

reset wellness amy miller

Reset Wellness Amy Miller: Your Guide to Holistic Transformation

Are you feeling burned out, overwhelmed, and disconnected from your true self? Do you crave a deeper sense of wellbeing, but don't know where to start? Then you've come to the right place. This comprehensive guide dives deep into the world of Reset Wellness with Amy Miller, exploring her unique approach to holistic healing and providing you with actionable steps to transform your life. We'll uncover the secrets behind her effective methods and help you determine if her program is the right fit for your wellness journey. Get ready to discover how to reset your wellness with Amy Miller!

Understanding Reset Wellness with Amy Miller

Amy Miller's Reset Wellness isn't just another fad diet or quick-fix workout plan. It's a holistic approach to wellbeing that addresses the interconnectedness of mind, body, and spirit. Amy, a highly respected wellness expert, recognizes that true transformation requires a multifaceted approach, going beyond superficial changes to achieve lasting results. Her philosophy emphasizes sustainable lifestyle modifications that empower individuals to take control of their health and happiness. This isn't about deprivation; it's about nourishing your entire being and cultivating a deeper connection with yourself.

The Core Pillars of Reset Wellness

Amy's program is built on several fundamental pillars that work synergistically to promote holistic wellbeing. These pillars include:

1. **Nutritional Optimization:** This isn't about restrictive diets. Instead, Amy emphasizes consuming whole, unprocessed foods that nourish your body and provide sustained energy. She guides individuals towards mindful eating, paying attention to hunger and fullness cues, and understanding the impact of different foods on their energy levels and overall mood. This aspect often involves personalized meal planning and guidance on making sustainable dietary changes.
1. **Movement & Mindfulness:** Regular physical activity is crucial for both physical and mental wellbeing. Amy promotes a balanced approach, encouraging activities that you enjoy, whether it's yoga, dancing, hiking, or simply taking a daily walk. Mindfulness practices, such as meditation and deep breathing exercises, are equally important, helping to reduce stress and cultivate a sense of inner peace. The focus is on finding movement and mindfulness practices that fit seamlessly into your lifestyle.

1. **Stress Management:** Chronic stress is a major contributor to various health issues. Amy provides practical strategies for managing stress effectively, including techniques like mindfulness meditation, time management skills, and identifying and addressing the root causes of stress in your life. This may involve exploring journaling, setting boundaries, and prioritizing self-care.
1. **Sleep Optimization:** Quality sleep is essential for physical and mental restoration. Amy emphasizes the importance of establishing a consistent sleep schedule, creating a relaxing bedtime routine, and optimizing your sleep environment to promote restorative sleep. This can involve addressing underlying sleep disorders and making lifestyle changes to improve sleep quality.
1. **Mindset & Emotional Wellbeing:** Our thoughts and emotions significantly impact our overall health. Amy incorporates mindset coaching techniques and emotional processing tools to help individuals cultivate a positive mindset, manage negative emotions, and build resilience. This might include exploring journaling, cognitive behavioral techniques, or working with a therapist to address deeper emotional issues.

Is Reset Wellness with Amy Miller Right for You?

Reset Wellness isn't a one-size-fits-all program. It's best suited for individuals who are committed to making sustainable lifestyle changes and are willing to invest time and effort in their wellbeing. It's ideal for those who:

Are seeking a holistic approach to health and wellbeing.
Are ready to prioritize self-care and make lasting lifestyle changes.
Are open to exploring different modalities for stress management and emotional wellbeing.
Desire personalized guidance and support throughout their wellness journey.

If you're looking for a quick fix or a magic bullet, this program might not be the right fit. However, if you're committed to long-term transformation and are ready to invest in yourself, Reset Wellness with Amy Miller could be exactly what you need.

Getting Started with Reset Wellness

While specifics of Amy Miller's program may vary depending on the format (e.g., online courses, workshops, individual coaching), the core principles remain consistent. To begin your journey, you can typically expect:

Initial assessment: This might involve questionnaires, consultations, or health screenings to assess your current state of wellbeing and identify your specific needs.

Personalized plan: Based on your assessment, a personalized plan will be

created, outlining your goals, strategies, and timelines.

Ongoing support: This may include regular check-ins, coaching sessions, or access to online communities to maintain motivation and accountability.

The focus is always on creating a supportive and empowering environment where you feel comfortable and confident in your ability to achieve your wellness goals.

Conclusion: Embrace Your Journey to Holistic Wellbeing

Reset Wellness with Amy Miller offers a powerful framework for transforming your life and achieving lasting wellbeing. By focusing on the interconnectedness of mind, body, and spirit, Amy provides a roadmap to a healthier, happier, and more fulfilling life. Remember, the journey to wellness is a personal one, and it's essential to find an approach that resonates with you. If you're ready to prioritize your wellbeing and invest in yourself, explore the possibilities of Reset Wellness with Amy Miller.

Frequently Asked Questions (FAQs)

1. What is the cost of Reset Wellness with Amy Miller? The cost varies depending on the specific program or service chosen. It's best to visit her official website for the most up-to-date pricing information.
1. How long does the Reset Wellness program last? The duration varies depending on individual needs and goals. Some programs are structured as shorter intensive courses, while others offer ongoing support.
1. Does Reset Wellness involve restrictive dieting? No, it emphasizes nourishing your body with whole, unprocessed foods. It's not about deprivation but about mindful eating and making sustainable dietary choices.
1. Is Reset Wellness suitable for beginners? Absolutely! The program is designed to be accessible to individuals of all fitness levels and experience with wellness practices. Amy provides modifications and support for everyone.
1. How can I contact Amy Miller or learn more about her programs? You can typically find contact information and details about her programs on her official website, which should be easy to find through a simple search engine query.

reset wellness amy miller: *Creating Relationship Wellness* Stephanie Wijkstrom, 2021

Mindfulness for your marriage is a tool book to be used by couples who want to gain the skill of relationship wellness. Each chapter offers evidence-based, and therapist verified techniques to gain insight into yourself and your partners world. Mindfulness for your marriage offers skills-based interventions that draw upon the fields of mindfulness and behavioral psychology, both recognized as pathways to enrichment. Each segment of this text builds upon the previous in an effort to lead the reader toward a mastery of relationship wellness. Divorce, separation, or disconnection do not always need to be the solution, a new approach to your problems will empower your path to reconnection. Prepare to break down specific methods of mindfulness and apply them during each chapter's exercises as you practice to enhance your relationship. Each segment ends with practical exercises to do together or independently. In this unique text, you are offered thoughtful meditations that make relationship improvement understandable and easy. The writer houses an intimate understanding of human emotions and connections that she intersects in a meaningful way. It is not necessary to wait to improve your love until it is ailing, but here and now, relationship enhancement is offered as a preventative strategy in the attainment of interconnected wellbeing.

reset wellness amy miller: *Dr. Kellyann's Cleanse and Reset* Kellyann Petrucci, MS, ND, 2019-12-03 Combat and prevent the effects of burnout with a detoxifying and nourishing cleanse program that liberates your body from poisons that make you sick, tired, and overweight—from the New York Times bestselling author of *Dr. Kellyann's Bone Broth Diet* and *The 10-Day Belly Slimdown* “If you are feeling tired, unhealthy, and emotionally burned-out and want a fresh way to rejuvenate, Kellyann has a message for you: she’s been where you are. And she knows the way out.”—Mehmet Oz, MD “Dr. Kellyann Petrucci has done a terrific job bringing the science of detoxification to the table. This is a top-notch way to deal with the multiple toxic challenges posed by our modern world.”—David Perlmutter, MD, #1 New York Times bestselling author of *Grain Brain* and *Brain Wash* Whether from stressful times like the holidays or from the demands of your regular routine, your body naturally becomes depleted over time, making it even more difficult to lose weight and maintain the energy and vitality you need to get through the day. This is something Dr. Kellyann Petrucci experienced firsthand in 2017 while she was writing her last book, doing nonstop TV appearances, and running her business. She gained 20 pounds, her hormones went haywire, and she was at a loss for how to turn things around. She decided it was time to hit the reset button and created her simplest plan yet, specifically designed to help the millions of women who are overweight, overworked, and overextended get reenergized both physically and mentally. This is a comfortable, incredibly powerful 5-day cleanse protocol that resets your metabolism, giving you the kind of quick, confidence-boosting results you need to get back on a healthy track. The power ingredient in the Cleanse and Reset is collagen, which improves skin elasticity and brings back that coveted youthful glow, eases joint pain, heals leaky gut, supports weight management, and has anti-inflammatory properties. The healing and reparative smoothies, shakes, soups, and bone broth blends that you’ll enjoy on the 5-day cleanse are packed with collagen and can be adapted to any diet, with a focus on modifying the cleanse for the keto diet (along with great collagen alternatives for vegetarians and vegans!). The program also includes an optional 1-day “keto push” that you can follow for an extra boost the day before you begin your cleanse. Dr. Kellyann's Cleanse and Reset will help you slim your body, deep-cleanse your cells, and reclaim your energy and focus so you can start feeling truly good again.

reset wellness amy miller: *Covid-19: The Great Reset* Thierry Malleret, Klaus Schwab, 2020-07-09 The Corona crisis and the Need for a Great Reset is a guide for anyone who wants to understand how COVID-19 disrupted our social and economic systems, and what changes will be needed to create a more inclusive, resilient and sustainable world going forward. Thierry Malleret, founder of the Monthly Barometer, and Klaus Schwab, founder and executive Chairman of the World Economic Forum, explore what the root causes of these crisis were, and why they lead to a need for a Great Reset. Theirs is a worrying, yet hopeful analysis. COVID-19 has created a great disruptive reset of our global social, economic, and political systems. But the power of human beings lies in

being foresighted and having the ingenuity, at least to a certain extent, to take their destiny into their hands and to plan for a better future. This is the purpose of this book: to shake up and to show the deficiencies which were manifest in our global system, even before COVID broke out.

reset wellness amy miller: 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.

reset wellness amy miller: Dr. Kellyann's Bone Broth Diet Kellyann Petrucci, 2015-12-08 The New York Times says it ranks with green juice and coconut water as the next magic potion in the eternal quest for perfect health. ABC News calls it the new juice craze. Celebrities like Gwyneth Paltrow and Kobe Bryant are hooked on it. It's bone broth--and it's the core of Dr. Kellyann's Bone Broth Diet. Naturopathic physician and weight loss specialist Kellyann Petrucci, MS, ND, knows the healing power of bone broth. The cornerstone of her booming health practice (as well as so many family recipes), bone broth is packed with fat-burning, skin-tightening collagen; has anti-inflammatory properties; helps heal the gut; and warms and satisfies the entire body. In Dr. Kellyann's Bone Broth Diet, Dr. Petrucci couples delicious bone broth recipes with a groundbreaking intermittent fasting plan, helping you achieve spectacular weight loss and more youthful looking skin in just 21 days. Dr. Petrucci walks you through the science of why bone broth works, then arms you with a plan to lose weight safely and easily--with no cravings, weakness, or hunger pains. She'll introduce you to simple but gourmet recipes for beef, turkey, chicken, and fish bone broths and soups that are loaded with flavor and nutrients, and easy ways to cut down on time spent in the kitchen. Also incorporating easy resistance training routines and mindful meditation exercises, Dr. Petrucci gives you everything you need to succeed.

reset wellness amy miller: Healing with DMSO Amandha Vollmer, 2020-04-28 Discover the benefits that DMSO can bring to your first-aid kit, from safely soothing headaches to easing arthritis pain, in this easy-to-use handbook. This science-backed guide will help you understand how DMSO works, why it works, and the many ways you can harness its power to heal your aches, pains, and other ailments, all in an easy-to-read and friendly way. DMSO (dimethyl sulfoxide) is a natural substance that comes from wood, and, when applied topically, can offer a host of pain-relieving benefits. *Healing with DMSO* will dispel the myths and falsehoods surrounding this substance while presenting the latest research-backed facts on how you can reap DMSO's many benefits. From dosages to application methods, you'll be presented with all the information needed to find the best and safest method for using DMSO at home. Discover how you can use DMSO to speed your body's healing process from wounds, burns, and muscle injuries. This book will help you understand how you can safely and effectively use DMSO to treat everything from headaches and inflammation to osteoarthritis and rheumatoid arthritis, all without the use of prescription medication!

reset wellness amy miller: Intuitive Eating, 2nd Edition Evelyn Tribole, M.S., R.D., Elyse Resch, M.S., R.D., F.A.D.A., 2007-04-01 We've all been there--angry with ourselves for overeating, for our lack of willpower, for failing at yet another diet that was supposed to be the last one. But the

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

reset wellness amy miller: Roll Model Jill Miller, 2014-11-04 Pain is an epidemic. It prevents you from performing at your best because it robs you of concentration, power, and peace of mind. But most pain is preventable and treatable, and healing is within your grasp. Hundreds of thousands of people around the globe have taken life "by the balls" and circumvented a dismal future of painkillers, surgeries, and hopelessness by using Jill Miller's groundbreaking Roll Model Method. The Roll Model gives you the tools to change the course of your life in less than 5 minutes a day. You are a fully equipped self-healing organism, and this book will guide you through easy-to-perform self-massage techniques that will erase pain and improve your performance in whatever activities you pursue. The Roll Model teaches you how to improve the quality of your life no matter your size, shape, or condition. Within these pages you will find: • Inspiring stories of people just like you who have altered the course of their lives by using the Roll Model Method • Accessible explanations of how and why this system works based on the science of your body and the physiological effects of rolling • Step-by-step rolling techniques to help awaken your body's resilience from head to toe so that you have more energy, less stress, and greater performance Whether you're living with constant discomfort, seeking to improve your mobility, or trying to avoid medication and surgery, this book provides empowering and effective solutions for becoming your own best Roll Model.

reset wellness amy miller: My Year of Rest and Relaxation Ottessa Moshfegh, 2018-07-10 From one of our boldest, most celebrated new literary voices, a novel about a young woman's efforts to duck the ills of the world by embarking on an extended hibernation with the help of one of the worst psychiatrists in the annals of literature and the battery of medicines she prescribes Our narrator should be happy, shouldn't she? She's young, thin, pretty, a recent Columbia graduate, works an easy job at a hip art gallery, lives in an apartment on the Upper East Side of Manhattan paid for, like the rest of her needs, by her inheritance. But there is a dark and vacuous hole in her heart, and it isn't just the loss of her parents, or the way her Wall Street boyfriend treats her, or her sadomasochistic relationship with her best friend, Reva. It's the year 2000 in a city aglitter with wealth and possibility; what could be so terribly wrong? My Year of Rest and Relaxation is a powerful answer to that question. Through the story of a year spent under the influence of a truly mad combination of drugs designed to heal our heroine from her alienation from this world, Moshfegh shows us how reasonable, even necessary, alienation can be. Both tender and blackly funny, merciless and compassionate, it is a showcase for the gifts of one of our major writers working at the height of her powers.

reset wellness amy miller: The Whole30 Melissa Urban, Dallas Hartwig, 2015 Millions of people visit Whole30.com every month and share their stories of weight loss and lifestyle makeovers. Hundreds of thousands of them have read It Starts With Food, which explains the science behind the program. At last, The Whole30 provides the step-by-step, recipe-by-recipe guidebook that will allow millions of people to experience the transformation of their entire life in just one month.

reset wellness amy miller: Tell Me Lies Carola Lovering, 2018-06-12 Now an original series on Hulu! Catch up on Season 1...Season 2 streaming now! "A twisted modern love story" (Parade), Tell Me Lies is a sexy, thrilling novel about that one person who still haunts you—the other one. The wrong one. The one you couldn't let go of. The one you'll never forget. Lucy Albright is far from her Long Island upbringing when she arrives on the campus of her small California college and happy to

be hundreds of miles from her mother—whom she’s never forgiven for an act of betrayal in her early teen years. Quickly grasping at her fresh start, Lucy embraces college life and all it has to offer. And then she meets Stephen DeMarco. Charming. Attractive. Complicated. Devastating. Confident and cocksure, Stephen sees something in Lucy that no one else has, and she’s quickly seduced by this vision of herself, and the sense of possibility that his attention brings her. Meanwhile, Stephen is determined to forget an incident buried in his past that, if exposed, could ruin him, and his single-minded drive for success extends to winning, and keeping, Lucy’s heart. Lucy knows there’s something about Stephen that isn’t to be trusted. Stephen knows Lucy can’t tear herself away. And their addicting entanglement will have consequences they never could have imagined. Alternating between Lucy’s and Stephen’s voices, *Tell Me Lies* follows their connection through college and post-college life in New York City. “Readers will be enraptured” (Booklist) by the “unforgettable beauties in this very sexy story” (Kirkus Review). With the psychological insight and biting wit of *Luckiest Girl Alive*, and the yearning ambitions and desires of *Sweetbitter*, this keenly intelligent and supremely resonant novel chronicles the exhilaration and dilemmas of young adulthood and the difficulty of letting go—even when you know you should.

reset wellness amy miller: *Home Comforts* Cheryl Mendelson, 2005-05-17 A classic bestselling resource for every household, *Home Comforts* helps you manage everyday chores, find creative solutions to domestic dilemmas, and enhance the experience of life at home. “Home Comforts is to the house what Joy of Cooking is to food.” —USA TODAY *Home Comforts* is an engaging and comprehensive book about housekeeping. It is a lively and readable guide for both beginners and experts in all the domestic arts. From keeping surfaces free of germs, watering plants, removing stains, folding a fitted sheet, cleaning china, tuning a piano, lighting a fire, setting the dining room table—this guide covers everything that people might want to do for themselves in their homes. Further topics include: making up a bed with hospital corners, expert recommendations for safe food storage, reading care labels (and sometimes carefully disregarding them), keeping your home free of dust mites and other allergens, this is a practical, good-humored, philosophical guidebook to the art and science of household management.

reset wellness amy miller: *Win at Work and Succeed at Life* Michael Hyatt, Megan Hyatt Miller, 2021-04-20 Great leaders are driven to win. Yet career wins can come at great cost to your health, relationships, and personal well-being. Why does it seem impossible to both win at work and succeed at life? Michael Hyatt and Megan Hyatt Miller know we can do better because he's seen it in his more than four decades as a successful executive and a loving and present husband and father. Today Michael and his daughter, Megan Hyatt Miller, coach leaders to live the double win. Backed by scholarly research from organizational science and psychology, and illustrated with eye-opening case studies from across the business spectrum and their own coaching clients, *Win at Work and Succeed at Life* is their manifesto on how you can achieve work-life balance and restore your sanity. With clarity, humor, and plenty of motivation, *Win at Work and Succeed at Life* gives you - an understanding of the historical and cultural forces that have led to overworking - 5 principles to rethink work and productivity from the ground up - simple but proven practices that enable you to slow down and reclaim your life - and more Refuse the false choice of career versus family. You can achieve the double win in life.

reset wellness amy miller: **Health Information Systems: Concepts, Methodologies, Tools, and Applications** Rodrigues, Joel J.P.C., 2009-12-31 This reference set provides a complete understanding of the development of applications and concepts in clinical, patient, and hospital information systems--Provided by publisher.

reset wellness amy miller: **Promoting Psychological Resilience in the U.S. Military** Lisa S. Meredith, Cathy D Sherbourne, Sarah J Gaillot, 2011-06 As U.S. service members deploy for extended periods on a repeated basis, their ability to cope with the stress of deployment may be challenged. Many programs are available to encourage and support psychological resilience among service members and families. However, little is known about these programs' effectiveness. This report reviews resilience literature and programs to identify evidence-informed factors for

promoting resilience.

reset wellness amy miller: M Is for Mama Abbie Halberstadt, 2022-02-01 Mama of ten Abbie Halberstadt helps women humbly and gracefully rise to the high calling of motherhood without settling for mediocrity or losing their minds in the process. Motherhood is a challenge.

Unfortunately, our worldly culture offers moms little in the way of real help. Mamas only connect to celebrate surviving another day and to share in their misery rather than rejoice in what God has done and to build each other up in hard times. There has to be a better way, a biblical way, for mamas to grow and thrive. As a daughter of Christ, you have been called to be more than an average mama. Attaining excellence doesn't have to be unsettling but it will take committed focus and a desire to parent well according to God's grace and for His glory. M is for Mama offers advice, encouragement, and scripturally sound strategies seasoned with a little bit of humor to help you embrace the challenge of biblical motherhood and raise your children with love and wisdom. Mama, you are worthy of the awesome responsibility God has given you. Now it's time to start believing you can live up to it.

reset wellness amy miller: The Ayurvedic Self-Care Handbook: Holistic Healing Rituals for Every Day and Season Sarah Kucera, 2019-04-02 Ancient self-care for modern life, by the author of the forthcoming *The Seven Ways of Ayurveda* Feeling burned-out, unmotivated, or stuck? The Ayurvedic Self-Care Handbook is here to help. This authoritative guide to ancient healing offers more than 100 daily and seasonal Ayurvedic rituals—each taking 10 minutes or less—to reconnect you with nature's rhythms, and to unlock better health, as you: Boost and stabilize your energy with yogic breathing Overcome transitions with grounding meditations Undo physical and emotional stress with personalized yoga postures Prevent and treat disease with nourishing tonics and teas Pause and reflect with daily and weekly journaling prompts. Get back in sync with nature—and rediscover your potential to feel good.

reset wellness amy miller: Strategies for Anger Management Kerry Moles, 2003

reset wellness amy miller: The Daniel Plan Rick Warren, Dr. Daniel Amen, Dr. Mark Hyman, 2013-12-03 NEW YORK TIMES BESTSELLER The Daniel Plan is far more than a diet plan. It is an appetizing approach to achieving a healthy lifestyle by optimizing the five key essentials of faith, food, fitness, focus, and friends. Unlike the thousands of other books on the market, this book is not about a new diet, guilt-driven gym sessions, or shame-driven fasts. Your path to holistic health begins here, as Pastor Rick Warren and fitness and medical experts Dr. Daniel Amen and Dr. Mark Hyman guide you to incorporate healthy choices into your current lifestyle. The concepts in this book will encourage you to deepen your relationship with God and develop a community of supportive friends who will encourage you to make smart food and fitness choices each and every day. This results in gradual changes that transform your life as they help you: Conquer your worst cravings Find healthy replacement foods for the foods you love Discover exercise you enjoy Boost your energy and kick-start your metabolism Lose weight Think more clearly Explore biblical principles for health . . . and ultimately create an all-around healthy lifestyle It's time to feast on something bigger than a fad. Start your journey to impactful, long-lasting, and sustainable results today! Plus, get more from The Daniel Plan with The Daniel Plan Cookbook, The Daniel Plan Journal, and The Daniel Plan 365-Day Devotional.

reset wellness amy miller: School Days According to Humphrey Betty G. Birney, 2012-05-31 A new school year and new friends for everyone's favorite classroom pet! Humphrey is excited to get back to Room 26 and see all his old classmates. But on the first day of school, a bunch of strange kids arrive and no matter how loudly he squeaks up, they don't realize they're in the wrong room! Finally Humphrey realizes that these kids are his new classmates, and he sets off to learn all about them. He hasn't forgotten about his friends from last year, and of course they miss him a ton. But when they start talking about taking him from Mrs. Brisbane's room, Humphrey gets unspeakably nervous. How could he say good-bye to Mrs. Brisbane and Og--not to mention his new friends--for good?

reset wellness amy miller: TIP 35: Enhancing Motivation for Change in Substance Use

Disorder Treatment (Updated 2019) U.S. Department of Health and Human Services, 2019-11-19 Motivation is key to substance use behavior change. Counselors can support clients' movement toward positive changes in their substance use by identifying and enhancing motivation that already exists. Motivational approaches are based on the principles of person-centered counseling. Counselors' use of empathy, not authority and power, is key to enhancing clients' motivation to change. Clients are experts in their own recovery from SUDs. Counselors should engage them in collaborative partnerships. Ambivalence about change is normal. Resistance to change is an expression of ambivalence about change, not a client trait or characteristic. Confrontational approaches increase client resistance and discord in the counseling relationship. Motivational approaches explore ambivalence in a nonjudgmental and compassionate way.

reset wellness amy miller: Functional Somatic Symptoms in Children and Adolescents Kasia Kozłowska, Stephen Scher, Helene Helgeland, 2020-09-30 This open access book sets out the stress-system model for functional somatic symptoms in children and adolescents. The book begins by exploring the initial encounter between the paediatrician, child, and family, moves through the assessment process, including the formulation and the treatment contract, and then describes the various forms of treatment that are designed to settle the child's dysregulated stress system. This approach both provides a new understanding of how such symptoms emerge – typically, through a history of recurrent or chronic stress, either physical or psychological – and points the way to effective assessment, management, and treatment that put the child (and family) back on the road to health and well-being.

reset wellness amy miller: A Clinical Guide to the Treatment of the Human Stress Response George S. Jr. Everly, Jeffrey M. Lating, 2006-02-20 This updated edition covers a range of new topics, including stress and the immune system, post-traumatic stress and crisis intervention, Eye Movement Desensitization and Reprocessing (EMDR), Critical Incident Stress Debriefing (CISD), Crisis Management Briefings in response to mass disasters and terrorism, Critical Incident Stress Management (CISM), spirituality and religion as stress management tools, dietary factors and stress, and updated information on psychopharmacologic intervention in the human stress response. It is a comprehensive and accessible guide for students, practitioners, and researchers in the fields of psychology, psychiatry, medicine, nursing, social work, and public health.

reset wellness amy miller: Integrative Systemic Therapy William M. Pinsof, Douglas C. Breunlin, William P. Russell, Jay Lebow, Cheryl Ramage, Anthony L. Chambers, 2018 Providing a comprehensive framework for individual, couple, and family therapy, this resource offers a set of templates that enable therapists to navigate the course of therapy, as well as a treasure trove of case examples to illustrate how therapists can use the IST perspective to treat a wide variety of challenging problems.

reset wellness amy miller: Open Hands, Willing Heart Vivian Mabuni, 2019-07-09 Discover how yielding ourselves wholly to God, especially in the midst of challenging circumstances, lends new purpose to our lives. “Vivian Mabuni is a kind and trustworthy guide through one of adulthood's secrets: life doesn't go like you thought it would.”—Jen Hatmaker, New York Times best-selling author of *For the Love and Of Mess and Moxie* As women after God's heart, we honestly desire to please God. We want to be used by Him and to experience the peace and fulfillment He wants for us. Yet it's all too easy to fall into living mechanically, with a rule-based approach to the Christian life, or to focus on getting what we want when we want it. Even when we want to be willing, saying yes to whatever God asks often feels scary, and the distractions of this world get in the way. Vivian Mabuni knows this all too well, but she's discovered that open-handed living starts with an intentional posture of the heart. Through surrender to His will, we draw closer to God in a way that makes our day-to-day lives more purposeful, powerful, and pleasing to Him. With Vivian's warm encouragement in *Open Hands, Willing Heart*, you'll learn how to step out in courageous trust as you invite God to give and take—and move and work—in your life as He sees fit. Along the way you'll discover true joy and serenity that will carry you through every circumstance.

reset wellness amy miller: Khobar Towers: Tragedy and Response Perry D. Jamieson, 2008

This account of the Khobar Towers bombing tells the story of the horrific attack and the magnificent response of airmen doing their duty under nearly impossible circumstances. None of them view their actions as heroic, yet the reader will marvel at their calm professionalism. All of them say it was just their job, but the reader will wonder how they could be so well trained to act almost instinctively to do the right thing at the right time. None of them would see their actions as selfless, yet countless numbers refused medical attention until the more seriously injured got treatment. Throughout this book, the themes of duty, commitment, and devotion to comrades resoundingly underscore the notion that America's brightest, bravest, and best wear her uniforms in service to the nation. This book is more than heroic actions, though, for there is also controversy. Were commanders responsible for not adequately protecting their people? What should one make of the several conflicting investigations following the attack? Dr. Jamieson has not shied away from these difficult questions, and others, but has discussed them and other controversial judgments in a straightforward and dispassionate way that will bring them into focus for everyone. It is clear from this book that there is a larger issue than just the response to the bombing. It is the issue of the example set by America's airmen. Future airmen who read this book will be stronger and will stand on the shoulders of those who suffered and those who made the ultimate sacrifice.

reset wellness amy miller: *White Picket Fences* Amy Julia Becker, 2018-10-02 A Gentle Invitation into the Challenging Topic of Privilege The notion that some might have it better than others, for no good reason, offends our sensibilities. Yet, until we talk about privilege, we'll never fully understand it or find our way forward. Amy Julia Becker welcomes us into her life, from the charm of her privileged southern childhood to her adult experience in the northeast, and the denials she has faced as the mother of a child with special needs. She shows how a life behind a white picket fence can restrict even as it protects, and how it can prevent us from loving our neighbors well. *White Picket Fences* invites us to respond to privilege with generosity, humility, and hope. It opens us to questions we are afraid to ask, so that we can walk further from fear and closer to love, in all its fragile and mysterious possibilities.

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The Three Bears, Cinderella, and Little Red Riding Hood. Designed with emerging readers in mind, each of the tales is told in short rhyming dialogues—with each character's lines indicated by a different color—to be used as a script for two voices to read separately and together. Using traditional reading teaching techniques like alliteration, rhyme, repetition, and short sentences, the text invites young children to read along, while Michael Emberley's lively illustrations enhance the stories' humor and high spirits. Goldilocks, the Little Red Hen, the Three Little Pigs, and many more beloved characters star in these tales-with-a-twist that are perfect for early and reluctant readers, readers' theater, and bedtime fun. A 2005 Notable Children's Book in the Language Arts by the Children's Literature Assembly of the National Council of Teacher of English. Also chosen as a 2004 Gryphon Award Honor Book by the Center for Children's Books.

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and Jay's dedication to each other and the Lord through their most devastating season is inspiring. This book will help your heart believe that He sees, He knows, He cares, and He is still working miracles today! --Lysa TerKeurst, New York Times bestselling author and president of Proverbs 31 Ministries

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children's needs in the heat of everyday moments. There is no one-size-fits-all approach to parenting. Real-Time Parenting is written by three parent coaches who understand the demands of parenthood and empower moms and dads to discover their personal best. Through stories and practice, they respond to their family with intention instead of reacting from stress. They build self-confidence as they embrace a positive mindset, celebrate wins, and engage with a supportive community. Referencing well-known experts and professional experience, Real-Time Parenting presents a versatile toolkit of ten best practices based in positive communication, effective discipline, and problem-solving. Parents become influential guides for their unique children through teaching, modeling, and setting healthy boundaries. They focus on connection and encouraging do behaviors instead of trying to control their children. Moms and dads realize it is never too late to improve the parent-child relationship. Parents propel their children toward healthy independence and find renewed joy in real time.

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