

Patient Reviews and Testimonials: Check online reviews on platforms like Google, Yelp, and Healthgrades to get an idea of other patients' experiences. Positive feedback often indicates a clinic's commitment to patient care and effective treatment.

Accessibility and Convenience: Consider the clinic's location, hours of operation, and accessibility for individuals with disabilities. Choosing a clinic that's convenient and easy to reach can greatly improve

adherence to your treatment plan.

Insurance Coverage: Verify that the clinic accepts your insurance provider to avoid unexpected costs.

Specific Benefits of Mansfield Physical Therapy & Wellness Services

Mansfield physical therapy & wellness clinics offer a wide range of services designed to improve your overall health and well-being. Let's explore some key benefits:

Pain Management: Physical therapy is highly effective in managing various types of pain, from acute injuries to chronic conditions like back pain, neck pain, and arthritis. Therapists use various techniques to reduce pain and improve function.

Improved Mobility and Flexibility: Through targeted exercises and manual therapy, physical therapists help improve your range of motion, flexibility, and overall mobility, making everyday tasks easier.

Faster Injury Recovery: Following surgery or an injury, physical therapy helps speed up the recovery process by reducing swelling, improving muscle strength, and restoring function.

Enhanced Strength and Endurance: Physical therapy programs can significantly improve your muscle strength, endurance, and overall fitness levels. This is especially beneficial for athletes and individuals aiming to improve their overall health.

Improved Posture and Balance: Poor posture can lead to various problems. Physical therapists can assess your posture and develop exercises to improve your alignment and balance, reducing your risk of falls and injuries.

Preventative Care: Physical therapy isn't just for treating existing conditions; it's also excellent for preventative care. Regular sessions can help you maintain your physical health and prevent future injuries.

Beyond Physical Therapy: The Holistic Approach to Wellness in Mansfield

True wellness goes beyond just addressing physical ailments. Many Mansfield physical therapy clinics also incorporate elements of holistic wellness into their services. This might include:

Wellness Workshops and Educational Programs: Some clinics offer workshops on topics like nutrition, stress management, and ergonomics to empower patients to take control of their overall health.

Integration of Other Therapies: Some clinics may collaborate with other healthcare professionals, such as chiropractors, massage therapists, or nutritionists, to offer a more comprehensive and integrated approach to care.

Taking the First Step: Finding Your Mansfield Physical Therapy & Wellness Journey

Ready to experience the transformative power of Mansfield physical therapy and wellness? Start by researching clinics in your area, considering the factors outlined above. Don't hesitate to contact several clinics to discuss your specific needs and ask questions. Remember, choosing the right therapist is a crucial step towards achieving your health goals. Your journey to a healthier, happier you starts with a single phone call.

Conclusion:

Mansfield offers a wealth of physical therapy and wellness options designed to address various health concerns and promote overall well-being. By choosing a clinic that aligns with your needs and preferences, you can embark on a path towards improved mobility, reduced pain, and a more fulfilling life. Remember, proactive health care is an investment in your future.

FAQs:

1. Do I need a doctor's referral to see a physical therapist in Mansfield? While some insurance plans require a referral, many do not. It's best to check with your insurance provider and the clinic directly.
1. How much does physical therapy cost in Mansfield? The cost varies depending on the clinic, the type of services needed, and your insurance coverage. Many clinics offer free consultations to discuss costs upfront.
1. What should I expect during my first physical therapy appointment? Your first appointment will typically involve a thorough evaluation of your medical history, a physical examination, and a discussion of your goals. The therapist will then develop a personalized treatment plan.
1. How long will my physical therapy treatment last? The duration of treatment varies greatly depending on your individual needs and condition. Some individuals may require only a few sessions, while others may need more extensive treatment.
1. What types of conditions are treated by Mansfield physical therapists? Mansfield physical therapists treat a wide array of conditions, including but not limited to back pain, neck pain, arthritis, sports injuries, post-surgical rehabilitation, neurological conditions, and balance disorders.

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material to physical therapy practice. Evidence-based practice is emphasized through a mixed approach of formalist and reader-response. An important text for all physical therapy students! Important Notice: The digital edition of this book is missing some of the images or content found in the physical edition.

mansfield physical therapy wellness: Nursing for Wellness in Older Adults Carol A. Miller, 2009 Now in its Fifth Edition, this text provides a comprehensive and wellness-oriented approach to the theory and practice of gerontologic nursing. Organized around the author's unique functional consequences theory of gerontologic nursing, the book explores normal age-related changes and risk factors that often interfere with optimal health and functioning, to effectively identify and teach health-promotion interventions. The author provides research-based background information and a variety of practical assessment and intervention strategies for use in every clinical setting. Highlights of this edition include expanded coverage of evidence-based practice, more first-person stories, new chapters, and clinical tools such as assessment tools recommended by the Hartford Institute of Geriatric Nursing.

mansfield physical therapy wellness: Social Isolation and Loneliness in Older Adults National Academies of Sciences, Engineering, and Medicine, Division of Behavioral and Social Sciences and Education, Health and Medicine Division, Board on Behavioral, Cognitive, and Sensory Sciences, Board on Health Sciences Policy, Committee on the Health and Medical Dimensions of Social Isolation and Loneliness in Older Adults, 2020-05-14 Social isolation and loneliness are serious yet underappreciated public health risks that affect a significant portion of the older adult population. Approximately one-quarter of community-dwelling Americans aged 65 and older are considered to be socially isolated, and a significant proportion of adults in the United States report feeling lonely. People who are 50 years of age or older are more likely to experience many of the risk factors that can cause or exacerbate social isolation or loneliness, such as living alone, the loss of family or friends, chronic illness, and sensory impairments. Over a life course, social isolation and loneliness may be episodic or chronic, depending upon an individual's circumstances and perceptions. A substantial body of evidence demonstrates that social isolation presents a major risk for premature mortality, comparable to other risk factors such as high blood pressure, smoking, or obesity. As older adults are particularly high-volume and high-frequency users of the health care system, there is an opportunity for health care professionals to identify, prevent, and mitigate the adverse health impacts of social isolation and loneliness in older adults. Social Isolation and Loneliness in Older Adults summarizes the evidence base and explores how social isolation and loneliness affect health and quality of life in adults aged 50 and older, particularly among low income, underserved, and vulnerable populations. This report makes recommendations specifically for clinical settings of health care to identify those who suffer the resultant negative health impacts of social isolation and loneliness and target interventions to improve their social conditions. Social Isolation and Loneliness in Older Adults considers clinical tools and methodologies, better education and training for the health care workforce, and dissemination and implementation that will be important for translating research into practice, especially as the evidence base for effective interventions continues to flourish.

mansfield physical therapy wellness: Musculoskeletal Medicine in Primary Care Dr Solomon Abrahams, 2014-02-18 This book is designed to help MSK Physicians, Physiotherapists, Osteopaths, G.Ps and other respected colleagues in the examination, diagnosis and management of Common MSK pathologies presenting in primary care. Chapters are sectioned according to the anatomical area of the body. Each chapter consists of Basic Anatomy, Subjective (including differential diagnosis and red flags) and Objective examination, Observation and Physical examination, special tests (and their reliability), Pathologies, key points and flow charts for triaging. Where possible, we have used evidence based research to supplement the practice based experience within the book. Some special chapters are dedicated to common pathologies seen in the elderly and children/adolescents. Other chapters include Joint injections in primary care, Medicines that conflict with MSK diagnosis/management, common blood results and their meaning and common connective

tissue disorders. Where possible, we have supplemented chapters with Scans, X rays, Pictures and flow charts to help explain the simplicity of each pathology. The flow charts at the end of each primary chapter is to help triage pathologies.

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mansfield physical therapy wellness: Health Eileen Daniel, 2007-11 The 10 topical areas presented in this edition mirror those that are normally covered in introductory health courses: Promoting Health Behavior Change, Stress and Mental Health, Nutritional Health, Exercise and Weight Control, Drugs and Health, Sexuality and Relationships, Preventing and Fighting Disease, Health Care and the Health Care System, Consumer Health, and Contemporary Health Hazards.-Pref.

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mansfield physical therapy wellness: The Jane Austen Diet Bryan Kozlowski, Jane Austen, 2019-02-12 What can Jane Austen teach us about health? Prepare to have your bonnet blown... From the food secrets of *Pride and Prejudice* to the fitness strategies of *Sense and Sensibility*, there's a modern health code hidden in the world's most popular romances. Join Bryan Kozlowski as he unlocks this "health and happiness" manifesto straight from Jane Austen's pen, revealing why her prescriptions for achieving total body "bloom" still matter in the 21st century. Whether that's learning how to eat like Lizzie Bennet, exercise like Emma Woodhouse, or think like Elinor Dashwood, explore how Austen's timeless body beliefs are more relevant, refreshing, and scientifically sensible now than ever before. After all, it's still a truth universally acknowledged - Jane Austen's heroines don't get fat.

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sports physicians, orthopedic surgeons and traumatologists, as well as trainers, physiotherapists and other health professionals involved in climbing.

mansfield physical therapy wellness: Finding What Works in Health Care Institute of Medicine, Board on Health Care Services, Committee on Standards for Systematic Reviews of Comparative Effectiveness Research, 2011-07-20 Healthcare decision makers in search of reliable information that compares health interventions increasingly turn to systematic reviews for the best summary of the evidence. Systematic reviews identify, select, assess, and synthesize the findings of similar but separate studies, and can help clarify what is known and not known about the potential benefits and harms of drugs, devices, and other healthcare services. Systematic reviews can be helpful for clinicians who want to integrate research findings into their daily practices, for patients to make well-informed choices about their own care, for professional medical societies and other organizations that develop clinical practice guidelines. Too often systematic reviews are of uncertain or poor quality. There are no universally accepted standards for developing systematic reviews leading to variability in how conflicts of interest and biases are handled, how evidence is appraised, and the overall scientific rigor of the process. In Finding What Works in Health Care the Institute of Medicine (IOM) recommends 21 standards for developing high-quality systematic reviews of comparative effectiveness research. The standards address the entire systematic review process from the initial steps of formulating the topic and building the review team to producing a detailed final report that synthesizes what the evidence shows and where knowledge gaps remain. Finding What Works in Health Care also proposes a framework for improving the quality of the science underpinning systematic reviews. This book will serve as a vital resource for both sponsors and producers of systematic reviews of comparative effectiveness research.

mansfield physical therapy wellness: Well-Being Over the Life Course Regina M. Bures, Nancy R. Gee, 2020-12-14 This book provides a multidisciplinary overview of the impact of human-animal interaction on well-being from childhood to later life. It presents a life course perspective to the study of human-animal interaction, addressing concepts of family and the role of pets therein, as well as the impact of companion animals on child development and successful aging. This book fills a gap in the existing literature by framing the study of human-animal interaction, including the role of animal-assisted interventions on well-being, in a broader social and behavioral context.

mansfield physical therapy wellness: Hearing Health Care for Adults National Academies of Sciences, Engineering, and Medicine, Health and Medicine Division, Board on Health Sciences Policy, Committee on Accessible and Affordable Hearing Health Care for Adults, 2016-10-06 The loss of hearing - be it gradual or acute, mild or severe, present since birth or acquired in older age - can have significant effects on one's communication abilities, quality of life, social participation, and health. Despite this, many people with hearing loss do not seek or receive hearing health care. The reasons are numerous, complex, and often interconnected. For some, hearing health care is not affordable. For others, the appropriate services are difficult to access, or individuals do not know how or where to access them. Others may not want to deal with the stigma that they and society may associate with needing hearing health care and obtaining that care. Still others do not recognize they need hearing health care, as hearing loss is an invisible health condition that often worsens gradually over time. In the United States, an estimated 30 million individuals (12.7 percent of Americans ages 12 years or older) have hearing loss. Globally, hearing loss has been identified as the fifth leading cause of years lived with disability. Successful hearing health care enables individuals with hearing loss to have the freedom to communicate in their environments in ways that are culturally appropriate and that preserve their dignity and function. Hearing Health Care for Adults focuses on improving the accessibility and affordability of hearing health care for adults of all ages. This study examines the hearing health care system, with a focus on non-surgical technologies and services, and offers recommendations for improving access to, the affordability of, and the quality of hearing health care for adults of all ages.

mansfield physical therapy wellness: Overcoming Body-Focused Repetitive Behaviors

Charles S. Mansueto, Sherrie Mansfield Vavrich, Ruth Goldfinger Golomb, 2020-01-02 "The definitive guide for those who pick or pull." —Reid Wilson, PhD, author *Stopping the Noise in Your Head* A comprehensive treatment plan grounded in evidence-based cognitive behavioral therapy (CBT) to help you overcome body-focused repetitive behaviors for good! If you have body-focused repetitive behaviors (BFRB) such as hair pulling (trichotillomania) or skin picking (dermatillomania), you may feel embarrassed about seeking help. But there are proven-effective strategies you can use to overcome these behaviors and improve your overall quality of life—this book will show you how. In this evidence-based resource, three renowned experts and clinicians offer powerful CBT skills to help you move past BFRB. You'll learn why you engage in these behaviors, and how to identify your own sensory "triggers"—places, things, or experiences that cause your behavior to become worse. Finally, you'll learn strategies to use when faced with these triggers, and develop your own customized "plan of action" for moving beyond BFRB for good. With time, practice, and solid skills for managing stress, anxiety, urges, and other triggers, this book will help you break free from BFRB and feel more in control of your life.

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just two of the many recipes you'll crave over and over again. Plus, having a guide to prepping food for the week, this book has you covered for all aspects of eating."—Frank Lipman, MD, bestselling author of *The New Health Rules* and *How to Be Well* "Rachel's recipes are modern, approachable, and simple enough that anyone can make them! Just the Good Stuff is a new staple on my bookshelf!"—Gina Homolka, New York Times bestselling cookbook author and founder of Skinnytaste

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mansfield physical therapy wellness: Primary Care for the Physical Therapist William R. Vanwyke, William G. Boissonnault, 2020-01-01 - NEW! Updated content throughout the text reflects the current state of primary care and physical therapy practice. - NEW! New chapter on electrodiagnostic testing helps familiarize physical therapists with indications for electrodiagnostic testing and implications of test results to their clinical decision-making. - NEW! New chapter on patients with a history of trauma emphasizes the red flags that physical therapists need to recognize for timely patient referral for appropriate tests. - NEW! Updated information on how to screen and examine the healthy population enhances understanding of the foundations of practice and the role that physical therapists can fill in primary care models.

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Stuart Bauer, Alexander von Gontard, Yves Homsy, 2015-09-23 Pediatric incontinence: evaluation and clinical management offers urologists practical, 'how-to' clinical guidance to what is a very common problem affecting up to 15% of children aged 6 years old. Introductory chapters cover the neurophysiology, psychological and genetic aspects, as well as the urodynamics of incontinence, before it moves on to its core focus, namely the evaluation and management of the problem. All types of management methods will be covered, including behavioural, psychological, medical and surgical, thus providing the reader with a solution to every patient's specific problem. The outstanding editor team led by Professor Israel Franco, one of the world's leading gurus of pediatric urology, have recruited a truly stellar team of contributors each of whom have provided first-rate, high-quality contributions on their specific areas of expertise. Clear management algorithms for each form of treatment support the text, topics of controversy are covered openly, and the latest guidelines from the ICCS, AUA and EAU are included throughout. Perfect to refer to prior to seeing patients on the wards and in the clinics, this is the ideal guide to the topic and an essential purchase for all urologists, pediatric urologists and paediatricians managing children suffering from incontinence.

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Shrawan Kumar, 2009-04-27 Despite the apparently distinct differences between the disciplines of ergonomics and rehabilitation, they deal with the same issues, although at different ends of the spectrum. Keeping this in mind, Ergonomics for Rehabilitation Professionals explores their philosophies and goals, their parallel, divergent, and complementary aspects. It traces the

mansfield physical therapy wellness: Fundamental Orthopedic Management for the Physical Therapist Assistant Robert C. Manske, 2015-05-22 - NEW Differential Diagnosis and Emergent Conditions chapter shows how similar symptoms can mask potentially dangerous pathologies and conditions, and may require re-evaluation by the supervising therapist. - NEW Musculoskeletal Imaging chapter explains in basic terms the various types of musculoskeletal imaging used when examining musculoskeletal injuries. - NEW Orthopedic Management Concepts Specific to Women chapter covers the issues, pathology, and progression of women's health issues as they relate to physical rehabilitation. - NEW! Full-color design and illustrations add clarity to anatomy and procedural drawings and make it easier to learn important concepts. - NEW! Important Concepts highlight useful tips and tricks of patient practice. - NEW student resources on the Evolve companion website include critical thinking applications, weblinks to related sites, and references with links to Medline® abstracts.

mansfield physical therapy wellness: Handbook of Mental Health and Aging Nathan Hantke, Amit Etkin, Ruth O'Hara, 2020-04-11 The Handbook of Mental Health and Aging, Third Edition provides a foundational background for practitioners and researchers to understand mental health care in older adults as presented by leading experts in the field. Wherever possible, chapters integrate research into clinical practice. The book opens with conceptual factors, such as the epidemiology of mental health disorders in aging and cultural factors that impact mental health. The book transitions into neurobiological-based topics such as biomarkers, age-related structural changes in the brain, and current models of accelerated aging in mental health. Clinical topics include dementia, neuropsychology, psychotherapy, psychopharmacology, mood disorders, anxiety, schizophrenia, sleep disorders, and substance abuse. The book closes with current and future trends in geriatric mental health, including the brain functional connectome, repetitive transcranial magnetic stimulation (rTMS), technology-based interventions, and treatment innovations. - Identifies factors influencing mental health in older adults - Includes biological, sociological, and psychological factors - Reviews epidemiology of different mental health disorders - Supplies separate chapters on grief, schizophrenia, mood, anxiety, and sleep disorders - Discusses biomarkers and genetics of mental health and aging - Provides assessment and treatment approaches

mansfield physical therapy wellness: Pediatric Physical Therapy Jan Stephen Tecklin, 1994-01-01 Now thoroughly updated, this Third Edition provides an overview of the knowledge and skills required for current practice in the physical rehabilitation of children. Readers will learn to

integrate essential information into a physical therapy evaluation and treatment plan. Organized by disability and diseases, then by specialty, the text addresses the most current information on each disability, and presents evaluation techniques and suitable interventions. Unlike other books, this unique guide covers neurological disorders, neuromuscular problems, developmental disabilities, orthopedic and cardiopulmonary disorders -- all in chapters written by recognized experts. Noteworthy in this edition: coverage of orthopedic and limb deficiency, traumatic brain injury, cerebral palsy, spina bifida, and assistive devices.

mansfield physical therapy wellness: Wired for Love Stan Tatkin, 2024-06-01 Invaluable for so many partners looking to reconnect and grow closer together. —Gwyneth Paltrow, founder and CEO of goop Stan Tatkin can be entirely followed into the towering infernos of our most painful relationship challenges. —Alanis Morissette, artist, activist, and wholeness advocate The complete “insider’s guide” to understanding your partner’s brain, sparking lasting connection, and enjoying a romantic relationship built on love and trust—now with more than 170,000 copies sold. “What the heck is my partner thinking?” “Why do they always react like this?” “How can we get back that connection we had in the beginning?” If you’ve ever asked yourself these questions, you aren’t alone, and it doesn’t mean that your relationship is doomed. Every person is wired for love differently—with different habits, needs, and reactions to conflict. The good news is that most people’s minds work in predictable ways and respond well to security, attachment, and routines, making it possible to neurologically prime the brain for greater love and connection and fewer conflicts. This go-to guide will show you how. Drawn from neuroscience, attachment theory, and emotion regulation, this highly anticipated second edition of *Wired for Love* presents cutting-edge research on how and why love lasts, and offers ten guiding principles that can improve any relationship. This fully revised and updated edition also includes new guidance on how to manage disagreements, as well as new exercises to help you create a sense of safety and security, establish healthy conflict ground rules, and deal with the threat of the third—any outside source which threatens the harmony in your relationship, including in-laws, alcohol, children, and affairs. You’ll find proven-effective strategies to help you strengthen your relationship by: Creating and maintaining a safe “couple bubble” Using morning and evening routines to stay connected Learning how to see your partner’s point of view Meeting each other halfway in a fight Becoming the expert on what makes your partner feel loved By using simple gestures and words, you’ll learn to put out emotional fires and help your partner feel appreciated and loved. You’ll also discover how to move past a “warring brain” mentality and toward a more cooperative “loving brain.” Most importantly, you’ll gain a better understanding of the complex dynamics at work behind love and trust in intimate relationships. While there’s no doubt that love is an inexact science, if you understand how you and your partner are wired differently, you can overcome your differences, and create a lasting intimate connection.

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mansfield physical therapy wellness: *Maitland's Peripheral Manipulation* Elly Hengeveld, Kevin Banks, 2005 This classic text has become one of the foundational texts for all modern manual therapists. The fourth edition has been extensively revised by two authors who have worked closely with Geoff Maitland and have added invaluable and up-to-date input in the revision of this new edition.

mansfield physical therapy wellness: Caring for our future Great Britain: Department of Health, 2012-07-11 Care and support affects a large number of people: eight out of 10 people aged 65 will need some care and support in their later years; some people have impairments from birth or develop them during their working life; some 5 million people care for a friend or relative, some for more than 50 hours a week. The current system does not offer enough support until a crisis point is reached, the quality of care is variable and inconsistent, and the growing and ageing population is only going to increase the pressure. Consequently, two core principles lie at the heart of this White Paper. The first is that individuals, communities and Government should do everything possible to

prevent, postpone and minimise people's need for formal care and support. The system should be built around the promotion of people's independence and well-being. The second principle is that people should be in control of their own care and support, with personal budgets and direct payments, backed by clear, comparable information and advice that will allow individuals and their carers to make the choices that are right for them. This paper sets out the principles and approach, with sections covering: strengthening support within communities; housing; better information and advice; assessment, eligibility and portability for people who use care services; carers' support; defining high-quality care; improving quality; keeping people safe; a better local care market; workforce; personalised care and support; integration and joined-up care.

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

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