

wellness core simply shreds

Wellness Core Simply Shreds: A Deep Dive into This Popular Dog Food

Are you looking for a dog food that helps your furry friend achieve peak physical condition? Have you heard whispers about Wellness Core Simply Shreds and its purported benefits? This comprehensive guide dives deep into Wellness Core Simply Shreds, exploring its ingredients, nutritional profile, suitability for different dogs, potential drawbacks, and ultimately, whether it's the right choice for your canine companion. We'll cover everything you need to know to make an informed decision, saving you hours of online research.

What is Wellness Core Simply Shreds?

Wellness Core Simply Shreds is a premium dog food formulated for adult dogs of all breeds and sizes. It's marketed as a recipe designed to promote lean muscle mass and a healthy weight, hence the "Shred" in the name. The key differentiator is its unique blend of high-quality protein sources and a carefully balanced nutrient profile, aimed at supporting active lifestyles. The "Simply" aspect suggests a focus on natural, easily digestible ingredients, avoiding artificial colors, flavors, and preservatives.

Ingredient Breakdown: What's Inside?

Let's delve into the ingredient list (remember to always check the most up-to-date packaging as formulations can slightly change). Typically, you'll find that Wellness Core Simply Shreds features:

Deboned Chicken or Deboned Turkey: These are usually the primary protein sources, providing essential amino acids for muscle building and overall health. The "deboned" aspect indicates a higher quality protein source with less bone content.

Chicken Meal or Turkey Meal: These concentrated protein sources provide additional protein density, boosting the overall protein content of the food. It's important to understand that while "meal" might sound less appealing, it's a common and effective way to concentrate protein in pet food.

Brown Rice, Barley, Oats: These are typically the primary carbohydrate sources, providing energy for your dog's daily activities. The use of whole grains is generally considered more beneficial than refined grains due to higher fiber content.

Chicken Fat (preserved with Mixed Tocopherols): This provides essential fatty acids for healthy skin and coat, as well as energy. The addition of Mixed Tocopherols (a form of Vitamin E) acts as a natural preservative.

Natural Flavor: This is a common addition to many dog foods and helps improve palatability. However, it's crucial to note that "natural flavor" doesn't always specify the exact source.

Fruits and Vegetables: Ingredients like cranberries, blueberries, and peas provide antioxidants and added nutritional benefits.

Note: Always refer to the specific ingredient list on the bag you purchase as ingredient ratios and specific ingredients can vary slightly between batches and formulations.

Nutritional Analysis: Is It Right for Your Dog?

Wellness Core Simply Shreds generally boasts a higher protein content compared to many other commercial dog foods. This is beneficial for active dogs or those needing to maintain or build lean muscle mass. However, the fat content is also moderately high, which is important for energy levels but should be considered if your dog is prone to weight gain. The fiber content is usually moderate, aiding in healthy digestion.

Before transitioning your dog to any new food, including Wellness Core Simply Shreds, consult your veterinarian. They can assess your dog's specific needs and determine if the nutritional profile is appropriate based on their age, breed, activity level, and any existing health conditions.

Wellness Core Simply Shreds: Pros and Cons

Pros:

High-Quality Protein Sources: The emphasis on deboned meat and meat meal provides a solid protein foundation.

Natural Ingredients: The avoidance of artificial colors, flavors, and preservatives is a significant plus for many pet owners.

Good for Active Dogs: The nutritional profile supports lean muscle mass and energy levels.

Generally Well-Received by Dogs: Many owners report that their dogs enjoy the taste and texture.

Cons:

Price: Wellness Core Simply Shreds is generally more expensive than many mainstream dog food brands.

Potential for Allergies: As with any food, individual dogs may exhibit allergies to specific ingredients. Always monitor your dog for any adverse reactions.

Limited Variety: While the Shreds formulation is popular, the range within the Simply line might be smaller compared to some other brands.

Higher Fat Content: While beneficial for energy, the higher fat content can be a concern for dogs prone to weight gain.

Is Wellness Core Simply Shreds Right for Your Dog?

Wellness Core Simply Shreds can be a great option for adult dogs who are active, need to maintain lean muscle, or benefit from a higher protein diet. However, it's not a one-size-fits-all solution. Consider these factors:

Your Dog's Activity Level: Highly active dogs will likely benefit from the higher protein and fat content.

Your Dog's Age: While suitable for adults, it may not be ideal for puppies or senior dogs with specific nutritional needs.

Your Dog's Health Conditions: Consult your veterinarian if your dog has any pre-existing health issues such as allergies or sensitivities.

Your Budget: Wellness Core is a premium brand, and it comes with a higher price tag.

Conclusion

Wellness Core Simply Shreds offers a high-quality, protein-rich option for many adult dogs. Its focus on natural ingredients and a balanced nutritional profile are attractive features for discerning pet owners. However, careful consideration of your dog's individual needs and budget is crucial before making the switch. Always consult your veterinarian to ensure it's the best choice for your furry friend.

FAQs

1. Can I feed Wellness Core Simply Shreds to puppies or senior dogs? While technically suitable for adult dogs, it might not be the optimal choice for puppies (who need different nutritional needs) or senior dogs (who may benefit from lower fat and higher fiber). Consult your vet.
1. Does Wellness Core Simply Shreds contain grains? Yes, it typically contains whole grains like brown rice, barley, and oats for energy and fiber.
1. What are the signs of an allergic reaction to Wellness Core Simply Shreds? Watch for symptoms such as skin irritation, digestive upset (vomiting, diarrhea), itching, or changes in coat condition. Contact your veterinarian immediately if you observe any of these.
1. Can I mix Wellness Core Simply Shreds with other dog foods? You can, but do it gradually to avoid digestive upset. Introduce the new food slowly over a period of several days, gradually increasing the proportion of Wellness Core Simply Shreds.
1. Where can I buy Wellness Core Simply Shreds? It's available at many pet stores, both online and brick-and-mortar, as well as through some veterinary clinics. Check your local retailers or online pet supply stores.

wellness core simply shreds: *Unlocking the Canine Ancestral Diet* Steve Brown, 2009-12

Ancestors and canine cousins of our dogs didn't eat crunchy kibble or meat 'n gravy in a can. They ate what they found or caught... and it wasn't cooked or enriched either! It was high in protein, with balanced fats, and usually included a few fruits, vegetables and grasses. Steve Brown, an expert on canine nutrition, shows how you can bring the benefits of the canine ancestral diet to your dog by feeding him differently as little as just one day a week. And no, you won't need to lead a pack of dogs on a hunting expedition! Just follow Steve's well-researched and easy to follow ABCs to make improvements to whatever your dog currently eats. BONUS! Raw food or home prepared feeders will learn how to balance nutrients more precisely, especially fats, for optimum health. A dog diet to get wild about! bull; Learn about the latest research on the importance of protein and healthy fats in your dog's diet. bull; Find out why commercial foods can't include these fragile-but-crucial nutrients, and how you can make sure your dog gets them. bull; Just one day a week, or more frequently if you choose, follow the simple recipes that balance the nutrition in the commercial food you are feeding-wet or dry!

wellness core simply shreds: *The South Asian Health Solution* Ronesh Sinha, MD, 2014-01-03

The South Asian Health Solution is the first book to provide an ancestral health-based wellness plan culturally tailored for those of South Asian ancestry living in India, the United States and across the world – a population identified as being at the highest risk for heart disease, diabetes, obesity, and related conditions. Dr. Ronesh Sinha, an internal medicine specialist in California's Silicon Valley, sees high risk South Asian patients and runs education and wellness programs for corporate clients. He has taken many South Asians out of the high risk, high body mass category and helped them reverse disease risk factors without medications. His comprehensive lifestyle modification approach has been validated by cutting edge medical science and the real-life success stories he profiles throughout the book.

wellness core simply shreds: *The Other End of the Leash* Patricia McConnell, Ph.D.,

2009-02-19 Learn to communicate with your dog—using their language “Good reading for dog lovers and an immensely useful manual for dog owners.”—The Washington Post An Applied Animal Behaviorist and dog trainer with more than twenty years' experience, Dr. Patricia McConnell reveals a revolutionary new perspective on our relationship with dogs—sharing insights on how “man's best friend” might interpret our behavior, as well as essential advice on how to interact with our four-legged friends in ways that bring out the best in them. After all, humans and dogs are two entirely different species, each shaped by its individual evolutionary heritage. Quite simply, humans are primates and dogs are canids (as are wolves, coyotes, and foxes). Since we each speak a different native tongue, a lot gets lost in the translation. This marvelous guide demonstrates how even the slightest changes in our voices and in the ways we stand can help dogs understand what we want. Inside you will discover:

- How you can get your dog to come when called by acting less like a primate and more like a dog
- Why the advice to “get dominance” over your dog can cause problems
- Why “rough and tumble primate play” can lead to trouble—and how to play with your dog in ways that are fun and keep him out of mischief
- How dogs and humans share personality types—and why most dogs want to live with benevolent leaders rather than “alpha wanna-bes!”

Fascinating, insightful, and compelling, *The Other End of the Leash* is a book that strives to help you connect with your dog in a completely new way—so as to enrich that most rewarding of relationships.

wellness core simply shreds: *Hands Free Mama* Rachel Macy Stafford, 2014-01-07

Discover the power, joy, and love of living a present, authentic, and intentional life despite a world full of distractions. If technology is the new addiction, then multitasking is the new marching order. We check our email while cooking dinner, send a text while bathing the kids, and spend more time looking into electronic screens than into the eyes of our loved ones. With our never-ending to-do lists and jam-packed schedules, it's no wonder we're distracted. But this isn't the way it has to be. Special education teacher, New York Times bestselling author, and mother Rachel Macy Stafford says enough is enough. Tired of losing track of what matters most in life, Rachel began practicing simple strategies that enabled her to momentarily let go of largely meaningless distractions and engage in

meaningful soul-to-soul connections. Finding balance doesn't mean giving up all technology forever. And it doesn't mean forgoing our jobs and responsibilities. What it does mean is seizing the little moments that life offers us to engage in real and meaningful interaction. In these pages, Rachel guides you through how to: Acknowledge the cost of your distraction Make purposeful connection with your family Give your kids the gift of your undivided attention Silence your inner critic Let go of the guilt from past mistakes And move forward with compassion and gratefulness So join Rachel and go hands-free. Discover what happens when you choose to open your heart--and your hands--to the possibilities of each God-given moment.

wellness core simply shreds: *Why Does He Do That?* Lundy Bancroft, 2003-09-02 In this groundbreaking bestseller, Lundy Bancroft—a counselor who specializes in working with abusive men—uses his knowledge about how abusers think to help women recognize when they are being controlled or devalued, and to find ways to get free of an abusive relationship. He says he loves you. So...why does he do that? You've asked yourself this question again and again. Now you have the chance to see inside the minds of angry and controlling men—and change your life. In *Why Does He Do That?* you will learn about: • The early warning signs of abuse • The nature of abusive thinking • Myths about abusers • Ten abusive personality types • The role of drugs and alcohol • What you can fix, and what you can't • And how to get out of an abusive relationship safely "This is without a doubt the most informative and useful book yet written on the subject of abusive men. Women who are armed with the insights found in these pages will be on the road to recovering control of their lives."—Jay G. Silverman, Ph.D., Director, Violence Prevention Programs, Harvard School of Public Health

wellness core simply shreds: *Deep Fitness* Philip Shepherd, Andrei Yakovenko, 2021-10-19 Fight aging, build strength, and achieve whole-body health in just 30 minutes a day, once or twice a week, with these 30 strength training exercises based on science and mindfulness practices—for people of all ages and activity levels. The mixed messages we've received about exercise, aerobics, and mental and physical fitness are all misleading...or at least incomplete. Clinical research shows that we lose muscle mass as we age, and that preventing muscle loss through strength training—more than cardio, stretching, or flexibility—is the key to staying active, healthy, and well. *Deep Fitness* introduces Mindful Strength Training to Failure (MSTF), a science-based method that reverses muscle loss and improves overall strength in just 1 or 2 30-minute sessions a week. MSTF exercises are simple and effective, and can be done at home with resistance bands and bodyweight, or with the machines at your local gym. Using slow reps, MSTF marries mindful body awareness with proven strength-training techniques to help you become stronger at any age. With more than 30 full-color exercises, *Deep Fitness* explains the science behind MSTF. It shows how the program boosts longevity and healthspan; aids weight loss and fat reduction; increases overall wellness and mental health; and can improve or reverse symptoms of: • Prediabetes and diabetes • Cardiovascular disease • Metabolic syndrome • Alzheimer's and dementia • Chronic inflammation • Osteoporosis • Other chronic illnesses Appropriate for people of all ages and activity levels, the exercises and techniques in *Deep Fitness* are effective, straightforward, and sustainable, helping you enjoy the vibrant, fit, whole-body health you deserve.

wellness core simply shreds: *The Abs Diet* David Zinczenko, 2004-06-19 Explains how to lose up to twenty pounds and create the washboard abdomen that every man wants, offering a meal plan, a workout program with a focus on lower-body exercises, twelve superfoods, and a simple maintenance plan.

wellness core simply shreds: *You Look Like That Girl* Lisa Jakub, 2015-06-15 At the age of twenty-two, Lisa Jakub had what she was supposed to want: she was a working actor in Los Angeles. She had more than forty movies and TV shows to her name, she had been in blockbusters like *Mrs. Doubtfire* and *Independence Day*, she walked the red carpet and lived in the house she bought when she was fifteen. But something was missing. Passion. Purpose. Happiness. Lisa had been working since the age of four, after a man approached her parents at a farmer's market and asked her to audition for a commercial. That chance encounter dictated the next eighteen years of her unusual—

and frequently awkward—life. She met Princess Diana... and almost fell on her while attempting to curtsy. She filmed in exciting locations... and her high school asked her not to come back. She went to fancy parties... and got kind of kidnapped that one time. Success was complicated. Making movies, traveling the world, and meeting intriguing people was fun for a while, but Lisa eventually realized she was living a life based on momentum and definitions of success that were not her own. She battled severe anxiety and panic attacks while feeling like she was living someone else's dream. Not wanting to become a child actor stereotype, Lisa retired from acting and left L.A. in search of a path that felt more authentic to her. In this funny and insightful book, Lisa chronicles the adventures of growing up in the film industry and her difficult decision to leave behind the only life she had ever known, to examine her priorities, and write the script for her own life. She explores the universal question we all ask ourselves: what do I want to be when I grow up?

wellness core simply shreds: Finding Vera Kerry Claire, 2018-06-22 Based on true events, 'Finding Vera' is the fictionalized story of a beautiful, intelligent, and sensitive German shepherd. After a difficult beginning, Vera's life spins out of control as she struggles to cope with her new family—two adult humans and two well-socialized, mature dogs who view her as the uncivilized punk sister. This is a story filled with anguish, joy, pain, and humor as the complexity of Vera's character is slowly revealed. Like a phoenix, she emerges triumphant. This novel illustrates some of the potential challenges of adopting a shelter dog, and the intensely rich and rewarding experience of working through the issues. Layered with a deep understanding of dogs, the author brings the dogs' points of view to life. You will never view your canine companion in the same way again.

wellness core simply shreds: Dinner: A Love Story Jenny Rosenstrach, 2012-06-19 Inspired by her beloved blog, dinneralovestory.com, Jenny Rosenstrach's *Dinner: A Love Story* is many wonderful things: a memoir, a love story, a practical how-to guide for strengthening family bonds by making the most of dinnertime, and a compendium of magnificent, palate-pleasing recipes. Fans of "Pioneer Woman" Ree Drummond, Jessica Seinfeld, Amanda Hesser, Real Simple, and former readers of *Cookie* magazine will revel in these delectable dishes, and in the unforgettable story of Jenny's transformation from enthusiastic kitchen novice to family dinnertime doyenne.

wellness core simply shreds: Well, That Escalated Quickly Franchesca Ramsey, 2018-05-22 A sharp and timely exploration of race, online activism, and real communication in the age of social media rants, trolls, and call-out wars, from veteran video blogger and star of MTV's *Decoded* Franchesca Ramsey. Franchesca Ramsey didn't set out to be an activist. Or a comedian. Or a commentator on identity, race, and culture, really. But then her YouTube video *What White Girls Say . . . to Black Girls* went viral. Twelve million views viral. Faced with an avalanche of media requests, fan letters, and hate mail, she had two choices: Jump in and make her voice heard or step back and let others frame the conversation. After a crash course in social justice and more than a few foot-in-mouth moments, she realized she had a unique talent and passion for breaking down injustice in America in ways that could make people listen and engage. In her first book, Ramsey uses her own experiences as an accidental activist to explore the many ways we communicate with each other—from the highs of bridging gaps and making connections to the many pitfalls that accompany talking about race, power, sexuality, and gender in an unpredictable public space...the internet. *Well, that Escalated Quickly* includes Ramsey's advice on dealing with internet trolls and low-key racists, confessions about being a former online hater herself, and her personal hits and misses in activist debates with everyone from bigoted Facebook friends and misguided relatives to mainstream celebrities and YouTube influencers. With sharp humor and her trademark candor, Ramsey shows readers we can have tough conversations that move the dialogue forward, rather than backward, if we just approach them in the right way.

wellness core simply shreds: On Food and Cooking Harold McGee, 2007-03-20 A kitchen classic for over 35 years, and hailed by *Time* magazine as a minor masterpiece when it first appeared in 1984, *On Food and Cooking* is the bible which food lovers and professional chefs worldwide turn to for an understanding of where our foods come from, what exactly they're made of, and how cooking transforms them into something new and delicious. For its twentieth anniversary,

Harold McGee prepared a new, fully revised and updated edition of *On Food and Cooking*. He has rewritten the text almost completely, expanded it by two-thirds, and commissioned more than 100 new illustrations. As compulsively readable and engaging as ever, the new *On Food and Cooking* provides countless eye-opening insights into food, its preparation, and its enjoyment. *On Food and Cooking* pioneered the translation of technical food science into cook-friendly kitchen science and helped birth the inventive culinary movement known as molecular gastronomy. Though other books have been written about kitchen science, *On Food and Cooking* remains unmatched in the accuracy, clarity, and thoroughness of its explanations, and the intriguing way in which it blends science with the historical evolution of foods and cooking techniques. Among the major themes addressed throughout the new edition are:

- Traditional and modern methods of food production and their influences on food quality
- The great diversity of methods by which people in different places and times have prepared the same ingredients
- Tips for selecting the best ingredients and preparing them successfully
- The particular substances that give foods their flavors, and that give us pleasure
- Our evolving knowledge of the health benefits and risks of foods

On Food and Cooking is an invaluable and monumental compendium of basic information about ingredients, cooking methods, and the pleasures of eating. It will delight and fascinate anyone who has ever cooked, savored, or wondered about food.

wellness core simply shreds: Qualitative Data Analysis Ian Dey, 2003-09-02 Qualitative Data Analysis shows that learning how to analyse qualitative data by computer can be fun. Written in a stimulating style, with examples drawn mainly from every day life and contemporary humour, it should appeal to a wide audience.

wellness core simply shreds: 7 Weeks to 50 Pull-Ups Brett Stewart, 2011-05-20 Offers a program to increase strength, muscle tone, and overall fitness in seven weeks.

wellness core simply shreds: Cooking Know-How Bruce Weinstein, Mark Scarbrough, 2009-03-30 Welcome to a whole new kind of cookbook. Knowing how to cook has challenged lots of men. Women, too. What most people learn is a specific recipe: how to make this pasta sauce, or that loaf of bread. What about learning how to cook in general? And not just the 'how' but the 'how come?' That requires a technique book. What you'll find in this book is an alphabetical list of sixty-five recipe-driven, technique-centered explications that build out into hundreds of dishes. Armed with the knowledge of the simple mechanics of a dish, the five or so steps it takes to make it, you can walk into the market, find what's fresh (or on special), bring it home, and have dinner on the table without any worries, any overly romantic pretensions, or any cookbooks piled on the floor: fresh every time—and your way, too. —from the Introduction The recipes are structured without being fussy and the majority are relatively easy. This is a welcome rarity, imparting a useful, innovative framework as well as the confidence to depart from it. —Publishers Weekly

wellness core simply shreds: Minimalist Baker's Everyday Cooking Dana Shultz, 2016-04-26 The highly anticipated cookbook from the immensely popular food blog Minimalist Baker, featuring 101 all-new simple, vegan recipes that all require 10 ingredients or less, 1 bowl or 1 pot, or 30 minutes or less to prepare Dana Shultz founded the Minimalist Baker blog in 2012 to share her passion for simple cooking and quickly gained a devoted worldwide following. Now, in this long-awaited debut cookbook, Dana shares 101 vibrant, simple recipes that are entirely plant-based, mostly gluten-free, and 100% delicious. Packed with gorgeous photography, this practical but inspiring cookbook includes:

- Recipes that each require 10 ingredients or less, can be made in one bowl, or require 30 minutes or less to prepare.
- Delicious options for hearty entrées, easy sides, nourishing breakfasts, and decadent desserts—all on the table in a snap
- Essential plant-based pantry and equipment tips
- Easy-to-follow, step-by-step recipes with standard and metric ingredient measurements

Minimalist Baker's Everyday Cooking is a totally no-fuss approach to cooking for anyone who loves delicious food that happens to be healthy too.

wellness core simply shreds: The Bulletproof Diet Dave Asprey, 2014-12-02 In his midtwenties, Dave Asprey was a successful Silicon Valley multimillionaire. He also weighed 300 pounds, despite the fact that he was doing what doctors recommended: eating 1,800 calories a day

and working out 90 minutes a day, six times a week. When his excess fat started causing brain fog and food cravings sapped his energy and willpower, Asprey turned to the same hacking techniques that made his fortune to hack his own biology, investing more than \$300,000 and 15 years to uncover what was hindering his energy, performance, appearance, and happiness. From private brain EEG facilities to remote monasteries in Tibet, through radioactive brain scans, blood chemistry work, nervous system testing, and more, he explored traditional and alternative technologies to reach his physical and mental prime. The result? The Bulletproof Diet, an anti-inflammatory program for hunger-free, rapid weight loss and peak performance. The Bulletproof Diet will challenge--and change--the way you think about weight loss and wellness. You will skip breakfast, stop counting calories, eat high levels of healthy saturated fat, work out and sleep less, and add smart supplements. In doing so, you'll gain energy, build lean muscle, and watch the pounds melt off. By ditching traditional diet thinking, Asprey went from being overweight and sick in his twenties to maintaining a 100-pound weight loss, increasing his IQ, and feeling better than ever in his forties. The Bulletproof Diet is your blueprint to a better life.

wellness core simply shreds: *Food Pets Die for* Ann N. Martin, 2008 The commercial pet food industry has a secret to hide -- and Ann Martin wants to make sure you know it. Her research reveals some startling facts: that the pet food industry conducts animal testing in order to improve their product, and includes euthanized cats and dogs in the mix to heighten protein content. In this revised and updated edition, Martin continues to explore the shocking processes by which commercial pet foods are produced. She offers alternative recipes for feeding pets, nutritional advice, and an exploration of Pet Peeves, in which she explores several scams aimed at pet owners. This groundbreaking book gives us a glimpse into exactly what we are doing when we buy pet food.

wellness core simply shreds: Strong Curves Bret Contreras, 2013-04-02 This is not your run-of-the-mill fitness book. Developed by world-renowned gluteal expert Bret Contreras, Strong Curves offers an extensive fitness and nutrition guide for women seeking to improve their physique, function, strength, and mobility. Contreras spent the last eighteen years researching and field-testing the best methods for building better butts and shapelier bodies. In Strong Curves, he offers the programs that have proven effective time and time again with his clients, allowing you to develop lean muscle, rounded glutes, and greater confidence. Each page is packed with information decoding the female anatomy, providing a better understanding as to why most fitness programs fail to help women reach their goals. With a comprehensive nutritional guide and over 200 strength exercises, this book gets women off the treadmill and furnishes their drive to achieve strength, power, and sexy curves from head to toe. Although the glutes are the largest and most powerful muscle group in the human body, they often go dormant due to lifestyle choices, leading to a flat, saggy bum. Strong Curves is the cure.

wellness core simply shreds: Understanding Modern Nigeria Toyin Falola, 2021-06-24 An introduction to the politics and society of post-colonial Nigeria, highlighting the key themes of ethnicity, democracy, and development.

wellness core simply shreds: Ambiguous Loss Pauline BOSS, Pauline Boss, 2009-06-30 When a loved one dies we mourn our loss. We take comfort in the rituals that mark the passing, and we turn to those around us for support. But what happens when there is no closure, when a family member or a friend who may be still alive is lost to us nonetheless? How, for example, does the mother whose soldier son is missing in action, or the family of an Alzheimer's patient who is suffering from severe dementia, deal with the uncertainty surrounding this kind of loss? In this sensitive and lucid account, Pauline Boss explains that, all too often, those confronted with such ambiguous loss fluctuate between hope and hopelessness. Suffered too long, these emotions can deaden feeling and make it impossible for people to move on with their lives. Yet the central message of this book is that they can move on. Drawing on her research and clinical experience, Boss suggests strategies that can cushion the pain and help families come to terms with their grief. Her work features the heartening narratives of those who cope with ambiguous loss and manage to leave their sadness behind, including those who have lost family members to divorce, immigration,

adoption, chronic mental illness, and brain injury. With its message of hope, this eloquent book offers guidance and understanding to those struggling to regain their lives. Table of Contents: 1. Frozen Grief 2. Leaving without Goodbye 3. Goodbye without Leaving 4. Mixed Emotions 5. Ups and Downs 6. The Family Gamble 7. The Turning Point 8. Making Sense out of Ambiguity 9. The Benefit of a Doubt Notes Acknowledgments Reviews of this book: You will find yourself thinking about the issues discussed in this book long after you put it down and perhaps wishing you had extra copies for friends and family members who might benefit from knowing that their sorrows are not unique...This book's value lies in its giving a name to a force many of us will confront--sadly, more than once--and providing personal stories based on 20 years of interviews and research. --Pamela Gerhardt, Washington Post Reviews of this book: A compassionate exploration of the effects of ambiguous loss and how those experiencing it handle this most devastating of losses ... Boss's approach is to encourage families to talk together, to reach a consensus about how to mourn that which has been lost and how to celebrate that which remains. Her simple stories of families doing just that contain lessons for all. Insightful, practical, and refreshingly free of psychobabble. --Kirkus Review Reviews of this book: Engagingly written and richly rewarding, this title presents what Boss has learned from many years of treating individuals and families suffering from uncertain or incomplete loss...The obvious depth of the author's understanding of sufferers of ambiguous loss and the facility with which she communicates that understanding make this a book to be recommended. --R. R. Cornelli, Choice Reviews of this book: Written for a wide readership, the concepts of ambiguous loss take immediate form through the many provocative examples and stories Boss includes, All readers will find stories with which they will relate...Sensitive, grounded and practical, this book should, in my estimation, be required reading for family practitioners. --Ted Bowman, Family Forum Reviews of this book: Dr. Boss describes [the] all-too-common phenomenon [of unresolved grief] as resulting from either of two circumstances: when the lost person is still physically present but emotionally absent or when the lost person is physically absent but still emotionally present. In addition to senility, physical presence but psychological absence may result, for example, when a person is suffering from a serious mental disorder like schizophrenia or depression or debilitating neurological damage from an accident or severe stroke, when a person abuses drugs or alcohol, when a child is autistic or when a spouse is a workaholic who is not really 'there' even when he or she is at home...Cases of physical absence with continuing psychological presence typically occur when a soldier is missing in action, when a child disappears and is not found, when a former lover or spouse is still very much missed, when a child 'loses' a parent to divorce or when people are separated from their loved ones by immigration...Professionals familiar with Dr. Boss's work emphasised that people suffering from ambiguous loss were not mentally ill, but were just stuck and needed help getting past the barrier or unresolved grief so that they could get on with their lives. --Asian Age Combining her talents as a compassionate family therapist and a creative researcher, Pauline Boss eloquently shows the many and complex ways that people can cope with the inevitable losses in contemporary family life. A wise book, and certain to become a classic. --Constance R. Ahrons, author of The Good Divorce A powerful and healing book. Families experiencing ambiguous loss will find strategies for seeing what aspects of their loved ones remain, and for understanding and grieving what they have lost. Pauline Boss offers us both insight and clarity. --Kathy Weingarten, Ph.D, The Family Institute of Cambridge, Harvard Medical School

wellness core simply shreds: Air Force Handbook 10-644 Survival Evasion Resistance Escape Operations, 27 March 2017 United States Government Us Air Force, 2017-06-06 Air Force Handbook 10-644 Survival Evasion Resistance Escape (SERE) Operations 27 March 2017 This handbook describes the various environmental conditions affecting human survival, and describes isolated personnel (IP) activities necessary to survive during successful evasion or isolating events leading to successful recovery. It is the fundamental reference document providing guidance for any USAF service member who has the potential to become isolated; deviations require sound judgment and careful consideration. This publication provides considerations to be used in planning and execution for effective mission accomplishment of formal USAF Survival, Evasion, Resistance, and

Escape (SERE) training, environmentally specific SERE training, and combat survival continuation training programs. The tactics, techniques, and procedures in this publication are recognized best practices presenting a solid foundation to assist USAF service members to maintain life and return with honor from isolating events.

wellness core simply shreds: Midnight Sun Stephenie Meyer, 2020-08-04 #1 bestselling author Stephenie Meyer makes a triumphant return to the world of Twilight with this highly anticipated companion: the iconic love story of Bella and Edward told from the vampire's point of view. When Edward Cullen and Bella Swan met in Twilight, an iconic love story was born. But until now, fans have heard only Bella's side of the story. At last, readers can experience Edward's version in the long-awaited companion novel, Midnight Sun. This unforgettable tale as told through Edward's eyes takes on a new and decidedly dark twist. Meeting Bella is both the most unnerving and intriguing event he has experienced in all his years as a vampire. As we learn more fascinating details about Edward's past and the complexity of his inner thoughts, we understand why this is the defining struggle of his life. How can he justify following his heart if it means leading Bella into danger? In Midnight Sun, Stephenie Meyer transports us back to a world that has captivated millions of readers and brings us an epic novel about the profound pleasures and devastating consequences of immortal love. An instant #1 New York Times BestsellerAn instant #1 USA Today BestsellerAn instant #1 Wall Street Journal BestsellerAn instant #1 IndieBound BestsellerApple Audiobook August Must-Listens Pick People do not want to just read Meyer's books; they want to climb inside them and live there. -- Time A literary phenomenon. -- New York Times

wellness core simply shreds: Textbook of Disaster Psychiatry Robert J. Ursano, Carol S. Fullerton, Lars Weisaeth, Beverley Raphael, 2017-05-23 This book presents a decade of advances in the psychological, biological and social responses to disasters, helping medics and leaders prepare and react.

wellness core simply shreds: Bring It! Tony Horton, 2010-12-21 The celebrity creator of the P90X workout and the author of several Biggest Loser titles outline Horton's fitness philosophy while counseling readers on how to design a customized program that incorporates strength training and metabolism-boosting foods.

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automated and connected and that function in real-time with remote access and control based on Internet-enabled tools. The IoT is bridging the physical world with the virtual world by combining augmented reality (AR), virtual reality (VR), machine learning and artificial intelligence (AI) to support the physical-digital integrations in the Internet of mobile things based on sensors/actuators, communication, analytics technologies, cyber-physical systems, software, cognitive systems and IoT platforms with multiple functionalities. These IoT systems have the potential to understand, learn, predict, adapt and operate autonomously. They can change future behaviour, while the combination of extensive parallel processing power, advanced algorithms and data sets feed the cognitive algorithms that allow the IoT systems to develop new services and propose new solutions. IoT technologies are moving into the industrial space and enhancing traditional industrial platforms with solutions that break free of device-, operating system- and protocol-dependency. Secure edge computing solutions replace local networks, web services replace software, and devices with networked programmable logic controllers (NPLCs) based on Internet protocols replace devices that use proprietary protocols. Information captured by edge devices on the factory floor is secure and accessible from any location in real time, opening the communication gateway both vertically (connecting machines across the factory and enabling the instant availability of data to stakeholders within operational silos) and horizontally (with one framework for the entire supply chain, across departments, business units, global factory locations and other markets). End-to-end security and privacy solutions in IoT space require agile, context-aware and scalable components with mechanisms that are both fluid and adaptive. The convergence of IT (information technology) and OT (operational technology) makes security and privacy by default a new important element where security is addressed at the architecture level, across applications and domains, using multi-layered distributed security measures. Blockchain is transforming industry operating models by adding trust to untrusted environments, providing distributed security mechanisms and transparent access to the information in the chain. Digital technology platforms are evolving, with IoT platforms integrating complex info

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Gildenhard, Louise Hodgson, 2014-09-03 In republican times, one of Rome's deadliest enemies was King Mithridates of Pontus. In 66 BCE, after decades of inconclusive struggle, the tribune Manilius proposed a bill that would give supreme command in the war against Mithridates to Pompey the Great, who had just swept the Mediterranean clean of another menace: the pirates. While powerful aristocrats objected to the proposal, which would endow Pompey with unprecedented powers, the bill proved hugely popular among the people, and one of the praetors, Marcus Tullius Cicero, also hastened to lend it his support. In his first ever political speech, variously entitled *pro lege Manilia* or *de imperio Gnaei Pompei*, Cicero argues that the war against Mithridates requires the appointment of a perfect general and that the only man to live up to such lofty standards is Pompey. In the section under consideration here, Cicero defines the most important hallmarks of the ideal military commander and tries to demonstrate that Pompey is his living embodiment. This course book offers a portion of the original Latin text, study aids with vocabulary, and a commentary. Designed to stretch and stimulate readers, the incisive commentary will be of particular interest to students of Latin at both AS and undergraduate level. It extends beyond detailed linguistic analysis and historical background to encourage critical engagement with Cicero's prose and discussion of the most recent scholarly thought.

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miracle, you will find the art of magical evocation a tremendously potent tool for change. Included are information and theory, as well as full instructions for all the rituals you will need to prepare for and then evoke spirits.

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