

connections wellness group flower mound

Connections Wellness Group Flower Mound: Your Path to Holistic Well-being

Are you searching for a supportive and effective wellness community in Flower Mound, Texas? Feeling overwhelmed, stressed, or simply seeking a better way to manage your mental and emotional health? Then you've come to the right place. This comprehensive guide dives deep into Connections Wellness Group Flower Mound, exploring its services, philosophy, and the transformative impact it's having on the lives of individuals and families in the area. We'll uncover why Connections is becoming a leading choice for those seeking holistic wellness solutions.

Understanding Connections Wellness Group Flower Mound: More Than Just Therapy

Connections Wellness Group Flower Mound isn't your typical therapy practice. It's a vibrant community built on the foundation of connection, understanding, and personalized care. They go beyond traditional therapeutic models, offering a wide range of services designed to address the multifaceted aspects of well-being. This means they consider not only your mental health but also your physical, emotional, and spiritual needs, creating a truly holistic approach.

A Diverse Range of Services Offered

Connections boasts a diverse team of highly qualified and experienced professionals, each specializing in different areas of mental health and wellness. This allows them to cater to a broad spectrum of needs, offering services such as:

Individual Therapy: Personalized sessions tailored to address individual challenges and goals, covering a wide range of issues including anxiety, depression, trauma, relationship issues, and life transitions.

Couples Therapy: Strengthening relationships through collaborative sessions focused on improving communication, conflict resolution, and fostering intimacy.

Family Therapy: Addressing family dynamics and improving communication within the family unit to create a healthier and more supportive environment.

Group Therapy: A supportive environment where individuals can connect with others facing similar challenges, sharing experiences and learning from each other. The sense of community fostered in group therapy is a powerful tool for healing and growth.

Child and Adolescent Therapy: Specialized care for young people navigating the complexities of childhood and adolescence, addressing issues like anxiety, depression, behavioral challenges, and self-esteem.

Medication Management (where applicable): In collaboration with psychiatrists, Connections can provide medication management for individuals who may benefit from a combination of therapy and medication. This integrated approach ensures holistic care.

The Connections Wellness Approach: A Holistic Perspective

What truly sets Connections Wellness Group Flower Mound apart is their holistic approach. They recognize that well-being is a complex interplay of factors, and therefore, they tailor their treatment plans to address the individual's unique needs comprehensively. This means that rather than simply treating symptoms, they strive to understand the root causes of distress and empower individuals to make lasting positive changes in their lives.

Their focus on connection is also paramount. They create a safe, non-judgmental space where clients feel comfortable being themselves, opening up and sharing their struggles without fear of judgment. This supportive environment facilitates healing and fosters personal growth.

The Benefits of Choosing Connections Wellness Group Flower Mound

Choosing Connections Wellness Group offers several key benefits:

Experienced and Compassionate Professionals: The team consists of licensed and experienced therapists dedicated to providing high-quality, compassionate care.

Personalized Treatment Plans: No two individuals are alike, and neither are their treatment plans. Connections creates customized approaches to address each client's specific needs and goals.

Convenient Location: Located in the heart of Flower Mound, the practice offers easy access for residents in the surrounding communities.

Flexible Scheduling: Connections understands the demands of modern life and strives to provide flexible scheduling options to accommodate clients' needs.

A Supportive Community: Beyond individual therapy, Connections fosters a sense of community, offering support groups and workshops to promote connection and personal growth.

Finding Your Path to Well-being with Connections Wellness Group Flower Mound

If you're ready to embark on a journey towards improved well-being, Connections Wellness Group Flower Mound is an excellent place to start. Their commitment to holistic care, personalized treatment, and compassionate support sets them apart. Take the first step towards a healthier, happier you by contacting them today. Visit their website or call to learn more about their services and schedule a consultation.

Conclusion

Connections Wellness Group Flower Mound is more than just a therapy practice; it's a beacon of hope and healing for individuals and families in the Flower Mound community. Their holistic approach, coupled with a commitment to personalized care and fostering a supportive environment, makes them a leading choice for those seeking lasting positive change in their lives. Embrace the opportunity to connect with yourself and others, and begin your journey towards a more fulfilling and balanced life.

Frequently Asked Questions (FAQs)

1. What types of insurance does Connections Wellness Group Flower Mound accept? Connections accepts a range of insurance plans, but it's best to contact them directly to verify your specific coverage.
1. What are the practice's hours of operation? Their hours vary, so checking their website or calling for specific information is recommended.
1. Do they offer online therapy sessions? Many practices offer telehealth options; contacting Connections directly to inquire about their availability of online sessions is advisable.
1. What is the typical cost of a session? The cost depends on the type of therapy and the therapist's experience. They likely provide information on their website or during a consultation.
1. How can I schedule an appointment? Appointments can typically be scheduled by calling their office or through their website's online scheduling system (if available).

connections wellness group flower mound: Eating Disorders in Sport Ron A. Thompson, Roberta Trattner Sherman, 2011-01-19 Over the past fifteen years, there has been a great increase in the knowledge of eating disorders in sport and effective means of treatment. In this book, the authors draw on their extensive clinical experience to discuss how to identify, manage, treat, and prevent eating disorders in sport participants. They begin by examining the clinical conditions related to eating problems, including descriptions of specific disorders and a review of the relevant literature. Special attention is given to the specific gender and sport-related factors that can negatively influence the eating habits of athletes. The second half of the book discusses identification of participants with disordered eating by reviewing symptoms and how they manifest in sport; management issues for sport personnel, coaches, athletic trainers, and healthcare professionals; treatment; and medical considerations, such as the use of psychotropic medications. A list of useful resources is included in an appendix, as well as a glossary of important terms.

connections wellness group flower mound: Simply a Woman of Faith Pat Hastings, 2007-08 Simply a Woman of Faith is one woman's ability to live the life she imagines, fulfilling her dreams and following God's Divine Plan. While she is escorted through a journey to find meaning and peace, she faces near bankruptcy, the loss of her home and business and at one very critical point the near loss of her faith in God. Yet she manages to overcome her fears and doubts by putting her trust in God and His ability to provide her with signs to guide her. Through her writing, she helps the reader find meaning in everyday life through prayer, dreams and angelic forces. This book is a practical guide with suggestions and writing space for spiritual reflection and journaling.

connections wellness group flower mound: Hypnosis & Hypnotherapy Calvin D. Banyan, Gerald F. Kein, 2001 Professional techniques and procedures for doing outstanding hypnotherapy using direct suggestion, convincers, covert testing, age regression and more. This is an exciting new book for professionals who are using hypnotherapy in their work (or would like to). It is highly organized and readable, and outlines and explains some of the most powerful and reliable techniques and procedures available to the modern hypnotherapist. A treasure of over 180 Hypnotherapy Techniques and Procedures that lead to successful hypnotherapy including: how to hypnotize every client, how to show every client that he or she was hypnotized, how to make your hypnotic suggestions more powerful than ever, how to make each session 10 times more powerful than the last one, how to covertly test your clients and use convincers that cannot fail, how to expertly conduct age regression sessions that are successful, how to work with overly-analytical, resistant or nervous clients, and how to amaze your clients and receive referrals from other professionals.

connections wellness group flower mound: Borderline Personality Disorder Camh, 2009 This booklet is designed for people who have someone in their lives who has borderline personality disorder (BPD). The first three sections include information about the symptoms and causes and treatment of BPD. Section four talks about how to support someone who has BPD and the last section discusses self-care for family and friends. Contents: - about personality disorders - about borderline personality disorder - treatment for people with BPD - supporting the family member who has BPD - self-care - recovery and hope - family crisis information sheet.

connections wellness group flower mound: Emotional Transformation Therapy Steven R. Vazquez, 2012-11-02 Emotional Transformation Therapy: An Interactive Ecological Psychotherapy describes an entirely original approach to psychotherapy that drastically accelerates therapeutic outcomes in terms of speed and long-term effects. It includes an attachment-based interpersonal approach that increases the impact of the therapist-client bond and is amplified by the precise use of the client's visual ecology. This synthesis is called Emotional Transformation Therapy® (ETT®). Steven R. Vazquez, PhD, discusses four techniques that therapeutically harness the client's visual ecology. When the client is asked to view a maximally saturated spectral chart of colors, visual feedback provides immediate diagnostic information that helps the therapist to regulate emotional intensity or loss of awareness of emotions. A second technique offers an original form of directed eye movement that facilitates relief of emotional distress within minutes. A third technique uses

peripheral eye stimulation to rapidly reduce extreme emotional or physical pain within seconds as well as to access previously unconscious thoughts, emotions, or memories related to the issue or symptom. The fourth technique uses the emission of precise wavelengths (colors) of light into the client's eyes during verbal processing that dramatically amplifies the effect of talk therapy and changes the brain in profound ways. Emotional Transformation Therapy uses theory, research, and case studies to show how this method can be applied to depression, anxiety disorders, posttraumatic stress disorder, and complex trauma. Pre and post brain scans have shown that ETT® substantially changes the human brain. This method possesses the potential to revolutionize psychotherapy as we know it.

connections wellness group flower mound: Knights in Training Heather Haupt, 2017-05-30 Bringing chivalry back into our modern-day world, this book shows us how to inspire today's generation of young boys to pursue honor, courage, and compassion. In an age when respect and honor seem like distant and antiquated relics, how can we equip boys to pursue valor and courageously put the needs of others before their own? This book helps parents to inspire their boys by captivating their imagination and honoring their love for adventure. Heather Haupt explores how knights historically lived out various aspects of the knights' Code of Chivalry, as depicted in the French epic Song of Roland, and how boys can embody these same ideals now. When we issue the challenge and give boys the reasons why it is worth pursuing, we step forward on an incredible journey towards raising the kind of boys who, just like the knights of old, make an impact in their world now and for the rest of their lives.

connections wellness group flower mound: The Uninhabitable Earth David Wallace-Wells, 2019-02-19 #1 NEW YORK TIMES BESTSELLER • “The Uninhabitable Earth hits you like a comet, with an overflow of insanely lyrical prose about our pending Armageddon.”—Andrew Solomon, author of *The Noonday Demon* NAMED ONE OF THE BEST BOOKS OF THE YEAR BY *The New Yorker* • *The New York Times Book Review* • *Time* • *NPR* • *The Economist* • *The Paris Review* • *Toronto Star* • *GQ* • *The Times Literary Supplement* • *The New York Public Library* • *Kirkus Reviews* It is worse, much worse, than you think. If your anxiety about global warming is dominated by fears of sea-level rise, you are barely scratching the surface of what terrors are possible—food shortages, refugee emergencies, climate wars and economic devastation. An “epoch-defining book” (*The Guardian*) and “this generation’s *Silent Spring*” (*The Washington Post*), *The Uninhabitable Earth* is both a travelogue of the near future and a meditation on how that future will look to those living through it—the ways that warming promises to transform global politics, the meaning of technology and nature in the modern world, the sustainability of capitalism and the trajectory of human progress. *The Uninhabitable Earth* is also an impassioned call to action. For just as the world was brought to the brink of catastrophe within the span of a lifetime, the responsibility to avoid it now belongs to a single generation—today’s. LONGLISTED FOR THE PEN/E.O. WILSON LITERARY SCIENCE WRITING AWARD “The Uninhabitable Earth is the most terrifying book I have ever read. Its subject is climate change, and its method is scientific, but its mode is Old Testament. The book is a meticulously documented, white-knuckled tour through the cascading catastrophes that will soon engulf our warming planet.”—Farhad Manjoo, *The New York Times* “Riveting. . . . Some readers will find Mr. Wallace-Wells’s outline of possible futures alarmist. He is indeed alarmed. You should be, too.”—*The Economist* “Potent and evocative. . . . Wallace-Wells has resolved to offer something other than the standard narrative of climate change. . . . He avoids the ‘eerily banal language of climatology’ in favor of lush, rolling prose.”—Jennifer Szalai, *The New York Times* “The book has potential to be this generation’s *Silent Spring*.”—*The Washington Post* “The Uninhabitable Earth, which has become a best seller, taps into the underlying emotion of the day: fear. . . . I encourage people to read this book.”—Alan Weisman, *The New York Review of Books*

connections wellness group flower mound: Evidence-based Psychopharmacology Dan J. Stein, Bernard Lerer, S. M. Stahl, Stephen M. Stahl, 2005-07-21 This book summarizes the recent advances in evidence-based pharmacological treatment of psychiatric disorders.

connections wellness group flower mound: Little Worm Laura Ann Elpers Pierce, 2019-08-15

LITTLE WORM, BIG WORRY. Today is the day: Little Worm is going to run a whole mile! But oh no--it's raining! Little Worm starts to feel sad, and then he feels funny. He's so disappointed. Little Worm has been looking forward to this day for weeks. What if he can't run at all today? Laura Ann Pierce's story *Little Worm: A Story about Worry* models how to handle worry and anxiety when things don't turn out the way we expect. Join Little Worm as he learns how to readjust his plans and work through his anxiety.

connections wellness group flower mound: *Sleep Smarter* Shawn Stevenson, 2016-09-06 Shawn Stevenson is a health expert with a background in biology and kinesiology who has helped thousands of people worldwide to improve their health, through his private work as well as his #1 Nutrition and Fitness podcast on iTunes. In his work, Shawn brings a well-rounded perspective to the perennial question: how can we feel better? In investigating complex health issues such as weight loss, chronic fatigue and hormone imbalance, Shawn realised that many health problems start with one criminally overlooked aspect of our routine - sleep. In *Sleep Smarter* Shawn explores the little-known and even less-appreciated facts about sleep's influence on every part of our life. Backed by the latest scientific research and packed with personal anecdotes and tips from leaders in the field of sleep research, this book depicts the dangers of insufficient sleep - from weight retention to memory loss to bad sex to increased risk of disease. In his clear, personable and relatable style Shawn offers 21 simple, immediately applicable ways for readers to take their well-being into their own hands and improve their sleep now

connections wellness group flower mound: *The Madonnas of Echo Park* Brando Skyhorse, 2011-02-08 We slipped into this country like thieves, onto the land that once was ours. With these words, spoken by an illegal Mexican day laborer, *The Madonnas of Echo Park* takes us into the unseen world of Los Angeles, following the men and women who cook the meals, clean the homes, and struggle to lose their ethnic identity in the pursuit of the American dream. When a dozen or so girls and mothers gather on an Echo Park street corner to act out a scene from a Madonna music video, they find themselves caught in the crossfire of a drive-by shooting. In the aftermath, Aurora Esperanza grows distant from her mother, Felicia, who as a housekeeper in the Hollywood Hills establishes a unique relationship with a detached housewife. The *Esperanzas'* shifting lives connect with those of various members of their neighborhood. A day laborer trolls the streets for work with men half his age and witnesses a murder that pits his morality against his illegal status; a religious hypocrite gets her comeuppance when she meets the Virgin Mary at a bus stop on Sunset Boulevard; a typical bus route turns violent when cultures and egos collide in the night, with devastating results; and Aurora goes on a journey through her gentrified childhood neighborhood in a quest to discover her own history and her place in the land that all Mexican Americans dream of, the land that belongs to us again. Like the Academy Award-winning film *Crash*, *The Madonnas of Echo Park* follows the intersections of its characters and cultures in Los Angeles. In the footsteps of Junot Díaz and Sherman Alexie, Brando Skyhorse in his debut novel gives voice to one neighborhood in Los Angeles with an astonishing— and unforgettable—lyrical power.

connections wellness group flower mound: *Child Parent Relationship Therapy (CPRT) Treatment Manual* Sue C. Bratton, Garry L. Landreth, 2006-07-26 This manual is the highly recommended companion to CPRT: A 10-Session Filial Therapy Model. Accompanied by a CD-Rom of training materials, which allows for ease of reproduction and enhanced usability, the workbook will help the facilitator of the filial training and will provide a much needed educational outline to allow filial therapists to pass their knowledge on to parents. The Treatment Manual provides a comprehensive outline and detailed guidelines for each of the ten sessions, facilitating the training process for both the parents and the therapist. The book contains a designed structure for the therapy training described in the book, with child-centered play therapy principles and skills, such as reflective listening, recognizing and responding to children's feelings, therapeutic limit setting, building children's self-esteem, and structuring required weekly play sessions with their children using a special kit of selected toys. Bratton and her co-authors recommend teaching aids, course materials, and activities for each session, as well as worksheets for parents to complete between

sessions. By using this workbook and CD-Rom to accompany the CPRT book, filial therapy leaders will have a complete package for use in training parents to act as therapeutic agents with their own children. They provide the therapist with a complete package for training parents to act as therapeutic agents with their own children.

connections wellness group flower mound: *Chain of Iron* Cassandra Clare, 2021-03-02 A #1 New York Times Bestseller! The Shadowhunters must catch a killer in Edwardian London in this dangerous and romantic sequel to the #1 New York Times bestselling novel *Chain of Gold*, from New York Times and USA TODAY bestselling author Cassandra Clare. *Chain of Iron* is a Shadowhunters novel. Cordelia Carstairs seems to have everything she ever wanted. She's engaged to marry James Herondale, the boy she has always loved; she has a new life in London with her best friend Lucie; and she bears the sword Cortana, a legendary hero's blade. But the truth is far grimmer. Cordelia's marriage is a lie, arranged to save her reputation, while James remains in love with the Grace Blackthorn. Cortana burns her when she touches it. And a serial murderer is targeting the Shadowhunters of London, killing under cover of darkness, then vanishing without a trace. Now Cordelia, James, and Lucie must follow the trail of the killer through the city's most dangerous streets. All the while, each is keeping a shocking secret: Lucie, that she is attempting to raise the dead; Cordelia, that she has sworn a dangerous oath of loyalty to a mysterious power; and James, that he himself may be the killer they seek.

connections wellness group flower mound: Killers of the Flower Moon David Grann, 2018-04-03 #1 NEW YORK TIMES BESTSELLER • A twisting, haunting true-life murder mystery about one of the most monstrous crimes in American history, from the author of *The Wager* and *The Lost City of Z*, "one of the preeminent adventure and true-crime writers working today.—New York Magazine • NATIONAL BOOK AWARD FINALIST • NOW A MARTIN SCORSESE PICTURE "A shocking whodunit...What more could fans of true-crime thrillers ask?"—USA Today "A masterful work of literary journalism crafted with the urgency of a mystery." —The Boston Globe In the 1920s, the richest people per capita in the world were members of the Osage Nation in Oklahoma. After oil was discovered beneath their land, the Osage rode in chauffeured automobiles, built mansions, and sent their children to study in Europe. Then, one by one, the Osage began to be killed off. The family of an Osage woman, Mollie Burkhart, became a prime target. One of her relatives was shot. Another was poisoned. And it was just the beginning, as more and more Osage were dying under mysterious circumstances, and many of those who dared to investigate the killings were themselves murdered. As the death toll rose, the newly created FBI took up the case, and the young director, J. Edgar Hoover, turned to a former Texas Ranger named Tom White to try to unravel the mystery. White put together an undercover team, including a Native American agent who infiltrated the region, and together with the Osage began to expose one of the most chilling conspiracies in American history. Look for David Grann's latest bestselling book, *The Wager*!

connections wellness group flower mound: Crossroads of Cuisine Paul David Buell, Eugene N. Anderson, Montserrat de Pablo Moya, Molder Oskenbay, 2020-11-04 *Crossroads of Cuisine* offers history of food and cultural exchanges in and around Central Asia. It discusses geographical base, and offers historical and cultural overview. A photo essay binds it all together. The book offers new views of the past.

connections wellness group flower mound: Eat to Beat Depression and Anxiety Drew Ramsey, M.D., 2021-03-16 A revolutionary prescription for healing depression and anxiety and optimizing brain health through the foods we eat, including a six-week plan to help you get started eating for better mental health. Depression and anxiety disorders are rising, affecting more than fifty-eight million people in the United States alone. Many rely on therapy and medications to alleviate symptoms, but often this is not enough. The latest scientific advances in neuroscience and nutrition, along with our understanding of the mind-gut connection, have proven that how and what we eat greatly affects how we feel—physically, cognitively, and emotionally. In this groundbreaking book, Dr. Drew Ramsey helps us forge a path toward greater mental health through food. *Eat to Beat Depression and Anxiety* breaks down the science of nutritional psychiatry and explains what

foods positively affect brain health and improve mental wellness. Dr. Ramsey distills the most cutting-edge research on nutrition and the brain into actionable tips you can start using today to improve brain-cell health and growth, reduce inflammation, and cultivate a healthy microbiome, all of which contribute to our mental well-being. He explores the twelve essential vitamins and minerals most critical to your brain and body and outlines which anti-inflammatory foods feed the gut. He helps readers assess barriers to self-nourishment and offers techniques for enhancing motivation. To help us begin, he provides a kick-starter six-week mental health food plan designed to mitigate depression and anxiety, incorporating key food categories like leafy greens and seafood, along with simple, delicious, brain nutrient-rich recipes. By following the methods Dr. Ramsey uses with his patients, you can confidently choose foods to help you on your journey to full mental health.

connections wellness group flower mound: 100 Projects UK CLT Waugh Thistleton Architects, 2018 The benefits of cross-laminated timber (CLT) are clear: building in timber is quick, clean, and easy. It can be achieved with a measured accuracy and lack of noise, waste, or need for material storage space. This book is a study of the 100 of the most significant buildings constructed from CLT in the United Kingdom over the past 15 years. Authors Andrew Waugh and Anthony Thistleton of Waugh Thistleton Architects have contacted a wide range of individuals and businesses to interview them about their experiences building in CLT to help inform this book. -- Thinkwood.com.

connections wellness group flower mound: 12 Ways to Cope with Your Latina Mom and Her Difficulties Jasmine Cepeda, 2019-11-11 As a Psychotherapist raised and still living in the diverse mega-city that is NYC, I have helped hundreds of women from all races, ethnicities, and cultures cope with their distressing feelings and thoughts about their mothers. However, what makes me especially inclined to write about the nuanced difficulties of Latina mothers is my experience in facilitating groups with Latinx individuals (gender-neutral term for Latinas and Latinos) struggling with their mothers. Being involved in these groups has brought clarity to the similar and overarching complaints that many Latinx folks experience. The guide intends to help you explore the psychological consequences of having a mother with difficult behaviors. I also want to help you set boundaries and act towards your self-validation and self-protection. I want to help you remother (or reparent) yourself--to help you build your self-reliance, self-worth, and self-compassion. By building a better relationship with yourself, I also want to assist you in creating better relationships with others: whether it's in your friendships, romantic partnerships, or as a parent! Regarding the title of this project: I do not want to promote a false narrative that Latina moms are inherently difficult or all the same. Hence, I describe some of their behaviors and personality traits as difficult, not who they are. I dedicate this guide to my Latinx community! Jasmine Cepeda is a Latinx psychotherapist working in private practice in Brooklyn.

connections wellness group flower mound: NEEDS OF THE HEART Chip Dodd, 2016-07-11 Without knowing and expressing our needs, relationship with God and others suffers. As a complement to The Voice of the Heart, Chip Dodd invites readers to explore the needs we are created to have so that we can live fully. In 2001, The Voice of the Heart began a steady journey into the lives of those looking for more. Since its initial release, The Voice of the Heart has been handed from one friend to another; it has helped thousands of people begin to speak the truth of their story and to live more fully from the heart.

connections wellness group flower mound: Logical Reasoning Bradley Harris Dowden, 1993 This book is designed to engage students' interest and promote their writing abilities while teaching them to think critically and creatively. Dowden takes an activist stance on critical thinking, asking students to create and revise arguments rather than simply recognizing and criticizing them. His book emphasizes inductive reasoning and the analysis of individual claims in the beginning, leaving deductive arguments for consideration later in the course.

connections wellness group flower mound: Hope and Healing After Suicide , 2011-05 When people die by suicide, they leave behind family and friends who suddenly find themselves mourning the person's loss and wondering what happened. This guide addresses many personal

issues related to a death by suicide, including telling others, working through the grief, finding what helps people to heal, and grieving in children and youth. This Ontario guide also outlines practical things that need taking care of, such as arranging a funeral and dealing with the deceased's personal, legal and financial matters. A resource section lists organizations, websites and books that may help.

connections wellness group flower mound: *Child Centered Play Therapy* Garry L. Landreth, 2012-03 This DVD is a perfect complement to *Play Therapy: The Art of the Relationship*, giving students, instructors, supervisors and practitioners visual reinforcement of the materials presented in the text. It shows a complete unrehearsed play therapy session, featuring Gary Landreth as he works with a young girl in a fully equipped play therapy room-- Container.

connections wellness group flower mound: InControl Dr. Reza Abraham, 2021-12-20 BE IN CONTROL OF YOUR LIFE AND CAREER with Reza Abraham's book, *InControl: A Systematic Approach to Taking Complete Control of Your Life and Career*. 1 CORE 3 CORNERSTONES 12 PILLARS 90 HACKS This book will NOT make you invincible. What it WILL do is offer you the gift of timeless lessons grounded on lived experience, years of research, and compelling stories. This book also sets the standard in defining What you are actually in control of, How to leverage it, and Why it is important in the first place. Whether you are looking for a key tactic, a novel perspective, or a meaningful change in your life, this book is for you. LIVING INCONTROL™ is when You do what you love You love who you are doing it with You love who you are doing it for You love how you are doing it You embark on a progressive discovery, becoming conscious of exactly what is happening in your life and facing into reality with courage and integrity. Reza Abraham, PhD. is a Persian author, speaker, ultra-high-performance coach, and the founder of InControl Group. His first book is the result of 20 years of study and ongoing work with individuals from different fields and stages of life. Abraham garnered invitations from organizations worldwide to share his unique and inspiring ideas on personal growth and leadership. He currently resides in the beautiful city of Kuala Lumpur, Malaysia. For more information about the author, you can visit his website at www.rezaabraham.com

connections wellness group flower mound: The NeuFit Method: Unleash the Power of the Nervous System for Faster Healing and Optimal Performance Garrett Salpeter, 2021-08-24 Humans are resilient. In fact, we're built to endure trauma. Whether facing chronic pain, invasive surgery, or debilitating injury, we're capable of healing, repairing, and adapting to return even stronger. But sometimes the road to recovery feels like a journey with no end. During these times, we need a new path forward with an ally in healing that's been there all along: the nervous system. The nervous system works on our behalf, protecting, adapting, and taking its cues from the signals it receives. Sometimes the protection can go overboard, limiting performance and impeding recovery. But with the right neurological inputs, we can unlock a direct path to restored health and higher performance. In *The NeuFit Method*, Garrett Salpeter helps you reconnect with the nervous system and improve outcomes at every stage of rehab and fitness. Based on Garrett's proprietary NeuFit methodology and Neubie technology, the solutions in this book will introduce you to a framework for overcoming virtually any physiological challenge. Take the first step in enhancing recovery, boosting performance, and optimizing health in ways you never thought possible.

connections wellness group flower mound: The Gist of Reading Andrew Elfenbein, 2018-01-16 What happens to books as they live in our long-term memory? Why do we find some books entertaining and others not? And how does literary influence work on writers in different ways? Grounded in the findings of empirical psychology, this book amends classic reader-response theory and attends to neglected aspects of reading that cannot be explained by traditional literary criticism. Reading arises from a combination of two kinds of mental work: automatic and controlled processes. Automatic processes, such as the ability to see visual symbols as words, are the result of constant practice; controlled processes, such as predicting what might occur next in a story, arise from readers' conscious use of skills and background knowledge. When we read, automatic and controlled processes work together to create the gist of reading, the constant interplay between

these two kinds of processes. Andrew Elfenbein not only explains how we read today, but also uses current knowledge about reading to consider readers of past centuries, arguing that understanding gist is central to interpreting the social, psychological, and political impact of literary works. The result is the first major revisionary account of reading practices in literary criticism since the 1970s.

connections wellness group flower mound: Embody Connie Sobczak, 2014 This book's message is rooted in the philosophy that people inherently possess the wisdom necessary to make healthy choices and to live in balance. It emphasizes that self-love, acceptance of genetic diversity in body size, celebration of the unique beauty of every individual, and intuitive self-care are fundamental to achieving good physical and emotional health. It encourages readers to shift their focus away from ineffective, harmful weight-loss efforts towards improving and sustaining positive self-care behaviors. Initial research indicates that this work significantly improves people's ability to regulate eating, decreases depression and anxiety, and increases self-esteem--all critical resources that promote resiliency against eating and body image problems. Embody guides readers step-by-step through the five core competencies of the Body Positive's model: Reclaim Health, Practice Intuitive Self-Care, Cultivate Self-Love, Declare Your Own Authentic Beauty, and Build Community. These competencies are fundamental skills anyone can practice on a daily basis to honor their innate wisdom and take good care of their whole selves because they are motivated by self-love and appreciation. Rather than dictating a prescriptive set of rules to follow, readers are guided through patient, mindful inquiry to find what works uniquely in their own lives to bring about--and sustain--positive self-care changes and a peaceful relationship with their bodies--

connections wellness group flower mound: The Mindfulness Solution Ronald D. Siegel, 2010-01-01 Offers advice for achieving happiness and dealing with life's obstacles through mindfulness, with strategies for cultivating this state of mind and setting up a formal daily practice routine.

connections wellness group flower mound: We Hold this Treasure Steven E. Koop, 1998 Based Upon interviews and correspondence with more than four hundred former patients, We Hold This Treasure is the inspiring story of the first state-funded hospital in the United States to provide care for indigent, handicapped children.

connections wellness group flower mound: California Preschool Learning Foundations: Visual and performing arts. Physical development. Health Faye Ong, 2008

connections wellness group flower mound: The Voice of the Heart Chip Dodd, 2014-11-01 In 2001, The Voice of the Heart began a steady journey into the lives of those looking for more. Since its initial release, The Voice of the Heart has been handed one friend to another and has helped thousands of people begin to speak the truth of their story and to live more fully from the heart. Answer the call to full living.

connections wellness group flower mound: Between Two Homes Bradley Craig, 2014-07-21 You may be divorcing, divorced, never married, a grandparent, or other relative of a child growing up between two homes. For whatever reason you find yourself in the situation of helping a child grow up between two homes, it's normal to wonder how to do so now that you're no longer (or maybe never were) a single-home family. Between Two Homes has the answers. In this book, you'll learn how to remain or become coparents (instead of opponents) and how to help your child grow and thrive while living between two homes. Between Two Homes helps you:* Build a successful coparenting relationship so you can stop fighting and start communicating* Recognize obstacles to the coparenting relationship* Take advantage of alternatives to litigation-you don't have to fight it out in court* Talk to your child about the changes using language he or she can understand* Learn the special needs of your child at various stages, from newborn to teenager* Create a coparenting plan* Learn what behaviors, and even what words, can help or hurt your childThis book is also a helpful resource for mental health professionals and family law professionals. Not only does it provide helpful tools to help families, but it is a valuable text to provide to your clients. Bradley S. Craig brings practical advice to emotionally driven situations involving one of life's most precious gifts, children. Between Two Homes is a concise, informative,

and well-written guide to help parents learn to effectively coparent. I enthusiastically recommend *Between Two Homes* and Bradley's philosophy on how to effectively coparent. - Lauren Gaydos Duffer, Attorney and President of The Law Office of Lauren Gaydos Duffer, PCA great tool for helping families raise children between their two homes. - Jennifer Leister, LPC, Author of *Meet Max: Learning about Divorce from a Basset Hound's Perspective* Brad is one of the premier mental-health professionals dealing with families of divorce in the state of Texas. I, as well as the others Brad comes across, always learn something from him. - Patrick A. Savage, MA, LPC, FAPA, BCPC

connections wellness group flower mound: Making Real Love Happen Joyce P. Buckner, Joyce Buckner, 2004 A self-help psychology title for adults who wish to communicate with empathy, respect and authenticity (ERA). Background on common miscommunication is provided and readers are invited to use the ERA Process, developed by the author from her research and that of others, to end communication problems and take their relationship to a more loving, honest level. Practice dialog format is included.

connections wellness group flower mound: Healing the Addicted Brain Harold Urschel, 2009-04-01 New York Times Bestseller! New, scientifically-based approaches that recognize the biological basis of addiction have brought major advances in the treatment of addiction. Dr. Urschel is at the forefront of this treatment paradigm. Dr. Larry Hanselka, Psychologist *The Proven Scientific Approach to Conquering Addiction and Defeating the Disease* *Healing the Addicted Brain* is a breakthrough work that focuses on treating drug and alcohol addiction as a biological disease—based on the Recovery Science program that has helped thousands of patients defeat their addictions over the past 10 years. It combines the best behavioral addiction treatments with the latest scientific research into brain functions, providing tools and strategies designed to overcome the biological factors that cause addictive behavior along with proven treatments and medications. Using this scientific approach, you will learn to conquer the physical factors that keep people tied to drug and alcohol addiction. The proven fact is addiction is not a moral failing or an issue of not having enough willpower. It is a disease of the brain that can and must be treated like other chronic medical illnesses—such as diabetes, hypertension, or asthma—in order to defeat the disease. This revolutionary program can triple the success rate of patients, from 20-30% to 90% *There Is Hope*. By understanding addiction and using 21st-century breakthroughs, for the first time drug and alcohol addiction can be, and will be, defeated.

connections wellness group flower mound: Elementary Statistics Mario F. Triola, 1997-08 Addison-Wesley is proud to celebrate the Tenth Edition of *Elementary Statistics*.& This text is highly regarded because of its engaging and understandable introduction to statistics. The&author's commitment to providing student-friendly guidance through the material and giving students opportunities to apply their newly learned skills in a real-world context has made *Elementary Statistics* the #1 best-seller in the market.

connections wellness group flower mound: SUMMARY Of Disloyal: A Memoir OneHour Reads, 2020-08-26

connections wellness group flower mound: Healing is Voltage Jerry Tennant, 2010 This book tells how to measure the voltages of each organ, how to insert new electrons and how to figure out why voltage dropped in the first place.--Page 4 of cover.

connections wellness group flower mound: Fresh Hope Brad Hoefs, 2013-01-01 *Fresh Hope* is a FANTASTIC and much needed resource for the church! I particularly appreciate the emphasis on the wellness versus medical model, as it empowers us to be active participants in the pursuit of healing. I would have given anything to be part of a group like this years back. Now I am so excited to help bring this ministry to the Chicago area. Jon Press MA Christian Education blogger for BP magazine A well written book that is concise, easy to understand and free of psychobabble. I highly recommend Brad Hoefs' book, *Fresh Hope*, for those suffering from mood disorders. *Fresh Hope* is an excellent resource that is informative and enlightening. It will bring insight to family and friends wanting to increase their understanding of their loved ones' mood disorders. Definitely a must read.

Encouraging, explicit, resounding in truth...begin your own journey and allow God to redeem your pain and suffering into trophies of His wonderful grace. Allen L. Minnig LMHP, C.P., Omaha, NE, 2012 Brad has provided a great resource for the faith community in their effort to serve those who struggle with mood disorders. As a wounded healer he has provided a theological framework and philosophy of ministry for the church in partnering with the medical community on behalf of those who live with a chemical imbalance. Brad's story of recovery and growth brings hope to those who are not satisfied with merely coping with the challenges of a harsh medical diagnosis and medication. It is an invaluable resource for the church in coming alongside the millions in our communities who struggle with depression and anxiety. Brad's story of integrating faith in his recovery will bring hope to all who battle with depression. Dr Wendell Nelson Pastor of Spiritual Formation Christ Community Church Pastor Brad Hoefs was diagnosed with Bipolar I Disorder in 1995, after experiencing a very public and painful manic episode. This episode led to him being asked to resign as the senior pastor of a large growing church. After his resignation a group of people formed Community of Grace Church and provided the Hoefs with a safe place to heal and find hope. It is out of this experience that Brad started Fresh Hope in 2009, a Christ-centered support group for those who suffer from mood disorders, as well as for their loved ones. Fresh Hope has grown to numerous locations throughout the US, with new groups starting all the time. Brad serves as senior pastor at Community of Grace in Elkhorn, NE and is President of WorshipOutlet.com, which provides creative worship resources. He also serves as a member of the State of Nebraska's Advisory Committee to the Governor on Mental Health Services. Brad is married to Donna, his sweetheart since college. They have two married adult children, Noah and Noelle, and two grandchildren, Ava and Jayden, who bring them great joy! You may contact Pastor Brad by emailing him at bradhoefs@freshhope.us.

connections wellness group flower mound: *Things That Go Vroom* Sterling, 2016-01-05 Introduces young readers to a variety of vehicles, including a convertible, helicopter, ferryboat, police car, bulldozer, and motorcycle.

connections wellness group flower mound: *Who's Who of American Women, 1997-1998* Marquis Who's Who, [Anonymus AC01783920], 1996-12 WHO'S WHO OF AMERICAN WOMEN is the one essential reference to depend on for accurate & detailed facts on American women of achievement. This new edition includes in-depth biographical profiles of prominent, accomplished women.

connections wellness group flower mound: *Publishers, Distributors, & Wholesalers of the United States* , 2002

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