

backroad wellness cambridge oh

Backroad Wellness Cambridge OH: Your Gateway to Holistic Healing

Are you searching for a unique and effective way to improve your physical and mental well-being in the Cambridge, OH area? Tired of the same old, impersonal healthcare approaches? Then let's explore Backroad Wellness, a hidden gem offering a holistic approach to health and wellness that's gaining popularity. This comprehensive guide will delve into what makes Backroad Wellness stand out, the services they provide, and why it's quickly becoming a favorite among residents of Cambridge and the surrounding areas. We'll also cover client testimonials, pricing information (where available), and answer your frequently asked questions.

Understanding the Backroad Wellness Philosophy

Backroad Wellness in Cambridge, OH, isn't your typical clinic. It's built on the philosophy of integrating traditional practices with modern techniques to create a truly personalized wellness journey. They believe that true health isn't just the absence of disease, but a vibrant state of physical, mental, and emotional well-being. This holistic approach considers the interconnectedness of mind, body, and spirit, tailoring treatment plans to the individual needs and goals of each client.

Instead of simply addressing symptoms, Backroad Wellness aims to uncover the root causes of imbalances. This might involve exploring lifestyle factors, nutritional deficiencies, emotional stress, or underlying health conditions. The focus is on preventative care and empowering individuals to take an active role in their own healing process.

Services Offered at Backroad Wellness Cambridge OH

Backroad Wellness offers a diverse range of services designed to support holistic wellness. While specific offerings may vary, you can generally expect to find services such as:

Massage Therapy: From deep tissue massage to relaxing Swedish techniques, skilled therapists help alleviate muscle tension, improve circulation, and promote relaxation. Different modalities might be available, catering to specific needs and preferences.

Acupuncture: This ancient Chinese medicine technique involves inserting thin needles into specific points on the body to stimulate energy flow and promote healing. It's often used to address pain management, stress reduction, and improve overall well-being.

Herbal Remedies and Nutritional Counseling: Understanding the power of nutrition and natural remedies is central to Backroad Wellness's approach. Clients may receive guidance on dietary changes, herbal supplements, and lifestyle adjustments to support their health goals.

Yoga and Mindfulness Practices: These practices promote stress reduction,

flexibility, and mental clarity. Classes or individual sessions might be offered, depending on the center's capabilities.

Energy Healing: Some holistic centers like Backroad Wellness may incorporate energy healing modalities such as Reiki or other energy work techniques aimed at balancing energy flow within the body.

What Makes Backroad Wellness Unique?

Several factors contribute to Backroad Wellness's distinctive approach to wellness:

Personalized Care: Instead of a one-size-fits-all approach, treatments are tailored to each individual's specific needs and goals. Therapists take the time to understand your health history, lifestyle, and aspirations before developing a customized plan.

Experienced Practitioners: The therapists and practitioners at Backroad Wellness are highly trained and experienced in their respective fields. They are passionate about holistic wellness and committed to providing exceptional care.

Focus on Prevention: The emphasis isn't just on treating existing conditions; it's on preventing future health problems through lifestyle changes and proactive wellness strategies.

Community Focus: Many holistic wellness centers foster a sense of community among their clients, offering workshops, support groups, or other opportunities for connection and shared learning.

Commitment to Natural Healing: Backroad Wellness likely prioritizes natural and non-invasive treatments, minimizing the use of pharmaceuticals unless absolutely necessary.

Client Testimonials and Reviews

While specific testimonials would need to be sourced directly from Backroad Wellness's website or social media, you can expect to find positive feedback highlighting the personalized attention, effectiveness of treatments, and welcoming atmosphere. Search for online reviews on Google, Yelp, or Facebook to get a sense of the client experience.

Pricing and Insurance Information

Pricing for services at Backroad Wellness will vary depending on the type of treatment, length of session, and practitioner. It's best to contact Backroad Wellness directly to inquire about their pricing structure and whether they accept specific insurance plans. Some services might be considered out-of-pocket expenses, so checking your insurance policy is crucial.

Finding Backroad Wellness Cambridge OH

To find Backroad Wellness, a simple online search using "Backroad Wellness Cambridge OH" should provide you with their address, phone number, website, and hours of operation. You can also check their social media presence for

updates and announcements. Make sure to verify all contact information on their official website or through reputable online directories.

Conclusion

Backroad Wellness Cambridge OH offers a refreshing alternative to traditional healthcare, focusing on a holistic approach to well-being. By integrating various therapeutic modalities and emphasizing personalized care, they empower individuals to take control of their health and achieve a vibrant state of wellness. If you're seeking a more integrated and personalized approach to your health journey in the Cambridge area, Backroad Wellness is definitely worth exploring. Contact them today to learn more about their services and schedule a consultation.

Frequently Asked Questions (FAQs)

Q1: Does Backroad Wellness accept my insurance?

A1: Insurance coverage varies. Contact Backroad Wellness directly to inquire about accepted insurance plans.

Q2: What are the typical appointment times and how do I schedule one?

A2: Appointment times and scheduling methods can be found on their website or by calling their office directly.

Q3: What should I bring to my first appointment?

A3: Bring any relevant medical information, a list of medications, and comfortable clothing. It's always a good idea to discuss any health concerns or goals beforehand.

Q4: Is parking available at Backroad Wellness?

A4: The availability of parking should be specified on their website or by contacting them directly.

Q5: What is the cancellation policy?

A5: Cancellation policies vary; it's essential to check their website or confirm the policy when scheduling your appointment.

backroad wellness cambridge oh: At Home in the World Joyce Maynard, 2010-04-01 New York Times bestselling author of *Labor Day* With a New Preface When it was first published in 1998, *At Home in the World* set off a furor in the literary world and beyond. Joyce Maynard's memoir broke a silence concerning her relationship—at age eighteen—with J.D. Salinger, the famously reclusive author of *The Catcher in the Rye*, then age fifty-three, who had read a story she wrote for *The New York Times* in her freshman year of college and sent her a letter that changed her life. Reviewers called her book shameless and powerful and its author was simultaneously reviled and cheered. With what some have viewed as shocking honesty, Maynard explores her coming of age in an alcoholic

family, her mother's dream to mold her into a writer, her self-imposed exile from the world of her peers when she left Yale to live with Salinger, and her struggle to reclaim her sense of self in the crushing aftermath of his dismissal of her not long after her nineteenth birthday. A quarter of a century later—having become a writer, survived the end of her marriage and the deaths of her parents, and with an eighteen-year-old daughter of her own—Maynard pays a visit to the man who broke her heart. The story she tells—of the girl she was and the woman she became—is at once devastating, inspiring, and triumphant.

backroad wellness cambridge oh: Points of Departure Michelle J. Brazier, 2011

backroad wellness cambridge oh: Lydia's Open Door Patty Kelly, 2008-04-02 "This exceptional book makes several key contributions to the field and shows how freedom and anxiety, and the market and morality, tensely coexist in the business of sex. . . . Kelly's analysis is conveyed through vivid portraits of the lives of sex workers, showing that the women involved are neither victims nor heroines but something else: actors caught between agency and constraint."—Roger N. Lancaster, author of *The Trouble with Nature* "In this tour de force of feminist anthropology, Patty Kelly gives her heart to the remarkable women who toil in the bawdy sweatshops of the Zona Galactica, a 'reformed' red-light district in the Chiapas capital of Tuxtla Gutiérrez. In fact, as Kelly shows, it is just the ultimate low-wage industrial district."—Mike Davis, author of *Planet of Slums* and *In Praise of Barbarians* "The clarity of Kelly's perspective is neither apologetic, nor presumptive (as is usually the case); her focus is always on the political context of these women's lives. Patty Kelly writes like a poet and novelist, so much so that this work begs to be a movie."—Carol Leigh, a.k.a. "Scarlot Harlot," author of *Unrepentant Whore*

backroad wellness cambridge oh: AANDERAA Instruments, Inc. ,

backroad wellness cambridge oh: Floret Farm's Discovering Dahlias Erin Benzakein, 2021-03-09 A stunning guide to growing, harvesting, and arranging gorgeous dahlia blooms from celebrated farmer-florist and New York Times bestselling author Erin Benzakein, founder of Floret Flower Farm. World-renowned flower farmer and floral designer Erin Benzakein reveals all the secrets to growing, cultivating, and arranging gorgeous dahlias. These coveted floral treasures come in a dazzling range of colors, sizes, and forms, with enough variety for virtually every garden space and personal preference, making them one of the most beloved flowers for arrangements. In these pages, readers will discover: • Expert advice for planting, harvesting, and arranging garden-fresh dahlias • A simple-to-follow overview of the dahlia classification system • An A-Z guide with photos and descriptions of more than 350 varieties • Step-by-step how-to's for designing show-stopping dahlia bouquets that elevate any occasion Expert Author: Erin Benzakein's gorgeous flowers are celebrated throughout the world. Her book *Floret Farm's A Year in Flowers* was a New York Times bestseller and her first book, *Floret Farm's Cut Flower Garden*, won the American Horticultural Society Book Award. Filled with Wisdom: Overflowing with hundreds of lush photographs and invaluable advice, *DISCOVERING DAHLIAS* is an essential resource for gardeners and a must-have for anyone who loves flowers, including flower lovers, avid and novice gardeners, floral designers, florists, small farmers, stylists, and designers.

backroad wellness cambridge oh: Floret Farm's A Year in Flowers Erin Benzakein, 2020-02-11 Learn how to buy, style, and present seasonal flower arrangements for every occasion. With sections on tools, flower care, and design techniques, *Floret Farm's A Year in Flowers* presents all the secrets to arranging garden-fresh bouquets. Featuring expert advice from Erin Benzakein, world-renowned flower farmer, floral designer, and bestselling author of *Floret Farm: Cut Flower Garden*, this book is a gorgeous and comprehensive guide to everything you need to make your own incredible arrangements all year long, whether harvesting flowers from the backyard or shopping for blooms at the market. • Includes an A-Z flower guide with photos and care tips for more than 200 varieties. • Simple-to-follow advice on flower care, material selection, and essential design techniques • More than 25 how-to projects, including magnificent centerpieces, infinitely giftable posies, festive wreaths, and breathtaking bridal bouquets *Floret Farm's A Year in Flowers* offers advice on every phase of working with cut flowers—including gardening, buying, caring for, and

arranging fresh flowers. Brimming with indispensable tips and hundreds of vibrant photographs, this book is an invitation to live a flower-filled life and perfect for anyone who loves flowers. • The definitive guide to flower arranging from the biggest star in the farm-to-centerpiece movement • Perfect for flower lovers, avid and novice gardeners, floral designers, wedding planners, florists, small farmers, stylists, designers, crafters, and those passionate about the local floral movement • For those who loved Floret Farm's Cut Flower Garden by Erin Benzakein, The Flower Recipe Book by Alethea Haramopolis, Seasonal Flower Arranging by Ariella Chezar, and The Flower Chef by Carly Cylinder

backroad wellness cambridge oh: Sacred Places, North America, 2003 A compilation of 108 spiritual destinations around North America-- medicine wheels, rock art, modern pilgrimage routes, prehistoric earthen pyramids, ancient stone structures, monasteries, shrines, temples, and more.

backroad wellness cambridge oh: Love Everyone Parvati Markus, 2015-11-10 A celebration of one of the most influential spiritual leaders of our time: Neem Karoli Baba, the enlightened guru who inspired a generation of seekers—including Ram Dass, Daniel Goleman, and Larry Brilliant—on life-altering journeys that helped change the world. In 1967, Ram Dass returned to the West from India and spread the teachings of his mysterious guru, Neem Karoli Baba, better known as Maharajji. Ram Dass's words about Maharajji's life-affirming wisdom resonated with a youth culture that had grown disillusioned with the violence, civil discord, and crude materialism of modern civilization. Hundreds of Westerners traveled to India and experienced Maharajji's extraordinary presence directly until his death in 1973. His simple directives—love everyone, feed everyone, and remember God—opened their hearts and awakened their souls. What these followers brought back to the West has since changed the landscape of everyday life. Meditation is now mainstream; yoga studios are in every town; and mindfulness is practiced in elementary schools and board-rooms everywhere, from Silicon Valley to Capitol Hill. A stirring piece of history, Love Everyone brings these stories to life, sharing for the first time the inspiring tales of the men and women who followed the siren call of the East to the foothills of the Himalayas, then returned to forever reshape the world. A compelling and inspiring tribute to Maharajji from the Western men and women who knew him best, Love Everyone is a profound teaching on the power of love, as lasting and transformative as the truth, wisdom, and bliss of Maharajji.

backroad wellness cambridge oh: Memory in Literature S. Nalbantian, 2002-11-15 This book is the first to discover and probe in depth memory phenomena captured in literary works. Using literature as a laboratory for the workings of the mind, this comparative study of writers from Jean-Jacques Rousseau to Octavio Paz, including Proust, Breton, Woolf and Faulkner, uncovers valuable material for the classification of the memory process. Nalbantian's daring interdisciplinary work, involving literature, science, and art, forges a new model for dialogue between the disciplines.

backroad wellness cambridge oh: Duty and Desire Pamela Aidan, 2006-10-03 ³There was little danger of encountering the Bennet sisters ever again.² Jane Austen's classic novel *Pride and Prejudice* is beloved by millions, but little is revealed in the book about the mysterious and handsome hero, Mr. Darcy. And so the question has long remained: Who is Fitzwilliam Darcy? Pamela Aidan's trilogy finally answers that long-standing question, creating a rich parallel story that follows Darcy as he meets and falls in love with Elizabeth Bennet. *Duty and Desire*, the second book in the trilogy, covers the silent time of Austen's novel, revealing Darcy's private struggle to overcome his attraction to Elizabeth while fulfilling his roles as landlord, master, brother, and friend. When Darcy pays a visit to an old classmate in Oxford in an attempt to shake Elizabeth from his mind, he is set upon by husband-hunting society ladies and ne'er-do-well friends from his university days, all with designs on him -- some for good and some for ill. He and his sartorial genius of a valet, Fletcher, must match wits with them all, but especially with the curious Lady Sylvania. Irresistibly authentic and entertaining, *Duty and Desire* remains true to the spirit and events of *Pride and Prejudice* while incorporating fascinating new characters, and is sure to dazzle Austen fans and newcomers alike.

backroad wellness cambridge oh: Sociocultural Identities in Music Therapy Susan Joan

Hadley, 2021-09-08 Sociocultural Identities in Music Therapy is a collection of personal narratives by 18 music therapists who engage in a critical culturally reflexive process and explore implications for their therapeutic practice. Amongst the authors, there is gender diversity, diversity of sexualities, racial diversity, ethnic diversity, neurodiversity, geographical diversity, linguistic diversity, educational diversity, and more. Each person's intersectional identity positions them differently in terms of their sociocultural location and thus each has differing experiences of unearned advantages or disadvantages based purely on their membership in various sociocultural groups in unique combinations. As such, each person distinctively explores how they experience and are experienced in social contexts. Woven together, this book is a rich tapestry of the sociocultural identities of music therapists and implications for their therapeutic relationships and processes. It provides a deep understanding and appreciation of the concept of culture and its omnipresence in all we do and all we are. The hope is that these narratives, and the included strategies for doing this kind of critical culturally reflexive work, will guide music therapy students and practitioners to examine their own sociocultural location and experiences, and that it will open music therapists to consider their relational dynamics in all aspects of their lives.

backroad wellness cambridge oh: Behold the Dreamers Imbolo Mbue, 2016-08-23 A compulsively readable debut novel about marriage, immigration, class, race, and the trapdoors in the American Dream—the unforgettable story of a young Cameroonian couple making a new life in New York just as the Great Recession upends the economy New York Times Bestseller • Winner of the PEN/Faulkner Award • Longlisted for the PEN/Open Book Award • An ALA Notable Book NAMED ONE OF THE BEST BOOKS OF THE YEAR BY NPR • The New York Times Book Review • San Francisco Chronicle • The Guardian • St. Louis Post-Dispatch • Chicago Public Library • BookPage • Refinery29 • Kirkus Reviews Jende Jonga, a Cameroonian immigrant living in Harlem, has come to the United States to provide a better life for himself, his wife, Neni, and their six-year-old son. In the fall of 2007, Jende can hardly believe his luck when he lands a job as a chauffeur for Clark Edwards, a senior executive at Lehman Brothers. Clark demands punctuality, discretion, and loyalty—and Jende is eager to please. Clark's wife, Cindy, even offers Neni temporary work at the Edwardses' summer home in the Hamptons. With these opportunities, Jende and Neni can at last gain a foothold in America and imagine a brighter future. However, the world of great power and privilege conceals troubling secrets, and soon Jende and Neni notice cracks in their employers' façades. When the financial world is rocked by the collapse of Lehman Brothers, the Jongas are desperate to keep Jende's job—even as their marriage threatens to fall apart. As all four lives are dramatically upended, Jende and Neni are forced to make an impossible choice. Praise for Behold the Dreamers "A debut novel by a young woman from Cameroon that illuminates the immigrant experience in America with the tenderhearted wisdom so lacking in our political discourse . . . Mbue is a bright and captivating storyteller."—The Washington Post "A capacious, big-hearted novel."—The New York Times Book Review "Behold the Dreamers' heart . . . belongs to the struggles and small triumphs of the Jongas, which Mbue traces in clean, quick-moving paragraphs."—Entertainment Weekly "Mbue's writing is warm and captivating."—People (book of the week) "[Mbue's] book isn't the first work of fiction to grapple with the global financial crisis of 2007-2008, but it's surely one of the best. . . . It's a novel that depicts a country both blessed and doomed, on top of the world, but always at risk of losing its balance. It is, in other words, quintessentially American."—NPR "This story is one that needs to be told."—Bust "Behold the Dreamers challenges us all to consider what it takes to make us genuinely content, and how long is too long to live with our dreams deferred."—O: The Oprah Magazine "[A] beautiful, empathetic novel."—The Boston Globe "A witty, compassionate, swiftly paced novel that takes on race, immigration, family and the dangers of capitalist excess."—St. Louis Post-Dispatch "Mbue [is] a deft, often lyrical observer. . . . [Her] meticulous storytelling announces a writer in command of her gifts."—Minneapolis Star Tribune

backroad wellness cambridge oh: Caring for School Age Children Phyllis Click, 2006 The activities promote fun and learning in the areas of fine arts, language arts, math, movement,

science, and social studies.

backroad wellness cambridge oh: Ruby (Oprah's Book Club 2.0) Cynthia Bond, 2015-02-10 A New York Times bestseller and Oprah Book Club 2.0 selection, the epic, unforgettable story of a man determined to protect the woman he loves from the town desperate to destroy her. This beautiful and devastating debut heralds the arrival of a major new voice in fiction. Ephram Jennings has never forgotten the beautiful girl with the long braids running through the piney woods of Liberty, their small East Texas town. Young Ruby Bell, “the kind of pretty it hurt to look at,” has suffered beyond imagining, so as soon as she can, she flees suffocating Liberty for the bright pull of 1950s New York. Ruby quickly winds her way into the ripe center of the city—the darkened piano bars and hidden alleyways of the Village—all the while hoping for a glimpse of the red hair and green eyes of her mother. When a telegram from her cousin forces her to return home, thirty-year-old Ruby finds herself reliving the devastating violence of her girlhood. With the terrifying realization that she might not be strong enough to fight her way back out again, Ruby struggles to survive her memories of the town’s dark past. Meanwhile, Ephram must choose between loyalty to the sister who raised him and the chance for a life with the woman he has loved since he was a boy. Full of life, exquisitely written, and suffused with the pastoral beauty of the rural South, Ruby is a transcendent novel of passion and courage. This wondrous page-turner rushes through the red dust and gossip of Main Street, to the pit fire where men swill bootleg outside Bloom’s Juke, to Celia Jennings’s kitchen, where a cake is being made, yolk by yolk, that Ephram will use to try to begin again with Ruby. Utterly transfixing, with unforgettable characters, riveting suspense, and breathtaking, luminous prose, Ruby offers an unflinching portrait of man’s dark acts and the promise of the redemptive power of love. Ruby was a finalist for the PEN America Robert Bingham Debut Novel Award, a Barnes & Noble Discover Great New Writers selection, and an Indie Next Pick.

backroad wellness cambridge oh: Deacon King Kong (Oprah's Book Club) James McBride, 2020-03-03 Winner of the Anisfield-Wolf Book Award for Fiction Winner of the Gotham Book Prize One of Barack Obama’s Favorite Books of the Year Oprah’s Book Club Pick Named one of the Top Ten Books of the Year by the New York Times, Entertainment Weekly and TIME Magazine A Washington Post Notable Novel From the author of The Heaven & Earth Grocery Store, the National Book Award-winning The Good Lord Bird, and the bestselling modern classic The Color of Water, comes one of the most celebrated novels of the year. In September 1969, a fumbling, cranky old church deacon known as Sportcoat shuffles into the courtyard of the Cause Houses housing project in south Brooklyn, pulls a .38 from his pocket, and, in front of everybody, shoots the project’s drug dealer at point-blank range. The reasons for this desperate burst of violence and the consequences that spring from it lie at the heart of Deacon King Kong, James McBride’s funny, moving novel and his first since his National Book Award-winning The Good Lord Bird. In Deacon King Kong, McBride brings to vivid life the people affected by the shooting: the victim, the African-American and Latinx residents who witnessed it, the white neighbors, the local cops assigned to investigate, the members of the Five Ends Baptist Church where Sportcoat was deacon, the neighborhood’s Italian mobsters, and Sportcoat himself. As the story deepens, it becomes clear that the lives of the characters—caught in the tumultuous swirl of 1960s New York—overlap in unexpected ways. When the truth does emerge, McBride shows us that not all secrets are meant to be hidden, that the best way to grow is to face change without fear, and that the seeds of love lie in hope and compassion. Bringing to these pages both his masterly storytelling skills and his abiding faith in humanity, James McBride has written a novel every bit as involving as The Good Lord Bird and as emotionally honest as The Color of Water. Told with insight and wit, Deacon King Kong demonstrates that love and faith live in all of us.

backroad wellness cambridge oh: Short Range Forecast Verification Program United States. Army Air Forces. Weather Division, 1943

backroad wellness cambridge oh: Great Expectations Charles Dickens, 1881 One of the finest novels by iconic British author Charles Dickens, this Victorian tale follows the good-natured

orphan Pip as he makes his way through life. As a boy, Pip crosses paths with a convict named Magwitch, a man who will heavily influence Pip's adulthood. Meanwhile, the earnest young man falls for the beautiful Estella, the adoptive daughter of the affluent and eccentric Miss Havisham. Widely considered to be Dickens's last great book, the story is steeped in romance and features the writer's familiar themes of crime, punishment, and societal struggle.

backroad wellness cambridge oh: "True and Firm." Alonzo B. Cornell, 1884

backroad wellness cambridge oh: *Journey to Empowerment* Kavita Shanbhag, 2005 Includes a directory of schools, workshops, hospitals, and support organizations for physically and mentally challenged children in India.

backroad wellness cambridge oh: Forge Laurie Halse Anderson, 2018-01-03 Separated from his friend Isabel after their daring escape from slavery, fifteen-year-old Curzon serves as a free man in the Continental Army at Valley Forge until he and Isabel are thrown together again, as slaves once more.

backroad wellness cambridge oh: Olive, Again Elizabeth Strout, 2019-10-15 NEW YORK TIMES BESTSELLER • OPRAH'S BOOK CLUB PICK • Pulitzer Prize winner Elizabeth Strout continues the life of her beloved Olive Kitteridge, a character who has captured the imaginations of millions. "Strout managed to make me love this strange woman I'd never met, who I knew nothing about. What a terrific writer she is."—Zadie Smith, *The Guardian* "Just as wonderful as the original . . . Olive, Again poignantly reminds us that empathy, a requirement for love, helps make life 'not unhappy.'"—NPR NAMED ONE OF THE TEN BEST BOOKS OF THE YEAR BY PEOPLE AND ONE OF THE BEST BOOKS OF THE YEAR BY Time • Vogue • NPR • The Washington Post • Chicago Tribune • Vanity Fair • Entertainment Weekly • BuzzFeed • Esquire • Real Simple • Good Housekeeping • The New York Public Library • The Guardian • Evening Standard • Kirkus Reviews • Publishers Weekly • BookPage Prickly, wry, resistant to change yet ruthlessly honest and deeply empathetic, Olive Kitteridge is "a compelling life force" (*San Francisco Chronicle*). The *New Yorker* has said that Elizabeth Strout "animates the ordinary with an astonishing force," and she has never done so more clearly than in these pages, where the iconic Olive struggles to understand not only herself and her own life but the lives of those around her in the town of Crosby, Maine. Whether with a teenager coming to terms with the loss of her father, a young woman about to give birth during a hilariously inopportune moment, a nurse who confesses a secret high school crush, or a lawyer who struggles with an inheritance she does not want to accept, the unforgettable Olive will continue to startle us, to move us, and to inspire us—in Strout's words—"to bear the burden of the mystery with as much grace as we can." Praise for *Olive, Again* "Olive is a brilliant creation not only because of her eternal cantankerousness but because she's as brutally candid with herself about her shortcomings as she is with others. Her honesty makes people strangely willing to confide in her, and the raw power of Ms. Strout's writing comes from these unvarnished exchanges, in which characters reveal themselves in all of their sadness and badness and confusion. . . . The great, terrible mess of living is spilled out across the pages of this moving book. Ms. Strout may not have any answers for it, but she isn't afraid of it either."—*The Wall Street Journal*

backroad wellness cambridge oh: The Twelve Tribes of Hattie (Oprah's Book Club 2.0 Digital Edition) Ayana Mathis, 2012-12-06 The newest Oprah's Book Club 2.0 selection: this special eBook edition of *The Twelve Tribes of Hattie* by Ayana Mathis features exclusive content, including Oprah's personal notes highlighted within the text, and a reading group guide. The arrival of a major new voice in contemporary fiction. A debut of extraordinary distinction: Ayana Mathis tells the story of the children of the Great Migration through the trials of one unforgettable family. In 1923, fifteen-year-old Hattie Shepherd flees Georgia and settles in Philadelphia, hoping for a chance at a better life. Instead, she marries a man who will bring her nothing but disappointment and watches helplessly as her firstborn twins succumb to an illness a few pennies could have prevented. Hattie gives birth to nine more children whom she raises with grit and mettle and not an ounce of the tenderness they crave. She vows to prepare them for the calamitous difficulty they are sure to face in their later lives, to meet a world that will not love them, a world that will not be kind. Captured

here in twelve luminous narrative threads, their lives tell the story of a mother's monumental courage and the journey of a nation. Beautiful and devastating, Ayana Mathis's *The Twelve Tribes of Hattie* is wondrous from first to last—glorious, harrowing, unexpectedly uplifting, and blazing with life. An emotionally transfixing page-turner, a searing portrait of striving in the face of insurmountable adversity, an indelible encounter with the resilience of the human spirit and the driving force of the American dream.

backroad wellness cambridge oh: *The Water Dancer* Ta-Nehisi Coates, 2019-09-24 #1 NEW YORK TIMES BESTSELLER • OPRAH'S BOOK CLUB PICK • From the National Book Award-winning author of *Between the World and Me*, a boldly conjured debut novel about a magical gift, a devastating loss, and an underground war for freedom. "This potent book about America's most disgraceful sin establishes [Ta-Nehisi Coates] as a first-rate novelist."—San Francisco Chronicle IN DEVELOPMENT AS A MAJOR MOTION PICTURE • Adapted by Ta-Nehisi Coates and Kamilah Forbes, directed by Nia DaCosta, and produced by MGM, Plan B, and Oprah Winfrey's Harpo Films NOMINATED FOR THE NAACP IMAGE AWARD • NAMED ONE OF PASTE'S BEST NOVELS OF THE DECADE • NAMED ONE OF THE BEST BOOKS OF THE YEAR BY Time • NPR • The Washington Post • Chicago Tribune • Vanity Fair • Esquire • Good Housekeeping • Paste • Town & Country • The New York Public Library • Kirkus Reviews • Library Journal Young Hiram Walker was born into bondage. When his mother was sold away, Hiram was robbed of all memory of her—but was gifted with a mysterious power. Years later, when Hiram almost drowns in a river, that same power saves his life. This brush with death births an urgency in Hiram and a daring scheme: to escape from the only home he's ever known. So begins an unexpected journey that takes Hiram from the corrupt grandeur of Virginia's proud plantations to desperate guerrilla cells in the wilderness, from the coffin of the Deep South to dangerously idealistic movements in the North. Even as he's enlisted in the underground war between slavers and the enslaved, Hiram's resolve to rescue the family he left behind endures. This is the dramatic story of an atrocity inflicted on generations of women, men, and children—the violent and capricious separation of families—and the war they waged to simply make lives with the people they loved. Written by one of today's most exciting thinkers and writers, *The Water Dancer* is a propulsive, transcendent work that restores the humanity of those from whom everything was stolen. Praise for *The Water Dancer* "Ta-Nehisi Coates is the most important essayist in a generation and a writer who changed the national political conversation about race with his 2015 memoir, *Between the World and Me*. So naturally his debut novel comes with slightly unrealistic expectations—and then proceeds to exceed them. *The Water Dancer* . . . is a work of both staggering imagination and rich historical significance. . . . What's most powerful is the way Coates enlists his notions of the fantastic, as well as his fluid prose, to probe a wound that never seems to heal. . . . Timeless and instantly canon-worthy."—Rolling Stone

backroad wellness cambridge oh: *Hidden Valley Road* Robert Kolker, 2020-04-07 #1 NEW YORK TIMES BESTSELLER • OPRAH'S BOOK CLUB PICK • ONE OF GQ's TOP 50 BOOKS OF LITERARY JOURNALISM IN THE 21st CENTURY • The heartrending story of a midcentury American family with twelve children, six of them diagnosed with schizophrenia, that became science's great hope in the quest to understand the disease. Reads like a medical detective journey and sheds light on a topic so many of us face: mental illness. —Oprah Winfrey Don and Mimi Galvin seemed to be living the American dream. After World War II, Don's work with the Air Force brought them to Colorado, where their twelve children perfectly spanned the baby boom: the oldest born in 1945, the youngest in 1965. In those years, there was an established script for a family like the Galvins—ambition, hard work, upward mobility, domestic harmony—and they worked hard to play their parts. But behind the scenes was a different story: psychological breakdown, sudden shocking violence, hidden abuse. By the mid-1970s, six of the ten Galvin boys, one after another, were diagnosed as schizophrenic. How could all this happen to one family? What took place inside the house on Hidden Valley Road was so extraordinary that the Galvins became one of the first families to be studied by the National Institute of Mental Health. Their story offers a shadow history of the science of schizophrenia, from the era of institutionalization, lobotomy, and the schizophrenogenic

mother to the search for genetic markers for the disease, always amid profound disagreements about the nature of the illness itself. And unbeknownst to the Galvins, samples of their DNA informed decades of genetic research that continues today, offering paths to treatment, prediction, and even eradication of the disease for future generations. With clarity and compassion, bestselling and award-winning author Robert Kolker uncovers one family's unforgettable legacy of suffering, love, and hope.

backroad wellness cambridge oh: *The Deep End of the Ocean* Jacquelyn Mitchard, 1997-07-01 Masterful...A big story about human connection and emotional survival - Los Angeles Times The first book ever chosen by Oprah's Book Club Few first novels receive the kind of attention and acclaim showered on this powerful story—a nationwide bestseller, a critical success, and the first title chosen for Oprah's Book Club. Both highly suspenseful and deeply moving, *The Deep End of the Ocean* imagines every mother's worst nightmare—the disappearance of a child—as it explores a family's struggle to endure, even against extraordinary odds. Filled with compassion, humor, and brilliant observations about the texture of real life, here is a story of rare power, one that will touch readers' hearts and make them celebrate the emotions that make us all one.

backroad wellness cambridge oh: *Back Roads* Tawni O'Dell, 2001-01-01 NOW A MAJOR MOTION PICTURE Funny and heartbreaking, this New York Times bestselling debut perfectly captures the maddening confusion of adolescence and the prickly nature of family with irony and unerring honesty. Harley Altmyer should be in college having the time of his life. He should be free from the backwards Pennsylvania coal town he calls home, with its lack of jobs and no sense of humor. Instead, he's constantly reminded of just how messed up everything is... Harley's mother is in prison for killing his father, so he's in charge of bringing up his younger sisters and working two jobs to pay the bills—and that doesn't leave a lot of time for distractions. But lately, he's getting more and more sidetracked by lusting after Callie Mercer, his middle-aged neighbor. As he struggles to keep it together, things begin to spin out of control. Soon Harley finds that as shattered as his family is, there are still more crushing surprises in store. "In Harley, O'Dell has created a hero who's heartbreakingly believable; like Holden Caulfield, he uses caustic humor to hide his pain. Readers will care very much about him and his future, if indeed he has one."—St. Petersburg Times

backroad wellness cambridge oh: *Icy Sparks* Gwyn Hyman Rubio, 2001-03-08 A New York Times Notable Book and the March 2001 selection of Oprah's Book Club® ! *Icy Sparks* is the sad, funny and transcendent tale of a young girl growing up in the mountains of Eastern Kentucky during the 1950's. Gwyn Hyman Rubio's beautifully written first novel revolves around Icy Sparks, an unforgettable heroine in the tradition of Scout in *To Kill a Mockingbird* or Will Treed in *Cold Sassy Tree*. At the age of ten, Icy, a bright, curious child orphaned as a baby but raised by adoring grandparents, begins to have strange experiences. Try as she might, her secrets—verbal croaks, groans, and physical spasms—keep afflicting her. As an adult, she will find out she has Tourette's Syndrome, a rare neurological disorder, but for years her behavior is the source of mystery, confusion, and deep humiliation. Narrated by a grown up Icy, the book chronicles a difficult, but ultimately hilarious and heartwarming journey, from her first spasms to her self-acceptance as a young woman. Curious about life beyond the hills, talented, and energetic, Icy learns to cut through all barriers—physical, mental, and spiritual—in order to find community and acceptance. Along her journey, Icy faces the jeers of her classmates as well as the malevolence of her often-ignorant teachers—including Mrs. Stilton, one of the most evil fourth grade teachers ever created by a writer. Called willful by her teachers and Frog Child by her schoolmates, she is exiled from the schoolroom and sent to a children's asylum where it is hoped that the roots of her mysterious behavior can be discovered. Here Icy learns about difference—her own and those who are even more scarred than she. Yet, it isn't until Icy returns home that she really begins to flower, especially through her friendship with the eccentric and obese Miss Emily, who knows first-hand how it feels to be an outcast in this tightly knit Appalachian community. Under Miss Emily's tutelage, Icy learns about life's struggles and rewards, survives her first comical and heartbreaking misadventure with romance, discovers the healing power of her voice when she sings, and ultimately—takes her first

steps back into the world. Gwyn Hyman Rubio's *Icy Sparks* is a fresh, original, and completely redeeming novel about learning to overcome others' ignorance and celebrate the differences that make each of us unique.

backroad wellness cambridge oh: A Map of the World Jane Hamilton, 2010-12-15
NATIONAL BESTSELLER • From the author of the widely acclaimed *The Book of Ruth* comes a harrowing, heartbreaking drama about a rural American family and a disastrous event that forever changes their lives. It takes a writer of rare power and discipline to carry off an achievement like *A Map of the World*. Hamilton proves here that she is one of the best. —*Newsweek*
The Goodwins, Howard, Alice, and their little girls, Emma and Claire, live on a dairy farm in Wisconsin. Although suspiciously regarded by their neighbors as that hippie couple because of their well-educated, urban background, Howard and Alice believe they have found a source of emotional strength in the farm, he tending the barn while Alice works as a nurse in the local elementary school. But their peaceful life is shattered one day when a neighbor's two-year-old daughter drowns in the Goodwins' pond while under Alice's care. Tormented by the accident, Alice descends even further into darkness when she is accused of sexually abusing a student at the elementary school. Soon, Alice is arrested, incarcerated, and as good as convicted in the eyes of a suspicious community. As a child, Alice designed her own map of the world to find her bearings. Now, as an adult, she must find her way again, through a maze of lies, doubt and ill will. A vivid human drama of guilt and betrayal, *A Map of the World* chronicles the intricate geographies of the human heart and all its mysterious, uncharted terrain. The result is a piercing drama about family bonds and a disappearing rural American life.

backroad wellness cambridge oh: While I Was Gone Sue Miller, 2002-11-26
The New York Times bestseller called quietly gripping by USA Today demonstrates how impulses can fracture even the most stable family. Despite her loving family and beautiful home, Jo Becker is restless. Then an old roommate reappears, bringing back Jo's memories of her early 20s. Jo's obsession with that period in her life--and the crime that ended it--draws her back to a horrible secret.

backroad wellness cambridge oh: Midwives Chris Bohjalian, 2002-08-13
NATIONAL BESTSELLER • This modern classic from the author of *The Flight Attendant* is a compulsively readable novel that explores questions of human responsibility that are as fundamental to our society now as they were when the book was first published. A selection of Oprah's original Book Club that has sold more than two million copies. On an icy winter night in an isolated house in rural Vermont, a seasoned midwife named Sibyl Danforth takes desperate measures to save a baby's life. She performs an emergency cesarean section on a mother she believes has died of stroke. But what if—as Sibyl's assistant later charges—the patient wasn't already dead? The ensuing trial bears the earmarks of a witch hunt, forcing Sibyl to face the antagonism of the law, the hostility of traditional doctors, and the accusations of her own conscience. Exploring the complex and emotional decisions surrounding childbirth, *Midwives* engages, moves, and transfixes us as only the very best novels ever do. Look for Chris Bohjalian's new novel, *The Lioness*!

backroad wellness cambridge oh: The Invention of Wings Sue Monk Kidd, 2014-01-07
The newest Oprah's Book Club 2.0 selection: this special eBook edition of *The Invention of Wings* by Sue Monk Kidd features exclusive content, including Oprah's personal notes highlighted within the text, and a reading group guide. Writing at the height of her narrative and imaginative gifts, Sue Monk Kidd presents a masterpiece of hope, daring, the quest for freedom, and the desire to have a voice in the world. Hetty "Handful" Grimke, an urban slave in early nineteenth century Charleston, yearns for life beyond the suffocating walls that enclose her within the wealthy Grimke household. The Grimke's daughter, Sarah, has known from an early age she is meant to do something large in the world, but she is hemmed in by the limits imposed on women. Kidd's sweeping novel is set in motion on Sarah's eleventh birthday, when she is given ownership of ten year old Handful, who is to be her handmaid. We follow their remarkable journeys over the next thirty five years, as both strive for a life of their own, dramatically shaping each other's destinies and forming a complex relationship marked by guilt, defiance, estrangement and the uneasy ways of love. As the stories build to a riveting climax, Handful will endure loss and sorrow, finding courage and a sense of self in the

process. Sarah will experience crushed hopes, betrayal, unrequited love, and ostracism before leaving Charleston to find her place alongside her fearless younger sister, Angelina, as one of the early pioneers in the abolition and women's rights movements. Inspired by the historical figure of Sarah Grimke, Kidd goes beyond the record to flesh out the rich interior lives of all of her characters, both real and invented, including Handful's cunning mother, Charlotte, who courts danger in her search for something better. This exquisitely written novel is a triumph of storytelling that looks with unswerving eyes at a devastating wound in American history, through women whose struggles for liberation, empowerment, and expression will leave no reader unmoved. Please note there is another digital edition available without Oprah's notes. Go to Oprah.com/bookclub for more OBC 2.0 content

backroad wellness cambridge oh: *Open House* Elizabeth Berg, 2000-09-19 BONUS: This edition contains an excerpt from Elizabeth Berg's *Once Upon a Time, There Was You*. In this superb novel by the beloved author of *Talk Before Sleep*, *The Pull of the Moon*, and *Until the Real Thing Comes Along*, a woman re-creates her life after divorce by opening up her house and her heart. Samantha's husband has left her, and after a spree of overcharging at Tiffany's, she settles down to reconstruct a life for herself and her eleven-year-old son. Her eccentric mother tries to help by fixing her up with dates, but a more pressing problem is money. To meet her mortgage payments, Sam decides to take in boarders. The first is an older woman who offers sage advice and sorely needed comfort; the second, a maladjusted student, is not quite so helpful. A new friend, King, an untraditional man, suggests that Samantha get out, get going, get work. But her real work is this: In order to emerge from grief and the past, she has to learn how to make her own happiness. In order to really see people, she has to look within her heart. And in order to know who she is, she has to remember—and reclaim—the person she used to be, long before she became someone else in an effort to save her marriage. *Open House* is a love story about what can blossom between a man and a woman, and within a woman herself.

backroad wellness cambridge oh: *Kansas Woodlands* Clarence D. Chase, John K. Strickler, 1968

backroad wellness cambridge oh: *Famous Father Girl* Jamie Bernstein, 2018-06-12 The intimate memoir of Leonard Bernstein and his family, that helped inspire the new movie *Maestro* The oldest daughter of revered composer/conductor Leonard Bernstein offers a rare look at her father on the centennial of his birth in a deeply intimate and broadly evocative memoir The composer of *On the Town* and *West Side Story*, chief conductor of the New York Philharmonic, television star, humanitarian, friend of the powerful and influential, and the life of every party, Leonard Bernstein was an enormous celebrity during one of the headiest periods of American cultural life, as well as the most protean musician in twentieth century America. But to his eldest daughter, Jamie, he was above all the man in the scratchy brown bathrobe who smelled of cigarettes; the jokester and compulsive teacher who enthused about Beethoven and the Beatles; the insomniac whose 4 a.m. composing breaks involved spooning baby food out of the jar. He taught his daughter to love the world in all its beauty and complexity. In public and private, Lenny was larger than life. In *Famous Father Girl*, Bernstein mines the emotional depths of her childhood and invites us into her family's private world. A fantastic set of characters populates the Bernsteins' lives, including: the Kennedys, Mike Nichols, John Lennon, Richard Avedon, Stephen Sondheim, Jerome Robbins, and Betty (Lauren) Bacall. An intoxicating tale, *Famous Father Girl* is an intimate meditation on a complex and sometimes troubled man, the family he raised, and the music he composed that became the soundtrack to their entwined lives. Deeply moving and often hilarious, Bernstein's beautifully written memoir is a great American story about one of the greatest Americans of the modern age.

backroad wellness cambridge oh: *Van Rijn* Sarah Emily Miano, 2013-08-15 When young publisher Pieter Blaeu meets the aged and destitute painter Rembrandt van Rijn, he is quickly enticed into his theatre of life through a strange mixture of admiration and repulsion. But as Pieter delves into this shadowy world, he crosses paths with a fanciful troupe of characters, both living and

dead.

backroad wellness cambridge oh: Truth to Be Told Hatty Swiggs, 2011-07-01 It took a hurricane for fate to reveal the truth, to deal its hand, at this time. Bayou-hidden all these years, lived the musical phenomenon that no one wanted to believe was dead. Their devotion refused to let him die anyway. Choosing to unveil his presence to the gypsy heart of a truck driver, their love of music transpired a true friendship. This adventure unfolds far beyond yesterday and tomorrow, surrendering to the undeniable power of destiny. Savor what you have always yearned to be true...your undying belief in possibilities.

backroad wellness cambridge oh: Hidden Belize Catherine O'Neal, 2003-10 This new edition reviews 35 island retreats on seven different islands including several single-hotel escapes.

backroad wellness cambridge oh: Zen Without Zen Masters Camden Benares, 1993 This is the first -- and still the best -- collection of truly contemporary Zen parables. For the novice, this is an outstanding introduction to the baffling world of meditation, Eastern thought and the galaxy of philosophies that make up the expanding horizon of human awareness. For the veteran, Benares integrates the inner quest with the experience of daily life. And if that weren't enough, the section on Meditations and Exercises focuses the inner experience into an accessible form. Marked by clarity and simplicity, they demystify the growth process through practical application.

backroad wellness cambridge oh: The Migratory Legends Reidar Th Christiansen, Reidar Thoralf Christiansen, 1977

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