

mind and body wellness brooklyn

Mind and Body Wellness Brooklyn: Your Guide to a Thriving Life in the Borough

Are you feeling overwhelmed by the hustle and bustle of Brooklyn life? Do you crave a deeper sense of connection to your mind and body, a way to navigate the stresses of city living and truly thrive? You're not alone. Many Brooklynites are seeking holistic wellness solutions, and this comprehensive guide is your roadmap to finding the perfect mind and body wellness practices right here in the borough. We'll explore the diverse offerings, from yoga studios and meditation centers to holistic healers and nutritional experts, helping you discover the path to a healthier, happier you in the heart of Brooklyn.

Finding Your Inner Peace: Meditation and Mindfulness in Brooklyn

Brooklyn boasts a thriving community of meditation centers and studios, offering a variety of techniques to cultivate inner peace and reduce stress. From traditional Buddhist meditation to modern mindfulness practices, you'll find a style that resonates with you. Consider exploring:

Drop-in meditation classes: Many studios offer affordable drop-in classes, perfect for trying different styles before committing to a regular schedule. Look for studios that emphasize beginner-friendly classes if you're new to meditation.

Guided meditation apps and workshops: Supplement your in-person practice with guided meditation apps or workshops. These can be incredibly helpful for learning techniques and staying consistent with your practice. Many Brooklyn studios offer workshops focusing on specific aspects of mindfulness, such as stress reduction or cultivating compassion.

Mindfulness in nature: Brooklyn offers numerous parks and green spaces, perfect for practicing mindfulness in nature. Take a walk, sit by the water, and simply observe your surroundings without judgment. This free and accessible option is a powerful way to connect with your inner peace.

Moving Your Body, Strengthening Your Mind: Yoga and Fitness Studios in Brooklyn

Physical activity is crucial for both physical and mental well-being. Brooklyn offers a vibrant fitness scene, with numerous studios catering to diverse interests and fitness levels.

Yoga studios: From hot yoga to restorative yoga, vinyasa flow to yin yoga, Brooklyn offers a vast selection of yoga styles. Research studios based on your preferred style, experience level, and budget. Many studios offer introductory deals or free classes for first-timers.

Pilates studios: Pilates focuses on core strength and body alignment, promoting both physical and mental well-being. It's a great option for those seeking a low-impact workout that improves posture and reduces stress.

Boutique fitness studios: Brooklyn is a hotbed for boutique fitness studios,

offering unique and specialized workout classes. Explore options like barre, cycling, or HIIT (High-Intensity Interval Training) to find a workout that challenges and excites you.

Nourishing Your Body: Healthy Eating and Nutritional Guidance in Brooklyn

The foundation of mind and body wellness is a healthy diet. Brooklyn offers a wealth of resources for those seeking nutritional guidance and access to healthy food options.

Registered dietitians and nutritionists: Consult a registered dietitian or nutritionist to create a personalized meal plan that supports your specific health goals and dietary needs. They can help you navigate the complexities of nutrition and make informed choices about your food intake.

Farmers' markets: Support local farmers and access fresh, seasonal produce by visiting one of Brooklyn's many farmers' markets. This is a fantastic way to ensure you're consuming nutrient-rich foods.

Healthy restaurants and cafes: Brooklyn boasts a plethora of restaurants and cafes offering healthy and delicious food options. Look for establishments that prioritize organic, locally sourced ingredients.

Beyond the Physical: Holistic Healing Practices in Brooklyn

Many people find that addressing mental and emotional well-being is a vital component of overall wellness. Brooklyn offers a diverse range of holistic healing modalities.

Acupuncture: This ancient Chinese practice can help alleviate pain, reduce stress, and promote overall well-being. Find a licensed acupuncturist with experience in treating your specific needs.

Massage therapy: Massage can release muscle tension, reduce stress, and improve circulation. Look for a therapist specializing in techniques like deep tissue massage, Swedish massage, or sports massage.

Reiki and energy healing: These practices aim to balance energy flow within the body, promoting relaxation and healing.

Finding the Right Fit for Your Mind and Body Wellness Journey in Brooklyn

The key to achieving mind and body wellness is finding practices that resonate with you personally. Experiment with different modalities, listen to your body, and don't be afraid to try something new. The abundant resources in Brooklyn offer a fantastic opportunity to explore and discover what works best for your unique needs. Remember consistency is key. Even small, regular practices can make a significant difference in your overall well-being.

Conclusion:

Your journey to mind and body wellness in Brooklyn starts with exploration and commitment. Embrace the diverse offerings of the borough, experiment with different approaches, and prioritize self-care. The path to a healthier, happier you is within reach, and Brooklyn's vibrant wellness community is

here to support you every step of the way.

FAQs:

1. How do I find affordable mind and body wellness options in Brooklyn? Many studios offer introductory deals, drop-in classes, and package discounts. Look for community centers and non-profit organizations offering subsidized classes.
1. What if I'm new to meditation or yoga? Most studios offer beginner-friendly classes and workshops. Don't hesitate to reach out to instructors and express your concerns. They are there to guide you.
1. How can I incorporate mindfulness into my busy Brooklyn schedule? Start small. Incorporate short mindfulness exercises into your daily routine, such as taking a few deep breaths during your commute or practicing mindful eating.
1. Are there any free or low-cost resources for mind and body wellness in Brooklyn? Yes, many parks offer opportunities for mindfulness in nature. Check local community centers and libraries for free or low-cost classes and workshops.
1. How do I choose the right holistic healer for my needs? Research practitioners carefully, read online reviews, and schedule a consultation to discuss your concerns and ensure they are a good fit for you. Check their credentials and ensure they are licensed to practice in New York State.

mind and body wellness brooklyn: Wellth Jason Wachob, 2016 Mindbodygreen founder Jason Wachob ... redefines successful living and offers readers instead a new life currency to build on, one that is steeped in physical and emotional health and well-being--

mind and body wellness brooklyn: *Kintsugi Wellness* Candice Kumai, 2018-04-17 The classically trained chef and wellness author shares favorite Japanese rituals & recipes in a common-sense guide to finding balance, joy & good health. Where we come from is who we are. And Candice Kumai's Japanese heritage has informed her journey back to health at every turn. Now, in *Kintsugi Wellness*, Candice shares what she's learned and guides us through her favorite Japanese traditions and practices for cultivating inner strength and living a gracious life. Interwoven with dozens of recipes for healthy, Japanese-inspired cuisine, *Kintsugi Wellness* provides the tools we all need to reclaim the art of living well. "Candice has created a guide to an ancient, common-sense and approachable way of living. In a crowded wellness space, *Kintsugi Wellness* truly stands out."

—Sophia Amoruso, Founder and CEO, Girlboss “All aspects of our well-being are connected. And with Kintsugi Wellness, Candice Kumai uses her own journey to show how Japanese traditions can enhance not just our bodies, but our minds, our hearts and our spirits. Candice Kumai is a true new role model, showing how ancient practices can help us thrive in the modern world.” —Arianna Huffington, Founder of Thrive Global and CEO and Co-founder, Huffington Post

mind and body wellness brooklyn: Insight Yoga Sarah Powers, 2020-09-15 Acclaimed yoga and meditation teacher Sarah Powers is known and loved for her unique approach—Insight Yoga—which combines traditional yoga with the meridians of Chinese medicine, as well as Buddhist meditation. Using Yin (passive) and Yang (dynamic) poses, she demonstrates a series of different yoga sequences that bring benefit to organs, muscles, joints, and tendons—as well as the mind. She also provides a foundational explanation of traditional Chinese medicine theory and mindfulness meditation instruction. Sarah Powers brings us on an inspiring journey inward, and shows the path for cultivating a lasting relationship with yoga that cultivates and strengthens our physical well-being and our mental and emotional clarity.

mind and body wellness brooklyn: The Holistic Home Laura Benko, 2016-01-19 Rule the world and take control of your emotional and mental health from where you sit, stand, and sleep. The Holistic Home is based on an original lifestyle concept focused on creating a dynamic, healthy, and thoughtful space within yourself and your home by combining three planes of action—mind, body, and spirit—that result in profound change. The condition of the mind affects the psychology of how you dwell: subconscious influences, decorating with intention, and allowing your emotional issues and challenges to manifest in your space. The physical aspects of your design space, such as furniture positioning, design elements, sustainability, wellness, and organization, are representative of your relationship with your body. And finally, the spirit refers to all the invisible energies within you and your home—feng shui, atmosphere, and the soul of your home. Years ago, author and holistic feng shui expert Laura Benko was diagnosed with a rare cancer. Around that time, a book serendipitously fell on her head. She took this as a much-needed sign to devote the next decade of her life to research and hundreds of transformative holistic design consultations. Her clients’ real-life, inspiring stories, along with specific actions and tips, have become the foundation for The Holistic Home. Chapter by chapter, you’ll learn how to holistically tackle it all—relationships, clutter, health, communities, inner balance, and more—by looking within your immediate environment to make direct connections in your life.

mind and body wellness brooklyn: The Gut Wellness Guide Allison Post, Stephen Cavaliere, 2018-08-07 A holistic, step-by-step gut health guide—for anyone grappling with chronic pain, fatigue, gas, bloating, and other common disorders associated with the gut Addressing a wide range of conditions—including digestive problems, anxiety, and depression—this easy-to-use guide presents simple ways to relieve the stress related to some of today’s most pressing health problems. Authors Allison Post and Stephen Cavaliere explain the devastating impact that imbalances of gut microbiota and the microbiome can have on digestion, and they demonstrate proven techniques to reconnect with our bodies and reclaim our health. The book also teaches you: • new information about the gut microbiome • how to hold onto health goals while navigating mainstream medicine/alternative health programs • why the gut is critical in hormonal and immune function • how to treat a variety of digestive ailments like Irritable Bowel Syndrome (IBS), constipation, diarrhea, heartburn, and food sensitivities • self-help techniques for increasing metabolism and cellular energy and revitalizing the natural healing powers of the body Previously published as Unwinding the Belly, The Gut Wellness Guide expands on the original book and re-introduces the method of Unwinding—a clear, accessible way to connect the “gut brain to the “main brain” and to relax, tune in to your body, and create a customized action plan to heal.

mind and body wellness brooklyn: Mantras in Motion Erin Stutland, 2019 Stutland offers nine foundational mantras in her tri-fold approach to creating change, holistic wellness and fitness, and she will help you harness your body's mental, physical and spiritual energy in service to what you want.

mind and body wellness brooklyn: Acupuncture Physical Medicine Mark Seem, 2000

mind and body wellness brooklyn: Bright Line Eating Susan Peirce Thompson, PHD, 2021-01-05 A NEW YORK TIMES BESTSELLER Foreword by John Robbins, author of the international bestseller *Diet for A New America* In this book, Susan Peirce Thompson, Ph.D. shares the groundbreaking weight-loss solution based on her highly acclaimed Bright Line Eating Boot Camps. Rooted in cutting-edge neuroscience, psychology, and biology, Bright Line Eating explains why people who are desperate to lose weight fail again and again: it's because the brain blocks weight loss. Bright Line Eating (BLE) is a simple approach designed to reverse that process. By working with four Bright Lines—clear, unambiguous, boundaries—Susan Peirce Thompson shows us how to heal our brain and shift it into a mode where it is ready to shed pounds, release cravings, and stop sabotaging our weight loss goals. Best of all, it is a program that understands that willpower cannot be relied on, and sets us up to be successful anyway. Through the lens of Susan's own moving story, and those of her Bright Lifers, you'll discover firsthand why traditional diet and exercise plans have failed in the past. You'll also learn about the role addictive susceptibility plays in your personal weight-loss journey, where cravings come from, how to rewire your brain so they disappear, and more. Susan guides you through the phases of Bright Line Eating—from weight loss to maintenance and beyond—and offers a dynamic food plan that will work for anyone, whether you're vegan, gluten-free, paleo, or none of the above. Bright Line Eating frees us from the obesity cycle and introduces a radical plan for sustainable weight loss. It's a game changer in a game that desperately needs changing.

mind and body wellness brooklyn: Integrative Body-Mind-Spirit Social Work Mo Yee Lee, 2009-03-25 In recent years, interest in non-Western curative techniques among Americans has grown by leaps and bounds. *Integrative Body-Mind-Spirit Social Work* is the first book to strongly connect Western therapeutic techniques with Eastern philosophy and practices, while also providing a comprehensive and pragmatic agenda for social work, and mental health professionals. This breakthrough text, written by a cast of highly regarded researchers from both Asia and America, presents a holistic, therapeutic approach that ties Eastern philosophy and practical techniques to Western forms of therapy in order to help bring about positive, transformative changes in individuals and families. Integrative therapy focuses on the mind-body-spirit relationship, recognizes spirituality as a fundamental domain of human existence, acknowledges and utilizes the mind's power as well as the body's, and reaches beyond self-actualization or symptom reduction to broaden a perception of self that connects individuals to a larger sense of themselves and to their communities. Here, the authors provide a pragmatic, step-by-step description of assessment and treatment techniques that employ an integrative, holistic perspective. They begin by establishing the conceptual framework of integrative body-mind-spirit social work, then expertly describe, step-by-step, assessment and treatment techniques that utilize integrative and holistic perspectives. Several case studies demonstrate the approach in action, such as one with breast cancer patients who participated in body-mind-spirit and social support groups and another in which trauma survivors used meditation to get onto a path of healing. These examples provide solid empirical evidence that integrative body-mind-spirit social work is indeed a practical therapeutic approach in bringing about tangible changes in clients. The authors also discuss ethical issues and give tips for learning integrative body-mind-spirit social work. Professionals in social work, psychology, counseling, and nursing, as well as graduate students in courses on integral, alternative, or complementary clinical practice will find this a much-needed resource that complements the growing interest in alternatives to traditional Western psychotherapy.

mind and body wellness brooklyn: Mantras in Motion Erin Stutland, 2019-01-08 Mind-body wellness and fitness expert combines mantra, self-reflection, and movement into an accessible 14-day routine for manifesting your best self. Holistic wellness and fitness expert Erin Stutland harnesses all the body's mental, physical, and spiritual energy in her tri-fold approach to creating change. When you move your body while repeating mantras--speaking your desires aloud--manifesting is no longer a purely intellectual exercise or an occasional craft project. Instead,

you are expressing your passion through your voice and your body, putting every ounce of your energy in service of what you want. Each chapter breaks down one mantra to use to focus on a key step to achieving your best self, including unearthing your desires, releasing resistance, and taking inspired action. Alongside each mantra, Stutland provides stories from her own life and those of her clients, a meditation or visualization, a journaling exercise, and an easy movement to accompany the mantra to help enhance its resonant power. And to put it all together, you are provided with a 14-day plan so you can design the life you want, infusing the power of movement, mantra, and self-reflection.

mind and body wellness brooklyn: *The Wisdom of the Body* Erik Shonstrom, 2020-02-19 Combining cutting edge science and educational philosophy, *The Wisdom of the Body* offers practical, effective advice for anyone interested in how humans learn and think. With compelling arguments in favor of an embodied approach to school, Shonstrom illuminates the power of learning through physical, sensory experiences, and challenges traditional approaches in education by offering dynamic, ground-breaking examples of how an embodied pedagogy could revolutionize learning.

mind and body wellness brooklyn: *Sacred Woman* Queen Afua, 2012-06-20 The twentieth anniversary edition of a transformative blueprint for ancestral healing—featuring new material and gateways, from the renowned herbalist, natural health expert, and healer of women’s bodies and souls “This book was one of the first that helped me start practices as a young woman that focused on my body and spirit as one.”—Jada Pinkett Smith Through extraordinary meditations, affirmations, holistic healing plant-based medicine, KMT temple teachings, and *The Rites of Passage* guidance, Queen Afua teaches us how to love and rejoice in our bodies by spiritualizing the words we speak, the foods we eat, the relationships we attract, the spaces we live and work in, and the transcendent woman spirit we manifest. With love, wisdom, and passion, Queen Afua guides us to accept our mission and our mantle as Sacred Women—to heal ourselves, the generations of women in our families, our communities, and our world.

mind and body wellness brooklyn: *Wellness East & West* Kathleen F. Phalen, 2012-10-23 In *Wellness East & West: Achieving Optimum Health through Integrative Medicine*, Kathleen F. Phalen explores the blending of the most effective aspects of medical practices from both sides of the globe. And it is not in curing but rather in healing discovered through integrating these polar medical practices that leads those suffering to a more peaceful place, a place where the heart is healed. Phalen gives us case studies on survivors of AIDS and ovarian cancer. Yoga, guided imagery, and meditation are combined with a daily dose of medication or a weekly session of chemotherapy to provide healing beyond what western medicine alone can offer. Kathleen masterfully joins the hemispheres by revealing the herbs and diet to ease everything from the common cold to cancer. Practical as well as informative, Phalen urges us to be active participants in our own health care. Here you can learn how to take your superficial and deep pulse to discover the efficiency of your organs. To gain further insight into your condition, read the color of your tongue. Most importantly, return to the basics of looking, listening and feeling to lead you and your physician to diagnosis and treatment.

mind and body wellness brooklyn: *Mindf.u.c.c.* Lady Charmaine Day and Mike Troy aka Brooklyn Mike, 2012-03-16 The mind is the last battle ground. Be a part of the first Christian confession from a spiritual leader, Lady Charmaine Day, who is willing to admit that she has flaws and issues just like all the people of the Bible and from the perspective of a comedian, Brooklyn Mike aka Mike Troy, who has traveled the world and seen people from all walks a life. They will help you see that the people in the bible are no different than you and them. The book begins by asking “if you could imagine the fact that your church leaders have to go to the bathroom to do a #2? Do you think this is wrong? But reality check, he or she is human, they have to go to the bathroom. If they don't go to the bathroom, they can die from being backed up or rather stuck up!” The authors talk about the faith leaders of old from a perspective that is consider a Taboo way of discussing the bible. Starting From Adam and Eve, to Noah To Abraham and Sarah the authors share these historical bible stories from this unique perspective and ask questions that will make you go “hmm.”

This is a book that will keep you laughing and thinking, but most importantly make you feel good about being you.

mind and body wellness brooklyn: *Clean Mind, Clean Body* Tara Stiles, 2020-12-29 An easy reset for feeling and living better. — DEEPAK CHOPRA Tara makes purposeful self-care easy and enjoyable! — DAPHNE OZ A life-changing detox for body and mind that will transform your daily routine and your habits, from wellness expert and Strala Yoga founder Tara Stiles. Most of us are constantly plugged in and stressed out—tethered to our phones and e-mail, overworked and inactive at our desk jobs, and out of touch with what our bodies and our brains really need. Clean Mind, Clean Body is the ultimate reset button, an immersive experience in mental and physical self-care that will transform your daily routine and your habits. In Clean Mind, Clean Body, Tara leads readers on a 4-week detox for body, mind, and spirit that can be done easily at home, and that covers: WEEK 1 - MENTAL CLEANSE - Eliminate toxic relationships, create a home sanctuary, and unplug from devices. WEEK 2 - SPIRITUAL CLEANSE - Establish a meditation practice, slow down, and live with intention. WEEK 3 - CHANGE THE WAY YOU EAT - Embrace an East Meets West diet, eat clean, and love your body. WEEK 4 - CHANGE THE WAY YOU MOVE - Redefine exercise, get outside, and embrace the power of rest. Packed with ancient healing practices adapted for modern living and clean living rules for life, Clean Mind, Clean Body is your personal blueprint for physical and spiritual realignment.

mind and body wellness brooklyn: *Intuitive Wellness* Laura Alden Kamm, 2012-12-11 In 1982, at the age of 26, 'ordinary wife and mother' Laura Kamm recovered from a painful and terrifying near-death experience with an amazing new ability - she could tell just from looking at someone if they were suffering from a medical or spiritual malaise. The arrival of this incredible gift changed her life, and she went on to study with shamans and healers from around the world. In her amazing book, she clearly explains the philosophies that guide her work, and reveals how identifying the emotional 'messages' trapped in our bodies can liberate us from conditions such as depression and overweight. She offers practical exercises that help readers learn about their own unique energy systems, develop confidence in their intuition, and resolve their emotional and physical pain. Filled with inspiring stories and written with the down-to-earth warmth of a trusted friend, Kamm's profound insight teaches us how we can heal ourselves of ailments both physical and emotional through working with our innate 'forgotten' power.

mind and body wellness brooklyn: *Reclaiming Wellness* Jovanka Caires, 2022-04-19 If you've ever felt left out of "elite" healthcare regimes or thought that being healthy shouldn't be expensive, this book is for you. Reclaiming Wellness explores today's most effective wellness practices — and their multicultural sources — in a way that makes overall health accessible to all. The book provides:

- practical, affordable, delicious, and fun ways to incorporate plant-based whole foods into even the most time-crunched routine
- lazy-proof means of movement that feel more like self-love than dreaded exercise
- techniques of mindfulness, meditation, and visualization that make them meaningful everyday tools
- ways to experience nature, music, and community to heal and connect

"If you've ever wondered about the origins of the world's best lifestyle choices for the healthiest body and mind, this book is for you. Or if you are looking for ways to incorporate plant-based foods, spices, and herbs into nutritious, delicious meals, this book is for you. You'll find easy ways to keep your body and mind feeling fresh and vibrant, and you'll learn about your ancestors, too!" — Jenné Claiborne, chef and creator of Sweet Potato Soul "In Reclaiming Wellness, Jovanka Caires has brilliantly interwoven the power of multicultural ancestral traditions and wellness practices into a holistic road map to achieve optimized health even with the noise and chaos of the modern world trying to overwhelm us into dis-ease." — Jason Goldberg, author of Prison Break "Jovanka Caires is a miracle worker, a trusted source for wellness transformation from the inside out. Her wisdom and knowledge have healed and helped so many; may this book support you in reclaiming your wellness journey." — Kelly Lynn Adams, award-winning entrepreneur, business and life coach, and podcaster

mind and body wellness brooklyn: *Achieving the Mind-body-spirit Connection* Brian Luke Seaward, 2005 Optimal health requires the integration, balance, and harmony of mind, body, spirit,

and emotions. From comic relief and hatha yoga to guided mental imagery and music therapy, this workbook contains more than 70 exercises that serve to integrate mind, body, and spirit as one dynamic force that can withstand the pressures of stress.

mind and body wellness brooklyn: The Mindbody Workbook David Schechter (M.D.), 1999

mind and body wellness brooklyn: *The Wellness Project* Phoebe Lapine, 2017-05-16 For those battling autoimmune disease or thyroid conditions—or just seeking healthy life balance—the voice behind the popular blog Feed Me Phoebe shares her yearlong investigation of what truly made her well. After she was diagnosed with an autoimmune disease in her early twenties, Phoebe Lapine felt overwhelmed by her doctor's strict protocols and confused when they directly conflicted with information on the bestseller list. After experiencing mixed results and a life of deprivation that seemed unsustainable at best, she adopted 12 of her own wellness directives—including eliminating sugar, switching to all-natural beauty products, and getting in touch with her spiritual side—to find out which lifestyle changes truly impacted her health for the better. The Wellness Project is the insightful and hilarious result of that year of exploration—part memoir and part health and wellness primer (complete with 20 healthy recipes), it's a must-read not just for those suffering from autoimmune disease, but for anyone looking for simple ways to improve their health without sacrificing life's pleasures.

mind and body wellness brooklyn: *Heart & Soul* , 2001-02

mind and body wellness brooklyn: Man Heal Thyself Queen Afua, Supanova Slom, 2021-03-12 Man Heal Thyself: The Wellness Warrior's Journey to Self-Mastery is a global call to wellness addressed to men. Each man is prompted to evaluate himself regarding his activities to support of his family and do the work he creates and produces in the world. Within the text are wellness protocols to practice personal development through daily disciplines. The tasks are designed to enable strengthening social, emotional, and spiritual wellness on the journey to self-mastery.

mind and body wellness brooklyn: Fertility, Pregnancy, and Wellness Diana Vaamonde, Anthony C. Hackney, Juan Manuel Garcia-Manso, 2022-02-09 Fertility, Pregnancy, and Wellness is designed to bridge science and a more holistic approach to health and wellness, in particular, dealing with female-male fertility and the gestational process. Couples seeking to solve fertility issues for different reasons, whether failed assisted reproductive techniques or the emotional impact they entail, economic or moral reasons, are demanding more natural ways of improving fertility. This book explores the shift in paradigm from just using medications which, in the reproductive field, can be very expensive and not accessible to the entire population, to using lifestyle modifications and emotional support as adjunctive medicine therapies. This must-have reference brings together the current knowledge - highlighting the gaps - and delivers an important resource for various specialists and practitioners. - Offers insights from scientific and holistic methods, providing the available scientific evidence for (or against) different holistic approaches, aimed at improving fertility, health and wellness - Bridges the more 'peripheral', yet critical and multidisciplinary, considerations in fertility, infertility, pregnancy and wellness - Includes clear, concise and meaningful summary conclusion sections within each chapter

mind and body wellness brooklyn: The Awakened Brain Lisa Miller, 2021-08-17 A groundbreaking exploration of the neuroscience of spirituality and a bold new paradigm for health, healing, and resilience—from a New York Times bestselling author and award-winning researcher “A new revolution of health and well-being and a testament to, and celebration of, the power within.”—Deepak Chopra, MD Whether it's meditation or a walk in nature, reading a sacred text or saying a prayer, there are many ways to tap into a heightened awareness of the world around you and your place in it. In *The Awakened Brain*, psychologist Dr. Lisa Miller shows you how. Weaving her own deeply personal journey of awakening with her groundbreaking research, Dr. Miller's book reveals that humans are universally equipped with a capacity for spirituality, and that our brains become more resilient and robust as a result of it. For leaders in business and government, truth-seekers, parents, healers, educators, and any person confronting life's biggest questions, *The*

Awakened Brain combines cutting-edge science (from MRI studies to genetic research, epidemiology, and more) with on-the-ground application for people of all ages and from all walks of life, illuminating the surprising science of spirituality and how to engage it in our lives: • The awakened decision is the better decision. With an awakened perception, we are more creative, collaborative, ethical, and innovative. • The awakened brain is the healthier brain. An engaged spiritual life enhances grit, optimism, and resilience while providing insulation against addiction, trauma, and depression. • The awakened life is the inspired life. Loss, uncertainty, and even trauma are the gateways by which we are invited to move beyond merely coping with hardship to transcend into a life of renewal, healing, joy, and fulfillment. Absorbing, uplifting, and ultimately enlightening, The Awakened Brain is a conversation-starting saga of scientific discovery packed with counterintuitive findings and practical advice on concrete ways to access your innate spirituality and build a life of meaning and contribution.

mind and body wellness brooklyn: Plants First Katie Takayasu, 2021-11-09 Have you heard that a plant-forward lifestyle is better for you, but you don't know why you should make plant-based foods a bigger part of your diet? Or maybe you understand the why, but you've had trouble figuring out how to improve your vegetable intake. In Plants First, Dr. Katie Takayasu helps you understand the reasons for prioritizing plant-powered foods to clean up the hormonal cascades that cause cravings and leave you feeling sick and tired. She offers approachable science lessons that explain how a plant-forward diet can correct issues like inflammation and hormonal imbalances to help your body find its healthy weight and experience more restorative sleep. Then Dr. Katie explains how to make small, steady shifts in your lifestyle to calm and refresh your brain and body through her five-day plant-powered health reset, which will help tap into your body's innate wisdom for natural detoxification. She explains how to stock your Kitchen Pharmacy with good foods and supplements for a plant-forward diet, and with her yummy, family-friendly recipes, you will start creating balance on your plate and move along the path to a healthier lifestyle. Sample Recipes Include: • Almond Furikake Crusted Halibut with Roasted Vegetables, Black Rice and Coconut Lime Cream • Ginger Mandarin Almond Cake with Chocolate Ganache • Lavender Antioxidant Dream Milk • Slow Cooker Apple Pie Oatmeal • Roasted Chicken with Pears & Figs on Swiss Chard • Thai Coconut Curry Noodle Soup • Arugula, Lentil and Roasted Eggplant • "Menstrual Health" Salad with Lemon Balsamic Dressing • Kale & Quinoa Greek Salad • Coriander & Flax Roasted Eggplant

mind and body wellness brooklyn: Financial Therapy Bradley T. Klontz, Sonya L. Britt, Kristy L. Archuleta, 2014-09-10 Money-related stress dates as far back as concepts of money itself. Formerly it may have waxed and waned in tune with the economy, but today more individuals are experiencing financial mental anguish and self-destructive behavior regardless of bull or bear markets, recessions or boom periods. From a fringe area of psychology, financial therapy has emerged to meet increasingly salient concerns. Financial Therapy is the first full-length guide to the field, bridging theory, practical methods, and a growing cross-disciplinary evidence base to create a framework for improving this crucial aspect of clients' lives. Its contributors identify money-based disorders such as compulsive buying, financial hoarding, and workaholism, and analyze typical early experiences and the resulting mental constructs (money scripts) that drive toxic relationships with money. Clearly relating financial stability to larger therapeutic goals, therapists from varied perspectives offer practical tools for assessment and intervention, advise on cultural and ethical considerations, and provide instructive case studies. A diverse palette of research-based and practice-based models meets monetary mental health issues with well-known treatment approaches, among them: Cognitive-behavioral and solution-focused therapies. Collaborative relationship models. Experiential approaches. Psychodynamic financial therapy. Feminist and humanistic approaches. Stages of change and motivational interviewing in financial therapy. A text that serves to introduce and define the field as well as plan for its future, Financial Therapy is an important investment for professionals in psychotherapy and counseling, family therapy, financial planning, and social policy.

mind and body wellness brooklyn: The Brain Power Classroom Dave Beal, 2016-12-01 Create a Focused, Positive, and Engaged Classroom! Through expert guidance and inspiring stories from

the field, Dave Beal helps you create a Brain Power Classroom full of engaged, focused and collaborative students. Part 1 provides scientific background, principles and insightful advice for creating an optimal classroom atmosphere. Part 2 features 30 classroom activities you can easily integrate into your current curriculum. They are divided into the “Brain Power 10 Essentials” and incorporate various modalities, such as movement, mindfulness, and focusing strategies to engage students’ multiple intelligences. Using the tools in this book, you will be able to motivate your students to use their full brain potential as they develop into harmonious leaders with strong character and high levels of academic achievement.

mind and body wellness brooklyn: *It's a Sistah Thing* Monique R. Brown, 2002 The first book about fibroids written especially for African-American women includes both conventional and alternative approaches.

mind and body wellness brooklyn: *The Angel and the Assassin* Donna Jackson Nakazawa, 2020-01-21 A thrilling story of scientific detective work and medical potential that illuminates the newly understood role of microglia—an elusive type of brain cell that is vitally relevant to our everyday lives. “The rarest of books: a combination of page-turning discovery and remarkably readable science journalism.” —Mark Hyman, MD, #1 New York Times bestselling author of *Food: What the Heck Should I Eat?* NAMED ONE OF THE BEST BOOKS OF THE YEAR BY WIRED Until recently, microglia were thought to be helpful but rather boring: housekeeper cells in the brain. But a recent groundbreaking discovery has revealed that they connect our physical and mental health in surprising ways. When triggered—and anything that stirs up the immune system in the body can activate microglia, including chronic stressors, trauma, and viral infections—they can contribute to memory problems, anxiety, depression, and Alzheimer’s. Under the right circumstances, however, microglia can be coaxed back into being angelic healers, able to make brain repairs in ways that help alleviate symptoms and hold the promise to one day prevent disease. With the compassion born of her own experience, award-winning journalist Donna Jackson Nakazawa illuminates this newly understood science, following practitioners and patients on the front lines of treatments that help to “reboot” microglia. In at least one case, she witnesses a stunning recovery—and in others, significant relief from pressing symptoms, offering new hope to the tens of millions who suffer from mental, cognitive, and physical health issues. Hailed as a “riveting,” “stunning,” and “visionary,” *The Angel and the Assassin* offers us a radically reconceived picture of human health and promises to change everything we thought we knew about how to heal ourselves.

mind and body wellness brooklyn: *Destination Wellness* Annie Daly, 2021-05-11 True well-being isn't hard to find. You just have to know where to look. In this insightful, full-color tour of Jamaica, Norway, Hawai'i, Japan, India, and Brazil, wellness and travel journalist Annie Daly shares a diverse array of philosophies, lifestyles, and practices for better living. Fed up with the commercialization of the wellness industry after working in it for years, Annie embarked on an inspiring adventure through some of the world's happiest and healthiest cities and villages to find out what we can learn from them. Whether she's hiking along gorgeous fjords in Norway to see why Norwegians are so dedicated to getting outside, soothing her spirit with Hawaiian salt water cleanses, or learning about the importance Brazilians place on community, Annie combines on-the-ground reporting with heartfelt personal narrative to share the global lessons, philosophies, and customs that prove that wellness is not about the products—it's about the way you live your life. With candid photography, lesser-known history sidebars, and guidance on how to incorporate these often ancient and always timeless practices into your own lifestyle, this culturally-immersive read invites you to view the world through a different lens and decide what being well means to you. *Destination Wellness* is the perfect book for:

- Anyone who has embraced hygge and is looking for new lifestyle inspiration
- Armchair travelers and staycationers
- Happiness and inspiration seekers
- Wellness and travel enthusiasts
- History lovers

mind and body wellness brooklyn: *Primal Body, Primal Mind* Nora Gedgaudas, 2011-05-27 Combining your body’s Paleolithic needs with modern nutritional and medical research for complete mind-body wellness

- Provides sustainable diet strategies to curb sugar cravings, promote fat

burning and weight loss, reduce stress and anxiety, improve sleep and moods, increase energy and immunity, and enhance memory and brain function • Shows how our modern diet leads to weight gain and “diseases of civilization”—such as cancer, osteoporosis, metabolic syndrome, heart disease, and ADD • Explains how diet affects the brain, hormone balance, and the aging process and the crucial role of vitamin D in cancer and disease prevention Examining the healthy lives of our pre-agricultural Paleolithic ancestors and the marked decline in stature, bone density, and dental health and the increase in birth defects, malnutrition, and disease following the implementation of the agricultural lifestyle, Nora Gedgaudas shows how our modern grain- and carbohydrate-heavy low-fat diets are a far cry from the high-fat, moderate-protein hunter-gatherer diets we are genetically programmed for, leading not only to lifelong weight gain but also to cravings, mood disorders, cognitive problems, and “diseases of civilization”—such as cancer, osteoporosis, metabolic syndrome (insulin resistance), heart disease, and mental illness. Applying modern discoveries to the basic hunter-gatherer diet, she culls from vast research in evolutionary physiology, biochemistry, metabolism, nutrition, and chronic and degenerative disease to unveil a holistic lifestyle for true mind-body health and longevity. Revealing the primal origins and physiological basis for a high-fat, moderate-protein, starch-free diet and the importance of adequate omega-3 intake—critical to our brain and nervous system but sorely lacking in most people’s diets—she explains the nutritional problems of grains, gluten, soy, dairy, and starchy vegetables; which natural fats promote health and which (such as canola oil) harm it; the crucial role of vitamin D in cancer and disease prevention; the importance of saturated fat and cholesterol; and how diet affects mental health, memory, cognitive function, hormonal balance, and cellular aging. With step-by-step guidelines, recipes, and meal recommendations, this book offers sustainable strategies for a primally based, yet modern approach to diet and exercise to reduce stress and anxiety, lose weight, improve sleep and mood, increase energy and immunity, enhance brain function, save money on groceries, and live longer and happier.

mind and body wellness brooklyn: The Healing Power of the Breath Richard Brown, Patricia L. Gerbarg, MD, 2012-06-12 A drug-free, side effect-free solution to common stress and mood problems—developed by two physicians The audio exercises included with this book can be accessed online at www.shambhala.com/healingpowerofthebreath. Access instructions are also provided within the book. Millions of Americans suffer from mood problems and stress-related issues like anxiety, depression, insomnia, and PTSD. Far too many of them are taking medications that have troublesome side effects, withdrawal symptoms, and disappointing success rates. In *The Healing Power of the Breath*, Dr. Richard P. Brown and Dr. Patricia L. Gerbarg provide a different way to treat stress: breathing. Drawn from yoga, Buddhist meditation, the Chinese practice of qigong, and other sources, their science-backed methods activate communication pathways between the mind and body to positively impact the brain and calm the stress response. Their anecdotes and easy-to-follow exercises will show you how to apply breathing techniques to help relieve: • Anxiety and depression • Trauma-related emotions and behaviors • Post-traumatic stress disorder • Insomnia • Addiction-related behaviors Complete with an audio download, this book gives you the coping tools you need to lead a calmer, more stress-free life.

mind and body wellness brooklyn: Good and Cheap Leanne Brown, 2015-07-14 By showing that kitchen skill, and not budget, is the key to great food, *Good and Cheap* will help you eat well—really well—on the strictest of budgets. Created for people who have to watch every dollar—but particularly those living on the U.S. food stamp allotment of \$4.00 a day—*Good and Cheap* is a cookbook filled with delicious, healthful recipes backed by ideas that will make everyone who uses it a better cook. From Spicy Pulled Pork to Barley Risotto with Peas, and from Chorizo and White Bean Ragù to Vegetable Jambalaya, the more than 100 recipes maximize every ingredient and teach economical cooking methods. There are recipes for breakfasts, soups and salads, lunches, snacks, big batch meals—and even desserts, like crispy, gooey Caramelized Bananas. Plus there are tips on shopping smartly and the minimal equipment needed to cook successfully. And when you buy one, we give one! With every copy of *Good and Cheap* purchased, the publisher will donate a free copy to a person or family in need. Donated books will be distributed through food charities,

nonprofits, and other organizations. You can feel proud that your purchase of this book supports the people who need it most, giving them the tools to make healthy and delicious food. An IACP Cookbook Awards Winner.

mind and body wellness brooklyn: Who Is Wellness For? Fariha Roisin, 2022-06-14 The multi-disciplinary artist and author of *Like a Bird* and *How to Cure a Ghost* explores the commodification and appropriation of wellness through the lens of social justice, providing resources to help anyone participate in self-care, regardless of race, identity, socioeconomic status or able-bodiedness. Growing up in Australia, Fariha Róisín, a Bangladeshi Muslim, struggled to fit in. In attempts to assimilate, she distanced herself from her South Asian heritage and identity. Years later, living in the United States, she realized that the customs, practices, and even food of her native culture that had once made her different—everything from ashwagandha to prayer—were now being homogenized and marketed for good health, often at a premium by white people to white people. In this thought-provoking book, part memoir, part journalistic investigation, the acclaimed writer and poet explores the way in which the progressive health industry has appropriated and commodified global healing traditions. She reveals how wellness culture has become a luxury good built on the wisdom of Black, brown, and Indigenous people—while ignoring and excluding them. *Who Is Wellness For?* is divided into four sections, beginning with *The Mind*, in which Fariha examines the art of meditation and the importance of intuition. In part two, *The Body*, she investigates the physiology of trauma, detailing her own journey with fatphobia and gender dysmorphia, as well as her own chronic illness. In part three, *Self-Care*, she argues against the self-care industrial complex but cautions us against abandoning care completely and offers practical advice. She ends with *Justice*, arguing that if we truly want to be well, we must be invested in everyone's well being and shift toward nurturance culture. Deeply intimate and revelatory, *Who Is Wellness For?* forces us to confront the imbalance in health and healing and carves a path towards self-care that is inclusionary for all.

mind and body wellness brooklyn: Root & Nourish Abbey Rodriguez, Jennifer Kurdyla, 2021-04-06 Embrace the ancient healing power of plants with more than 100 whole-food, plant-based, gluten-free herbal recipes, designed around the most common health concerns of modern women.

mind and body wellness brooklyn: Yoga Journal, 2002-12 For more than 30 years, *Yoga Journal* has been helping readers achieve the balance and well-being they seek in their everyday lives. With every issue, *Yoga Journal* strives to inform and empower readers to make lifestyle choices that are healthy for their bodies and minds. We are dedicated to providing in-depth, thoughtful editorial on topics such as yoga, food, nutrition, fitness, wellness, travel, and fashion and beauty.

mind and body wellness brooklyn: Black Fatigue Mary-Frances Winters, 2020-09-15 This is the first book to define and explore Black fatigue, the intergenerational impact of systemic racism on the physical and psychological health of Black people—and explain why and how society needs to collectively do more to combat its pernicious effects. Black people, young and old, are fatigued, says award-winning diversity and inclusion leader Mary-Frances Winters. It is physically, mentally, and emotionally draining to continue to experience inequities and even atrocities, day after day, when justice is a God-given and legislated right. And it is exhausting to have to constantly explain this to white people, even—and especially—well-meaning white people, who fall prey to white fragility and too often are unwittingly complicit in upholding the very systems they say they want dismantled. This book, designed to illuminate the myriad dire consequences of “living while Black,” came at the urging of Winters's Black friends and colleagues. Winters describes how in every aspect of life—from economics to education, work, criminal justice, and, very importantly, health outcomes—for the most part, the trajectory for Black people is not improving. It is paradoxical that, with all the attention focused over the last fifty years on social justice and diversity and inclusion, little progress has been made in actualizing the vision of an equitable society. Black people are quite literally sick and tired of being sick and tired. Winters writes that “my hope for this book is that it will provide a comprehensive summary of the consequences of Black fatigue, and awaken activism in those who

care about equity and justice—those who care that intergenerational fatigue is tearing at the very core of a whole race of people who are simply asking for what they deserve.”

mind and body wellness brooklyn: East by West Jasmine Hemsley, 2017-11-02 Winner of the 2018 Hearst Big Books Award (Women's Health and Wellbeing) East by West is the first solo cookbook from bestselling author, cook and TV presenter Jasmine Hemsley, co-founder of Hemsley + Hemsley. Featuring 140 delicious recipes from around the world, East by West champions the ancient Ayurvedic philosophy of eating to nourish, sustain and repair for ultimate mind-body balance. Jasmine continues her passion for balancing body, mind and spirit amidst the challenges of our fast-paced day-to-day lives, through real food and tasty home cooking. With a focus on listening to your body, eating when you're hungry, being conscious of what you're eating when you're eating it and choosing foods that are right for your mood from day to day, East by West is a modern take on the Ayurvedic principles. With classic Ayurvedic comfort dishes from Golden Milk to Kitchari and great family sharing dishes Sesame Roast Chicken to Saffron Millionaire Cheesecake, the book has something for every taste (bringing to life store cupboard basics to create dishes) from super simple to simply special. A global range of recipes, together with simple mindful rituals and a classic cleanse to revisit when your energy levels need a boost help the book bring Ayurveda to life in a fresh and friendly way. Packed with beautiful colour photography and inspired by Jasmine's personal journey with food and healthy living, East by West represents a delicious evolution of the ideas explored in Hemsley + Hemsley bestsellers Good + Simple and The Art of Eating Well.

mind and body wellness brooklyn: Integrating Mindfulness into Anti-Oppression Pedagogy Beth Berila, 2023-12-01 Drawing from mindfulness education and social justice teaching, this book explores an effective Anti-Oppression pedagogy for university and college classrooms. Authentic classroom discussions about oppression and diversity can be difficult; a mindful approach allows students to explore their experiences with compassion and to engage in critical inquiry to confront their deeply held beliefs and value systems. This engaging book is full of practical tips for deepening learning, addressing challenging situations, and providing mindfulness practices in anti-oppression classrooms. In this fully revised edition, Dr. Berila positions discussion in the current context and expands exploration of power and implicit bias, transformative learning, and trauma. Integrating Mindfulness into Anti-Oppression Pedagogy is for all higher education professionals interested in and teaching Social Justice pedagogy that empowers and engages students in the complex unlearning of oppression.

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