

common ground wellness portland

Common Ground Wellness Portland: Your Oasis of Calm in the City

Are you feeling overwhelmed by the hustle and bustle of Portland life? Longing for a space where you can reconnect with yourself, de-stress, and prioritize your well-being? Then you've come to the right place! This comprehensive guide dives deep into Common Ground Wellness Portland, exploring its offerings, philosophies, and why it's becoming a go-to destination for those seeking holistic wellness in the heart of the city. We'll uncover what sets them apart, discuss their various services, and help you decide if Common Ground Wellness is the perfect fit for your wellness journey.

Understanding Common Ground Wellness Portland: More Than Just a Spa

Common Ground Wellness Portland isn't your typical spa. It's a holistic wellness center built on a foundation of community, connection, and personalized care. They understand that well-being encompasses more than just physical health; it's a delicate balance of mental, emotional, and spiritual wellness. Their approach is integrative, drawing from various modalities to create a truly tailored experience for each client. This isn't about quick fixes; it's about sustainable, long-term well-being.

A Deep Dive into Their Services: Finding Your Perfect Fit

Common Ground Wellness Portland offers a diverse range of services designed to address a multitude of needs. Let's explore some of their key offerings:

1. Massage Therapy: From deep tissue to Swedish massage, their experienced therapists use a variety of techniques to relieve muscle tension, improve circulation, and promote relaxation. They focus on customizing each session to meet your specific needs and preferences, ensuring a truly therapeutic experience.

2. Acupuncture: Harnessing the principles of Traditional

Chinese Medicine, their licensed acupuncturists use fine needles to stimulate specific points on the body, promoting energy flow (Qi) and relieving pain and discomfort. Acupuncture can be incredibly effective for stress reduction, pain management, and overall well-being.

3. Yoga & Mindfulness Classes: Common Ground Wellness offers a variety of yoga classes, catering to different experience levels and preferences. Whether you're a seasoned yogi or a complete beginner, you'll find a class that suits your needs. They also incorporate mindfulness practices into their classes, encouraging self-awareness and stress reduction.

4. Holistic Counseling & Coaching: Recognizing the importance of mental and emotional well-being, Common Ground Wellness provides access to skilled counselors and coaches. They offer a safe and supportive environment where individuals can explore their challenges, develop coping mechanisms, and cultivate greater self-awareness.

5. Nutritional Guidance: Understanding the profound link between diet and overall health, they offer nutritional guidance to help clients make informed food choices that support their well-being. This may involve personalized meal plans, dietary consultations, or workshops on healthy eating habits.

The Common Ground Wellness Experience: Why Choose Them?

What truly sets Common Ground Wellness Portland apart is their commitment to creating a welcoming and inclusive environment. They foster a sense of community among their clients, creating a supportive space where individuals can feel comfortable and understood.

Their therapists and practitioners are highly skilled and passionate about their work, dedicated to providing exceptional care and personalized attention. The emphasis on holistic wellness, combined with their diverse range of services, makes them a unique and valuable resource for the Portland community.

Finding Common Ground: Location, Contact, and Booking Your Appointment

Common Ground Wellness is conveniently located in [Insert Address Here], making it easily accessible for residents throughout Portland. You can find their contact information and easily book appointments through their website: [Insert Website Address Here]. Be sure to check their website for their current schedule and any special offers.

Conclusion: Invest in Your Well-being at Common Ground

In a city as vibrant and fast-paced as Portland, prioritizing your well-being is crucial. Common Ground Wellness provides a sanctuary where you can escape the daily grind, reconnect with yourself, and invest in your holistic health. Their dedication to personalized care, diverse services, and supportive community make them a valuable asset to the Portland wellness scene. So, take the time to nurture yourself – your mind, body, and spirit will thank you for it.

Frequently Asked Questions (FAQs)

1. Do I need a referral to book an appointment at Common Ground Wellness Portland?
No, referrals are not required to book an appointment. You can book directly through their website or by phone.
1. What forms of payment does Common Ground Wellness accept? They typically accept major credit cards, debit cards, and sometimes health insurance depending on the service. Check their website for the most up-to-date payment information.
1. What are the cancellation policies? Common Ground Wellness usually has a cancellation policy outlined on their website. It's advisable to review this policy before booking your appointment to avoid any unexpected charges.
1. Do they offer packages or discounts? Many wellness centers offer packages or discounts, especially for recurring appointments. Check their website or call to inquire

about current offers.

1. Is Common Ground Wellness accessible to individuals with disabilities? It's essential to contact Common Ground Wellness directly to inquire about their accessibility features and accommodations to ensure they can meet your specific needs. They may have information on their website or be happy to discuss it over the phone.

common ground wellness portland: *Peaceful Places: Portland* Paul Gerald, 2012-11-06

Everybody knows about Portland's food scene, its outdoor recreation, its bike lanes, beer pubs, and coffee shops. Whether you call it Stumptown or Bridgetown — or even PDX — Portland has been mocked as the city where young people go to retire. But seemingly every weekend there's a festival, organized bike ride, political march, or something else clamoring for participation. In short, Portland is a happening town. Seeking out the places or times when the crowds will be elsewhere, Paul Gerald give travelers the essence of what each place is about — what makes it peaceful or inviting. But he does not stint on also giving readers all the detailed info they need to get there at the crowd-free time. The theme that carries throughout the book is a simple one: Portland is a great city, but it's still a city, and sometimes folks just need a break.

common ground wellness portland: *Portland, Oregon* ,

common ground wellness portland: *Fodor's Inside Portland* Fodor's Travel Guides,

2020-04-07 With its fascinating history, incomparable culinary landscape, and blossoming art scene, Portland has become one of the most sought-after destinations for the hip, curious traveler. Fodor's brand-new guidebook, *Inside Portland*, touches on the top tourist sights, from Powell's Bookstore to the International Rose Test Garden, but also delves into the under-the-radar places that only insiders from Portland know about. The Fodor's Inside series is designed for travelers looking for authentic, hyperlocal experiences. Perfectly sized to fit in your bag or pocket, these guides are designed with an artistic bent and are easy to use, look good, and don't make you feel like a tourist. Written by Portland residents—with customized neighborhood maps and one-of-a-kind, hand-drawn illustrations by Jennifer Reynolds—*Inside Portland* covers the restaurants, bars, coffee shops, and boutiques in the neighborhoods that locals love best. Fodor's *Inside Portland* includes: OFF-THE-BEATEN-PATH COVERAGE to help you explore locally loved, up-and-coming neighborhoods that other guidebooks don't cover well or at all. ITINERARIES that will help you plan your trip. MAPS that are easy to read, plus a FREE PULL-OUT map. BEST BET LISTS with our favorites in a variety of categories including: best local foods, best kid-friendly attractions, and most romantic restaurants. AT A GLANCE FEATURES on local events, history, locally-made goods, books and movies set in Portland, and more. COOL PLACES TO STAY highlighting the most unique lodgings in the city. INSTAGRAM-WORTHY PHOTO SPOTS that tell you how and where to get remarkable shots that you'll definitely want to share. BEST CITY TOURS from the coolest companies, including brewery tours, culinary tours, and bike tours. QUICK SIDE TRIPS to the best places in the Columbia Gorge, Mt. Hood, and the Willamette Wine Country. GETTING AROUND features in every neighborhood to make navigation via public transit or walking easy. HAND-DRAWN ILLUSTRATIONS INTERESTING STREET AND PUBLIC ART that is worth discovering. BACK IN THE DAY SPOTLIGHTS of famous spots to give the city historical context. COVERS the best neighborhoods in Portland, including Downtown, Pearl District, Old Town/Chinatown, Nob Hill, Washington Park, Forest Park, and more. ABOUT FODOR'S AUTHORS: Each Fodor's Travel Guide is researched and written by local experts. Fodor's has been offering expert advice for all tastes and budgets for over 80 years. For more travel

inspiration, you can sign up for our travel newsletter at [fodors.com/newsletter/signup](https://www.fodors.com/newsletter/signup), or follow us @FodorsTravel on Facebook, Instagram, and Twitter. We invite you to join our friendly community of travel experts at [fodors.com/community](https://www.fodors.com/community) to ask any other questions and share your experience with us! Planning on visiting more of the Pacific Northwest? Check out Fodor's Oregon, Fodor's Seattle, and Fodor's Pacific Northwest. *Important note for digital editions: The digital edition of this guide does not contain all the images or text included in the physical edition.

common ground wellness portland: Insiders' Guide to Portland, Oregon Rachel Dresbeck, Dave Johnson, 2005 With more microbreweries than any other city, the nation's largest bookstore, and the most beautiful Japanese garden outside of Japan, Portland is an ideal place to live or visit. & Highlighting the best of & the city's arts, recreation, and dining, this guide is essential for anyone wishing to get the most & out of what Portland has to offer.&&

common ground wellness portland: Cheap Bastard's® Guide to Portland, Oregon Rachel Dresbeck, 2011-11-22 Cheap Bastard's Guide to Portland, OR details endless free and inexpensive opportunities available in The City of Roses from theater, concerts, and museums to wine tastings, yoga classes, haircuts, and massages—for native and visiting cheapskates alike. Written in a fun, humorous tone, this unique guide offers sound advice on how to live the good life on the cheap!

common ground wellness portland: DIY Magic Anthony Alvarado, 2015-04-07 DIY MAGIC offers a series of reality hacks encompassing self-help, philosophy, psychology, and inspiration, that will help artists, writers, and any creative types find new sources of inspiration. This is a book of magic. This is a book of mind hacks. This is a cookbook for creativity. In DIY Magic, Anthony Alvarado provides readers with a collection of techniques for accessing deeper levels of creative thought—for hacking into their subconscious. From Salvador Dali's spoon technique and ornithomancy (divination by crows), to bibliomancy and using (legal) stimulants, the exercises in this book will help anyone chasing the muse—from artists and musicians, to writers and more—as they tug at the strings of everyday reality and tap into the magic of their own minds.

common ground wellness portland: Voices from Bears Ears Rebecca Robinson, 2018-10-30 In late 2016, President Barack Obama designated 1.35 million acres of public lands in southeastern Utah as Bears Ears National Monument. On December 4, 2017, President Donald Trump shrank the monument by 85 percent. A land rich in human history and unsurpassed in natural beauty, Bears Ears is at the heart of a national debate over the future of public lands. Through the stories of twenty individuals, and informed by interviews with more than seventy people, *Voices from Bears Ears* captures the passions of those who fought to protect Bears Ears and those who opposed the monument as a federal “land grab” that threatened to rob them of their economic future. It gives voice to those who have felt silenced, ignored, or disrespected. It shares stories of those who celebrate a growing movement by Indigenous peoples to protect ancestral lands and culture, and those who speak devotedly about their Mormon heritage. What unites these individuals is a reverence for a homeland that defines their cultural and spiritual identity, and therein lies hope for finding common ground. Journalist Rebecca Robinson provides context and perspective for understanding the ongoing debate and humanizes the abstract issues at the center of the debate. Interwoven with these stories are photographs of the interviewees and the land they consider sacred by photographer Stephen E. Strom. Through word and image, Robinson and Strom allow us to both hear and see the people whose lives are intertwined with this special place.

common ground wellness portland: Healing Grounds Liz Carlisle, 2022-03-10 Today, a new generation of farmers are working to heal both the land and agriculture's legacy of racism. In *Healing Grounds*, Liz Carlisle tells the stories of Indigenous, Black, Latinx, and Asian American farmers who are reviving their ancestors' methods of growing food--techniques long suppressed by the industrial food system. This, Carlisle shows, is the true regenerative agriculture: a holistic approach that values diversity in both plants and people. It has the power to combat climate change, but only if we reckon with agriculture's history of oppression. Through rich storytelling, Carlisle lays bare that painful history, while lifting up the voices of farmers who are working to restore our soil, our climate, and our humanity.

common ground wellness portland: Pursuing Wellness John Fraser, Judith Koke, 2021-12-16 First published in 2010 as a volume of Museums and Social Issues, A Journal of Reflective Discourse as Volume 5, number 2. What does wellness really mean? How do we enjoy the experience of being well or honor good health? What does it take to Pro-actively court the most positive potential for your future self? Health is one of the pressing topics of our age. This issue sets out to look at how museums create public value by bringing health issues to the fore.

common ground wellness portland: *Mud Flower* Meghan J. M. Caughey, 2021-04-30 *Mud Flower: Surviving Schizophrenia and Suicide Through Art* shows the perspective of a person who has a serious mental illness, who survives extreme treatments, who both family and the health system have given up on, but who defies all expectations and common beliefs of what is possible. Along the way, the author describes the role of art in her survival, grappling with how the life force can be either nurtured or destroyed by elements in our environment, such as nature, beauty, and art versus dehumanization and coercion.

common ground wellness portland: **Facilitated Stretching** Robert E. McAtee, Jeff Charland, 2007 Understanding the basics of stretching -- Focusing on facilitated stretching -- Using the spiral-diagonal patterns of PNF -- Stretches for the lower extremity -- Stretches for the upper extremity -- Stretches for the neck and torso -- Combining techniques to release fibrotic tissue -- Stretching routines for specific activities -- Routines for common soft tissue injuries.

common ground wellness portland: Done with Dieting Lauren Shaw, 2004-12 Are you ready for a total body transformation? No matter what your age, you'll find countless tips, tricks, and techniques for sculpting your body and obtaining significant, visible results in as little as four weeks. *Done with Dieting* offers everything you need to get started on a healthier, fitter way of life, including: How to carry out promises, challenge yourself, and reward goals as you achieve them Important facts about resistance training and cardiovascular training Shopping lists for food and fitness equipment Sample recipes and menu plans Secrets for maximizing your workouts Natural nutrition without supplements And best of the best exercises for both home and gym Lauren Shaw's no-nonsense, natural approach to weight loss and fitness delivers dramatic, quick, and--best of all--consistent and lasting results. Say hello to her motivating and effective program and good riddance to the low-carb craze, diets named after trendy vacation spots, and starvation diets. *Done with Dieting* puts you on the fast track to a leaner body and a healthier you.

www.donewithdieting.com

common ground wellness portland: *Pocket Portland & the Willamette Valley* Celeste Brash, MaSovaida Morgan, 2023-02 Lonely Planet's *Pocket Portland & the Willamette Valley* is your guide to the city's best experiences and local life - neighborhood by neighborhood. Explore the Saturday Market, sample craft beers and discover Washington Park; all with your trusted travel companion. Uncover the best of Portland & the Willamette Valley and make the most of your trip! Inside Lonely Planet's *Pocket Portland & the Willamette Valley*: Up-to-date information - all businesses were rechecked before publication to ensure they are still open after 2020's COVID-19 outbreak Full-color maps and travel photography throughout Highlights and itineraries help you tailor a trip to your personal needs and interests Insider tips to save time and money and get around like a local, avoiding crowds and trouble spots Essential info at your fingertips - hours of operation, phone numbers, websites, transit tips, prices Honest reviews for all budgets - eating, sightseeing, going out, shopping, hidden gems that most guidebooks miss Convenient pull-out Portland & the Willamette Valley map (included in print version), plus over 23 color neighborhood maps User-friendly layout with helpful icons, and organized by neighborhood to help you pick the best spots to spend your time Covers Portland's Downtown, Old Town Chinatown, Northwest & the Pearl District, Northeast and Southeast and Willamette Valley's McMinnville, Newberg & Dundee, Salem and more The Perfect Choice: Lonely Planet's *Pocket Portland & the Willamette Valley*, an easy-to-use guide filled with top experiences - neighborhood by neighborhood - that literally fits in your pocket. Make the most of a quick trip to Portland & the Willamette Valley with trusted travel advice to get you straight to the heart of the city. Looking for more extensive coverage? Check out

Lonely Planet's Washington, Oregon & the Pacific Northwest guide for a comprehensive look at all that the region has to offer. About Lonely Planet: Lonely Planet is a leading travel media company, providing both inspiring and trustworthy information for every kind of traveler since 1973. Over the past four decades, we've printed over 145 million guidebooks and phrasebooks for 120 languages, and grown a dedicated, passionate global community of travelers. You'll also find our content online, and in mobile apps, videos, 12 international magazines, armchair and lifestyle books, ebooks, and more, enabling you to explore every day. 'Lonely Planet guides are, quite simply, like no other.' □ New York Times 'Lonely Planet. It's on everyone's bookshelves; it's in every traveler's hands. It's on mobile phones. It's on the Internet. It's everywhere, and it's telling entire generations of people how to travel the world.' □ Fairfax Media (Australia)

common ground wellness portland: The Prevention Pipeline , 1993

common ground wellness portland: Integrating Health Promotion and Mental Health Vikki Vandiver, 2009 Mental health systems are in a crucial transition period, thanks to the increasing prominence of health promotion theory and a corresponding shift toward emphasizing wellness and empowerment, holistic and family-friendly design, and empirically supported treatment. Such changes demand adjustments to mental health education, and re-education, to maintain a common ground among students, specialists, and providers. The first book of its kind, Integrating Health Promotion and Mental Health presents a seamless framework for approaching contemporary mental health problems. In this informative and engaging text, healthcare expert Vikki L. Vandiver shows how mainstream mental health services can realistically begin to utilize health promotion principles. Vandiver begins by approaching the need for mental health reform based on stakeholder perspectives and providing an overview of the history and practice of health promotion, leading into a discussion of how health promotion practices can be incorporated into evidence-based mental health treatments, particularly those for women with co-morbid health and mental health conditions and children with mental health needs. Finally, Vandiver offers an articulate summary and critique that sheds light on how mental health administrators can incorporate health promotion concepts and practices in their organizations in a strategic, culturally competent manner. Driven by theory and the most recent data, Vandiver's writing is also eminently accessible; the pages are rich with conceptual diagrams, case examples, and testimonies from mental health consumers. Integrating Health Promotion and Mental Health will help specialists, researchers, and students alike in fields such as public health, nursing, social work, health psychology, psychiatric rehabilitation, and counseling to comprehend the basics of health promotion and how they can lead to new and more effective practice models.

common ground wellness portland: On Indian Ground Michelle M. Jacob, Stephany RunningHawk Johnson, 2019-11-01 On Indian Ground: Northwest is the second of ten regionally focused texts that explores American Indian/Alaska Native/Native Hawaiian education in depth. The text is designed to be used by educators of Native youth and emphasizes best practices found throughout the region. Previous texts on American Indian education make wide-ranging general assumptions that all American Indians are alike. This series promotes specific interventions and relies on Native ways of knowing to highlight place-based educational practices. On Indian Ground: Northwest looks at the history of Indian education across the Pacific Northwest region. Authors also analyze education policy and Tribal education departments to highlight early childhood education, gifted and talented educational practice, parental involvement, language revitalization, counseling, and research. These chapters expose cross-cutting themes of sustainability, historical bias, economic development, health and wellness and cultural competence.

common ground wellness portland: Homelessness, Health, and Human Needs Institute of Medicine, Committee on Health Care for Homeless People, 1988-02-01 There have always been homeless people in the United States, but their plight has only recently stirred widespread public reaction and concern. Part of this new recognition stems from the problem's prevalence: the number of homeless individuals, while hard to pin down exactly, is rising. In light of this, Congress asked the Institute of Medicine to find out whether existing health care programs were ignoring the homeless

or delivering care to them inefficiently. This book is the report prepared by a committee of experts who examined these problems through visits to city slums and impoverished rural areas, and through an analysis of papers written by leading scholars in the field.

common ground wellness portland: Requiem for the Author of Frankenstein Molly Dwyer, 2008 Preparing a paper on Frankenstein, scholar Anna Trevor falls into alarmingly realistic dreams, meeting Mary Shelley, who reveals truths only she could know. When the dreams enter Anna's waking state, she begins to believe that Mary and her lovers, Percy Bysshe Shelley and Lord Byron, actually exist as conscious beings sharing time and space and mind with her.

common ground wellness portland: Tribal Healing to Wellness Courts, 2003

common ground wellness portland: It Takes What It Takes Trevor Moawad, Andy Staples, 2020-02-04 Foreword by Seattle Seahawks quarterback Russell Wilson From a top mental conditioning coach—the world's best brain trainer" (Sports Illustrated)—who has transformed the lives and careers of elite athletes, business leaders, and military personnel, battle-tested strategies that will give you tools to manage and overcome negativity and achieve any goal. He knows how to win. More, he knows the many ways—subtle, brutal, often self-inflicted—we lose. As the most trusted mental coach in the world of sports, Trevor Moawad has worked with many of the most dominant athletes and the savviest coaches. From Nick Saban and Kirby Smart to Russell Wilson, they all look to Moawad for help finding or keeping or regaining their competitive edge. (As do countless business leaders and members of special forces.) Now, at last, Moawad shares his unique philosophy with the general public. He lays out lessons he's derived from his greatest career successes as well as personal setbacks, the game-changing wisdom he's earned as the go-to whisperer for elite performers on fields of play and among men and women headed to the battlefield. Moawad's motivational approach is elegant but refreshingly simple: He replaces hardwired negativity, the kind of defeatist mindset that's nearly everybody's default, with what he calls neutral thinking. His own special innovation, it's a nonjudgmental, nonreactive way of coolly assessing problems and analyzing crises, a mode of attack that offers luminous clarity and supreme calm in the critical moments before taking decisive action. Not only can neutral thinking raise your performance level—it can transform your overall life. And it all starts, Moawad says, with letting go. Past failures, past losses—let them go. The past isn't predictive. If you can absorb and embrace that belief, everything changes. You'll instantly feel more calm. And the athlete—or employee or parent or spouse—who's more calm is also more aware, and more times than not ... will win.

common ground wellness portland: Lonely Planet Pocket Portland & the Willamette Valley Lonely Planet, Celeste Brash, MaSovaida Morgan, 2020-02-01 Lonely Planet: The world's number one travel guide publisher* Lonely Planet's Pocket Portland & the Willamette Valley is your passport to the most relevant, up-to-date advice on what to see and skip, and what hidden discoveries await you. Explore the museums of Portland's downtown area, sample some of the city's variety of microbrews, and take in the craft stalls at the Saturday Market - all with your trusted travel companion. Get to the heart of Portland and the Willamette Valley and begin your journey now! Inside Lonely Planet's Pocket Portland & the Willamette Valley: Full-colour maps and images throughout Highlights and itineraries help you tailor your trip to your personal needs and interests Insider tips to save time and money and get around like a local, avoiding crowds and trouble spots Essential info at your fingertips - hours of operation, phone numbers, websites, transit tips, prices Honest reviews for all budgets - eating, sleeping, sight-seeing, going out, shopping, hidden gems that most guidebooks miss Free, convenient pull-out Portland map (included in print version), plus over 16 color neighborhood maps User-friendly layout with helpful icons, and organized by neighbourhood to help you pick the best spots to spend your time Covers Downtown, Old Town, Chinatown, Northwest & the Pearl District, Northeast Portland, Southeast Portland, McMinnville, Salem, Newberg & Dundee, and more The Perfect Choice: Lonely Planet's Pocket Portland & the Willamette Valley is our colorful, easy to use and handy guide that literally fits in your pocket, and is packed with the best sights and experiences for a short trip or weekend away. Want more extensive coverage? Check out Lonely Planet's USA for an in-depth guide to the country. About Lonely Planet:

Lonely Planet is a leading travel media company and the world's number one travel guidebook brand, providing both inspiring and trustworthy information for every kind of traveler since 1973. Over the past four decades, we've printed over 145 million guidebooks and grown a dedicated, passionate global community of travelers. You'll also find our content online, and in mobile apps, video, 14 languages, nine international magazines, armchair and lifestyle books, ebooks, and more. TripAdvisor Travelers' Choice Awards 2012, 2013, 2014, 2015 and 2016 winner in Favorite Travel Guide category 'Lonely Planet guides are, quite simply, like no other.' - New York Times 'Lonely Planet. It's on everyone's bookshelves, it's in every traveller's hands. It's on mobile phones. It's on the Internet. It's everywhere, and it's telling entire generations of people how to travel the world.' - Fairfax Media (Australia) *Source: Nielsen BookScan: Australia, UK, USA, 5/2016-4/2017 eBook Features: (Best viewed on tablet devices and smartphones) Downloadable PDF and offline maps prevent roaming and data charges Effortlessly navigate and jump between maps and reviews Add notes to personalise your guidebook experience Seamlessly flip between pages Bookmarks and speedy search capabilities get you to key pages in a flash Embedded links to recommendations' websites Zoom-in maps and images Inbuilt dictionary for quick referencing Important Notice: The digital edition of this book may not contain all of the images found in the physical edition.

common ground wellness portland: Wild Religion David Chidester, 2012-04-23 This book examines South Africa's political journey of the late twentieth and early twenty-first century in the context of religious diversity and the recent revitalization of indigenous religion and rituals.

common ground wellness portland: Recovery from Schizophrenia Courtenay Harding, 2024 This is a book about eleven worldwide long-term research studies providing evidence about the possibility of significant improvement and recovery from schizophrenia. Included are chapters of programs promoting forward movement as well as stories from the lives of patients, many of whom got their lives back, and the power of hope--

common ground wellness portland: The Tears of the Sun S. M. Stirling, 2012-09-04 Rudi Mackenzie has traveled from the land where the sun sets to the land where it rises and back. He has found his weapon—the Sword crafted for him before he was born. He has made friends from among his enemies and found enemies where he expected friends. He has won the heart and hand of the woman he has loved his entire life. Now Rudi is Artos, the High King of Montival, and his final destiny awaits him. He must face and defeat the forces of the Church Universal and Triumphant. Everything in the present, everything in the future, depends on the outcome of the conflict. And like his father before him, Rudi knows that in winning the war he might well lose his life...

common ground wellness portland: Resources in Education , 1990-10

common ground wellness portland: Attention Hijacked Erica B. Marcus, 2022-05-03 Technology surrounds us every day: a phone alarm wakes us up, an electronic calendar tracks assignment deadlines, GPS directs us to the new dentist's office, social media keeps us connected to friends and family, and streaming platforms make sure we're never without something new to binge-watch. Our devices and apps can make life much more convenient and entertaining. But for years, scientists have warned that too much screen time may have negative effects on our health. With portable devices and remote learning, it is even more difficult to put down electronics. Being intentional about how and when to unplug can help teens and young adults to protect their physical and mental wellbeing in a world where screens and technology are increasingly becoming necessities rather than just conveniences. Attention Hijacked offers a roadmap for those deciding how they want to deal with technology, exploring the ways technology affects the individual, dispelling common misinformation, and using this knowledge to make personalized decisions. Page Plus links in the book lead to mindfulness and meditation audio clips. Using mindfulness techniques, this book gives readers the power to take charge of their technology use.

common ground wellness portland: Primal Body, Primal Mind Nora Gedgaudas, 2011-05-27 Combining your body's Paleolithic needs with modern nutritional and medical research for complete mind-body wellness • Provides sustainable diet strategies to curb sugar cravings, promote fat burning and weight loss, reduce stress and anxiety, improve sleep and moods, increase energy and

immunity, and enhance memory and brain function • Shows how our modern diet leads to weight gain and “diseases of civilization”--such as cancer, osteoporosis, metabolic syndrome, heart disease, and ADD • Explains how diet affects the brain, hormone balance, and the aging process and the crucial role of vitamin D in cancer and disease prevention Examining the healthy lives of our pre-agricultural Paleolithic ancestors and the marked decline in stature, bone density, and dental health and the increase in birth defects, malnutrition, and disease following the implementation of the agricultural lifestyle, Nora Gedgaudas shows how our modern grain- and carbohydrate-heavy low-fat diets are a far cry from the high-fat, moderate-protein hunter-gatherer diets we are genetically programmed for, leading not only to lifelong weight gain but also to cravings, mood disorders, cognitive problems, and “diseases of civilization”--such as cancer, osteoporosis, metabolic syndrome (insulin resistance), heart disease, and mental illness. Applying modern discoveries to the basic hunter-gatherer diet, she culls from vast research in evolutionary physiology, biochemistry, metabolism, nutrition, and chronic and degenerative disease to unveil a holistic lifestyle for true mind-body health and longevity. Revealing the primal origins and physiological basis for a high-fat, moderate-protein, starch-free diet and the importance of adequate omega-3 intake--critical to our brain and nervous system but sorely lacking in most people’s diets--she explains the nutritional problems of grains, gluten, soy, dairy, and starchy vegetables; which natural fats promote health and which (such as canola oil) harm it; the crucial role of vitamin D in cancer and disease prevention; the importance of saturated fat and cholesterol; and how diet affects mental health, memory, cognitive function, hormonal balance, and cellular aging. With step-by-step guidelines, recipes, and meal recommendations, this book offers sustainable strategies for a primally based, yet modern approach to diet and exercise to reduce stress and anxiety, lose weight, improve sleep and mood, increase energy and immunity, enhance brain function, save money on groceries, and live longer and happier.

common ground wellness portland: Ubiquitous Learning Bill Cope, Mary Kalantzis, 2010-10-01 This collection seeks to define the emerging field of ubiquitous learning, an educational paradigm made possible in part by the omnipresence of digital media, supporting new modes of knowledge creation, communication, and access. As new media empower practically anyone to produce and disseminate knowledge, learning can now occur at any time and any place. The essays in this volume present key concepts, contextual factors, and current practices in this new field. Contributors are Simon J. Appleford, Patrick Berry, Jack Brighton, Bertram C. Bruce, Amber Buck, Nicholas C. Burbules, Orville Vernon Burton, Timothy Cash, Bill Cope, Alan Craig, Lisa Bouillion Diaz, Elizabeth M. Delacruz, Steve Downey, Guy Garnett, Steven E. Gump, Gail E. Hawisher, Caroline Haythornthwaite, Cory Holding, Wenhao David Huang, Eric Jakobsson, Tristan E. Johnson, Mary Kalantzis, Samuel Kamin, Karrie G. Karahalios, Joycelyn Landrum-Brown, Hannah Lee, Faye L. Lesht, Maria Lovett, Cheryl McFadden, Robert E. McGrath, James D. Myers, Christa Olson, James Onderdonk, Michael A. Peters, Evangeline S. Pianfetti, Paul Prior, Fazal Rizvi, Mei-Li Shih, Janine Solberg, Joseph Squier, Kona Taylor, Sharon Tettegah, Michael Twidale, Edee Norman Wiziecki, and Hanna Zhong.

common ground wellness portland: Family Freezer Meals Kelly McNelis, 2019-01-08 FAMILY FREEZER MEALS is the ultimate cookbook to help you and your family eat healthy all year long. The book is packed with freezer cooker basics, best assembly methods, and the motivation to make freezer meals a staple in your life. With family-friendly recipes such as Cool Ranch Shredded Tacos, BBQ Maple Ribs, and Lentil Sloppy Joes, this book shows you how to stock your freezer with slow cooker meals that extend beyond slow cooker soups and stews. Plus, you'll get more for your money, less stress, and precious time back that you can spend with your family. Kelly is the wife, mother of five, and slow cooker addict behind Family Freezer Meals. She is committed to sharing healthy, simple, and budget-friendly recipes through the website's blog and freezer eCookbooks. Besides cooking and eating, Kelly loves spending time with her family, reading fiction, and running outside.

common ground wellness portland: Local Economic Development and the Environment Susan M. Opp, Jeffery L. Osgood, Jr., 2017-09-25 A clear and practical examination of complex

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smoking causes diseases and considers whether a mechanism is likely to be operative in the production of human disease by tobacco smoke. This evidence is relevant to understanding how smoking causes disease, to identifying those who may be particularly susceptible, and to assessing the potential risks of tobacco products.

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