

awaken for wellness hudson

Awaken for Wellness Hudson: Your Journey to Holistic Wellbeing Starts Here

Are you feeling overwhelmed, stressed, or just plain exhausted? Do you crave a deeper connection to your body and mind, a sense of genuine wellbeing that transcends the daily grind? If so, you're not alone. Many of us are searching for ways to improve our overall health and happiness, and that's where Awaken for Wellness Hudson steps in. This comprehensive guide dives deep into what makes Awaken for Wellness Hudson unique, exploring its services, philosophy, and the transformative benefits it offers residents of the Hudson Valley. We'll cover everything you need to know to determine if this wellness center is the right fit for your journey towards a healthier, happier you.

Understanding Awaken for Wellness Hudson: More Than Just a Spa

Awaken for Wellness Hudson isn't your typical spa experience. While it certainly offers luxurious treatments, it's grounded in a holistic philosophy that addresses the mind, body, and spirit. It's a sanctuary designed to help you reconnect with your inner self and cultivate a lasting sense of wellbeing. This isn't just about fleeting relaxation; it's about sustainable change and a deeper understanding of your own unique needs.

The Core Pillars of Awaken for Wellness Hudson:

The philosophy at Awaken for Wellness Hudson rests on several key pillars:

1. **Personalized Wellness Plans:** Forget one-size-fits-all approaches. Awaken for Wellness Hudson believes in creating customized wellness plans tailored to each individual's unique needs and goals. Through consultations with experienced practitioners, they develop programs that address your specific concerns, whether it's stress management, improved sleep, weight loss, or enhanced energy levels.
1. **Integrative Therapies:** The center integrates a variety of therapeutic modalities, ensuring a comprehensive and effective approach to wellness. This might include massage therapy, acupuncture, yoga, meditation, nutritional counseling, and more. The combined effect of these therapies creates a synergistic approach to healing and transformation.

1. **Emphasis on Mindfulness and Self-Care:** Awaken for Wellness Hudson places a strong emphasis on the importance of mindfulness and self-care practices. They offer workshops and classes designed to teach you practical techniques for managing stress, improving your mental clarity, and cultivating a more compassionate relationship with yourself.
1. **Community and Connection:** The center fosters a sense of community among its clients, creating a supportive and encouraging environment. They offer group classes and workshops, providing opportunities to connect with like-minded individuals and share your journey.
1. **Commitment to Quality:** From their highly trained practitioners to the use of high-quality, organic products, Awaken for Wellness Hudson is committed to providing the highest standard of care. They believe that investing in your wellbeing is an investment in your overall health and happiness.

Specific Services Offered at Awaken for Wellness Hudson:

Awaken for Wellness Hudson provides a wide array of services designed to support your journey toward holistic wellbeing. These include, but are not limited to:

Massage Therapy: Various styles of massage, from deep tissue to Swedish, are available to alleviate muscle tension, reduce stress, and promote relaxation.
Acupuncture: This traditional Chinese medicine technique uses thin needles to stimulate specific points on the body to relieve pain, improve energy flow, and promote overall wellbeing.

Yoga and Pilates: Classes cater to all levels, helping to improve flexibility, strength, balance, and mindfulness.

Meditation and Mindfulness Workshops: Learn practical techniques to manage stress, improve focus, and cultivate inner peace.

Nutritional Counseling: Work with a registered dietitian to create a personalized nutrition plan that supports your health goals.

Energy Healing: Experience energy healing modalities to promote balance and well-being.

Spa Treatments: Indulge in luxurious spa treatments to enhance relaxation and rejuvenation.

Why Choose Awaken for Wellness Hudson?

Choosing a wellness center is a personal decision. However, Awaken for Wellness Hudson distinguishes itself through its:

Holistic Approach: Addressing the mind, body, and spirit for sustainable change.

Personalized Plans: Tailored programs to meet individual needs and goals.

Experienced Practitioners: Highly trained professionals dedicated to your wellbeing.

Supportive Community: A welcoming and encouraging environment.

Commitment to Quality: Using high-quality products and providing exceptional service.

The Awaken for Wellness Hudson Experience: A Transformation Awaits

Ultimately, Awaken for Wellness Hudson offers more than just treatments; it offers a transformative experience. It's a journey of self-discovery, healing, and empowerment. By investing in your wellbeing at Awaken for Wellness Hudson, you're investing in a healthier, happier, and more fulfilling life.

Conclusion:

Awaken for Wellness Hudson provides a unique and comprehensive approach to holistic wellbeing. Whether you're seeking stress relief, improved sleep, increased energy, or simply a deeper connection to yourself, the center offers a supportive and transformative environment to help you achieve your goals. Take the first step towards a healthier, happier you by contacting Awaken for Wellness Hudson today and embarking on your wellness journey.

Frequently Asked Questions:

1. What are the operating hours of Awaken for Wellness Hudson? Operating hours vary depending on the season and specific services. It's best to check their website or contact them directly for the most up-to-date information.
1. Do you offer gift certificates? Yes, Awaken for Wellness Hudson offers gift certificates, making it an ideal gift for birthdays, holidays, or any special occasion.

1. What forms of payment do you accept? They typically accept major credit cards, debit cards, and possibly cash. It's always best to confirm directly with the center.

1. Is Awaken for Wellness Hudson accessible to individuals with disabilities? The center strives to be accessible to all. It's recommended to contact them in advance to discuss any specific accessibility needs.

1. How can I book an appointment? Appointments can usually be booked online through their website or by contacting them directly via phone or email. Check their website for the most up-to-date booking information.

awaken for wellness hudson: The Awakened Company Catherine R. Bell, 2022-12-06 There is another way of doing business. The Awakened Company comes at a time of crisis in the business world, as evidenced by current world-wide financial instability, which was a cry for help from a bipolar boom-bust business model that's failing. From a mentality of profits first and growth at all cost, those in the know in the business world are coming to the realization this approach is no longer sustainable. The book's premise is that work isn't separate from life, and the metrics for success in business need to change at a fundamental level if the world is to transcend its present crises, which increasingly threaten us all. There is another way of doing business, and a shift in our behavior could in very short order fuel innovation, open up undreamed of markets, and by so doing bring prosperity to the entire planet. The Awakened Company adopts the premise that the world's greatest challenges will be solved by people working together in new ways. It is different from other business books in the sense that it blends proven business practices with insight from the wisdom traditions and leaders in business thought in a way that hasn't been done before. An awakened approach calls for a fundamental reset to today's economy, a shift to where businesses will be measured by their state of awareness, not profitability alone. In a world of economic uncertainty, The Awakened Company gives a roadmap to a new way of doing business -- a way that is humane, fosters innovation, and meets the needs of All stakeholders, including Mother Earth. - Tony Robbins, New York Times #1 Best-Selling Author, Entrepreneur, Philanthropist This is a must-read for those of us in the organization world-- David Daniels, M.D., Professor Emeritus, Stanford University

awaken for wellness hudson: The Last Best Cure Donna Jackson Nakazawa, 2013-02-21 One day Donna Jackson Nakazawa found herself lying on the floor to recover from climbing the stairs. That's when it hit her. She was managing the symptoms of the autoimmune disorders that had plagued her for a decade, but she had lost her joy. As a science journalist, she was curious to know what mind-body strategies might help her. As a wife and mother she was determined to get her life back. Over the course of one year, Nakazawa researches and tests a variety of therapies including meditation, yoga, and acupuncture to find out what works. But the discovery of a little-known branch of research into Adverse Childhood Experiences causes her to have an epiphany about her illness that not only stuns her—it turns her life around. Perfect for readers of Gretchen Rubin's The

Happiness Project, Nakazawa shares her unexpected discoveries, amazing improvements, and shows readers how they too can find their own last best cure.

awaken for wellness hudson: Awakening Artemis Vanessa Chakour, 2022-02-10 We all come from different cultures and practice different spiritual traditions, but we have one thing in common: we are all of the earth. Vanessa Chakour, founder of the rewilding programme Sacred Warrior, takes us on a journey to deepen our relationship with ourselves and the environment. *Awakening Artemis* is her love letter to the earth. Sharing her personal journey of rewilding, her stories act as tools, both practical and inspirational, to encourage growth, healing and reconnection to the regenerative power of the natural world. Vanessa will help you embrace the strength and beauty in the wild, the weeds, and the unsavoury parts of yourself in order to grow and heal. By allowing yourself and the earth to flourish and awakening your inner Artemis, Chakour promises that you will find joy, peace, compassion for yourself, others, and the planet.

awaken for wellness hudson: *Infinite Life* Robert Thurman, 2005-02-01 One of Time magazine's 25 Most Influential People in America writes about taking responsibility for our own happiness and our actions. Robert Thurman is America's most popular and charismatic Buddhist. His first book, *Inner Revolution*, is an international bestseller and his lectures sell out to thousands. *Infinite Life* demonstrates that our every action has infinite consequences for ourselves and others, here and now and after we are gone. He introduces the Seven Paths to reconstructing body and mind carefully in order to reduce the negative consequences and cultivate the positive. In his powerful, pragmatic style, Thurman delivers life-changing lessons on virtues and emotions through the lens of Buddhist practices and ways of thinking. He invites us to take responsibility for our actions and their consequences while we revel in the knowledge that our lives are truly infinite. *Infinite Life* is the ultimate guidebook to understanding our place in the universe and realizing how we can personally succeed while helping others.

awaken for wellness hudson: Awakening Your Inner Shaman Marcela Lobos, 2021-05-18 A powerful debut from one of the world's most respected shamanic teachers, following Marcela Lobos's journey in this world and the world of spirit. The stress, conflict, and crises of the outer world are a signal: the time has come to awaken your inner shaman. However, you don't need to be initiated into arcane mysteries to answer the call from Spirit. In this book, Marcela Lobos reveals how to use the maps offered by the shamanic Medicine Wheel and the hero's journey to activate your inner wisdom and live a self-realized existence of discovery, healing, and wholeness. From her childhood in a war-torn country to her initiation with the shamans of the Andes and her life today as a teacher and medicine woman, Marcela's story offers a flesh-and-bones context for each step on the archetypal journey to Self. It is also an invitation to step out from your ordinary life and take the first steps on your own quest for spiritual understanding and deep transformation: to learn to walk the Medicine Path and to find your own power and inner beauty.

awaken for wellness hudson: The Intellectual Devotional David S. Kidder, Noah D. Oppenheim, 2021-01-19 This daily digest of intellectual challenge and learning will arouse curiosity, refresh knowledge, expand horizons, and keep the mind sharp Millions of Americans keep bedside books of prayer and meditative reflection—collections of daily passages to stimulate spiritual thought and advancement. *The Intellectual Devotional* is a secular version of the same—a collection of 365 short lessons that will inspire and invigorate the reader every day of the year. Each daily digest of wisdom is drawn from one of seven fields of knowledge: history, literature, philosophy, mathematics and science, religion, fine arts, and music. Impress your friends by explaining Plato's Cave Allegory, pepper your cocktail party conversation with opera terms, and unlock the mystery of how batteries work. Daily readings range from important passages in literature to basic principles of physics, from pivotal events in history to images of famous paintings with accompanying analysis. The book's goal is to refresh knowledge we've forgotten, make new discoveries, and exercise modes of thinking that are ordinarily neglected once our school days are behind us. Offering an escape from the daily grind to contemplate higher things, *The Intellectual Devotional* is a great way to awaken in the morning or to revitalize one's mind before retiring in the evening.

awaken for wellness hudson: Oneness with All Life Eckhart Tolle, 2008 Presents author-selected inspirational passages from A New Earth enhanced by commissioned artwork.

awaken for wellness hudson: *Compass to Healing: My Journey to Wellness* Rebecca A. Houtsma, 2021-11-25 In the spring of 2015, I became very ill. For eighteen months, I could barely get off the couch. I was sick, had no energy, my anxiety went out of control, and I sank into a deep depression. In *Compass to Healing: My Journey to Wellness*, I share what happened to me when I finally gave up trying to fix, control, and micromanage the universe to protect my family and heal myself. *Compass to Healing: My Journey to Wellness* tells the story of my surrender to a higher power and the gifts and guidance that came to me in the form of a voice, signs, and messages, many of which I received from family, friends, and strangers, as I began to experiment with connecting, trusting, and communicating with that higher realm of power. In *Compass to Healing: My Journey to Wellness*, I begin to discover my own inner compass and a way out of fear and anxiety, and, in doing so, regain my health and courage and find myself gifted with miracles, faith, hope, and the great, healing love of family and friends—love that was there all along, and love that carried me through. I interpret my healing journey using the spiritual lens of the traditional, indigenous, Andean Medicine Wheel and its four cardinal directions. In *Compass to Healing: My Journey to Wellness*, my healing journey takes me south and west and brings me into contact with beautiful events, places, and people—each with something important to teach me.

awaken for wellness hudson: *The Awakened Brain* Lisa Miller, 2021-08-17 A groundbreaking exploration of the neuroscience of spirituality and a bold new paradigm for health, healing, and resilience—from a New York Times bestselling author and award-winning researcher “A new revolution of health and well-being and a testament to, and celebration of, the power within.”—Deepak Chopra, MD Whether it’s meditation or a walk in nature, reading a sacred text or saying a prayer, there are many ways to tap into a heightened awareness of the world around you and your place in it. In *The Awakened Brain*, psychologist Dr. Lisa Miller shows you how. Weaving her own deeply personal journey of awakening with her groundbreaking research, Dr. Miller’s book reveals that humans are universally equipped with a capacity for spirituality, and that our brains become more resilient and robust as a result of it. For leaders in business and government, truth-seekers, parents, healers, educators, and any person confronting life’s biggest questions, *The Awakened Brain* combines cutting-edge science (from MRI studies to genetic research, epidemiology, and more) with on-the-ground application for people of all ages and from all walks of life, illuminating the surprising science of spirituality and how to engage it in our lives: • The awakened decision is the better decision. With an awakened perception, we are more creative, collaborative, ethical, and innovative. • The awakened brain is the healthier brain. An engaged spiritual life enhances grit, optimism, and resilience while providing insulation against addiction, trauma, and depression. • The awakened life is the inspired life. Loss, uncertainty, and even trauma are the gateways by which we are invited to move beyond merely coping with hardship to transcend into a life of renewal, healing, joy, and fulfillment. Absorbing, uplifting, and ultimately enlightening, *The Awakened Brain* is a conversation-starting saga of scientific discovery packed with counterintuitive findings and practical advice on concrete ways to access your innate spirituality and build a life of meaning and contribution.

awaken for wellness hudson: *The Places that Scare You* Pema Chödrön, 2007 From the bestselling author of *When Things Fall Apart* comes a book that reveals that the secret to cultivating a compassionate heart and an enlightened mind lies in facing what we are most afraid of.

awaken for wellness hudson: *Healthy Sleep Habits, Happy Child* Marc Weissbluth, M.D., 2005-10-04 One of the country's leading researchers updates his revolutionary approach to solving--and preventing--your children's sleep problems Here Dr. Marc Weissbluth, a distinguished pediatrician and father of four, offers his groundbreaking program to ensure the best sleep for your child. In *Healthy Sleep Habits, Happy Child*, he explains with authority and reassurance his step-by-step regime for instituting beneficial habits within the framework of your child's natural sleep cycles. This valuable sourcebook contains brand new research that - Pinpoints the way daytime

sleep differs from night sleep and why both are important to your child - Helps you cope with and stop the crybaby syndrome, nightmares, bedwetting, and more - Analyzes ways to get your baby to fall asleep according to his internal clock--naturally - Reveals the common mistakes parents make to get their children to sleep--including the inclination to rock and feed - Explores the different sleep cycle needs for different temperaments--from quiet babies to hyperactive toddlers - Emphasizes the significance of a nap schedule - Rest is vital to your child's health growth and development. Healthy Sleep Habits, Happy Child outlines proven strategies that ensure good, healthy sleep for every age. Advises parents dealing with teenagers and their unique sleep problems

awaken for wellness hudson: A Fierce Heart Spring Washam, 2019-11-05 With stories from south central LA to the jungles of Peru, A Fierce Heart offers deep and honest reflections on compassion and suffering by one of the country's most powerful mindfulness teachers. Spring Washam is a founder of the East Bay Meditation Center, the most diverse and accessible meditation center in the United States. In A Fierce Heart, she shares her contemporary, unique interpretation of the Buddha's 2,500-year-old teachings that get to the heart of mindfulness, wisdom, and compassion. Woven throughout the book are stories from her life, family, and community, along with soulful and unexpected stories of compassion in action from all over the world. The life-saving teachings of this charismatic teacher are universal; her honesty, enthusiasm, and energy are a balm.

awaken for wellness hudson: How to be Well Frank Lipman, 2018 Now available in paperback, the holistic manual for everything you need to know to be well, from celebrity health guru and NYT bestselling author Dr. Frank Lipman

awaken for wellness hudson: The Dearly Beloved Cara Wall, 2019-08-13 "This gentle, gorgeously written book may be one of my favorites ever." —Jenna Bush Hager (A Today show "Read with Jenna" Book Club Selection!) This "moving portrait of love and friendship set against a backdrop of social change" (The New York Times Book Review, Editor's Choice) traces two married couples whose lives become entangled when the husbands become copastors at a famed New York city congregation in the 1960s. Charles and Lily, James and Nan. They meet in Greenwich Village in 1963 when Charles and James are jointly hired to steward the historic Third Presbyterian Church through turbulent times. Their personal differences however, threaten to tear them apart. Charles is destined to succeed his father as an esteemed professor of history at Harvard, until an unorthodox lecture about faith leads him to ministry. How then, can he fall in love with Lily—fiercely intellectual, elegantly stern—after she tells him with certainty that she will never believe in God? And yet, how can he not? James, the youngest son in a hardscrabble Chicago family, spent much of his youth angry at his alcoholic father and avoiding his anxious mother. Nan grew up in Mississippi, the devout and beloved daughter of a minister and a debutante. James's escape from his desperate circumstances leads him to Nan and, despite his skepticism of hope in all its forms, her gentle, constant faith changes the course of his life. In The Dearly Beloved, Cara wall reminds us of "the power of the novel in its simplest, richest form: bearing intimate witness to human beings grappling with their faith and falling in love," (Entertainment Weekly, A-) as we follow these two couples through decades of love and friendship, jealousy and understanding, forgiveness and commitment. Against the backdrop of turbulent changes facing the city and the church's congregation, Wall offers a poignant meditation on faith and reason, marriage and children, and the ways we find meaning in our lives. The Dearly Beloved is a gorgeous, wise, and provocative novel that is destined to become a classic.

awaken for wellness hudson: See No Stranger Valarie Kaur, 2020-06-16 An urgent manifesto and a dramatic memoir of awakening, this is the story of revolutionary love. Finalist for the Dayton Literary Peace Prize • "In a world stricken with fear and turmoil, Valarie Kaur shows us how to summon our deepest wisdom."—Elizabeth Gilbert, author of Eat Pray Love How do we love in a time of rage? How do we fix a broken world while not breaking ourselves? Valarie Kaur—renowned Sikh activist, filmmaker, and civil rights lawyer—describes revolutionary love as the call of our time, a radical, joyful practice that extends in three directions: to others, to our opponents, and to ourselves. It enjoins us to see no stranger but instead look at others and say: You are part of me I do not yet

know. Starting from that place of wonder, the world begins to change: It is a practice that can transform a relationship, a community, a culture, even a nation. Kaur takes readers through her own riveting journey—as a brown girl growing up in California farmland finding her place in the world; as a young adult galvanized by the murders of Sikhs after 9/11; as a law student fighting injustices in American prisons and on Guantánamo Bay; as an activist working with communities recovering from xenophobic attacks; and as a woman trying to heal from her own experiences with police violence and sexual assault. Drawing from the wisdom of sages, scientists, and activists, Kaur reclaims love as an active, public, and revolutionary force that creates new possibilities for ourselves, our communities, and our world. See *No Stranger* helps us imagine new ways of being with each other—and with ourselves—so that together we can begin to build the world we want to see.

awaken for wellness hudson: Training in Tenderness Dzigar Kongtrul, 2018-05-22 Best Spirituality Books of 2018 - Spirituality & Practice A little guide to cultivating tsewa: the loving warmth of heart from which the awakened mind arises—from the popular Buddhist teacher and author of *The Intelligent Heart*. This is a call to a revolution of heart. In Tibetan Buddhism, it is taught that one of the most essential qualities of enlightenment is tsewa, a form of warm energy and openness of heart. It is the warmth we express and receive through empathy with others, especially those closest to us. In this compact gem of a book, Dzigar Kongtrul opens the door to this life-changing energy and shows us how to transform our attitude toward ourselves and those around us through its practice. And through its practice, we can actually heal our fractured world. This is a guide to the building blocks of compassion and the purest and deepest form of happiness. And with these tools, we can awaken the most powerful force in the world—a tender, open heart.

awaken for wellness hudson: The World of Lore: Dreadful Places Aaron Mahnke, 2024-10-08 Captivating stories of the places where human evil has left a nefarious mark, featuring stories from the podcast *Lore*—now a streaming television series—including “Echoes,” “Withering Heights,” and “Behind Closed Doors” as well as rare material. Sometimes you walk into a room, a building, or even a town, and you feel it. Something seems off—an atmosphere that leaves you oddly unsettled, with a sense of lingering darkness. Join Aaron Mahnke, the host of the popular podcast *Lore*, as he explores some of these dreadful places and the history that haunts them. Mahnke takes us to Colorado and the palatial Stanley Hotel, where wealthy guests enjoyed views of the Rocky Mountains at the turn of the twentieth century—and where, decades later, a restless author would awaken from a nightmare, inspired to write one of the most revered horror novels of all time. Mahnke also crosses land and sea to visit frightful sites—from New Orleans to Richmond, Virginia, to the brooding, ancient castles of England—each with its own echoes of dark deeds, horrible tragedies, and shocking evil still resounding. Filled with evocative illustrations, this eerie tour of lurid landmarks and doomed destinations is just the ticket to take armchair travelers with a taste for the macabre to places they never thought they’d visit in their wildest, scariest dreams. The *World of Lore* series includes: **MONSTROUS CREATURES • WICKED MORTALS • DREADFUL PLACES** Praise for *World of Lore: Dreadful Places* “Well-written, rooted in deep historical research, and ridiculously entertaining . . . Each chapter brings a creepy story from folklore to life. . . . Hair-raising stuff.”—SyFy Wire “Fans of the *Lore* podcast won’t want to miss this latest volume in the creator’s series, a collection of illustrated versions of both rare and well-known stories about ‘lurid landmarks and doomed destinations.’”—io9 “*Dreadful Places* is a delight for *Lore* fans and newbies alike. In the book, [Aaron] Mahnke visits places around the world that are steeped in a supernatural legacy.”—Refinery29

awaken for wellness hudson: Align + Attract Kerry Lee Rowett, 2018-10 Creating and growing a business can bring up many challenges and blocks. *Align + Attract* guides you back into alignment and connection with your own wisdom. You’ll see (fictitious) Anna hit up against common challenges you may recognise, and progressively come into a greater state of alignment.

awaken for wellness hudson: Nothing Is Impossible Christopher Reeve, 2002-09-24 NEW YORK TIMES BESTSELLER • The legendary star of *Superman* and author of *Still Me* reflects on the power of hope and the limitless potential in each of us. “Graceful, persuasive . . . A reflective mixture

of policy advocacy, personal philosophy, and candid self-observation.”—The Philadelphia Inquirer
Christopher Reeve has mastered the art of turning the impossible into the inevitable. In these candid reflections, Reeve shows that we are all capable of overcoming seemingly insurmountable hardships. He teaches us that for able-bodied people, paralysis is a choice—a choice to live with self-doubt and a fear of taking risks—and that it is not an acceptable one. Reeve knows from experience that the work of conquering inner space is hard and that it requires some suffering—after all, nothing worth having is easy to attain. He asks challenging questions about why it seems so difficult—if not impossible—for us to work together as a society. Thoughtful and inspiring, *Nothing Is Impossible* reminds us that life is not to be taken for granted but to be lived fully with zeal, curiosity, and gratitude.

awaken for wellness hudson: Cultivating Your Creative Life Alena Hennessy, 2012-07-01
Cultivating Your Creative Life: Exercises, Activities, and Inspiration for Finding Balance, Beauty, and Success as an Artist is a multi-faceted book where creativity and wonder intermingle to show how to live a creative and balanced life while moving toward your goals. You’ll find ideas for keeping your creative well full, an illustrated guide to healing herbs and plants, basic yoga poses and breathing exercises, and tips for moving your artistic career forward. Alena Hennessy's illustration style combines nature, whimsy, delicacy, and a modern sensibility; vibrant pen and ink illustrations accompany relevant quotes of inspiration, tips, and creative journal exercises. *Cultivating Your Creative Life* is not only an interactive creativity guide; it is a work of art, in itself—a beautiful, collectible volume—to save and to savor, or to give as a gift to the special creative person in your life.

awaken for wellness hudson: Living the Chiropractic Way - The Complete Lifetime Wellness Guide Brad Burke, 2005-12

awaken for wellness hudson: How to Fight Anti-Semitism Bari Weiss, 2019-09-10 WINNER OF THE NATIONAL JEWISH BOOK AWARD • The prescient founder of *The Free Press* delivers an urgent wake-up call to all Americans exposing the alarming rise of anti-Semitism in this country—and explains what we can do to defeat it. “A praiseworthy and concise brief against modern-day anti-Semitism.”—*The New York Times* On October 27, 2018, eleven Jews were gunned down as they prayed at their synagogue in Pittsburgh. It was the deadliest attack on Jews in American history. For most Americans, the massacre at Tree of Life, the synagogue where Bari Weiss became a bat mitzvah, came as a shock. But anti-Semitism is the oldest hatred, commonplace across the Middle East and on the rise for years in Europe. So that terrible morning in Pittsburgh, as well as the continued surge of hate crimes against Jews in cities and towns across the country, raise a question Americans cannot avoid: Could it happen here? This book is Weiss’s answer. Like many, Weiss long believed this country could escape the rising tide of anti-Semitism. With its promise of free speech and religion, its insistence that all people are created equal, its tolerance for difference, and its emphasis on shared ideals rather than bloodlines, America has been, even with all its flaws, a new Jerusalem for the Jewish people. But now the luckiest Jews in history are beginning to face a three-headed dragon known all too well to Jews of other times and places: the physical fear of violent assault, the moral fear of ideological vilification, and the political fear of resurgent fascism and populism. No longer the exclusive province of the far right, the far left, and assorted religious bigots, anti-Semitism now finds a home in identity politics as well as the reaction against identity politics, in the renewal of America First isolationism and the rise of one-world socialism, and in the spread of Islamist ideas into unlikely places. A hatred that was, until recently, reliably taboo is migrating toward the mainstream, amplified by social media and a culture of conspiracy that threatens us all. Weiss is one of our most provocative writers, and her *cri de coeur* makes a powerful case for renewing Jewish and American values in this uncertain moment. Not just for the sake of America’s Jews, but for the sake of America.

awaken for wellness hudson: Beauty's Kingdom A. N. Roquelaure, 2015 After the death of Queen Eleanor, Beauty and Laurent are implored to take the throne and uphold the ways of complete sensual surrender that have made Eleanor's realm a legend.

awaken for wellness hudson: CBD Leonard Leinow, Juliana Birnbaum, Michael H. Moskowitz, M.D., 2017-10-31 The essential book on CBD as medicine This practical, accessible guide to using CBD-dominant cannabis contains a wealth of information for both first-time explorers and experienced patients who want to know more about safely treating a number of health conditions with remarkable results and low to no psychoactivity or negative side effects. CBD (cannabidiol) is a component of cannabis that can provide relief for conditions such as seizures, pain, inflammation, anxiety, depression, arthritis, and a number of other issues. This book offers guidance on various forms of the medicine such as oil infusions, alcohol-based tinctures, capsules, and CO2 concentrated extracts. The information is organized by health condition and also by recommended CBD-rich strains, which do not produce the highs associated with THC. With dosage suggestions, potential side effects and contraindications, and the pharmacology of the plant, this is an essential guide for both doctors and patients looking for a nontoxic alternative to opiate-based pain medications and other pharmaceuticals. While cannabis has been used for medicinal and recreational purposes for thousands of years, only in the last fifty years have scientists begun to shed light on the chemistry of the plant and its interactions with the human body. Research has led to the discovery of a whole new system in the body, the endocannabinoid system, which plays a role in mediating functions such as appetite, immunity, mood, pain response, and memory. The authors present case studies, interviews with doctors who prescribe cannabidiol products, and the latest research regarding other active phytocannabinoids and terpenoids present in cannabis that are being studied for medical use. They also address the difference between CBD products derived from industrial hemp or in a lab, versus those made from medical marijuana using the whole plant. In addition to offering the most up-to-date and comprehensive information on CBD-dominant cannabis therapy for humans, this book is the first to offer guidance for using the medicine for animals, with suggestions for dosage and delivery and useful forms and strains for common health issues in pets. Finally, the authors take a look at the future of cannabis medicine, charting trends in the legalization movement and suggesting how CBD might be used to fight the opioid epidemic.

awaken for wellness hudson: Silence Robert Sardello, 2011-06-14 An introduction to the nature and benefits of silence as a new spiritual reality that can lead to self-awareness and healing in our chaotic, fast-paced world With its beautifully rich prose, Robert Sardello's newest book invites us to experience silence as a companion presence—a creative heart-felt experience that renews, restores, and deepens the body's response to the internal and external world. Drawing on images and ideas from the Trials of St. Anthony, anthroposophy, depth psychology, and phenomenology, the book delves deeply into the subtleties of silence, exploring the phenomenon as a source of wholeness and revitalization. Sharing his own insights from years of experience in spiritual psychology, Sardello takes us on an inner journey beyond the chaotic noise of the ego to a place of inner communion and self-healing. Silence opens our eyes to the importance of cultivating the nurturing aspects of silence in our personal relationships and enables us to awaken the inner currents of spirituality that ultimately lead to a path of universal compassion, service, and healing.

awaken for wellness hudson: Integrative Wellness Rules Jim Nicolai, Dr., 2013-01-02 Tried and tested integrative health tips from the wellness master at Miraval, one of the world's finest wellbeing resorts Have you ever found that you needed to change things in your life, but for some reason life kept getting in the way? Integrative Wellness Rules will help you get around that obstacle. In the age of conflicting advice on health, this book provides quick and easy health tips for individuals who are on the run but still need strategies to better manage their fast-paced lives. Join Dr. Jim Nicolai – the medical director of the Andrew Weil, M.D., Integrative Wellness Program at Miraval Resort and Spa – as he shares with you the insights and strategies he has collected along the way to optimize health and create wellness. With a style that is clear, concise, and entertaining, Dr. Nicolai will provide you with the keys to healthier living in a way that is profoundly simple and yet simply profound. You will learn how to eat better, choose the vitamins and supplements that are best for you, manage stress more effectively, and get in touch with your spiritual side. Dr. Nicolai will call you to action with his pearls of wit, wisdom, and humor, and motivate you by providing real-world

clarity on which health strategies to add within your already busy life.

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richness. He has been described by the Sunday Times of London as one of the “1000 Makers of the 20th Century” and by Sunday Mid-Day (India) as one of the ten people—along with Gandhi, Nehru, and Buddha—who have changed the destiny of India. Since his death in 1990, the influence of his teachings continues to expand, reaching seekers of all ages in virtually every country of the world.

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and Ritual is a beautiful guide for knowing who you are—and that you belong here.

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meditation practice. Hersey explains that by focusing our minds on this internal sound we reunite our essential self with the eternal and infinite. In this re-union we find bliss in both body and mind, an uplifted spirit, and heightened states of consciousness.

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