

wellness home at northstar healthcare

Wellness Home at Northstar Healthcare: Your Journey to Holistic Well-being

Are you searching for a haven of tranquility and rejuvenation? A place where personalized care meets holistic wellness? Then look no further than the Wellness Home at Northstar Healthcare. This comprehensive guide dives deep into what makes our wellness home unique, exploring our services, philosophy, and commitment to providing exceptional care. We'll answer your burning questions about our facilities, therapies, and the overall experience, painting a clear picture of the transformative journey awaiting you at Northstar.

Understanding the Northstar Healthcare Wellness Approach

At Northstar Healthcare, we believe wellness is more than just the absence of illness; it's a vibrant state of physical, mental, and emotional well-being. Our Wellness Home isn't just a facility; it's a sanctuary designed to nurture your inner peace and help you reach your optimal health potential. We take a holistic approach, integrating various therapies and personalized care plans to cater to each individual's unique needs and aspirations. Forget the sterile, impersonal atmosphere of traditional healthcare settings – we've created an environment that fosters healing, relaxation, and a sense of community.

A Range of Personalized Wellness Services

Our comprehensive wellness programs are designed to be flexible and adaptive, ensuring a perfect fit for your individual needs. We offer a wide range of services, including:

Individualized Therapy Sessions: Our team of experienced therapists provides tailored sessions focusing on physical therapy, occupational therapy, and speech therapy, all aimed at improving your functional abilities and overall quality of life. We use evidence-based techniques and regularly assess progress to ensure optimal outcomes.

Relaxation and Mindfulness Techniques: We understand the crucial role stress reduction plays in overall wellness. Our programs incorporate mindfulness meditation, guided imagery, and gentle yoga sessions designed to calm the mind and promote inner peace. These sessions are led by certified instructors and are tailored to all fitness levels.

Nutritional Counseling and Wellness Education: We believe that nourishment is fundamental to well-being. Our registered dietitians provide personalized nutritional guidance, helping you make informed food choices to support your health goals. We also offer educational workshops on healthy eating habits and lifestyle modifications.

Social and Recreational Activities: We foster a vibrant community atmosphere,

encouraging social interaction and participation in engaging activities. From gardening to art therapy to board games, we provide a wide array of options to stimulate the mind, body, and spirit. These activities are carefully curated to promote cognitive function and social engagement.

Comfortable and Supportive Accommodation: The Wellness Home itself is a calming oasis. We prioritize comfort and accessibility, ensuring a welcoming and supportive environment. Our rooms are spacious, well-lit, and designed to promote relaxation and rest.

The Northstar Difference: Our Commitment to Excellence

What truly sets the Wellness Home at Northstar Healthcare apart is our unwavering commitment to excellence. This commitment permeates every aspect of our operation, from the compassionate care provided by our staff to the meticulous attention to detail in our facilities. We prioritize:

Compassionate and Skilled Staff: Our team comprises highly trained and empathetic professionals who are passionate about helping our residents achieve their wellness goals. We maintain a high staff-to-resident ratio to ensure personalized attention and immediate support.

State-of-the-Art Facilities: Our facilities are modern, clean, and equipped with the latest technology to support our diverse range of therapies and programs. We regularly update our equipment and facilities to ensure we provide the highest quality care.

A Focus on Individualized Care: We recognize that each individual's journey to wellness is unique. Our personalized care plans are carefully designed to address specific needs and preferences, ensuring that every resident receives the most appropriate and effective care.

Transparency and Open Communication: We believe in maintaining open and honest communication with our residents and their families. We encourage active participation in the care planning process and provide regular updates on progress.

Embark on Your Wellness Journey Today

The Wellness Home at Northstar Healthcare offers more than just a place to recover; it's a place to thrive. It's a transformative experience designed to empower you to take control of your health and well-being. We encourage you to contact us to learn more about our services and schedule a tour of our facilities. Discover the peace, rejuvenation, and holistic wellness that awaits you at Northstar.

Conclusion

Choosing the right wellness center is a significant decision, and we understand the importance of finding a place that truly resonates with your needs and aspirations. The Wellness Home at Northstar Healthcare is committed to providing a nurturing and supportive environment where you can embark on a transformative journey toward optimal health and well-being. We invite you to explore our website or contact us directly to learn more about how we can help you achieve your wellness goals.

Frequently Asked Questions (FAQs)

1. What types of insurance do you accept? We accept a wide range of insurance plans. Please contact our admissions team directly to verify your specific coverage.
1. Do you offer short-term or long-term stays? We offer both short-term and long-term stay options to accommodate individual needs and preferences.
1. What are your visiting hours? Our visiting hours are flexible and can be arranged to suit your convenience. Please contact us to discuss visiting arrangements.
1. What is the cost of your services? The cost of our services varies depending on the individual's needs and the length of stay. We offer a range of payment options and are happy to discuss pricing in detail during a consultation.
1. How can I schedule a tour of the facilities? You can schedule a tour by contacting our admissions team via phone or email – details are available on our website.

wellness home at northstar healthcare: *Talk Rx* Neha Sangwan, 2015 Details a five-step process for learning how to communicate effectively in order to improve health, strengthen relationships, and reduce stress, while becoming comfortable with having honest exchanges.

wellness home at northstar healthcare: *Nurse-Managed Wellness Centers* Tine Hansen-Turton, MGA, JD, FCPP, FAAN, Philip A. Greiner, DNSc, RN, Mary Ellen T. Miller, PhD, RN, Ann C Deinhardt, 2009-03-16 Ö[M]eaningful, candid, honest, and visionary. This guide will get you started and keep you moving forwardÖ.[A]n excellent tool for any advanced practice nurse, faculty member, or student who wants to practice in the community. --Susan Sherman President, Independence Foundation (From the Foreword) Wellness centers continue to play a key role in enhancing access to health care and providing high-quality care for patients. Nurse-Managed Wellness Centers serves as a step-by-step guide to starting and sustaining an effective wellness center, whether non-profit or academic. Written for nurse and health care leaders, nurse educators, and students, this book demonstrates how to develop centers that provide important health promotion and disease prevention services to all populations. The contributors also share firsthand knowledge on how to address the challenges in developing wellness centers. Get step-by-step guidelines on how to: Begin and maintain a wellness center Assemble an advisory or governing board Write business plans and secure funding in an era of funding challenges Develop and maintain community partnerships Address mental health challenges in wellness centers Document and

measure patient outcomes With this book, nurse and health care leaders will obtain the critical tools necessary to successfully develop, manage, and lead their wellness centers.

wellness home at northstar healthcare: *The Health-Promoting Cookbook* Beverly Price, 1997 A vegan cookbook written for those interested in changing their diet to one that promotes health, as well as being tasty and easy to prepare. There are weekly integrated menus, and each fat-free recipe includes a complete nutritional analysis, as well as cooking and preparation times.

wellness home at northstar healthcare: 8 Keys to Safe Trauma Recovery: Take-Charge Strategies to Empower Your Healing (8 Keys to Mental Health) Babette Rothschild, 2010-01-04 Safe and effective principles and strategies for recovery from trauma. Trauma recovery is tricky; however, there are several key principles that can help make the process safe and effective. This book gives self help readers, therapy clients, and therapists alike the skills to understand and implement eight keys to successful trauma healing: mindful identification of what is helpful, recognizing survival, having the option to not remember, creating a supportive inner dialogue, forgiving not being able to stop the trauma, understanding and sharing shame, finding your own recovery pace; mobilizing your body, and helping others. This is not another book promoting a new method or type of treatment; rather, it is a necessary adjunct to self-help and professional recovery programs. After reading this book, readers will be able to recognize their own individual needs and evaluate whether those needs are being met. They will have the tools necessary to put themselves in the drivers seat, navigating their own safe road to recovery.

wellness home at northstar healthcare: Moody's OTC Unlisted Manual , 1999

wellness home at northstar healthcare: *Attending* Ronald Epstein, 2017-01-24 A guide to mindfulness as part of a safe, patient-centered health-care and medical practice describes the author's perspective-changing experiences as a Harvard Medical student at the sides of doctors who practiced in very different ways.

wellness home at northstar healthcare: *The Familiar Physician* Peter B. Anderson, Bud Ramey, Tom Emswiler, 2013-09-15 Powerful forces of change are at the core of Obamacare—and they could either strengthen or destroy our family doctors. It's a perfect storm that threatens our hope for more effective and personalized medical care and it holds the potential to drive our trusted Familiar Physicians toward extinction. In the midst of the storm is a new and promising approach within Obamacare called the medical home. Learn what you can do to help assure that the Familiar Physician, the basis for a strong physician-patient relationship, survives the approaching storm. On a national level, there are heroes here—doctors who redirected their lives to make this change happen. Not just for a few months, but for a decade-long crusade. This is the story of Dr. Peter Anderson, a pioneer in team care medicine and a passionate champion for primary care. The Familiar Physician is about the extraordinary vision of IBM's Dr. Martin Sepúlveda and the powerful crusade of advocacy carried out by IBM's Dr. Paul Grundy. Their ten-year quest to create solutions for this crisis in primary care has powerful outcomes. Hope is on the horizon, but the struggle is far from over.

wellness home at northstar healthcare: The Pleasure Trap Douglas J. Lisle, Alan Goldhamer, 2007-09-01 The authors offer unique insights into the factors that make us susceptible to dietary and lifestyle excesses, and present ways to restore the biological processes designed by nature to keep us running at maximum efficiency and vitality. A wake-up call to even the most health conscious people, The Pleasure Trap boldly challenges conventional wisdom about sickness and unhappiness in today's contemporary culture, and offers groundbreaking solutions for achieving change. Authors Douglas Lisle, Ph.D., and Alan Goldhamer, D.C., provide a fascinating new perspective on how modern life can turn so many smart, savvy people into the unwitting saboteurs of their own well-being. Inspired by stunning original research, comprehensive clinical studies, and their successes with thousands of patients, the authors construct a new paradigm for the psychology of health, offering fresh hope for anyone stuck in a self-destructive rut. Integrating principals of evolutionary biology with trailblazing, proactive strategies for well

wellness home at northstar healthcare: *Fix What You Can* Mindy Greiling, 2020-10-06 One

mother's fight to support her son and change a broken system In his early twenties, Mindy Greiling's son, Jim, was diagnosed with schizoaffective disorder after experiencing delusions that demanded he kill his mother. At the time, and for more than a decade after, Greiling was a Minnesota state legislator who struggled, along with her husband, to navigate and improve the state's inadequate mental health system. *Fix What You Can* is an illuminating and frank account of caring for a person with a mental illness, told by a parent and advocate. Greiling describes challenges shared by many families, ranging from the practical (medication compliance, housing, employment) to the heartbreaking—suicide attempts, victimization, and illicit drug use. Greiling confronts the reality that some people with serious mental illness may be dangerous and reminds us that medication works—if taken. The book chronicles her efforts to pass legislation to address problems in the mental health system, including obstacles to parental access to information and insufficient funding for care and research. It also recounts Greiling's painful memories of her grandmother, who was confined in an institution for twenty-three years—recollections that strengthen her determination that Jim's treatment be more humane. Written with her son's cooperation, *Fix What You Can* offers hard-won perspective, practical advice, and useful resources through a brave and personal story that takes the long view of what success means when coping with mental illness.

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wellness home at northstar healthcare: *Medical and Health Information Directory* , 2010

wellness home at northstar healthcare: The State of Black Girls Marline Francois-Madden, 2019-07 *The State of Black Girls* is a non-fiction piece whose aim is to empower young black girls in the face of the obstacles that stand before them each day. This book offers perspectives, activities, and prompts that can help you to know what factors are at play in life and in society, and how to navigate them with poise and success.

wellness home at northstar healthcare: Small Business Health Fairness Act of 2005 United States. Congress. House. Committee on Education and the Workforce, 2005

wellness home at northstar healthcare: *Fist of the North Star, Vol. 4* Buronson ,Tetsuo Hara, 2022-03-15 Ken, the wielder of the legendary Hokuto Shinken martial arts style, once trained with three other students of the technique. One of them, Jagi, could never accept their master's choice of Ken as the successor. Now Jagi has become a murderous wasteland warlord, terrorizing the innocent...in Ken's name! Ken must face off with Jagi to clear his reputation and restore the honor of Hokuto Shinken. But Jagi is not the only one of Ken's former brothers who may be using Hokuto Shinken for evil deeds... -- VIZ Media

wellness home at northstar healthcare: *Leisure Services Management* Amy R. Hurd, Robert J. Barcelona, Jo An M. Zimmerman, Janet Ready, 2019-01-23 *Leisure Services Management*, Second Edition, prepares students for the challenges they'll face as entry- to mid-level recreation and leisure managers. The book outlines the essential knowledge and skills that successful managers need to have and helps students build those competencies by encouraging them to think as managers. The text's activities, projects, and examples help students connect the competencies to real-world situations. *Leisure Services Management* begins by presenting a firm foundation of competency-based management. Students will learn what management is, what the manager's role is, and how their work affects their agency and their customers. They will also explore specific management areas such as marketing, financial management, human resources, employee development, communication, and evaluation. Throughout the text, students will be encouraged to apply their own experiences to the concepts being discussed to deepen their understanding of the profession. For each chapter, the authors provide experiential learning activities that simulate real on-the-job situations. Each of these activities asks students to assume one of the many roles of a new manager. They'll learn to deal with day-to-day management activities by completing work assignments and projects similar to those they'll assume as a manager. The activities will help students develop the competencies they'll need in order to meet the challenges of this evolving field. New to this edition of *Leisure Services Management* are the following student-friendly features:

Updated sidebars in which professionals in the field offer early career advice for future managers
Real examples from all three sectors—public, nonprofit, and commercial—giving a broad perspective of parks and recreation, tourism, sport, therapeutic recreation, and outdoor recreation
International perspectives and examples, encouraging students to think globally
Information about the exam for becoming a Certified Park and Recreation Professional (CPRP)
The text also includes a web study guide, which includes links to sample forms from the actual files of leisure managers to assist students in understanding and using important management tools. With an overview of key concepts by chapter, detailed case studies, a glossary, and a competency scorecard, the web study guide will help students build their knowledge of the content area, apply the information learned to their current work environment or a future internship, and prepare for future certifications. The competency-driven approach of *Leisure Services Management, Second Edition*, assists readers in gaining the knowledge and practicing the skills needed to begin a career in leisure management. Bolstered by the practical information in this text, new managers can contribute to the success of their organization as they enjoy the challenges and rewards of their new position.

wellness home at northstar healthcare: *Finding Your Own North Star* Martha Beck, 2002-01-29
New York Times bestselling author and Life Designs, Inc. creator Martha Beck shares her step-by-step program that will guide you to fulfill your own potential and create a joyful life. In this book, you'll start by learning how to read the internal compasses already built into your brain and body--and why you may have spent your life ignoring their signals. As you become reacquainted with your own deepest desires, you'll identify and repair any unconscious beliefs or unhealed emotional wounds that may be blocking your progress. This will change your life, but don't worry--although every life is unique, major transformations have common elements, and Beck provides a map that will guide you through your own life changes. You'll learn how to navigate every stage, from the first flickering appearance of a new dream to the planning and implementation of your own ideal life. Based on Dr. Beck's work as a Harvard-trained sociologist, research associate at Harvard Business School, instructor at Thunderbird Business School, and especially on her experiences with her clients over the last six years, *Finding Your Own North Star* offers thoroughly tested case studies, questionnaires, and exercises to help you articulate your core desires and act on them to build a more satisfying life. "Explorers depend on the North Star when there are no other landmarks in sight. The same relationship exists between you and your right life, the ultimate realization of your potential for happiness. I believe that a knowledge of that perfect life sits inside you just as the North Star sits in its unaltering spot." -- Martha Beck

wellness home at northstar healthcare: *Body & Soul* , 2006

wellness home at northstar healthcare: *Workplace Wellness that Works* Laura Putnam, 2015-06-08
A smarter framework for designing more effective workplace wellness programs
Workplace Wellness That Works provides a fresh perspective on how to promote employee well-being in the workplace. In addressing the interconnectivity between wellness and organizational culture, this book shows you how to integrate wellness into your existing employee development strategy in more creative, humane, and effective ways. Based on the latest research and backed by real-world examples and case studies, this guide provides employers with the tools they need to start making a difference in their employees' health and happiness, and promoting an overall culture of well-being throughout the organization. You'll find concrete, actionable advice for tackling the massive obstacle of behavioral change, and learn how to design and implement an approach that can most benefit your organization. Promoting wellness is a good idea. Giving employees the inspiration and tools they need to make changes in their lifestyles is a great idea. But the billion-dollar question is: what do they want, what do they need, and how do we implement programs to help them without causing more harm than good? *Workplace Wellness That Works* shows you how to assess your organization's needs and craft a plan that actually benefits employees. Build an effective platform for well-being Empower employees to make better choices Design and deliver the strategy that your organization needs Drive quantifiable change through more creative implementation Today's worksite wellness industry represents a miasma of competing trends,

making it nearly impossible to come away with tangible solutions for real-world implementation. Harnessing a broader learning and development framework, Workplace Wellness That Works skips the fads and shows you how to design a smarter strategy that truly makes a difference in employees' lives—and your company's bottom line.

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wellness home at northstar healthcare: Britannica Enciclopedia Moderna Encyclopaedia Britannica, Inc, 2011-06-01 The Britannica Enciclopedia Moderna covers all fields of knowledge, including arts, geography, philosophy, science, sports, and much more. Users will enjoy a quick reference of 24,000 entries and 2.5 million words. More than 4,800 images, graphs, and tables further enlighten students and clarify subject matter. The simple A-Z organization and clear descriptions will appeal to both Spanish speakers and students of Spanish.

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wellness home at northstar healthcare: Examining the Effects of Megamergers in the Telecommunications Industry United States. Congress. Senate. Committee on the Judiciary. Subcommittee on Antitrust, Monopolies, and Business Rights, 1995

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wellness home at northstar healthcare: Preventing Physician Burnout Mph Diane W Shannon, MD, Mba Paul Dechant, MD, 2020-06 The COVID-19 pandemic has exacerbated burnout for clinicians and administrators alike, heightening the need for this practical guide that provides a comprehensive approach to empowering physicians while ensuring organizational resilience. In this second edition of Preventing Physician Burnout: Curing the Chaos and Returning Joy to the Practice of Medicine, doctors Paul DeChant and Diane Shannon define burnout, explore the consequences for physicians, patients, and the health care system, identify the underlying causes that are fueling the burnout epidemic, and provide case studies with specific interventions that have demonstrated success in healing the broken clinical workplace. Based on their experience and extensive interviews with experts in burnout, health care, and Lean management, they give voice to patient advocates, burnout researchers, leaders of health care organizations, and the physicians themselves. DeChant and Shannon also share examples of strategies that hospitals and physician practices across the United States are using to address the root causes of burnout among physicians, including action items for preventing burnout and curbing the crisis. It is hard to see how we can create the health care system we want and need on the backs of joyless and unengaged doctors. This well-written, practical book offers the prescription we need to address this crisis. Robert Wachter, MD, author of The Digital Doctor: Hope, Hype, and Harm at the Dawn of Medicine's Computer Age

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wellness home at northstar healthcare: The Compu-mark Directory of U.S. Trademarks , 1991

wellness home at northstar healthcare: Taste Barb Stuckey, 2013-03-26 Whether it's a grilled cheese sandwich with tomato soup or a salted caramel coated in dark chocolate, you know when food tastes good. Now here's the amazing story behind why you love some foods and can't tolerate others. Whether it's a salted caramel or pizza topped with tomatoes and cheese, you know when food tastes good. Now, Barb Stuckey, a seasoned food developer to whom food companies turn for help in creating delicious new products, reveals the amazing story behind why you love some foods and not others. Through fascinating stories, you'll learn how our five senses work together to form flavor perception and how the experience of food changes for people who have lost their sense of smell or taste. You'll learn why kids (and some adults) turn up their noses at Brussels sprouts,

how salt makes grapefruit sweet, and why you drink your coffee black while your spouse loads it with cream and sugar. Eye-opening experiments allow you to discover your unique taster type and to learn why you react instinctively to certain foods. You'll improve your ability to discern flavors and devise taste combinations in your own kitchen for delectable results. What Harold McGee did for the science of cooking Barb Stuckey does for the science of eating in Taste--a calorie-free way to get more pleasure from every bite.

wellness home at northstar healthcare: *I Thought It Was Just Me (but it Isn't)* Brené Brown, 2008 First published in 2007 with the title: I thought it was just me: women reclaiming power and courage in a culture of shame.

wellness home at northstar healthcare: *Fox Cities Business Update* , 2000

wellness home at northstar healthcare: *The McDougall Program* John A. McDougall, 1991-08-01 A groundbreaking diet book from the bestselling author of The Starch Solution and The Healthiest Diet on the Planet Dr. John McDougall, bestselling author and creator of the nationally renowned diet and exercise program at the St. Helena Hospital in Deer Park, California, introduces his remarkable twelve-day plan. Building on the idea that the traditional meat-rich American diet is hazardous to our health, Dr. McDougall has developed a medically sound, low-fat, starch-based diet that not only facilitates weight loss but also reverses serious illness, without drugs, and provides a broad range of dramatic and lasting health benefits. Step-by-step, he takes you through his revolutionary new program, providing: • Over 130 easy-to-prepare recipes • Delicious day-by-day menus • Suggestions for healthful dining out Plus a comprehensive listing of health problems from arthritis to ulcer disease, comparing the traditional, often drastic medical approach and The McDougall Program's nutritionally based alternative. As featured in the book and movie Forks and Knives, John A McDougall delivers a powerful and effective food regiment.

wellness home at northstar healthcare: *Sherry Goes Sane* Sherry M. Joiner, 2013-11-21 Gripping and candidly honest, Sherry Goes Sane is a nonfiction memoir detailing the author's struggles and triumphs as a woman with mental illness. The story follows Sherry Joiner as she faces schizoaffective disorder while trying to overcome childhood abuse, her mother's suicide, and death of her brother from AIDS. While featuring honest insight into the thoughts and stressors faced by those with psychological disorders, the story also takes a grim look into a childhood plagued by abuse, illness, and loss--Page 4 of cover.

wellness home at northstar healthcare: *Pre-GED LearningExpress Staff*, 2010 This guide is for adult learners who wish to undertake a program of self-study in preparation for the GED Language Arts Writing Tests. It includes: --1 diagnostic and 2 practice exams with complete answer explanations, Review of all topics, including sentence structure, word usage, and writing tips, Mini-quizzes for all topics, Free access to an online exam, Tip boxes with mnemonic aids and study advice, Boost boxes with motivational information from potential employers

wellness home at northstar healthcare: *Intermittent Fasting Cookbook* Nicole Poirier, 2020-09-08 The Intermittent Fasting Cookbook is a quick-start guide to the how of intermittent fasting, with meal plans and recipes for various IF patterns and protocols.

wellness home at northstar healthcare: *Heart Breath Mind* Leah Lagos, 2020 A scientifically proven program to alter the body's physical baseline response to stress--working specifically with heart rate--to fine-tune reflexes and perform at maximum potential.

wellness home at northstar healthcare: *Biofeedback and Mindfulness in Everyday Life: Practical Solutions for Improving Your Health and Performance* Inna Khazan, 2019-07-30 A mind-body approach to taking control of your physical and emotional health. Biofeedback is the process of training your body to control its involuntary actions, such as breathing and heart rate. Minor changes to these actions can significantly improve physical and emotional well-being. In *Biofeedback and Mindfulness in Everyday Life*, Harvard Medical School faculty member Inna Khazan pairs biofeedback techniques with mindfulness practice to address some of life's most common ailments—from anxiety and fear to stress and insomnia. She begins with a description of basic physiological information, explaining concepts such as breathing and overbreathing. In Part Two she

dives into the practice of mindfulness. And in Part Three she zeroes in on applying this mind-body approach to an array of common problems. Khazan's approach outlines simple solutions for readers who want to improve the way they respond to challenges. She guides them through increasing their resilience and emotional flexibility while empowering them to take back control of their overall health.

wellness home at northstar healthcare: [Forthcoming Books](#) Rose Arny, 1997

wellness home at northstar healthcare: **The Day I Met My Shadow** , 2017-05-14 When a little boy goes outside to play, he discovers something mysterious, which he can't seem to get away from, no matter how hard he tries.

wellness home at northstar healthcare: **Heart Breath Mind** Leah Lagos, 2020-08-11 Stress is not in your head, it's in your body—this is the key to peak performance that Leah Lagos, PsyD, BCB, an internationally known expert in biofeedback and sport and performance psychology, wants us to know. In this book, she shares with readers for the first time the same program that she uses with top athletes, CEOs, business leaders—anyone who wants and needs to perform at their best. What makes her scientifically proven 10-week program unlike any other is that she recognizes the link between heart rhythms and stress to create specific, clinically tested exercises and breathing techniques that allow you to control your body's physical response to stress. She pairs this training with cognitive-behavioral exercises to offer a two-tiered process for strengthening health and performance, enabling readers to respond more flexibly to stressful situations, let go of negative thoughts and emotions, and ultimately be more focused and confident under pressure.

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