

STILL POINT WELLNESS ASHEVILLE

STILL POINT WELLNESS ASHEVILLE: YOUR OASIS OF CALM IN THE BLUE RIDGE MOUNTAINS

ARE YOU FEELING OVERWHELMED BY THE HUSTLE AND BUSTLE OF MODERN LIFE? LONGING FOR A SANCTUARY WHERE YOU CAN RECONNECT WITH YOURSELF AND FIND INNER PEACE? IF SO, THEN YOU'RE IN THE RIGHT PLACE. THIS COMPREHENSIVE GUIDE DELVES INTO THE WORLD OF STILL POINT WELLNESS ASHEVILLE, EXPLORING WHAT MAKES IT A UNIQUE AND HIGHLY SOUGHT-AFTER WELLNESS CENTER NESTLED IN THE HEART OF THE BEAUTIFUL BLUE RIDGE MOUNTAINS. WE'LL UNCOVER THE SERVICES OFFERED, THE PHILOSOPHY BEHIND THEIR APPROACH, AND WHY CHOOSING STILL POINT WELLNESS COULD BE THE TRANSFORMATIVE EXPERIENCE YOU'VE BEEN SEARCHING FOR. GET READY TO DISCOVER YOUR PATH TO SERENITY.

UNDERSTANDING STILL POINT WELLNESS ASHEVILLE: MORE THAN JUST A SPA

STILL POINT WELLNESS ASHEVILLE IS MORE THAN JUST ANOTHER SPA; IT'S A HOLISTIC WELLNESS CENTER DEDICATED TO HELPING INDIVIDUALS ACHIEVE OPTIMAL PHYSICAL, MENTAL, AND EMOTIONAL WELL-BEING. UNLIKE MANY SPAS THAT FOCUS SOLELY ON SUPERFICIAL TREATMENTS, STILL POINT INTEGRATES A DEEPER, MORE MINDFUL APPROACH TO WELLNESS. THEY BELIEVE THAT TRUE WELL-BEING STEMS FROM A HOLISTIC UNDERSTANDING OF THE SELF, ADDRESSING THE INTERCONNECTEDNESS OF BODY, MIND, AND SPIRIT. THIS PHILOSOPHY IS WOVEN INTO EVERY ASPECT OF THEIR SERVICES, CREATING A TRULY TRANSFORMATIVE EXPERIENCE.

A RANGE OF SERVICES TO MEET YOUR UNIQUE NEEDS

STILL POINT WELLNESS OFFERS A DIVERSE MENU OF SERVICES DESIGNED TO CATER TO INDIVIDUAL NEEDS AND PREFERENCES. THIS ISN'T A ONE-SIZE-FITS-ALL APPROACH; INSTEAD, THEY TAKE THE TIME TO UNDERSTAND YOUR SPECIFIC GOALS AND TAILOR A PLAN TO HELP YOU ACHIEVE THEM. SOME OF THEIR MOST POPULAR SERVICES INCLUDE:

MASSAGE THERAPY: FROM SWEDISH MASSAGE TO DEEP TISSUE WORK, THEIR SKILLED THERAPISTS PROVIDE CUSTOMIZED MASSAGE EXPERIENCES TO RELIEVE MUSCLE TENSION, IMPROVE CIRCULATION, AND PROMOTE RELAXATION. THEY OFTEN INCORPORATE ELEMENTS OF AROMATHERAPY AND OTHER HOLISTIC TECHNIQUES TO ENHANCE THE BENEFITS.

BODYWORK: BEYOND MASSAGE, STILL POINT OFFERS A RANGE OF BODYWORK MODALITIES, SUCH AS CRANIOSACRAL THERAPY AND MYOFASCIAL RELEASE. THESE TECHNIQUES ADDRESS DEEPER TISSUE RESTRICTIONS AND IMBALANCES, PROMOTING IMPROVED POSTURE, REDUCED PAIN, AND INCREASED BODY AWARENESS.

ENERGY HEALING: FOR THOSE SEEKING A MORE ENERGETIC APPROACH TO WELLNESS, STILL POINT OFFERS ENERGY HEALING MODALITIES LIKE REIKI AND SOUND HEALING. THESE PRACTICES AIM TO BALANCE ENERGY FLOW WITHIN THE BODY, PROMOTING RELAXATION, STRESS REDUCTION, AND A DEEPER SENSE OF WELL-BEING.

YOGA AND MEDITATION: STILL POINT UNDERSTANDS THE POWER OF MOVEMENT AND MINDFULNESS. THEY OFFER VARIOUS YOGA CLASSES, FROM GENTLE HATHA TO MORE INVIGORATING VINYASA STYLES, AS WELL AS GUIDED MEDITATION SESSIONS TO CULTIVATE INNER PEACE AND REDUCE STRESS.

WELLNESS WORKSHOPS AND RETREATS: FOR THOSE SEEKING A MORE IMMERSIVE EXPERIENCE, STILL POINT HOSTS REGULAR WORKSHOPS AND RETREATS FOCUSING ON VARIOUS ASPECTS OF WELLNESS, SUCH AS STRESS MANAGEMENT, MINDFUL LIVING, AND SELF-DISCOVERY. THESE EVENTS PROVIDE OPPORTUNITIES FOR DEEPER SELF-EXPLORATION AND CONNECTION WITH LIKE-MINDED INDIVIDUALS.

THE STILL POINT DIFFERENCE: A FOCUS ON PERSONALIZED CARE

WHAT TRULY SETS STILL POINT WELLNESS APART IS THEIR COMMITMENT TO PERSONALIZED CARE. THEY BELIEVE THAT A

TRULY EFFECTIVE WELLNESS JOURNEY REQUIRES A COLLABORATIVE APPROACH, WHERE THE CLIENT AND PRACTITIONER WORK TOGETHER TO ACHIEVE DESIRED OUTCOMES. THIS STARTS WITH A THOROUGH CONSULTATION, WHERE THEY TAKE THE TIME TO UNDERSTAND YOUR HEALTH HISTORY, GOALS, AND PREFERENCES. THIS PERSONALIZED ATTENTION ENSURES THAT YOU RECEIVE THE MOST APPROPRIATE AND EFFECTIVE TREATMENTS TO MEET YOUR UNIQUE NEEDS. THEIR PRACTITIONERS ARE HIGHLY TRAINED AND EXPERIENCED, POSSESSING A DEEP UNDERSTANDING OF THE HUMAN BODY AND THE INTRICATE CONNECTION BETWEEN PHYSICAL, MENTAL, AND EMOTIONAL HEALTH.

THE ASHEVILLE SETTING: A PERFECT BLEND OF NATURE AND WELLNESS

THE LOCATION ITSELF PLAYS A VITAL ROLE IN THE STILL POINT WELLNESS EXPERIENCE. NESTLED IN THE STUNNING BLUE RIDGE MOUNTAINS OF ASHEVILLE, NORTH CAROLINA, THE CENTER OFFERS A TRANQUIL AND INSPIRING SETTING. THE SURROUNDING NATURAL BEAUTY PROVIDES A CALMING BACKDROP FOR YOUR TREATMENTS, ALLOWING YOU TO FULLY IMMERSE YOURSELF IN THE HEALING PROCESS. THE PEACEFUL ATMOSPHERE CONTRIBUTES TO A SENSE OF RELAXATION AND REJUVENATION, ENHANCING THE OVERALL EFFECTIVENESS OF THE SERVICES OFFERED.

FINDING YOUR PATH TO SERENITY AT STILL POINT WELLNESS ASHEVILLE

STILL POINT WELLNESS ASHEVILLE PROVIDES A COMPREHENSIVE AND PERSONALIZED APPROACH TO WELLNESS, ENCOMPASSING PHYSICAL, MENTAL, AND EMOTIONAL WELL-BEING. BY COMBINING A DIVERSE RANGE OF SERVICES WITH A DEEP COMMITMENT TO CLIENT CARE AND A TRANQUIL MOUNTAIN SETTING, THEY CREATE A UNIQUE AND TRANSFORMATIVE EXPERIENCE. IF YOU'RE SEEKING A PATH TO GREATER SERENITY AND HOLISTIC WELLNESS, EXPLORING THE OFFERINGS OF STILL POINT WELLNESS COULD BE THE PERFECT STARTING POINT. THEIR WEBSITE PROVIDES DETAILED INFORMATION ON THEIR SERVICES, PRICING, AND SCHEDULING. TAKE THE FIRST STEP TOWARDS A HEALTHIER, HAPPIER YOU TODAY.

CONCLUSION

IN THE HEART OF ASHEVILLE, STILL POINT WELLNESS OFFERS A SANCTUARY FOR THOSE SEEKING A DEEPER CONNECTION WITH THEMSELVES AND A PATH TOWARDS HOLISTIC WELL-BEING. THEIR PERSONALIZED APPROACH, DIVERSE SERVICES, AND BREATHTAKING LOCATION COMBINE TO CREATE AN UNFORGETTABLE WELLNESS EXPERIENCE. WHETHER YOU'RE SEEKING RELAXATION, STRESS REDUCTION, OR A TRANSFORMATIVE JOURNEY OF SELF-DISCOVERY, STILL POINT WELLNESS ASHEVILLE IS WORTH EXPLORING.

FREQUENTLY ASKED QUESTIONS (FAQs)

1. WHAT FORMS OF PAYMENT DOES STILL POINT WELLNESS ACCEPT? STILL POINT WELLNESS TYPICALLY ACCEPTS MAJOR CREDIT CARDS, DEBIT CARDS, AND SOMETIMES CASH. IT'S ALWAYS BEST TO CHECK DIRECTLY WITH THEM FOR THE MOST UP-TO-DATE INFORMATION.
1. DO I NEED A REFERRAL TO BOOK AN APPOINTMENT? NO, YOU DO NOT NEED A REFERRAL TO BOOK AN APPOINTMENT AT STILL POINT WELLNESS.
1. WHAT IS THE CANCELLATION POLICY? STILL POINT WELLNESS GENERALLY HAS A CANCELLATION POLICY IN PLACE, USUALLY REQUIRING NOTICE WITHIN A CERTAIN TIMEFRAME TO AVOID A CANCELLATION FEE. CHECK THEIR WEBSITE OR CONTACT THEM DIRECTLY FOR SPECIFICS.
1. IS STILL POINT WELLNESS ACCESSIBLE TO INDIVIDUALS WITH DISABILITIES? IT'S RECOMMENDED TO CONTACT STILL

POINT WELLNESS DIRECTLY TO INQUIRE ABOUT ACCESSIBILITY FEATURES AND ACCOMMODATIONS AVAILABLE FOR INDIVIDUALS WITH DISABILITIES.

1. WHAT ARE THE HOURS OF OPERATION? THE HOURS OF OPERATION FOR STILL POINT WELLNESS ASHEVILLE CAN VARY. IT IS CRUCIAL TO VISIT THEIR WEBSITE OR CONTACT THEM DIRECTLY TO GET THEIR MOST CURRENT HOURS.

📖 **still point wellness asheville: Full Body Presence** Suzanne Scurlock-Durana, 2010 Many teachers stress the importance of living in the present moment. Few give the actual practices to make it attainable. This book teaches you how to return to the incredible navigational system of the body and more fully inhabit each moment. For over twenty-five years, Suzanne Scurlock-Durana has masterfully taught her step-by-step practice of present moment awareness through her own combination of bodywork and CranioSacral therapy. The practices of Full Body Presence help you find a deeper awareness in the moment, even in the midst of chaos, family and work demands, or the pressure to perform. This deeper awareness also brings a fuller sense of trust and confidence in yourself and in the world. Full Body Presence is filled with concrete, life-friendly explorations and instruction clearly presented in both the book and the free accompanying downloadable audio files.

still point wellness asheville: Reclaiming Your Body Suzanne Scurlock-Durana, 2017-05-15 A guided tour through the body's innate healing powers Many of us have learned to ignore, deny, or even mistrust the wise messages our bodies give us. The result is that when trauma strikes, a time when we need every aspect of our beings to master the challenge, we may find ourselves disconnected from our greatest strengths. Suzanne Scurlock-Durana, who has spent thirty years studying the gifts of the body and teaching thousands how to reclaim them, began to recognize this strength, which she likens to a GPS, when she herself experienced a life-threatening trauma. Here she walks readers through different areas of the body, revealing the wisdom they hold and how to reconnect with that wisdom. As she shows in this warm, compassionate book, the body's abilities are always available; we must simply reconnect with them.

still point wellness asheville: Budget-Friendly Plant-Based Diet Cookbook Kathy A. Davis, 2021-08-17 Learn how to eat well on a plant-based diet for \$50/week! Eating healthy on a budget can be a challenge. Doing so on a whole-food, plant-based diet can seem almost impossible. The Budget-Friendly Plant-Based Diet Cookbook proves it's both achievable and tasty to eat vegan on a budget. Discover more than 75 healthy, inexpensive plant-based recipes that will keep your taste buds jumping, your belly full, and your grocery bill in check. Explore new favorites: Sweet Potato Breakfast Hash, Ratatouille Pasta, Peanut Butter Energy Bites, and many more! This plant-based cookbook offers tips for frugal food shopping, clever ways to stretch your dollars, and strategies for longer-lasting leftovers. Plant-based basics—New to a plant-based diet? Find plant-based cooking methods and kitchen tips that spice up meal time while avoiding oil, salt, and sugar. Meal planning—Try the three-week meal plan for a whole-food, plant-based diet that only costs \$50 per week! Follow along or use it as a template to create your own plant-based meal plan. Price tagged—Each recipe includes nutritional information and the approximate price per serving to help you to stick to your budget. Save money and eat healthy with The Budget-Friendly Plant-Based Diet Cookbook.

still point wellness asheville: 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.

still point wellness asheville: The Last American Man Elizabeth Gilbert, 2009-08-17

_____ 'It is almost impossible not to fall under the spell of Eustace Conway ... his accomplishments, his joy and vigor, seem almost miraculous' - New York Times Review of Books 'Gilbert takes a bright-eyed bead on Eustace, hitting him square with a witty modernist appraisal of folkloric American masculinity' - The Times 'Conversational, enthusiastic, funny and sharp, the energy of The Last American Man never ebbs' - New Statesman _____ A fascinating, intimate portrait of an endlessly complicated man: a visionary, a narcissist, a brilliant but flawed modern hero At the age of seventeen, Eustace Conway ditched the comforts of his suburban existence to escape to the wild. Away from the crushing disapproval of his father, he lived alone in a teepee in the mountains. Everything he needed he built, grew or killed. He made his clothes from deer he killed and skinned before using their sinew as sewing thread. But he didn't stop there. In the years that followed, he stopped at nothing in pursuit of bigger, bolder challenges. He travelled the Mississippi in a handmade wooden canoe; he walked the two-thousand-mile Appalachian Trail; he hiked across the German Alps in trainers; he scaled cliffs in New Zealand. One Christmas, he finished dinner with his family and promptly upped and left - to ride his horse across America. From South Carolina to the Pacific, with his little brother in tow, they dodged cars on the highways, ate road kill and slept on the hard ground. Now, more than twenty years on, Eustace is still in the mountains, residing in a thousand-acre forest where he teaches survival skills and attempts to instil in people a deeper appreciation of nature. But over time he has had to reconcile his ambitious dreams with the sobering realities of modernity. Told with Elizabeth Gilbert's trademark wit and spirit, The Last American Man is an unforgettable adventure story of an irrepressible life lived to the extreme. The Last American Man is a New York Times Notable Book and National Book Critics Circle Award Finalist.

still point wellness asheville: Structural Balancing: A Clinical Approach Kyle C. Wright, 2010-01-19 Structural Balance: A Clinical Approach by Kyle Wright advances the reader's clinical knowledge and hands-on skills of trigger point therapy techniques, postural and body structural conditions that cause chronic pain and discomfort, and specific therapies and exercises for resolving those conditions. Appropriate for clinical courses in massage therapy, physical therapy, and chiropractic programs, this text provides a step-by-step illustrated guide of manipulations for easy learning of muscle pains and their causes. Content is practical and treatment specific, discussing muscle attachments, pain patterns, clinical notes, range-of-motion exercises, physical distortions, and proper positioning. Structural Balance teaches employable skills for a variety of healthcare specialties.

still point wellness asheville: CranioSacral Therapy: Touchstone for Natural Healing

John E. Upledger, 2001-05-31 In CranioSacral Therapy: Touchstone for Natural Healing, John E. Upledger, DO, OMM, recounts his development of CranioSacral Therapy. He shares poignant case studies of restored health: a five-year-old autistic boy, a man with Erb's palsy, a woman with a fifteen year history of severe headaches, and numerous others. And he offers simple CranioSacral Therapy techniques you can perform at home on yourself or loved ones.

still point wellness asheville: The Wedding Veil Kristy Woodson Harvey, 2022-03-29 This "masterfully woven...literary home run" (New York Journal of Books) follows four women across generations, bound by a beautiful wedding veil and a connection to the famous Vanderbilt family from the New York Times bestselling author of the Peachtree Bluff series. Four women. One family heirloom. A secret connection that will change their lives—and history as they know it. Present Day:

Julia Baxter's wedding veil, bequeathed to her great-grandmother by a mysterious woman on a train in the 1930s, has passed through generations of her family as a symbol of a happy marriage. But on the morning of her wedding day, something tells her that even the veil's good luck isn't enough to make her marriage last forever. Overwhelmed, she escapes to the Virgin Islands to clear her head. Meanwhile, her grandmother, Babs, is also feeling shaken. Still grieving the death of her beloved husband, she decides to move into a retirement community. Though she hopes it's a new beginning, she does not expect to run into an old flame, dredging up the same complicated emotions she felt a lifetime ago. 1914: Socialite Edith Vanderbilt is struggling to manage the luxurious Biltmore Estate after the death of her cherished husband. With 250 rooms to oversee and an entire village dependent on her family to stay afloat, Edith is determined to uphold the Vanderbilt legacy—and prepare her free-spirited daughter Cornelia to inherit it—despite her family's deteriorating financial situation. But Cornelia has dreams of her own, and as she explores more of the rapidly changing world around her, she's torn between upholding tradition and pursuing the exciting future that lies beyond Biltmore's gilded gates. In the vein of Therese Anne Fowler's *A Well-Behaved Woman* and Jennifer Robson's *The Gown*, *The Wedding Veil* is "a sparkling, fast-paced joy of a book that celebrates love, family, and the right to shape one's own destiny" (Kristin Harmel, New York Times bestselling author).

still point wellness asheville: Guests on Earth Lee Smith, 2013-10-15 "Reading Lee Smith ranks among the great pleasures of American fiction . . . Gives evidence again of the grace and insight that distinguish her work." —Robert Stone, author of *Death of the Black-Haired Girl* It's 1936 when orphaned thirteen-year-old Evalina Toussaint is admitted to Highland Hospital, a mental institution in Asheville, North Carolina, known for its innovative treatments for nervous disorders and addictions. Taken under the wing of the hospital's most notable patient, Zelda Fitzgerald, Evalina witnesses cascading events that lead up to the tragic fire of 1948 that killed nine women in a locked ward, Zelda among them. Author Lee Smith has created, through a seamless blending of fiction and fact, a mesmerizing novel about a world apart—in which art and madness are luminously intertwined.

still point wellness asheville: The Body Is Not an Apology Sonya Renee Taylor, 2018-02-13 *The Body Is Not an Apology* The Power of Radical Self-Love Against a global backdrop of war, social upheaval, and personal despair, there is a growing sense of urgency to challenge the systems of oppression that dehumanize bodies and strip us of our shared humanity. Rather than feel helpless in the face of oppression, world-renowned activist, performance poet, and author Sonya Renee Taylor teaches us how to turn to the power of radical self-love in her new book, *The Body Is Not an Apology*. Radical self-love is the guiding framework that transforms the learned self-hatred of our bodies and the prejudices we have about other people's bodies into a vision of compassion, equity, and justice. In a revolutionary departure from the corporate self-help and body-positivity movement, Taylor forges the inextricable bond between radical self-love and social justice. The first step is recognizing that we have all been indoctrinated into a system of body shame that profits off of our self-hatred. When we ask ourselves, Who benefits from our collective shame? we can begin to make the distinction between the messages we are receiving about our bodies or other bodies and the truth. This book moves us beyond our all-too-often hidden lives, where we are easily encouraged to forget that we are whole humans having whole human experiences in our bodies alongside others. Radical self-love encourages us to embark on a personal journey of transformation with thoughtful reflection on the origins of our minds and bodies as a source of strength. In doing this, we not only learn to reject negative messages about ourselves but begin to thwart the very power structures that uphold them. Systems of oppression thrive off of our inability to make peace with bodies and difference. Radical self-love not only dismantles shame and self-loathing in us but has the power to dismantle global systems of injustice—because when we make peace with our bodies, only then do we have the capacity to truly make peace with the bodies of others.

still point wellness asheville: The Kings and Queens of Roam Daniel Wallace, 2013-05-07 From the celebrated author of *Big Fish*, an imaginative, moving novel about two sisters and the dark

legacy and magical town that entwine them. In this new novel, a Southern literary master returns to the tradition of tall-tales and folklore.

still point wellness asheville: The End of Alzheimer's Program Dale Bredeesen, 2020-08-18 The instant New York Times bestseller The New York Times Best Selling author of The End of Alzheimer's lays out a specific plan to help everyone prevent and reverse cognitive decline or simply maximize brainpower. In The End of Alzheimer's Dale Bredeesen laid out the science behind his revolutionary new program that is the first to both prevent and reverse symptoms of Alzheimer's disease. Now he lays out the detailed program he uses with his own patients. Accessible and detailed, it can be tailored to anyone's needs and will enhance cognitive ability at any age. What we call Alzheimer's disease is actually a protective response to a wide variety of insults to the brain: inflammation, insulin resistance, toxins, infections, and inadequate levels of nutrients, hormones, and growth factors. Bredeesen starts by having us figure out which of these insults we need to address and continues by laying out a personalized lifestyle plan. Focusing on the Ketoflex 12/3 Diet, which triggers ketosis and lets the brain restore itself with a minimum 12-hour fast, Dr. Bredeesen drills down on restorative sleep, targeted supplementation, exercise, and brain training. He also examines the tricky question of toxic exposure and provides workarounds for many difficult problems. The takeaway is that we do not need to do the program perfectly but will see tremendous results if we can do it well enough. With inspiring stories from patients who have reversed cognitive decline and are now thriving, this book shifts the treatment paradigm and offers a new and effective way to enhance cognition as well as unprecedented hope to sufferers of this now no longer deadly disease.

still point wellness asheville: A Kids Book about Mindfulness Caverly Morgan, 2024-07-04

still point wellness asheville: The Elephant in the Room Tommy Tomlinson, 2020-01-14 ONE OF NPR'S BEST BOOKS OF 2019 A "warm and funny and honest...genuinely unputdownable" (Curtis Sittenfeld) memoir chronicling what it's like to live in today's world as a fat man, from acclaimed journalist Tommy Tomlinson, who, as he neared the age of fifty, weighed 460 pounds and decided he had to change his life. When he was almost fifty years old, Tommy Tomlinson weighed an astonishing—and dangerous—460 pounds, at risk for heart disease, diabetes, and stroke, unable to climb a flight of stairs without having to catch his breath, or travel on an airplane without buying two seats. Raised in a family that loved food, he had been aware of the problem for years, seeing doctors and trying diets from the time he was a preteen. But nothing worked, and every time he tried to make a change, it didn't go the way he planned—in fact, he wasn't sure that he really wanted to change. In The Elephant in the Room, Tomlinson chronicles his lifelong battle with weight in a voice that combines the urgency of Roxane Gay's Hunger with the intimacy of Rick Bragg's All Over but the Shoutin'. He also hits the road to meet other members of the plus-sized tribe in an attempt to understand how, as a nation, we got to this point. From buying a Fitbit and setting exercise goals to contemplating the Heart Attack Grill in Las Vegas, America's "capital of food porn," and modifying his own diet, Tomlinson brings us along on a candid and sometimes brutal look at the everyday experience of being constantly aware of your size. Over the course of the book, he confronts these issues head-on and chronicles the practical steps he has to take to lose weight by the end. "What could have been a wallow in memoir self-pity is raised to art by Tomlinson's wit and prose" (Rolling Stone). Affecting and searingly honest, The Elephant in the Room is an "inspirational" (The New York Times) memoir that will resonate with anyone who has grappled with addiction, shame, or self-consciousness. "Add this to your reading list ASAP" (Charlotte Magazine).

still point wellness asheville: A Soft Voice in a Noisy World Karl Robb, 2012-11 A compilation of insights, practical tools and inspirational suggestions for improving mind-body connection and empowering healing.

still point wellness asheville: Integrative Women's Health Victoria Maizes, Tieraona Low Dog, 2010-02-26 Women have made it clear that they desire a broader, integrative approach to their care. Here, for the first time, Integrative Women's Health weaves together the best of conventional treatments with mind-body interventions, nutritional strategies, herbal therapies, dietary

supplements, acupuncture, and manual medicine, providing clinicians with a roadmap for practicing comprehensive integrative care. Presenting the best evidence in a concise, accessible format, and written exclusively by female clinicians, this text addresses many aspects of women's health, including feminine perspectives on aging, spirituality and sexuality, specific recommendations for the treatment of cardiovascular disease, rheumatoid arthritis, HIV, headaches, multiple sclerosis, depression, anxiety, and cancer, as well as integrative approaches to premenstrual syndrome, pregnancy, menopause, fibroids, and endometriosis. Homeopathic, Ayurvedic and traditional Chinese medicine practitioners provide insight into the ways in which these systems manage reproductive conditions. As leading educators in integrative medicine, editors Dr. Maizes and Dr. Low Dog demonstrate how clinicians can implement their recommendations in practice, but they also go beyond practical care to examine how to motivate patients, enhance a health history, and understand the spiritual dimensions of healing.

still point wellness asheville: Girlvana Ally Maz, 2021-06-15 A handbook for the self--a compassionate, honest, and personal guide to empowering yourself, and others, for a safer and more inclusive world. BEING A TEENAGER can be a beautiful time in your life. But it can also be one filled with self-doubt, worries, and complicated relationships. Focusing on school and activities, friendship and family, feeling comfortable in your body, knowing and celebrating who you are in this world--it's hard to do all at once. Sometimes it may feel as though you're not doing it right, or that you don't know how to do it. Sometimes you may feel alone, and like you don't fit in--because you don't look like other people, or because you're not the right size or shape or skin color. It's tough to feel like you belong when so many things, like social media and the internet, are telling you that you don't. Girlvana will inspire you to connect with your body, mind, and community to become the best possible version of yourself. Using the ancient teachings of yoga and the foundations of meditation and breathwork, this book will teach you to explore yourself from the outside in--to honor your body, to invite and accept your feelings, to work through tough conversations and negative thoughts--to develop self-acceptance and self-love. Along the way, you'll also discover the power of finding and using your voice so you can become a better friend and ally; so you can speak out and fight against injustices and inequities; so you can use your privilege for good; and so you can, ultimately, demand change for a brighter world. Featuring yoga flows and meditations, and including breathing exercises and journaling prompts, Girlvana is the essential guide for any self-identified young woman in today's world.

still point wellness asheville: The Cellulite Myth Ashley Black, Joanna Hunt, 2017-02-07 Forget everything you've ever been told about cellulite—it's a myth! Ashley Black, fascia pioneer, and body guru to the stars, unveils never before known secrets to obliterating cellulite and changing your personal health paradigm. For years we've been conditioned to believe that cellulite is a fat problem, yet skinny girls have it, active girls have it, sedentary girls it, curvy girls have it, older women have it and, guess what, so do younger women. In fact, 90% of women struggle with it . . . you are not alone! The appearance of fat is affected by the sticky webbing of tissue it's housed in called fascia—which can be manipulated. Get ready for the most radical shift in health and beauty of the century! Obliterate cellulite, transform your body, and revolutionize your life!

still point wellness asheville: The Infertility Cure Randine Lewis, 2008-12-14 In The Infertility Cure, Dr. Lewis outlines her simple guidelines involving diet, herbs, and acupressure so that you can make use of her experience and expertise to create a nurturing, welcoming environment for a healthy baby. Dr. Randine Lewis offers you a natural way to support your efforts to get pregnant. The Infertility Cure addresses: Advanced maternal age Recurrent miscarriage Immunological fertility problems Male-factor infertility Hormonal imbalances and associated conditions Anovulation, luteal phase defect, amenorrhea, unexplained infertility Endometriosis, polycystic ovaries, tubal obstruction, uterine fibroids Improving the outcome of assisted reproductive techniques The Infertility Cure opens the door to new ideas about treating infertility that will dramatically increase your odds of getting pregnant -- the natural way.

still point wellness asheville: The Uninhabitable Earth David Wallace-Wells, 2019-02-19 #1

NEW YORK TIMES BESTSELLER • “The Uninhabitable Earth hits you like a comet, with an overflow of insanely lyrical prose about our pending Armageddon.”—Andrew Solomon, author of *The Noonday Demon* NAMED ONE OF THE BEST BOOKS OF THE YEAR BY *The New Yorker* • *The New York Times* Book Review • *Time* • NPR • *The Economist* • *The Paris Review* • *Toronto Star* • *GQ* • *The Times Literary Supplement* • *The New York Public Library* • *Kirkus Reviews* It is worse, much worse, than you think. If your anxiety about global warming is dominated by fears of sea-level rise, you are barely scratching the surface of what terrors are possible—food shortages, refugee emergencies, climate wars and economic devastation. An “epoch-defining book” (*The Guardian*) and “this generation’s *Silent Spring*” (*The Washington Post*), *The Uninhabitable Earth* is both a travelogue of the near future and a meditation on how that future will look to those living through it—the ways that warming promises to transform global politics, the meaning of technology and nature in the modern world, the sustainability of capitalism and the trajectory of human progress. *The Uninhabitable Earth* is also an impassioned call to action. For just as the world was brought to the brink of catastrophe within the span of a lifetime, the responsibility to avoid it now belongs to a single generation—today’s. LONGLISTED FOR THE PEN/E.O. WILSON LITERARY SCIENCE WRITING AWARD “The Uninhabitable Earth is the most terrifying book I have ever read. Its subject is climate change, and its method is scientific, but its mode is Old Testament. The book is a meticulously documented, white-knuckled tour through the cascading catastrophes that will soon engulf our warming planet.”—Farhad Manjoo, *The New York Times* “Riveting. . . . Some readers will find Mr. Wallace-Wells’s outline of possible futures alarmist. He is indeed alarmed. You should be, too.”—*The Economist* “Potent and evocative. . . . Wallace-Wells has resolved to offer something other than the standard narrative of climate change. . . . He avoids the ‘eerily banal language of climatology’ in favor of lush, rolling prose.”—Jennifer Szalai, *The New York Times* “The book has potential to be this generation’s *Silent Spring*.”—*The Washington Post* “The Uninhabitable Earth, which has become a best seller, taps into the underlying emotion of the day: fear. . . . I encourage people to read this book.”—Alan Weisman, *The New York Review of Books*

still point wellness asheville: *Dating After 50 For Dummies* Pepper Schwartz, 2014-01-06 Meet, date, and start a relationship with Mr. or Ms. Right-after 50 Almost everyone associates falling in love with their younger years, but as the boomer generation ages, more and more people over 50 are jumping back into the dating scene for the first time (in a long time) and need advice and guidance on how the dating world (and ways to find a soul mate) have changed since they last tested the water. *Dating After 50 For Dummies* covers the gamut of topics for those dating after 50: the physical and emotional benefits of sex and relationships as we age; dating confidence boosters; dating site options (and signing up for the first trial); safety concerns when dating; fun and different dating ideas; how to introduce a new partner to your children; and much more. Dating and relationship advice for baby boomers How to deal with medical issues that can make sex difficult Dating advice for gays and lesbians How to build self-esteem for dating after 50 If you're single and over 50, the trusted advice in *Dating After 50 For Dummies* gives you everything you need to get out there and meet the partner of your dreams.

still point wellness asheville: *Maia Toll's Wild Wisdom Companion* Maia Toll, 2021-11-23 *Maia Toll's Wild Wisdom Companion* guides readers in developing a personalized earth-based spiritual practice using rituals, writing prompts, recipes, symbols, and reflections tied to each season--

still point wellness asheville: *Grown and Flown* Lisa Heffernan, Mary Dell Harrington, 2019-09-03 PARENTING NEVER ENDS. From the founders of the #1 site for parents of teens and young adults comes an essential guide for building strong relationships with your teens and preparing them to successfully launch into adulthood The high school and college years: an extended roller coaster of academics, friends, first loves, first break-ups, driver's ed, jobs, and everything in between. Kids are constantly changing and how we parent them must change, too. But how do we stay close as a family as our lives move apart? Enter the co-founders of *Grown and Flown*, Lisa Heffernan and Mary Dell Harrington. In the midst of guiding their own kids through this transition, they launched what has become the largest website and online community for parents of fifteen to

twenty-five year olds. Now they've compiled new takeaways and fresh insights from all that they've learned into this handy, must-have guide. *Grown and Flown* is a one-stop resource for parenting teenagers, leading up to—and through—high school and those first years of independence. It covers everything from the monumental (how to let your kids go) to the mundane (how to shop for a dorm room). Organized by topic—such as academics, anxiety and mental health, college life—it features a combination of stories, advice from professionals, and practical sidebars. Consider this your parenting lifeline: an easy-to-use manual that offers support and perspective. *Grown and Flown* is required reading for anyone looking to raise an adult with whom you have an enduring, profound connection.

still point wellness asheville: *Refuge Recovery* Noah Levine, 2014-06-10 Bestselling author and renowned Buddhist teacher Noah Levine adapts the Buddha's Four Noble Truths and Eight Fold Path into a proven and systematic approach to recovery from alcohol and drug addiction—an indispensable alternative to the 12-step program. While many desperately need the help of the 12-step recovery program, the traditional AA model's focus on an external higher power can alienate people who don't connect with its religious tenets. *Refuge Recovery* is a systematic method based on Buddhist principles, which integrates scientific, non-theistic, and psychological insight. Viewing addiction as cravings in the mind and body, Levine shows how a path of meditative awareness can alleviate those desires and ease suffering. *Refuge Recovery* includes daily meditation practices, written investigations that explore the causes and conditions of our addictions, and advice and inspiration for finding or creating a community to help you heal and awaken. Practical yet compassionate, Levine's successful *Refuge Recovery* system is designed for anyone interested in a non-theistic approach to recovery and requires no previous experience or knowledge of Buddhism or meditation.

still point wellness asheville: *When Ghosts Come Home* Wiley Cash, 2021-09-21 Winner of the SIBA Southern Book Prize for Fiction “I loved it and devoured it with fury, straight to its blazing end.” —Lily King, author of *Writers & Lovers* From the New York Times bestselling author of *A Land More Kind Than Home*, a tender and haunting story of a father and daughter, crime and forgiveness, race and memory. When the roar of a low-flying plane awakens him in the middle of the night, Sheriff Winston Barnes knows something strange is happening at the nearby airfield on the coast of North Carolina. But nothing can prepare him for what he finds: a large airplane has crash-landed and is now sitting sideways on the runway, and there are no signs of a pilot or cargo. When the body of a local man is discovered—shot dead and lying on the grass near the crash site—Winston begins a murder investigation that will change the course of his life and the fate of the community that he has sworn to protect. Everyone is a suspect, including the dead man. As rumors and accusations fly, long-simmering racial tensions explode overnight, and Winston, whose own tragic past has followed him like a ghost, must do his duty while facing the painful repercussions of old decisions. Winston also knows that his days as sheriff may be numbered. He's up for re-election against a corrupt and well-connected challenger, and his deputies are choosing sides. As if these events weren't troubling enough, he must finally confront his daughter Colleen, who has come home grieving a shattering loss she cannot fully articulate. As the suspense builds and this compelling mystery unfolds, Wiley Cash delves deep into the hearts of these richly drawn, achingly sympathetic characters to reveal the nobility of an ordinary man struggling amidst terrifying, extraordinary circumstances.

still point wellness asheville: *Triggered* Donald Trump Jr., 2019-11-05 This is the book that the leftist elites don't want you to read: Donald Trump, Jr., exposes all the tricks that the left uses to smear conservatives and push them out of the public square, from online shadow banning to rampant political correctness. In *Triggered*, Donald Trump, Jr. exposes all the tricks that the left uses to smear conservatives and push them out of the public square, from online shadow banning to fake accusations of hate speech. No topic is spared from political correctness. This is the book that the leftist elites don't want you to read! Trump, Jr. writes about the importance of fighting back and standing up for what you believe in. From his childhood summers in Communist Czechoslovakia that began his political thought process, to working on construction sites with his father, to the major

achievements of President Trump's administration, Donald Trump, Jr. spares no details and delivers a book that focuses on success, perseverance, and determination.

still point wellness asheville: The Last Castle Denise Kiernan, 2017-09-26 A New York Times bestseller with an engaging narrative and array of detail" (The Wall Street Journal), the "intimate and sweeping" (Raleigh News & Observer) untold, true story behind the Biltmore Estate—the largest, grandest private residence in North America, which has seen more than 120 years of history pass by its front door. The story of Biltmore spans World Wars, the Jazz Age, the Depression, and generations of the famous Vanderbilt family, and features a captivating cast of real-life characters including F. Scott Fitzgerald, Thomas Wolfe, Teddy Roosevelt, John Singer Sargent, James Whistler, Henry James, and Edith Wharton. Orphaned at a young age, Edith Stuyvesant Dresser claimed lineage from one of New York's best known families. She grew up in Newport and Paris, and her engagement and marriage to George Vanderbilt was one of the most watched events of Gilded Age society. But none of this prepared her to be mistress of Biltmore House. Before their marriage, the wealthy and bookish Vanderbilt had dedicated his life to creating a spectacular European-style estate on 125,000 acres of North Carolina wilderness. He summoned the famous landscape architect Frederick Law Olmsted to tame the grounds, collaborated with celebrated architect Richard Morris Hunt to build a 175,000-square-foot chateau, filled it with priceless art and antiques, and erected a charming village beyond the gates. Newlywed Edith was now mistress of an estate nearly three times the size of Washington, DC and benefactress of the village and surrounding rural area. When fortunes shifted and changing times threatened her family, her home, and her community, it was up to Edith to save Biltmore—and secure the future of the region and her husband's legacy. This is the fascinating, "soaring and gorgeous" (Karen Abbott) story of how the largest house in America flourished, faltered, and ultimately endured to this day.

still point wellness asheville: Orthopedic Massage Whitney W. Lowe, 2009-04-08 Fully updated and revised Orthopedic Massage has been written for those interested in understanding and applying massage as an intervention for soft-tissue disorders. Recent research into the physiological effects of massage has strengthened the justification for its use in the treatment of soft-tissue pain and injury conditions. Orthopedic soft-tissue problems are common among the general population, whether from sports, occupational activities, or chronic pain. This text presents a comprehensive and in-depth look at the physiological nature of these conditions and the massage treatments most effective for their relief. A particular contribution this text makes is its validation for the role of massage in treating orthopedic conditions. In addition, it aims to help the clinician understand the relationship between the soft tissues to which they apply their techniques and the overall orthopedic disorder affecting their clients. Although written chiefly for massage practitioners, the lessons it teaches are relevant to any practitioner who is concerned with the treatment of soft-tissue injuries. Includes detailed technical information, extensive illustrations, and reliable reference material essential to everyday practice. Provides a comprehensive approach to treatment of common soft tissue pain and injury. Explains common orthopedic problems in detail, addressing biomechanics, kinesiology, and anatomy. Provides an in-depth discussion of the physiologic rationale for soft tissue treatments and explains those most effective for each condition. Integrates treatment approaches from across the field and gives detailed, easy-to-follow steps for their application. Compares traditional treatments with soft tissue manipulation for each problem discussed. Clearly links anatomy, physiology, and biomechanics with clinical practice. Designed for quick and easy reference with more than 200 high-quality full colour illustrations and numerous photos of treatment techniques. New clinical case studies and tips illustrate the techniques discussed. Now presented in full colour. New step-by-step photographs depict the techniques described in full detail. Increased artwork and photographs make learning more visual. Case studies demonstrate techniques and management in clinical practice Clinical hints and tips throughout. Greater guidance in treatment strategies to include 'Treatment Approaches' and 'Rehabilitation Protocol Considerations'.

still point wellness asheville: Earth Works H. Byron Ballard, 2018-05 Earth Works is a book

for a time of cultural change that author Byron Ballard calls Tower Time. This book explores long-term effects on both the planet and its inhabitants and includes tried-and-true rituals and ceremonies to improve resilience and face inevitable change with courage and humor. You will find ideas, inspiration, and hope.

still point wellness asheville: Wholeness Within Emily Smith, 2022-01-25 Feeling defeated? Lost as to what steps to take next in your life and career? Leave behind society's false ideas about how to achieve self-worth and success, and begin reclaiming your life. Wholeness Within will help you shift your perception, integrate your past, and accept yourself. A spiritual guidebook for the modern woman stepping into the unknown, Wholeness Within follows author and spiritual career coach Emily Smith on her journey from fear and victimhood to rapturous self-acceptance. Throughout, Emily shares her personal experiences of battling grief, burnout, anxiety, career dissatisfaction, addiction, and depression, which ultimately led her to a personal rebuilding and the development of a breakthrough coaching method that can help women everywhere shed negative self-images, create a career they actually love, and reclaim their narratives. In her twenties, Emily lived an alluring life that looked victorious on the outside. She worked in the corporate world, living in London and New York City, and had a stimulating social life. On the inside, she felt numb. She lost herself in relationships, alcohol, partying, and work. But after a cataclysmic event upended her life and cracked her heart open, Emily knew that in order to move forward she would have to find her way back to herself and figure out how to heal. What she didn't realize then was that she would have to come to terms with her past, trust in an unseen force to guide her, and revolutionize her entire belief system. Part memoir and part step-by-step guide, Wholeness Within is a framework for learning to trust and respect yourself, your intuition, and your emotions. With Emily's guidance, begin building an awareness of the energy around you, learn how to overcome mindset blocks, and take the steps toward aligning your authentic life and career. It only becomes possible to transform your life when you transform your perception of yourself. You have the power to cultivate wholeness within; you just need to wake up to it.

still point wellness asheville: FASTER Way to Fat Loss Amanda Tress, 2019-05-20 Are you one of the millions of individuals who have tried every fad diet on the market, and still can't meet your goals? Or maybe you're killing yourself at the gym, spending hours on the treadmill to maintain the perfect number on the scale. Regardless of your failing strategy, you're feeling exhausted, discouraged, and uninspired. Enter The FASTER Way to Fat Loss, a behind-the-scenes look at the lifestyle sweeping the health and wellness industry. Since the creation of the program in 2016, the FASTER Way has helped tens of thousands of men and women lose fat and regain confidence. Through the book, Amanda Tress, author and creator of the FASTER Way to Fat Loss, details the core components of the FASTER Way and dives into the science that backs them up. Please note: Purchasing this book does NOT include participation in the official FASTER Way to Fat Loss program. Program registration must be purchased separately at www.fasterwaytofatloss.com.

still point wellness asheville: Searching for Home Waters Michael K. Steinberg, 2023-06-15 The brook trout (*Salvelinus fontinalis*) is an iconic species among fly anglers and cold-water conservationists in eastern North America. This fish registers as a powerful symbol for its beauty and its imagery in art and literature. Its presence also tells us a great deal about the health of the larger environment. When an angler has a brook trout in hand, there is confidence that the water is close to pristine. Besides being an important indicator species, the brook trout, with its gold and reddish markings and its camouflaged green and black back, is one of the most beautiful freshwater fish in North America. And beyond the beauty of the fish itself, the environment in which it is found is also part of its past and present appeal. To fish for brook trout is often to fish in the last remote and rugged landscapes in the East, "fishscapes" that have not been polluted by stocking trucks that dump nonnative brown and rainbow trout in most of the East's accessible cold waterways. Searching for Home Waters is part science, part environmental history, and part personal journey of the author, Michael K. Steinberg, and those he interviewed during his travels. The work takes a broad perspective that examines the status of brook trout in the eastern United

States, employing a “landscape” approach. In other words, brook trout do not exist in a vacuum; they are impacted by logging, agriculture, fishing policies, suburban development, mining, air pollution, and climate change. Thus, while the book focuses specifically on the status and management of the brook trout—from Georgia to Labrador—it also tells the larger story of the status of the eastern environment. As a “pilgrimage,” this book is also a journey of the heart and contains Steinberg’s personal reflections on his relationship with the brook trout and its geography.

still point wellness asheville: *Intuitive Reiki for Our Times* Amy Z. Rowland, 2006-06-02 Most Western Reiki practitioners are taught Reiki without acknowledgment of the integral role intuition can play in helping to heal a client. Rowland shows practitioners how to inventory their intuitive abilities, and offers fully illustrated, practical techniques that certified Reiki practitioners and teachers can readily apply in their own practices.

still point wellness asheville: Maranatha Road Heather Bell Adams, 2017 2018 Independent Publisher Book Awards winner After Sadie's son, Mark, is gone, she doesn't have much use for other people, including her husband. The last person she wants to see is Tinley Greene, who shows up claiming she's pregnant with Mark's baby. Sadie knows Tinley must be lying because Mark was engaged and never would have betrayed his fiancée. So she refuses to help, and she doesn't breathe a word about it to anybody. But in a small, southern town like Garnet, nothing stays secret for long. Once Sadie starts piecing together what happened to Mark, she discovers she was wrong about Tinley. And when her husband is rushed to the hospital, Sadie must hurry to undo her mistake before he runs out of time to meet their grandchild.

still point wellness asheville: *The Dharma of Dogs* Tami Simon, 2017-07-01 We spend countless hours training our dogs, but how often do we consider what they have to teach us? Our canine companions aren't just our best friends, explains Tami Simon They naturally embody many of the spiritual principles we ourselves aspire to. The Dharma of Dogs shares the reflections of Buddhist writers and other teachers who have found a source of deep truth and practical wisdom beneath the furry surface of our four-legged friends. For anyone who loves dogs--and who has learned and grown through this special relationship--these essays offer humor, solace, inspiration, and insight into the life lessons our dogs make available to us. Readers join bestselling authors such as Alice Walker, Geneen Roth, Lama Surya Das, Mark Nepo, and others to explore such themes as unconditional love, connecting with nature, facing our fears, and more.

still point wellness asheville: Brave Soul Kayil York, 2020-10 Best Selling writer Kayil York's newest book Brave Soul is dedicated to the ones who give everything they have to fight their way to live through the brutality and hardships of life. This book is a battle cry for the ones who are struggling to make it on their own difficult journeys, who need a powerful message to help them push through the parts of life that burn and change the way their hearts beat. This book is for the weak, the strong, the coping, the struggling, the tormented, the disturbed, the daring, the valorous, the growing, and the fighters. This is all for you.

still point wellness asheville: The Handbook for Lightning Strike Survivors Michele Young-Stone, 2010 Surviving two lightning strikes in childhood, a traumatized Becca Burke becomes isolated from her disbelieving family members and bonds with Buckley Pitank, who grieves the loss of the mother who died from a lightning strike.

still point wellness asheville: The Do-It-Yourself Guide to Fighting the Big Motherfuckin' Sad, 9th Edition Adam Gnade, 2014-07 A personal how-to zine which gives advice on how to work through sadness or depression.

still point wellness asheville: The French Broad Wilma Dykeman, 1965

still point wellness asheville: Working Mother , 2000-10 The magazine that helps career moms balance their personal and professional lives.

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