

women of wellness collierville

Women of Wellness Collierville: Your Guide to Thriving in the 'Ville

Are you a woman in Collierville, Tennessee, looking to prioritize your well-being? Feeling overwhelmed, stressed, or simply wanting to connect with like-minded individuals on a journey of self-improvement? Then you've come to the right place! This comprehensive guide dives deep into the vibrant wellness scene in Collierville, highlighting resources, communities, and opportunities specifically designed for women. We'll explore everything from yoga studios and fitness centers to support groups and healthy eating options, ensuring you have the tools and inspiration to cultivate a life of vibrant wellness.

Finding Your Tribe: Women's Support Groups in Collierville

Connecting with other women who understand your struggles and triumphs is invaluable on the wellness journey. Collierville offers several avenues for building supportive relationships. Look for local Facebook groups focused on women's health, fitness, or motherhood. Many churches and community centers also host women's groups centered around faith, fellowship, and mutual support. Don't underestimate the power of shared experiences; finding your tribe can significantly boost your overall well-being. Consider attending local events or workshops – they often provide opportunities for networking and forging connections.

Moving Your Body: Fitness Options for Collierville Women

Maintaining physical health is crucial for overall wellness. Fortunately, Collierville provides numerous options for women to stay active and engaged. From boutique fitness studios offering Zumba, Pilates, and spin classes to larger gyms with a variety of equipment and group fitness programs, there's something for every fitness level and preference. Consider exploring options like:

Outdoor activities: Collierville boasts beautiful parks and trails perfect for walking, jogging, or cycling. Joining a local running club or hiking group can add a social element to your fitness routine.

Yoga studios: Numerous yoga studios in Collierville offer various styles, from gentle Hatha to invigorating Vinyasa. Yoga is a fantastic way to improve flexibility, strength, and mindfulness.

Specialized fitness classes: Look for classes tailored to women's specific

needs, such as prenatal yoga, post-natal fitness, or strength training programs designed to address common female fitness concerns.

Remember to choose activities you genuinely enjoy – this will help you stick with your fitness goals long-term.

Nourishing Your Body: Healthy Eating in Collierville

Fueling your body with nutritious food is a fundamental aspect of wellness. Collierville has a growing number of restaurants and shops offering healthy and delicious options. Explore farmers' markets for fresh, locally-sourced produce. Seek out eateries that prioritize organic ingredients and whole foods. Don't be afraid to experiment with new recipes and cooking techniques to make healthy eating enjoyable and sustainable. Consider consulting a registered dietitian for personalized dietary guidance if needed.

Mindful Moments: Stress Reduction Techniques in Collierville

In today's fast-paced world, managing stress is paramount. Collierville offers several avenues for stress reduction and mindfulness practices:

Meditation and mindfulness classes: Many studios and centers offer guided meditation sessions and mindfulness workshops. These practices can help you cultivate inner peace and manage stress effectively.

Spa treatments: Indulge in a relaxing massage, facial, or other spa treatments to de-stress and rejuvenate.

Nature walks: Spending time in nature has been shown to reduce stress and improve mental well-being. Take advantage of Collierville's parks and green spaces for peaceful walks or picnics.

Beyond the Basics: Exploring Holistic Wellness in Collierville

Holistic wellness encompasses all aspects of your well-being – physical, mental, emotional, and spiritual. In Collierville, explore options like:

Acupuncture: This traditional Chinese medicine technique can help alleviate pain, reduce stress, and improve overall well-being.

Chiropractic care: Chiropractic adjustments can help improve posture, reduce pain, and enhance overall body function.

Massage therapy: Massage can help relieve muscle tension, reduce stress, and promote relaxation.

Remember to research practitioners carefully and choose those who align with your values and needs.

Building a Sustainable Wellness Routine

The key to long-term wellness is creating sustainable habits that fit seamlessly into your life. Start small, setting achievable goals and gradually incorporating new practices into your routine. Celebrate your successes along the way, and don't be discouraged by setbacks. Remember that wellness is a journey, not a destination. Be patient with yourself and enjoy the process of discovering what works best for you. Connect with others, find your support system, and embrace the vibrant wellness community in Collierville.

Conclusion:

Collierville offers a rich tapestry of resources and opportunities for women seeking to enhance their well-being. By leveraging the available resources, building supportive connections, and prioritizing self-care, you can create a life of vibrant wellness in the heart of Collierville. Embrace this journey, and discover the incredible potential within yourself.

FAQs:

1. Are there any women-only fitness classes in Collierville? Yes, many studios offer women-only classes, including yoga, Zumba, and strength training. Check local studio websites for schedules and details.
1. Where can I find affordable healthy food options in Collierville? Farmers' markets are a great place to find affordable, fresh produce. Many grocery stores also offer budget-friendly healthy choices.
1. What are some free resources for stress management in Collierville? Taking walks in local parks, practicing mindfulness techniques at home (many free guided meditations are available online), and connecting with supportive friends or family are excellent free options.
1. How can I find a support group for women in Collierville? Search local Facebook groups, check community center websites, and inquire at your place of worship or local health organizations.

1. Are there any holistic wellness practitioners in Collierville? Yes, Collierville has several practitioners offering acupuncture, massage therapy, and chiropractic care. Online searches will help you find practitioners and read reviews.

women of wellness collierville: *Mammography Centers Directory* Henry A. Rose, 2005 This guide to over 9,000 mammography facilities includes names, addresses, telephone and fax numbers, and geographical and alphabetical sections. From the publishers of the Hospital Telephone Directory.

women of wellness collierville: *The Standard Periodical Directory* , 1991

women of wellness collierville: Memphis Nicky Robertshaw, 2004-10 Best known for Elvis's Graceland Mansion, Memphis also boasts the blues mecca of Beale Street, barbecue to die for, and a plethora of historic sites and cultural opportunities. Enjoy Memphis with the savvy of a longtime resident with this thoroughly researched, detailed guide. Freelance writer Nicky Robertshaw contributes regularly to Memphis Magazine, Memphis Business Journal, Hotel & Motel Management and USA Today. She resides in Memphis.

women of wellness collierville: *Grant\$ for Public Health and Diseases* , 2000

women of wellness collierville: *AHA Guide to the Health Care Field* , 2007

women of wellness collierville: *Cumulative List of Organizations Described in Section 170 (c) of the Internal Revenue Code of 1954* , 2003

women of wellness collierville: *Cumulative List of Organizations Described in Section 170 (c) of the Internal Revenue Code of 1986* , 1997

women of wellness collierville: *Grant\$ for Mental Health, Addictions & Crisis Services* , 2000

women of wellness collierville: *Self-Care for Black Women* Oludara Adeeyo, 2022-01-11 Prioritize your wellbeing with these 150 self-care exercises designed specifically to help Black women revitalize their outlook on life, improve their mental health, eliminate stress, and self-advocate. Between micro- and macro-aggressions at school, at work, and everywhere in between, it's tough to prioritize physical and mental wellness as a Black woman, especially with a constant news cycle highlighting Black trauma. Now, with *The Self-Care for Black Women* you'll find more than 150 exercises that will help you radically choose to put yourself first. Whether you need a quick pick-me-up in the middle of the day, you're working through feelings of burnout, or you need to process a microaggression, this book has everything you need to feel more at peace. You'll find prompts like: -Map out your feelings about a microaggression -Make a list of your safe spaces -Detail out an entire day dedicated to your self-care -And more! It's time to put yourself first and prioritize your self-care once and for all—and this book is here to help you do just that.

women of wellness collierville: *Who's who in the South and Southwest* , 1993

women of wellness collierville: *Modern Healthcare* , 1998

women of wellness collierville: *Who's Who in the South and Southwest, 2001-2002* Marquis Who's Who, 2001-11

women of wellness collierville: *Official Gazette of the United States Patent and Trademark Office* , 2007

women of wellness collierville: Younger Sara Gottfried, 2017-03-07 "The breakthrough book we've been waiting for on . . . epigenetics and aging . . . [A] stunning achievement by one of our wisest and most thoughtful . . . physicians." —Mark Hyman, M.D., New York Times-bestselling author of *The Blood Sugar Solution* and director of the Cleveland Clinic Center for Functional Medicine Feel destined for cellulite, saddle bags, and belly fat? Does your family come from a long

line of Alzheimer's, cancer, or heart disease? Will nothing help your aging skin or declining libido or flagging energy? This book is for you. The assumption is that we are our genes. The scientific reality is that ninety percent of the signs of aging and disease are caused by lifestyle choices, not your genes. In other words, you have the capability to overcome and transform your genetic history and tendencies. Harvard/MIT-trained physician Sara Gottfried, M.D. has created a revolutionary seven-week program that empowers us to make the critical choices necessary to not just look young, but also feel young. Dr. Gottfried builds this book around the five-key factors that lead to accelerated aging—the muscle factor, the brain factor, the hormone factor, the gut factor, and the toxic fat factor. The seven-week program addresses these factors and treats them in an accessible and highly practical protocol and is as follows: Feed—Week 1 Sleep—Week 2 Move—Week 3 Release—Week 4 Expose—Week 5 Soothe—Week 6 Think—Week 7 Dr. Gottfried's program makes it possible to change the way you age, stay younger longer, and remain healthy and vibrant for all of your days. “Prepare to completely shift your paradigm around aging.” —JJ Virgin, New York Times-bestselling author of *The Virgin Diet* “An invaluable resource.” —Marianne Williamson, International bestselling author of *A Return to Love*

women of wellness collierville: *Off to a Good Start* Laurie T. Martin, Lisa Sontag-Padilla, 2014 Drawing on national, state, and local data, the Urban Child Institute partnered with RAND to explore the social and emotional well-being of children in Memphis and Shelby County, Tenn. The book highlights the importance of factors in the home, child care setting, and community that contribute to social and emotional development.

women of wellness collierville: *Beginnings*, 1991

women of wellness collierville: *Own Your Glow* Latham Thomas, 2017-09-26 *Own Your Glow* is an inspirational, actionable, and wildly enriching companion for change. Celebrity wellness and lifestyle guru, Latham Thomas provides soulful principles that offer an illuminated path for examining life's challenges, helping you curate your path to greatness, while embracing your uniquely feminine attributes. Packed with rituals, meditations, and snackable lifestyle tips, Thomas provides a clear framework for harnessing your passion, developing spiritual fitness, and embracing true vulnerability. This guide is for anyone who wants to witness her own life transform and contribute to the positive change of the world around her. Combining spiritual, psychological, and self-reflective tools, Thomas offers an antidote to the hustle-hard, make-it-happen mainstream culture and fosters slowing down, intentionality, and self-care as a pathway to empowerment. How much more potent and powerful would we all be if we embraced our inherent talents, strengths, and feminine edge, rather than dwelling in patterns of self-criticism, doubt, and catty competition? Thomas invites you to step into a soulful, fulfilling life of freedom, transcending self-destructive habits and creating a blueprint for a more gratifying, centered, and bountiful way of living. *Own Your Glow* is an awakening roar for women to mobilize, become the masters of their lives, and hold their crowned heads up high, letting their relentless light from within shine bright for the world.

women of wellness collierville: *The Soil Will Save Us* Kristin Ohlson, 2014-03-18 Thousands of years of poor farming and ranching practices—and, especially, modern industrial agriculture—have led to the loss of up to 80 percent of carbon from the world's soils. That carbon is now floating in the atmosphere, and even if we stopped using fossil fuels today, it would continue warming the planet. In *The Soil Will Save Us*, journalist and bestselling author Kristin Ohlson makes an elegantly argued, passionate case for our great green hope—a way in which we can not only heal the land but also turn atmospheric carbon into beneficial soil carbon—and potentially reverse global warming. As the granddaughter of farmers and the daughter of avid gardeners, Ohlson has long had an appreciation for the soil. A chance conversation with a local chef led her to the crossroads of science, farming, food, and environmentalism and the discovery of the only significant way to remove carbon dioxide from the air—an ecological approach that tends not only to plants and animals but also to the vast population of underground microorganisms that fix carbon in the soil. Ohlson introduces the visionaries—scientists, farmers, ranchers, and landscapers—who are figuring out in the lab and on the ground how to build healthy soil, which solves myriad problems: drought,

erosion, air and water pollution, and food quality, as well as climate change. Her discoveries and vivid storytelling will revolutionize the way we think about our food, our landscapes, our plants, and our relationship to Earth.

women of wellness collierville: Blue Mind Wallace J. Nichols, 2014-07-22 A landmark book by marine biologist Wallace J. Nichols on the remarkable effects of water on our health and well-being. Why are we drawn to the ocean each summer? Why does being near water set our minds and bodies at ease? In Blue Mind, Wallace J. Nichols revolutionizes how we think about these questions, revealing the remarkable truth about the benefits of being in, on, under, or simply near water. Combining cutting-edge neuroscience with compelling personal stories from top athletes, leading scientists, military veterans, and gifted artists, he shows how proximity to water can improve performance, increase calm, diminish anxiety, and increase professional success. Blue Mind not only illustrates the crucial importance of our connection to water; it provides a paradigm shifting blueprint for a better life on this Blue Marble we call home.

women of wellness collierville: *Consumers Index to Product Evaluations and Information Sources*, 1992

women of wellness collierville: STD Fact Sheet, 1978

women of wellness collierville: The Vaccine-Friendly Plan Paul Thomas, M.D., Jennifer Margulis, Ph.D., 2016-08-23 An accessible and reassuring guide to childhood health and immunity from a pediatrician who's both knowledgeable about the latest scientific research and respectful of a family's risk factors, health history, and concerns In The Vaccine-Friendly Plan, Paul Thomas, M.D., presents his proven approach to building immunity: a new protocol that limits a child's exposure to aluminum, mercury, and other neurotoxins while building overall good health. Based on the results from his pediatric practice of more than eleven thousand children, as well as data from other credible and scientifically minded medical doctors, Dr. Paul's vaccine-friendly protocol gives readers

- recommendations for a healthy pregnancy and childbirth
- vital information about what to expect at every well child visit from birth through adolescence
- a slower, evidence-based vaccine schedule that calls for only one aluminum-containing shot at a time
- important questions to ask about your child's first few weeks, first years, and beyond
- advice about how to talk to health care providers when you have concerns
- the risks associated with opting out of vaccinations
- a practical approach to common illnesses throughout the school years
- simple tips and tricks for healthy eating and toxin-free living at any age

The Vaccine-Friendly Plan presents a new standard for pediatric care, giving parents peace of mind in raising happy, healthy children. Praise for The Vaccine-Friendly Plan "Finally, a book about vaccines that respects parents! If you choose only one book to read on the topic, read The Vaccine-Friendly Plan. This impeccably researched, well-balanced book puts you in the driver's seat and empowers you to make conscientious vaccine decisions for your family."—Peggy O'Mara, editor and publisher, *Mothering Magazine* "Sure to appeal to readers of all kinds as a friendly, no-nonsense book that cuts through the rhetoric surrounding vaccines. It offers validation to those who avoid some or all, while offering those who do want to vaccinate help on how to do so safely. This is a great book for anyone with children in their lives."—*Natural Mother* "A valuable, science-supported guide to optimizing your child's health while you navigate through complex choices in a toxic, challenging world."—Martha Herbert, M.D., Ph.D., Harvard Medical School "An impressively researched guide, this important book is essential reading for parents. With clear and practical advice for shielding children from harmful toxins, it will compel us all to think differently about how to protect health."—Jay Gordon, M.D., FAAP "Rather than a one-size-fits-all vaccine strategy, the authors suggest thoughtful, individualized decisions based on research and collaboration between parents and clinicians—a plan to optimize a child's immune system and minimize any risks."—Elizabeth Mumper, M.D., founder and CEO, The Rimland Center for Integrative Pediatrics "This well-written and thought-provoking book will encourage parents to think through decisions—such as food choices and the timing of vaccines—that affect the well-being of their children. In a world where children's immune systems are increasingly challenged, this is a timely addition to the literature."—Harriet Lerner, Ph.D., bestselling author of *The Dance of Anger*

and The Mother Dance

women of wellness collierville: Corporate Giving Directory , 2007

women of wellness collierville: Six Pillars of Self-Esteem Nathaniel Branden, 1995-05-01
Nathaniel Branden's book is the culmination of a lifetime of clinical practice and study, already hailed in its hardcover edition as a classic and the most significant work on the topic. Immense in scope and vision and filled with insight into human motivation and behavior, *The Six Pillars Of Self-Esteem* is essential reading for anyone with a personal or professional interest in self-esteem. The book demonstrates compellingly why self-esteem is basic to psychological health, achievement, personal happiness, and positive relationships. Branden introduces the six pillars-six action-based practices for daily living that provide the foundation for self-esteem-and explores the central importance of self-esteem in five areas: the workplace, parenting, education, psychotherapy, and the culture at large. The work provides concrete guidelines for teachers, parents, managers, and therapists who are responsible for developing the self-esteem of others. And it shows why-in today's chaotic and competitive world-self-esteem is fundamental to our personal and professional power.

women of wellness collierville: Women, Food, And Hormones Sara Gottfried, 2021-09-21
New York Times best-selling author Dr. Sara Gottfried shares a new, female-friendly Keto diet that addresses women's unique hormonal needs, so readers can shed pounds and maintain the loss more easily. Most diet plans were created by men for men, but women's bodies don't work the same way. Popular programs can actually make it harder for women to lose weight, because they can wreak havoc on a woman's complex and delicate hormonal system. New York Times best-selling author Dr. Sara Gottfried has spent her career demystifying hormones and helping patients improve their health more broadly with personalized medicine. In *Women, Food, and Hormones*, Dr. Gottfried presents a groundbreaking new plan that helps women balance their hormones so they can lose excess weight and feel better. Featuring hormonal detoxification combined with a ketogenic diet that is tailor-made for women, coupled with an intermittent fasting protocol and over 50 delicious and filling recipes, this book shares a fat-burning solution that gets results.

women of wellness collierville: Memphis Tara M. Stringfellow, 2023-03-07 NATIONAL BESTSELLER • READ WITH JENNA BOOK CLUB PICK AS FEATURED ON TODAY • A spellbinding debut novel tracing three generations of a Southern Black family and one daughter's discovery that she has the power to change her family's legacy. "A rhapsodic hymn to Black women."—The New York Times Book Review "I fell in love with this family, from Joan's fierce heart to her grandmother Hazel's determined resilience. Tara Stringfellow will be an author to watch for years to come."—Jacqueline Woodson, New York Times bestselling author of *Red at the Bone* LONGLISTED FOR THE ASPEN WORDS LITERARY PRIZE • ONE OF THE BEST BOOKS OF THE YEAR: The Boston Globe, NPR, BuzzFeed, Glamour, PopSugar Summer 1995: Ten-year-old Joan, her mother, and her younger sister flee her father's explosive temper and seek refuge at her mother's ancestral home in Memphis. This is not the first time violence has altered the course of the family's trajectory. Half a century earlier, Joan's grandfather built this majestic house in the historic Black neighborhood of Douglass—only to be lynched days after becoming the first Black detective in the city. Joan tries to settle into her new life, but family secrets cast a longer shadow than any of them expected. As she grows up, Joan finds relief in her artwork, painting portraits of the community in Memphis. One of her subjects is their enigmatic neighbor Miss Dawn, who claims to know something about curses, and whose stories about the past help Joan see how her passion, imagination, and relentless hope are, in fact, the continuation of a long matrilineal tradition. Joan begins to understand that her mother, her mother's mother, and the mothers before them persevered, made impossible choices, and put their dreams on hold so that her life would not have to be defined by loss and anger—that the sole instrument she needs for healing is her paintbrush. Unfolding over seventy years through a chorus of unforgettable voices that move back and forth in time, *Memphis* paints an indelible portrait of inheritance, celebrating the full complexity of what we pass down, in a family and as a country: brutality and justice, faith and forgiveness, sacrifice and love.

women of wellness collierville: Live in Light Melanie Redd, 2019-04-09 Light the path to

growing up with 5-minute devotionals. Crushes, girl squad drama, school stress--not to mention figuring out who you are and what you want to be when you grow up--a lot happens in your teens that can make you feel left in the dark. Find the light--open this book and let the Scripture be your guide. Live In Light is every girl's guide to tackling their teenage years with the wisdom and comfort of the Bible. From navigating the pressure to be perfect on social media to dating and dealing with frenemies, these 5-minute devotionals help you to become the woman that both you and God want you to be. Inside these teen devotionals for girls, you'll find: 5-minute devotionals--Bring the Bible into your day at any moment with quick and practical readings. Relatable Scripture--Unpack lessons from the Bible with anecdotes you can apply to your daily life. A spiritual toolkit--Relate God's words to challenges and topics like social media, body image, self-worth and more. In a world filled with change, this book offers unwavering guidance to live under the bright light of faith.

women of wellness collierville: Next Medicine Walter Bortz, MD, 2011-01-03 Every year, the average American spends about \$7,300 on medical expenses. The typical Canadian pays \$2,700, the Briton only \$2,000. And yet, according to the World Health Organization, our healthcare system, in terms of total quality, ranks thirty-eighth in the world, right between Costa Rica and Slovenia. Not only do 40 million Americans lack health insurance, but more than 200,000 die each year because of medical mistakes. Our average life expectancy is lower than Cuba's. In Next Medicine, Dr. Walter Bortz zeroes in on why the American medicine is spiraling toward disaster. A physician with fifty years of experience and a leading authority on aging, Bortz argues that the financial interests of biotech and drug companies have distorted the healthcare system. Thanks to them, medicine today is economically motivated to treat disease rather than to prevent it. Heart disease, for example, is widely treated with drug interventions and invasive surgery--both of which are extravagantly profitable for pharmaceutical giants and hospitals. Daily exercise and a healthy diet, on the other hand, can prevent heart disease, and can be obtained by patients essentially for free--but there's no money in that. The medical-industrial complex has a vested interest in keeping us sick, and until that changes medicine will fail to effectively address the leading cause of disability and mortality today: chronic diseases like diabetes that are largely preventable. Bortz proposes a medical system that emphasizes personal responsibility and provides incentives for healthy lifestyle choices, along with new training for medical professionals. Through a lively narrative full of personal anecdotes and jarring statistics, Bortz makes a powerful case for a radically new medical system--one that is based on rigorous science and loosens the strangle hold of corporate interests on American health.

women of wellness collierville: Breast Cancer Screening and Diagnosis Mahesh K Shetty, 2014-09-19 This book presents the current trends and practices in breast imaging. Topics include mammographic interpretation; breast ultrasound; breast MRI; management of the symptomatic breast in young, pregnant and lactating women; breast intervention with imaging pathological correlation; the postoperative breast and current and emerging technologies in breast imaging. It emphasizes the importance of fostering a multidisciplinary approach in the diagnosis and treatment of breast diseases. Featuring more than 800 high-resolution images and showcasing contributions from leading authorities in the screening, diagnosis and management of the breast cancer patient, Breast Cancer Screening and Diagnosis is a valuable resource for radiologists, oncologists and surgeons.

women of wellness collierville: Mouth Matters Carol Vander Stope, 2010-01-18 Your dental professional can surmise you have heart disease, stroke risk, osteoporosis, diabetes, or pre-diabetes just by checking the condition of your gums and the bone around your teeth. You may have heard that poor gum management leads to heart disease, but the damage goes far beyond that. Through chronic inflammatory processes, gum disease reflects and influences general health and aging in ways not imagined just a few years ago. MOUTH MATTERS is the first book that describes how your oral health affects your heart, blood vessels, lungs, bones, and kidneys. It reviews how gum disease can influence diabetes and pregnancy outcomes, or cause the rejection of artificial joints. It introduces oral cancer risks and jaw-joint/clenching problems. And of course it explains many people's biggest fear -- how teeth are lost without pain or any other noticeable symptoms until the

end stages of the disease that leads to their loss. MOUTH MATTERS also tells you what you can do about it. If you want to live a long and vibrant life in our disease-ridden western society, you need to learn the vital strategies that control inflammation. The seeds for inflammation are sown decades before chronic inflammation expresses as disease. If you already suffer chronic inflammation, what you learn in these pages will help you douse the inflammatory fires. Educating yourself means you welcome the opportunity to take control of your health and the health of your family. Learn how to naturally strengthen your own body systems so you can resist disease, rather than create it!

women of wellness collierville: A Colored Woman In A White World Mary Church Terrell, 2020-11-16 Though today she is little known, Mary Church Terrell (1863-1954) was one of the most remarkable women of the late nineteenth and early twentieth centuries. Active in both the civil rights movement and the campaign for women's suffrage, Terrell was a leading spokesperson for the National American Woman Suffrage Association, the first president of the National Association of Colored Women, and the first black woman appointed to the District of Columbia Board of Education and the American Association of University Women. She was also a charter member of the National Association for the Advancement of Colored People. In this autobiography, originally published in 1940, Terrell describes the important events and people in her life. Terrell began her career as a teacher, first at Wilberforce College and then at a high school in Washington, D.C., where she met her future husband, Robert Heberton Terrell. After marriage, the women's suffrage movement attracted her interests and before long she became a prominent lecturer at both national and international forums on women's rights. A gifted speaker, she went on to pursue a career on the lecture circuit for close to thirty years, delivering addresses on the critical social issues of the day, including segregation, lynching, women's rights, the progress of black women, and various aspects of black history and culture. Her talents and many leadership positions brought her into close contact with influential black and white leaders, including Frederick Douglass, Booker T. Washington, Paul Laurence Dunbar, Robert Ingersoll, Elizabeth Cady Stanton, Susan B. Anthony, Jane Addams, and others. With a new introduction by Debra Newman Ham, professor of history at Morgan State University, this new edition of Mary Church Terrell's autobiography will be of interest to students and scholars of both women's studies and African American history.

women of wellness collierville: Defining Drug Courts National Association of Drug Court Professionals. Drug Court Standards Committee, 1997

women of wellness collierville: Teen Pregnancy and Parenting Keri Weed, Jody S Nicholson, Jaelyn R. Farris, 2014-08-01 Whether glamorised or stigmatised, teenage parenthood is all too often used to stand for a host of social problems, and empirical research results ignored. Identifying core controversies surrounding teen pregnancy and parenting, this book resolves misperceptions using findings from large-scale, longitudinal, and qualitative research studies from the US and other Western countries. Summarising the evidence and integrating it with a systems perspective, the authors explore ten prevalent myths about teenage parents, including: Teen pregnancy is associated with other behavior problems. Children of teen parents will experience cognitive delay, adjustment problems, and will themselves become teen parents. Better outcomes are achieved when teen mothers live with their own mothers. Teen pregnancy costs tax payers lots of money. Abstinence education is the best way to prevent teen pregnancy. Teen Pregnancy and Parenting ends by highlighting the prevention and intervention implications for families, practitioners, and policymakers. It will be of interest to academics and advanced students from a range of disciplines and professions including psychology, public policy, nursing, social work and sociology.

women of wellness collierville: Can't Hurt Me David Goggins, 2021-03-03 New York Times Bestseller Over 2.5 million copies sold For David Goggins, childhood was a nightmare -- poverty, prejudice, and physical abuse colored his days and haunted his nights. But through self-discipline, mental toughness, and hard work, Goggins transformed himself from a depressed, overweight young man with no future into a U.S. Armed Forces icon and one of the world's top endurance athletes. The only man in history to complete elite training as a Navy SEAL, Army Ranger, and Air Force Tactical

Air Controller, he went on to set records in numerous endurance events, inspiring Outside magazine to name him The Fittest (Real) Man in America. In *Can't Hurt Me*, he shares his astonishing life story and reveals that most of us tap into only 40% of our capabilities. Goggins calls this The 40% Rule, and his story illuminates a path that anyone can follow to push past pain, demolish fear, and reach their full potential.

women of wellness collierville: *Making Health Public* Charles L. Briggs, Daniel C. Hallin, 2016-05-20 This book examines the relationship between media and medicine, considering the fundamental role of news coverage in constructing wider cultural understandings of health and disease. The authors advance the notion of 'biomediatization' and demonstrate how health knowledge is co-produced through connections between dispersed sites and forms of expertise. The chapters offer an innovative combination of media content analysis and ethnographic data on the production and circulation of health news, drawing on work with journalists, clinicians, health officials, medical researchers, marketers, and audiences. The volume provides students and scholars with unique insight into the significance and complexity of what health news does and how it is created.

women of wellness collierville: *Present Perfect* Pavel G Somov, 2010-06-03 A revolutionary approach to overcoming perfectionism! A recent, randomized study—published by Mindfulness Journal—shows that *Present Perfect* is effective as a standalone intervention. The study found that those who had read the book experienced a statistically significant reduction of self-criticalness, a result that was still maintained at a six weeks follow-up (Wimberley, Mintz, & Suh, Mindfulness, Nov. 2015). While there's no doubt that setting high standards for yourself is a good thing, you've probably already noticed that perfectionism can come at a high price. And when you take steps to try to change, it's easy to be too hard on yourself and fall into the same traps that keep you feeling stressed and disappointed. This book presents a revolutionary approach to overcoming perfectionism—a way to transform your need for precision into self-acceptance, compassion, and love for each perfectly imperfect passing moment in our lives. In *Present Perfect*, you'll use the Buddhist psychology of mindfulness to learn to accept the present moment in all of its ordinary perfection. This book is filled with over 150 exercises and meditations that you can practice to become more flexible toward yourself and others without losing your love of a job well done. With this compassionate approach, you'll soon be able not only to accept life as it is, but also become more accepting and forgiving of yourself and others.

women of wellness collierville: *When Perfect Isn't Good Enough* Martin M. Antony, Richard P. Swinson, 2009-02-01 It's only natural to want to avoid making mistakes, but imperfection is a part of being human. And while perfectionists are often praised for their abilities, being constantly anxious about details can hold you back and keep you from reaching your full potential. In this fully revised and updated second edition of *When Perfect Isn't Good Enough*, you'll discover the root cause of your perfectionism, explore the impact of perfectionism on your life, and find new, proven-effective coping skills to help you overcome your anxiety about making mistakes. This guide also includes tips for dealing with other perfectionists and discussions about how perfectionism is linked to worry, depression, anger, social anxiety, and body image. As you complete the exercises in this book, you'll find it easier and easier to keep worries at bay and enjoy life — imperfections and all. This book has been awarded The Association for Behavioral and Cognitive Therapies Self-Help Seal of Merit — an award bestowed on outstanding self-help books that are consistent with cognitive behavioral therapy (CBT) principles and that incorporate scientifically tested strategies for overcoming mental health difficulties. Used alone or in conjunction with therapy, our books offer powerful tools readers can use to jump-start changes in their lives.

women of wellness collierville: *Congressional Record* United States. Congress, 2010 The Congressional Record is the official record of the proceedings and debates of the United States Congress. It is published daily when Congress is in session. The Congressional Record began publication in 1873. Debates for sessions prior to 1873 are recorded in *The Debates and Proceedings in the Congress of the United States (1789-1824)*, the *Register of Debates in Congress (1824-1837)*,

and the Congressional Globe (1833-1873)

women of wellness collierville: Cumulative List of Organizations Described in Section 170 (c) of the Internal Revenue Code of 1954 United States. Internal Revenue Service, 1998

women of wellness collierville: Happy Days Gabrielle Bernstein, 2022-02-22 A ** NEW YORK TIMES BESTSELLER! ** IF YOU WERE FREE FROM FEAR, WHO WOULD YOU HAVE THE FREEDOM TO BE? In Happy Days, #1 New York Times best-selling author Gabrielle Bernstein charts a clear path to releasing inner child wounds, unlearning fear, and remembering love so you can enjoy inner peace every day. What if you could wake up every day without anxiety? View your past with purpose, not regret? Live happy, peaceful, and free from fear? You can be the happiest person you know—and Gabrielle Bernstein will show you how. Gabby has long been loved as a spiritual teacher speaking to tens of thousands in sold-out venues throughout the world, and catalyst for profound inner change. Happy Days presents her most powerful teaching yet: a plan for transforming the pain of your past traumas, whatever that may be, into newfound strength and freedom. In this empowering book for releasing trauma, you'll learn: Why most people feel frozen in mental health patterns that make them unhappy—and what to do about it 9 transformational, yet untapped, techniques for peace and genuine happiness—from “reparenting” yourself to bodywork practices that work for freeing the stuck energy of past unprocessed trauma from your body The mindset shift that can do more for you than decades of personal work How to speak the unspeakable and go into the places that scare you—and come away with peace of mind and freer than ever before! This book is a game-changer filled with honesty and openness. The vulnerability Gabby offers within the pages of Happy Days will make you feel less alone. -Dr. Shefali Tsabary New York Times bestselling author and clinical psychologist Chapter Titles Include: Willing to Become Free Become Brave Enough to Wonder Why We Run Hiding behind the Body Speaking the Unspeakable Don't Call Me Crazy Love Every Part Freeing What's Frozen Reparenting Yourself Happy Days Ahead “This book is my gift to you,” Gabby writes. “It will answer your questions about why you feel blocked, scared, anxious, depressed, or alone, and it will liberate you from the belief system that has kept you small for so long. . . . By taking this path you will become the best version of yourself. You will become new.” No matter what you've been through in life, you can have a future filled with freedom, inner peace and happy days.

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