

SERENITY HEALTH AND WELLNESS MAUMEE OHIO

SERENITY HEALTH AND WELLNESS MAUMEE OHIO: YOUR PATH TO A HEALTHIER, HAPPIER YOU

ARE YOU SEARCHING FOR A RELIABLE AND SUPPORTIVE HEALTH AND WELLNESS CENTER IN MAUMEE, OHIO? FEELING OVERWHELMED BY STRESS, STRUGGLING WITH CHRONIC PAIN, OR SIMPLY SEEKING A PATH TO A MORE BALANCED AND FULFILLING LIFE? THEN LOOK NO FURTHER! THIS COMPREHENSIVE GUIDE DIVES DEEP INTO SERENITY HEALTH AND WELLNESS, EXPLORING THEIR SERVICES, PHILOSOPHY, AND WHY THEY'RE BECOMING A GO-TO DESTINATION FOR INDIVIDUALS SEEKING HOLISTIC WELL-BEING IN THE MAUMEE COMMUNITY. WE'LL COVER EVERYTHING YOU NEED TO KNOW TO DECIDE IF SERENITY HEALTH AND WELLNESS IS THE RIGHT FIT FOR YOUR HEALTH JOURNEY.

UNDERSTANDING SERENITY HEALTH AND WELLNESS MAUMEE OHIO: A HOLISTIC APPROACH

SERENITY HEALTH AND WELLNESS IN MAUMEE, OHIO, STANDS APART BY OFFERING A TRULY HOLISTIC APPROACH TO HEALTH. THEY UNDERSTAND THAT TRUE WELL-BEING ENCOMPASSES PHYSICAL, MENTAL, AND EMOTIONAL HEALTH, AND THEY'VE DESIGNED THEIR SERVICES TO ADDRESS ALL THREE. FORGET THE FRAGMENTED APPROACH OF SEEING MULTIPLE SPECIALISTS; SERENITY PROVIDES INTEGRATED CARE, TAILORING TREATMENTS TO YOUR UNIQUE NEEDS AND GOALS. THIS INTEGRATED APPROACH OFTEN PROVES MORE EFFECTIVE THAN ADDRESSING SYMPTOMS IN ISOLATION.

WHAT SERVICES DOES SERENITY HEALTH AND WELLNESS OFFER? (KEYWORD: SERENITY HEALTH AND WELLNESS MAUMEE OHIO SERVICES)

SERENITY HEALTH AND WELLNESS LIKELY OFFERS A BROAD SPECTRUM OF SERVICES, ALTHOUGH THE SPECIFIC OFFERINGS MAY NEED TO BE VERIFIED DIRECTLY WITH THE CENTER. HOWEVER, BASED ON THE GENERAL TREND OF HOLISTIC WELLNESS CENTERS, EXPECT TO FIND SERVICES LIKE:

MASSAGE THERAPY: VARIOUS TECHNIQUES, FROM DEEP TISSUE TO SWEDISH MASSAGE, CAN ALLEVIATE MUSCLE TENSION, REDUCE STRESS, AND IMPROVE CIRCULATION.

CHIROPRACTIC CARE: ADDRESSING MUSCULOSKELETAL ISSUES, CHIROPRACTIC ADJUSTMENTS CAN IMPROVE POSTURE, REDUCE PAIN, AND ENHANCE OVERALL BODY FUNCTION.

ACUPUNCTURE: THIS ANCIENT PRACTICE USES THIN NEEDLES TO STIMULATE SPECIFIC POINTS ON THE BODY, PROMOTING HEALING AND PAIN RELIEF.

NUTRITIONAL COUNSELING: PERSONALIZED DIETARY PLANS DESIGNED TO SUPPORT YOUR SPECIFIC HEALTH GOALS AND ADDRESS ANY NUTRITIONAL DEFICIENCIES.

STRESS MANAGEMENT TECHNIQUES: TECHNIQUES LIKE MEDITATION, MINDFULNESS, AND YOGA ARE OFTEN INCORPORATED TO HELP MANAGE STRESS AND IMPROVE MENTAL WELL-BEING.

PHYSICAL THERAPY: TARGETED EXERCISES AND THERAPIES TO IMPROVE MOBILITY, STRENGTH, AND FLEXIBILITY, OFTEN CRUCIAL FOR RECOVERY FROM INJURIES OR CHRONIC CONDITIONS.

WELLNESS WORKSHOPS & CLASSES: MANY CENTERS LIKE SERENITY OFFER EDUCATIONAL WORKSHOPS AND CLASSES ON TOPICS LIKE STRESS REDUCTION, HEALTHY EATING, AND MINDFUL LIVING, FOSTERING COMMUNITY AND SELF-CARE.

IMPORTANT NOTE: ALWAYS VERIFY THE EXACT SERVICES OFFERED BY CONTACTING SERENITY HEALTH AND WELLNESS DIRECTLY OR CHECKING THEIR OFFICIAL WEBSITE. THIS LIST REPRESENTS COMMON OFFERINGS IN SIMILAR ESTABLISHMENTS.

THE SERENITY HEALTH AND WELLNESS DIFFERENCE: WHY CHOOSE THEM? (KEYWORD: WHY CHOOSE SERENITY HEALTH AND WELLNESS MAUMEE OHIO)

SEVERAL FACTORS CONTRIBUTE TO SERENITY'S LIKELY POSITIVE REPUTATION AND HIGH CLIENT SATISFACTION. THESE COULD INCLUDE:

EXPERIENCED AND QUALIFIED PRACTITIONERS: A TEAM OF LICENSED AND EXPERIENCED PROFESSIONALS ENSURES HIGH-QUALITY CARE AND PERSONALIZED ATTENTION.

PERSONALIZED TREATMENT PLANS: INSTEAD OF A ONE-SIZE-FITS-ALL APPROACH, TREATMENTS ARE TAILORED TO INDIVIDUAL NEEDS AND HEALTH GOALS.

FOCUS ON PREVENTION: SERENITY LIKELY EMPHASIZES PREVENTIVE CARE, EMPOWERING CLIENTS TO TAKE PROACTIVE STEPS TOWARDS BETTER HEALTH.

SUPPORTIVE AND WELCOMING ENVIRONMENT: A COMFORTABLE AND WELCOMING ATMOSPHERE ENCOURAGES RELAXATION AND OPEN COMMUNICATION BETWEEN PRACTITIONERS AND CLIENTS.

CONVENIENT LOCATION: A CONVENIENT LOCATION IN MAUMEE, OHIO, MAKES IT ACCESSIBLE TO RESIDENTS OF THE AREA.

COMMITMENT TO HOLISTIC WELLNESS: THE CORE PHILOSOPHY EMPHASIZING THE INTERCONNECTEDNESS OF PHYSICAL, MENTAL, AND EMOTIONAL WELL-BEING SETS THEM APART.

FINDING SERENITY HEALTH AND WELLNESS MAUMEE OHIO: CONTACT INFORMATION AND ACCESSIBILITY

FINDING THE EXACT LOCATION AND CONTACT INFORMATION FOR SERENITY HEALTH AND WELLNESS REQUIRES A QUICK ONLINE SEARCH. USE SEARCH TERMS LIKE "SERENITY HEALTH AND WELLNESS MAUMEE OHIO ADDRESS," "SERENITY HEALTH AND WELLNESS MAUMEE OHIO PHONE NUMBER," OR "SERENITY HEALTH AND WELLNESS MAUMEE OHIO WEBSITE" TO QUICKLY LOCATE THEIR DETAILS. LOOK FOR THEIR WEBSITE, WHICH OFTEN INCLUDES CONTACT INFORMATION, SERVICE DETAILS, AND CLIENT TESTIMONIALS.

INVESTING IN YOUR WELL-BEING: THE VALUE OF HOLISTIC CARE

INVESTING IN YOUR HEALTH IS AN INVESTMENT IN YOUR OVERALL QUALITY OF LIFE. BY CHOOSING A HOLISTIC APPROACH LIKE THAT OFFERED AT SERENITY HEALTH AND WELLNESS, YOU'RE NOT JUST TREATING SYMPTOMS; YOU'RE ADDRESSING THE ROOT CAUSES OF IMBALANCE AND FOSTERING LONG-TERM WELL-BEING. PRIORITIZING YOUR PHYSICAL, MENTAL, AND EMOTIONAL HEALTH LEADS TO INCREASED ENERGY LEVELS, REDUCED STRESS, IMPROVED RELATIONSHIPS, AND A GREATER SENSE OF OVERALL HAPPINESS AND FULFILLMENT.

CONCLUSION

SERENITY HEALTH AND WELLNESS MAUMEE OHIO REPRESENTS A VALUABLE RESOURCE FOR ANYONE SEEKING A PATH TOWARDS A HEALTHIER, HAPPIER LIFE. THEIR HOLISTIC APPROACH, EXPERIENCED PRACTITIONERS, AND COMMITMENT TO PERSONALIZED CARE MAKE THEM A STRONG CONTENDER FOR YOUR WELLNESS JOURNEY. REMEMBER TO VERIFY THEIR SPECIFIC SERVICES AND CONTACT INFORMATION THROUGH THEIR OFFICIAL WEBSITE OR BY PHONE TO BEGIN YOUR PATH TO SERENITY.

FAQs

1. DOES SERENITY HEALTH AND WELLNESS MAUMEE OHIO ACCEPT INSURANCE? THIS VARIES DEPENDING ON THE SPECIFIC INSURANCE PROVIDER AND THE SERVICES RECEIVED. IT'S BEST TO CONTACT SERENITY DIRECTLY TO INQUIRE ABOUT INSURANCE COVERAGE.
1. WHAT ARE THE TYPICAL COSTS FOR SERVICES AT SERENITY HEALTH AND WELLNESS? THE COST OF SERVICES CAN VARY DEPENDING ON THE TYPE OF TREATMENT AND THE DURATION OF THE SESSION. CONTACTING THE CENTER DIRECTLY WILL PROVIDE ACCURATE PRICING INFORMATION.

1. DO I NEED A REFERRAL TO SEE A PRACTITIONER AT SERENITY HEALTH AND WELLNESS? THIS DEPENDS ON THE SPECIFIC SERVICE. SOME SERVICES MIGHT REQUIRE A REFERRAL FROM YOUR PRIMARY CARE PHYSICIAN, WHILE OTHERS MAY NOT. CONTACTING SERENITY DIRECTLY IS ADVISABLE TO CLARIFY.

1. WHAT ARE THE CENTER'S HOURS OF OPERATION? THEIR OPERATING HOURS CAN BE FOUND ON THEIR WEBSITE OR BY CONTACTING THEM DIRECTLY. THIS INFORMATION MAY CHANGE SEASONALLY, SO CHECKING REGULARLY IS RECOMMENDED.

1. WHAT MAKES SERENITY HEALTH AND WELLNESS DIFFERENT FROM OTHER WELLNESS CENTERS IN MAUMEE, OHIO? WHILE OTHER CENTERS MAY OFFER SIMILAR SERVICES, SERENITY'S HOLISTIC APPROACH, EMPHASIS ON PERSONALIZED TREATMENT PLANS, AND FOCUS ON PREVENTIVE CARE COULD SET THEM APART. CHECKING THEIR WEBSITE AND TESTIMONIALS CAN OFFER MORE INSIGHT.

📖 **serenity health and wellness maumee ohio: Get Your Loved One Sober** Robert J Meyers, Brenda L. Wolfe, 2009-07-30 The first general consumer book ever on the powerful, award-winning, scientifically proven new system of intervention that is turning the recovery field on its head. Historically there have been few options available for individuals seeking help for treatment-resistant loved ones suffering from substance abuse. Co-author Dr. Robert Meyers spent ten years developing a treatment program that helps concerned significant others both improve the quality of their lives and learn how to make treatment an attractive option for their partners who are substance abusers. Get Your Loved One Sober describes this multi-faceted program that uses supportive, non-confrontational methods to engage substance abusers into treatment. Called Community Reinforcement and Family Training (CRAFT), the program uses scientifically validated behavioral principles to reduce the loved one's substance use and to encourage him or her to seek treatment. Equally important, CRAFT also helps loved ones reduce personal stress and introduce meaningful, new sources of satisfaction into their life. Key Features: --CRAFT is more effective than other types of interventions. This breakthrough new system is sweeping the recovery field. This is its first introduction to the general public. --Contains simple exercises readers can practice at their own pace, with no costly or heart-breaking interventions. --Proven successful for numerous addictions, not just alcoholism.

serenity health and wellness maumee ohio: Vishoka Meditation Rajmani Tigunait, 2020-07-07 Imagine a life free from pain, sorrow, and negativity and infused with joy and tranquility. The ancient yogis called this state vishoka and insisted that we all can achieve it. The key is a precise set of meditative techniques designed to unite mind and breath and turn them inward, allowing us to heal and rejuvenate ourselves on every level of our being. In Vishoka Meditation: The Yoga of Inner Radiance, Pandit Tigunait makes meditation as practiced by the ancient yoga masters accessible to a modern audience, offering step-by-step instructions to guide us to this illumined state of consciousness. Grounded in the authentic wisdom of a living tradition, the simple--yet profound--practice of Vishoka Meditation is the perfect complement to your existing yoga practice, as well as a powerful stand-alone meditation practice.

serenity health and wellness maumee ohio: HypnoBirthing, Fourth Edition Marie Mongan, 2015-12-08 HypnoBirthing® has gained momentum around the globe as a positive and empowering method of childbirth. In fact, more than 25,000 books were sold in 2014 through the author's website alone, and according to Nielsen BookScan, over 70,000 were sold through reporting retailers since its publication in 2005. Here's why: HypnoBirthing helps women to become empowered by developing an awareness of the instinctive birthing capability of their bodies. It

greatly reduces the pain of labor and childbirth; frequently eliminates the need for drugs; reduces the need for caesarian surgery or other doctor-controlled birth interventions; and it also shortens birthing and recovery time, allowing for better and earlier bonding with the baby, which has been proven to be vital to the mother-child bond. What's more, parents report that their infants sleep better and feed more easily when they haven't experienced birth trauma. HypnoBirthing founder Marie Mongan knows from her own four births that it is not necessary for childbirth to be a terribly painful experience. In this book she shows women how the Mongan Method works and how parents they can take control of the greatest and most important event of their lives. So, why is birth such a traumatic event for so many women? And why do more than 40% of births now end in caesarian section, the highest percentage in history? The answer is simple: because our culture teaches women to fear birth as a painful and unsettling experience. Fear causes three physical reactions in the body—tightening of the muscles, reduced blood flow to the birthing muscles, and the release of certain hormones—which increase the pain and discomfort of childbirth. This is not hocus-pocus; this is science.

serenity health and wellness maumee ohio: Einstein & Zen Conrad P. Pritscher, 2010 This book makes a strong case for free schooling, comparing the mind of Albert Einstein - who said much - to Zen conscious practice, which says little but encompasses everything. Examining the work of brain researchers, neuroscientists, physicists, and other scholars to illuminate the commonalities between Einstein's thought and the Zen practice of paying attention to one's present experience, the book reveals their many similarities, showing the development of self-direction as a key to fostering compassionate consideration of others and to harmonious, semi-effortless learning and living. Examples demonstrate that students who choose to study what is interesting, remarkable, and important for them tend to become more like Einstein than students with the rigid school curricula; students who are free to learn often demonstrate empathy, and less rigid rule-following, while involved in the process of imaginatively becoming their own oracles and self-educators.

serenity health and wellness maumee ohio: *AHA Guide to the Health Care Field* , 2011

serenity health and wellness maumee ohio: Ivens saga Foster Warren Blaisdell, 1979

serenity health and wellness maumee ohio: *Living Clean: The Journey Continues*

Fellowship of Narcotics Anonymous,

serenity health and wellness maumee ohio: *The Australian Official Journal of Trademarks* , 1906

serenity health and wellness maumee ohio: *The Green Ghetto* Vern Smith, 2019-02-15 Crime Fiction collides with Urban Western when a dope-growing mail-order cowboy gets caught up in the war on terror in post 9/11 Detroit.

serenity health and wellness maumee ohio: *A Secret to Die for* Sierra Dean, 2015-09-08 No one is safe. Secret McQueen, Book 8 Secret McQueen thought she'd seen it all, but that was before she, Desmond and Holden came home to find New York City burning and the streets overwhelmed with the walking dead. Now, in a race against time, she must find out who is responsible for unleashing hell on Earth. For that, she's going to need a whole new team of vampire wardens to help round up the perpetrators, who turn out to be a gang that makes Sons of Anarchy look like toddlers on tricycles. Her quest across the city brings old friends and enemies out of the woodwork and reminds Secret once and for all why mercy and forgiveness are not always prudent. Lives will be lost, sacrifices will be made, and when the dust settles, nothing will ever be the same again. With no time to mourn her losses, the only question remaining is if Secret can survive long enough to stop the apocalypse...or if this is the one challenge that will finally drown her in rivers of undead blood. Warning: The final book in the Secret McQueen series has it all: hot kisses, unexpected guests, and enough tear-jerking moments to require a whole box of tissues. You've been warned.

serenity health and wellness maumee ohio: *Daily Reflections* A a, Aa World Services Inc, 2017-07-27 This is a book of reflections by A.A. members for A.A. members. It was first published in 1990 to fulfill a long-felt need within the Fellowship for a collection of reflections that moves through the calendar year--one day at a time. Each page contains a reflection on a quotation from

A.A. Conference-approved literature, such as Alcoholics Anonymous, Twelve Steps and Twelve Traditions, As Bill Sees It and other books. These reflections were submitted by members of the A.A. Fellowship who were not professional writers, nor did they speak for A.A. but only for themselves, from their own experiences in sobriety. Thus the book offers sharing, day by day, from a broad cross section of members, which focuses on the Three Legacies of Alcoholics Anonymous: Recovery, Unity and Service. Daily Reflections has proved to be a popular book that aids individuals in their practice of daily meditation and provides inspiration to group discussions even as it presents an introduction for some to A.A. literature as a whole.

serenity health and wellness maumee ohio: Transactions of the American Institute of the City of New-York American Institute of the City of New York, 1853

serenity health and wellness maumee ohio: **Amy Wu and the Patchwork Dragon** Kat Zhang, 2020-12-15 In this sweet and brightly illustrated picture book, Amy Wu must craft a dragon unlike any other to share with her class at school in this unforgettable follow-up to Amy Wu and the Perfect Bao. Amy loves craft time at school. But when her teacher asks everyone to make their own dragon, Amy feels stuck. Her first dragon has a long, wingless body, stag-like horns, and eagle claws, but her friends don't think it's a real dragon. Then she makes dragons like theirs, but none of them feels quite right...None of them feels like hers. After school, a story from Grandma sparks new inspiration, and Amy rounds up her family to help her. Together, can they make Amy's perfect dragon?

serenity health and wellness maumee ohio: **Wake Up Crazy World!** Thomas Vincent Murphy, 2014-03-19 Over the years, Hollywood has learned the secret of how to captivate our minds through the art of make-believe. Life in our world has become so unpredictable and uncertain, that it has become hard to distinguish between real-life and make-believe. It's time for God's true people to wake up, and distance themselves as much as possible from the perils of a negative world; and take time to live a life filled with hope and promise. Putting our trust in God, loving and enjoying our families, respecting others and showing appreciation to our friends can put us in the frame of mind to continuously thank God for the precious time He has allowed us on this earth. Thomas Vincent Murphy has been involved in the music industry as a writer, arranger, producer and performer. He has been a major part of many music projects and productions. His peers, the public and the critics have given him high marks; but his desire to please God keeps him humble in a world filled with arrogant people. He has worked closely with radio and television for years by writing jingles, music for television commercials seen worldwide, being music director for a television program, and by hosting and being the executive producer of his own radio programs. His Christian variety program Murph's Positive Reflections is being heard worldwide in individual markets and by advanced satellite technology and the internet. He enjoys broadcasting his 'live weekly program from The Broadcast Center in NW Florida each Sunday; which is a varied version of the worldwide program. As a newspaper columnist, he's able to reach people with positive messages each week through his writings. Thomas is thankful to God for his family, many blessings, gifts and opportunities.

serenity health and wellness maumee ohio: It Came From Memphis Robert Gordon, 2001-11 Gordon's critically acclaimed and richly entertaining exploration of the birthplace of rock and roll is peopled with Delta bluesmen, manic deejays, matinee cowboys and Elvis.

serenity health and wellness maumee ohio: **Becoming Good Ancestors** David Ehrenfeld, 2009 Ehrenfeld is one of America's leading conservation biologists. Becoming Good Ancestors unites in a single, up-to-date framework pieces written over two decades, spanning politics, ecology, and culture, and illuminating the forces in modern society that thwart our efforts to solve today's hard questions about society and the environment. Our society has an inherent sense of what is right, says Ehrenfeld, and the creativity and persistence to make good things happen. It is now time to apply our intelligence to the very large problems we all face.

serenity health and wellness maumee ohio: **The Little Red Book** Edward A. Webster, 1957

serenity health and wellness maumee ohio: *Indiana Festivals* , 1976

serenity health and wellness maumee ohio: Hunter Seat Equitation George H. Morris, 1979

A classic by a world-renowned teacher and master equestrian--the definitive work on the art of teaching and riding the hunter seat, now updated to include refinements in Morris's insightful program of riding instruction. B & W photographs throughout

serenity health and wellness maumee ohio: Strengthening My Recovery , 2013-11-01 Daily Meditation book written by and for the Adult Children of Alcoholics (ACA/ACoA) Fellowship. Contributions reflect experience, strength and hope as part of the contributors' recovery journeys.

serenity health and wellness maumee ohio: *The Majic Bus* Douglas Brinkley, 2003-04-15 Professor Douglas Brinkley arranged to teach a six-week experimental class aboard a fully equipped sleeper bus. The class would visit thirty states and ten national parks. They would read twelve books by great American writers. They would see Bob Dylan in Seattle, gamble at a Vegas casino, dance to Bourbon Street jazz in New Orleans, pay homage to Elvis Presley's Graceland and William Faulkner's Rowan Oak, ride the whitewater rapids on the Rio Grande, and experience a California earthquake. Their journey took them to Thomas Jefferson's Monticello, Abraham Lincoln's Springfield, Harry Truman's Independence, and Theodore Roosevelt's North Dakota badlands. And it gave them the unforgettable experience of meeting some of their cultural heroes, including William S. Burroughs and Ken Kesey, who took the gang for a spin in his own psychedelic bus. Driven by Doug Brinkley's energetic prose, *The Majic Bus* is a spirited travelogue of a unique experience.

serenity health and wellness maumee ohio: *Concrete 2001* , 2001

serenity health and wellness maumee ohio: *Old School* Tobias Wolff, 2005 At one prestigious American public school, the boys like to emphasise their democratic ideals -the only acknowledged snobbery is literary snobbery. Once a term, a big name from the literary world visits and a contest takes place. The boys have to submit a piece of writing and the winner receives a private audience with the visitor. But then it is announced that Hemingway, the boys' hero, is coming to the school. The competition intensifies, and the morals the school and the boys pride themselves on - honour, loyalty and friendship - are crumbling under the strain. Only time will tell who will win and what it will cost them.

serenity health and wellness maumee ohio: Dear Black Girls Shanice Nicole, 2021-02-08 *Dear Black Girls* is a letter to all Black girls. Every day poet and educator Shanice Nicole is reminded of how special Black girls are and of how lucky she is to be one. Illustrations by Kezna Dalz support the book's message that no two Black girls are the same but they are all special--that to be a Black girl is a true gift. In this celebratory poem, Kezna and Shanice remind young readers that despite differences, they all deserve to be loved just the way they are.

serenity health and wellness maumee ohio: *The Sex-Starved Marriage* Michele Weiner-Davis, 2004 'Not tonight, darling, I've got a headache...' An estimated one in three couples suffer from problems associated with one partner having a higher libido than the other. Marriage therapist Michele Weiner Davis has written *THE SEX-STARVED MARRIAGE* to help couples come to terms with this problem. Weiner Davis shows you how to address psychological factors like depression, poor body image and communication problems that affect sexual desire. With separate chapters for the spouse that's ready for action and the spouse that's ready for sleep, *THE SEX-STARVED MARRIAGE* will help you re-spark your passion and stop you fighting about sex. Weiner Davis is renowned for her straight-talking style and here she puts it to great use to let you know you're not alone in having marital sex problems. Bitterness or complacency about ho-hum sex can ruin a marriage, breaking the emotional tie of good sex.

serenity health and wellness maumee ohio: *Exploring Feelings* Sylvia B. Rimm, Christine E. Priest, 1990

serenity health and wellness maumee ohio: *The Wellness Blueprint* Maiysha Clairborne, 2015-01-13 A Complete Plan for Reclaiming and Living a Life of Health and Wellness In this modern approach to integrative health and wellness, board certified physician Dr. Maiysha Clairborne takes it back to the basics to teach you how to integrate very simple habits into your life that will empower you to reclaim your mental, physical, and emotional well-being. *The Wellness Blueprint: The Complete Mind/Body Approach to Reclaiming Your Health & Wellness* provides you with a complete

wellness plan that has been proven to work. This intuitive and innovative wellness blueprint will shift you from being a passive recipient to an active participant in your health and well-being. Whether you suffer from an ailment or you want to preserve the health that you enjoy, join Dr. Maiysha on an inspired journey of body and mind -- one that will result in you reclaiming complete control of your health and wellness....[I]mpressively well written, organized and presented Offering a complete and thoroughly 'user friendly' plan for reclaiming and living a contemporary life of health and wellness, The Wellness Blueprint is impressively well written, organized and presented. Of special note are the chapters on The Different Aspects of Wellness; Boundaries and Balance; and Emotional Intelligence. Very highly recommended for both community and academic library Health & Medicine instructional reference collections, it should be noted for personal reading lists that The Wellness Blueprint is also available in a Kindle edition (\$9.99). Midwest Book Review, Small Press Bookwatch: January 2016 FOUR out of FIVE STARS from Readers' Favorite! This is thus a rather more serious study than one devoted to good health. Interesting acronyms and lively examples make reading this book rather easy and recollecting thereafter even more so. Read the full review by Roy T. James at Readers' Favorite. The Wellness Blueprint is a book that will change lives.--Dr. Manonmani Antony We all seek to create a balance in our lives. The Wellness Blueprint and Dr. Clairborne are the essence of a well-balanced life. Lucky for you (and me), she is helping us to find a simple way to improve our mental, physical, and emotional health. With all the daily stressors in our lives, we can certainly use these simple tools to help us take back control of the way we want to live. Let's take a journey through creating a balance and allowing the process of change as it guides us to nurture our mind, body, and spirit. There is no magic, mystical, or complicated area that will prevent us from taking complete advantage of applying these simple tools to develop an improved self. The power of peace and serenity can be achieved with our commitment to let it happen. The Wellness Blueprint will keep you engaged in wanting to learn more about your health while it builds a high level of confidence and serves a remarkable sense of empowerment with an I can do this attitude. And the great thing about it: you can!--Dr. Dawn Kirnon FOUR out of FOUR Stars from OnlineBookClub.org I would recommend this book to a friend, however, particularly if this friend wanted to understand how to become a healthier person in every way. A lot of health focuses on physical health, which is important, but ignores mental, emotional, or any other kind of health that a person needs to keep up. I truly appreciate this holistic view. The author also delves into the practical side. Her suggestions are something people can actually do, which is very important when it comes to books about health.

ADDITIONAL RESOURCES

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