

connections wellness group frisco

Connections Wellness Group Frisco: Your Gateway to Holistic Well-being

Are you searching for a supportive and comprehensive wellness community in Frisco, Texas? Feeling overwhelmed, stressed, or simply seeking a better balance in your life? Then you've come to the right place! This in-depth guide explores Connections Wellness Group Frisco, delving into their services, approach, and why they're becoming a leading choice for individuals seeking holistic well-being in the area. We'll cover everything from their specialized programs to the unique benefits of choosing a community-based approach to mental and physical health. Get ready to discover how Connections Wellness Group Frisco can help you thrive.

Understanding Connections Wellness Group Frisco: More Than Just Therapy

Connections Wellness Group Frisco isn't your typical therapy practice. They've built a vibrant community centered around holistic well-being, recognizing that true health encompasses mind, body, and spirit. This integrated approach sets them apart, offering a wider range of services and a more supportive environment than many traditional clinics. Instead of focusing solely on individual symptoms, they address the root causes of imbalance, fostering long-term health and resilience.

A Comprehensive Range of Services: Catering to Diverse Needs

Connections Wellness Group Frisco offers a diverse array of services designed to meet the unique needs of their clients. Their offerings often include, but are not limited to:

Individual Therapy: Addressing a wide spectrum of mental health concerns, from anxiety and depression to trauma and relationship issues. Therapists utilize evidence-based approaches tailored to individual needs and preferences.

Couples Therapy: Strengthening relationships through communication skills training, conflict resolution strategies, and rebuilding intimacy. They help couples navigate challenges and create a more fulfilling partnership.

Family Therapy: Addressing family dynamics, improving communication, and fostering healthier interactions within the family unit. This approach can be particularly beneficial for families facing significant transitions or conflicts.

Group Therapy: Offering a supportive environment where individuals can connect with others facing similar challenges. Group therapy provides valuable peer support, shared

experiences, and a sense of community.

Workshops and Seminars: Connections Wellness Group Frisco often hosts workshops and seminars on various topics related to well-being, providing valuable education and tools for self-improvement. These events offer a proactive approach to mental health.

Mindfulness and Meditation Programs: Recognizing the importance of stress reduction and self-awareness, they integrate mindfulness practices to help clients cultivate inner peace and manage stress effectively.

The Power of Community: Why Connections Matters

One of the key differentiators of Connections Wellness Group Frisco is their emphasis on community building. They understand that connecting with others who share similar experiences can be incredibly powerful in the journey towards wellness. This sense of community fosters a supportive and non-judgmental environment, making it easier for individuals to open up, share their struggles, and find strength in collective healing. This aspect is often overlooked in traditional therapy settings, but it's a crucial component of lasting well-being.

The Frisco Advantage: Access to Exceptional Care in a Thriving Community

Choosing a wellness provider requires careful consideration. Connections Wellness Group Frisco stands out because of its location in the vibrant city of Frisco, Texas. This provides easy access to a supportive community within a thriving environment. The accessibility of their location, coupled with their comprehensive services, makes them an ideal choice for individuals and families seeking holistic well-being.

Finding the Right Fit: How to Get Started with Connections Wellness Group Frisco

The process of choosing a therapist or wellness provider can feel daunting. However, Connections Wellness Group Frisco aims to make it as straightforward and comfortable as possible. Typically, the process starts with contacting them via phone or their website. They'll likely offer a brief consultation to discuss your needs and determine the best course of action. This initial contact allows you to ask questions and ensure that their approach aligns with your expectations.

Remember to research therapists' credentials and experience to find the best fit for your individual needs.

Conclusion: Invest in Your Well-being with Connections Wellness Group Frisco

Investing in your mental and physical health is an investment in yourself and your future.

Connections Wellness Group Frisco offers a unique and comprehensive approach to well-being, emphasizing community, holistic care, and a supportive environment. If you're looking for a path to a healthier, happier, and more balanced life, Connections Wellness Group Frisco could be the perfect fit for you.

Frequently Asked Questions (FAQs)

1. Do I need a referral to see a therapist at Connections Wellness Group Frisco? No, referrals are generally not required. You can contact them directly to schedule an initial consultation.
1. What types of insurance do they accept? It's best to contact Connections Wellness Group Frisco directly to inquire about their insurance coverage options. They can provide specific details about accepted plans.
1. What are the fees for their services? Fees vary depending on the type of service and the therapist. Contact them for a detailed fee schedule.
1. What are their hours of operation? Their hours of operation should be listed on their website or can be obtained by contacting them directly.
1. How do I schedule an appointment? You can typically schedule an appointment through their website or by calling their office. The contact information is usually found on their website.

connections wellness group frisco: 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 frisco: 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 frisco: *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 frisco: Closing the Attitude Gap Baruti K. Kafele, 2013 Veteran educator and best-selling author Baruti Kafele offers strategies for motivating students from diverse backgrounds to become passionate about learning.

connections wellness group frisco: Kids Count Data Book , 2018

connections wellness group frisco: *Leadering: The Ways Visionary Leaders Play Bigger* Nancy Giordano, 2021-02-14 This transformative new era requires a radically different approach to leadership. The tactics put in place to reduce risk, drive success, and make us feel safe in the past are now the very things creating vulnerability today. In *Leadering*, Nancy Giordano provides clarity and urgency around what twenty-first century stewardship demands as exponential technologies and changing societal expectations converge to shape a better next. Ditching last century's industrial playbook-driven relentlessly, and almost exclusively, on growth-allows us to instead focus on building new, more expansive practices committed to human-centric innovation, regenerative solutions, and the creation of long-term value. With many years advising world-class enterprise leaders on ways to thrive in ambiguity, Nancy is convinced we don't need to change what we think as much as how we think to be successful. This book challenges us to shift our outdated thinking and adopt the mindset we need to build the future we all want.

connections wellness group frisco: 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 frisco: Effective Collaboration for Educating the Whole Child Carol A. Kochhar-Bryant, Angela Heishman, 2010-04-21 Educate the whole child by building a culture of collaboration in your school! This book for K-12 general and special education teachers, administrators, and student support specialists explores how to make collaboration and coordination work, who takes responsibility for the process, and why collaboration is central to improving outcomes for students with complex learning needs. The author: Discusses the roles, responsibilities, and relationships between school professionals, community agencies, and service providers Offers case examples as real-world illustrations of collaboration Emphasizes important developmental transitions from the elementary years through high school and after

connections wellness group frisco: EntreLeadership Dave Ramsey, 2011-09-20 From the New York Times bestselling author of The Total Money Makeover and radio and podcast host Dave Ramsey comes an informative guide based on how he grew a successful, multimillion dollar company from a card table in his living room. Your company is only as strong as your leaders. These are the men and women doing battle daily beneath the banner that is your brand. Are they courageous or indecisive? Are they serving a motivated team or managing employees? Are they valued? Your team will never grow beyond you, so here's another question to consider—are you growing? Whether you're sitting at the CEO's desk, the middle manager's cubicle, or a card table in your living-room-based start-up, EntreLeadership provides the practical, step-by-step guidance to grow your business where you want it to go. Dave Ramsey opens up his championship playbook for business to show you how to: -Inspire your team to take ownership and love what they do -Unify your team and get rid of all gossip -Handle money to set your business up for success -Reach every goal you set -And much, much more! EntreLeadership is a one-stop guide filled with accessible advice for businesses and leaders to ensure success even through the toughest of times.

connections wellness group frisco: The Cup of Our Life Joyce Rupp, 2012-04-30 Joyce Rupp's bestselling contemporary classic has sold more than 200,000 copies. This new edition continues a fifteen-year tradition of helping individuals and groups pray. Now with a new preface and fresh design, The Cup of Our Life is available to anyone seeking a more intimate and disciplined life of prayer. Joyce Rupp, the bestselling Catholic woman writer today, illustrates how the ordinary cups used each day can become sacred vessels that connect readers with life and bring them into closer union with the Divine. She explores how the cup is a rich symbol of life, with its emptiness and fullness, its brokenness and flaws, and its many blessings. With daily devotions for six weeks, this book is ideal for individual usage as well as group usage in parish settings, religious communities, and small Christian communities.

connections wellness group frisco: Handbook of Multicultural Counseling Competencies Jennifer A. Erickson Cornish, Barry A. Schreier, Lavita I. Nadkarni, Lynett Henderson Metzger, Emil R. Rodolfa, 2010-08-13 A THOROUGH AND CONTEMPORARY EXPLORATION OF ISSUES FUNDAMENTAL TO MULTICULTURAL COMPETENCY Handbook of Multicultural Counseling Competencies draws together an expert group of contributors who provide a wide range of viewpoints and personal experiences to explore the identification and development of specific competencies necessary to work effectively with an increasingly diverse population. Beginning with a Foreword by Derald Wing Sue, this unique handbook offers a broad, comprehensive view of multiculturalism that is inclusive and reflective. The coverage in this important book lies beyond the scope of traditionally defined multiculturalism, with discussion of historically overlooked groups that have experienced prejudice and bias because of their size, social class, age, language, disability, or sexual orientation. This book provides readers with: Practical cases and examples to enhance skill development, promote critical thinking, and increase awareness

A cross-section of diversity characteristics and best practice guidelines Examination of detailed, developmentally relevant competency categories Resources and exercises designed for practitioners at various levels of experience and expertise A forum for debate, discussion, and growth Designed to help readers enhance general multicultural competency and their ability to provide services to the populations specifically described, this thought-provoking text will prove useful in facilitating ongoing dialogues about multicultural competence in all its variations.

connections wellness group frisco: Meaning-centered Group Psychotherapy for Patients with Advanced Cancer William S. Breitbart, William Breitbart, Shannon R. Poppito, 2014

Meaning-Centered Psychotherapy (MCP) for advanced cancer patients is a highly effective intervention for advanced cancer patients, developed and tested in randomized controlled trials by Breitbart and colleagues at Memorial Sloan-Kettering Cancer Center. This treatment manual for group therapy provides clinicians in the oncology and palliative care settings a highly effective, brief, structured intervention shown to be effective in helping patients sustain meaning, hope and quality of life.

connections wellness group frisco: 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 frisco: The Hope Squad Dr. Gregory A. Hudnall, 2022-12-23 It takes a village to raise a child, and in the case of youth suicide, it takes an entire community to save one. As a high school principal, Dr. Gregory A. Hudnall dealt with dozens of student suicides and devoted himself to bringing hope to despondent students. In this much-needed book, Dr. Hudnall teaches risk factors and warning signs of suicide and how you can be a member of the Hope Squad.

connections wellness group frisco: Aggression in Play Therapy: A Neurobiological Approach for Integrating Intensity Lisa Dion, 2018-11-20 Offers play therapists practical ways of handling a pervasive issue with intense and aggressive play by their clients. With an understanding of aggressive play based on brain function and neuroscience, this book provides therapists with a framework to work authentically with aggressive play, while making it an integrative and therapeutic experience for the child. Through the lens of neuroscience and interpersonal neurobiology, therapists are taught how to integrate the intensity experienced by both the child and the therapist during aggressive play in a way that leads towards greater healing and integration. The book explains the neurological processes that lead kids to dysregulation and provides therapists with tools to help their clients facilitate deep emotional healing, without causing their own nervous system to shut down. Topics covered include: embracing aggression; understanding the nervous system; understanding regulation; developing yourself as an external regulator; authentic expression; setting boundaries; working with emotional flooding; supporting parents during aggressive play.

connections wellness group frisco: 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 frisco: What it Means to be a Man Rhett Smith, 2013-04-12 We hear the story of David and Goliath and wonder, "Do we have what it takes to slay the giant?" Men today are confronted with many different expectations of who they're supposed to be and what role they should be filling. By looking at history, the clichés of manhood, and what intimacy with God looks like, this short book will help men (and women) rethink what it means to be a man in today's culture. Counselor and pastor Rhett Smith works through tough questions like: How can men look up to role models without following their flaws? Is it possible to strike a balance between passivity and aggression? How can men speak up, find intimacy, and take care of others without neglecting themselves? When Christ calls us to follow Him, He paves a path that is different than our cultural expectations, a path that leads us to a relationship with Him and to true knowledge of what it means to be a man.

connections wellness group frisco: 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 frisco: The Anxious Christian Rhett Smith, 2012-03-01 Is anxiety "un-Christian"? Many Christians believe the answer to this question is yes! Understandably, then, many Christians feel shame when they are anxious. They especially feel this shame when well-intentioned fellow believers dismiss or devalue anxiety with Christian platitudes and Bible verses. Rhett Smith, Licensed Marriage and Family Therapist, helps us understand anxiety in a new way. Rhett argues that, rather than being destructive or shameful, anxiety can be a catalyst for our spiritual growth. Using Biblical thinking and personal examples, Rhett explains how anxiety allows us to face our resistance and fears, understand where those fears come from, and then make intentional decisions about issues such as career, marriage, money, and our spiritual lives. Allow this book to challenge your view of anxiety, and allow God to use your anxiety for good.

connections wellness group frisco: Chaos Tom O'Neill, 2019-06-25 A journalist's twenty-year

fascination with the Manson murders leads to gobsmacking (The Ringer) new revelations about the FBI's involvement in this kaleidoscopic (The New York Times) reassessment of an infamous case in American history. Over two grim nights in Los Angeles, the young followers of Charles Manson murdered seven people, including the actress Sharon Tate, then eight months pregnant. With no mercy and seemingly no motive, the Manson Family followed their leader's every order -- their crimes lit a flame of paranoia across the nation, spelling the end of the sixties. Manson became one of history's most infamous criminals, his name forever attached to an era when charlatans mixed with prodigies, free love was as possible as brainwashing, and utopia -- or dystopia -- was just an acid trip away. Twenty years ago, when journalist Tom O'Neill was reporting a magazine piece about the murders, he worried there was nothing new to say. Then he unearthed shocking evidence of a cover-up behind the official story, including police carelessness, legal misconduct, and potential surveillance by intelligence agents. When a tense interview with Vincent Bugliosi -- prosecutor of the Manson Family and author of *Helter Skelter* -- turned a friendly source into a nemesis, O'Neill knew he was onto something. But every discovery brought more questions: Who were Manson's real friends in Hollywood, and how far would they go to hide their ties? Why didn't law enforcement, including Manson's own parole officer, act on their many chances to stop him? And how did Manson -- an illiterate ex-con -- turn a group of peaceful hippies into remorseless killers? O'Neill's quest for the truth led him from reclusive celebrities to seasoned spies, from San Francisco's summer of love to the shadowy sites of the CIA's mind-control experiments, on a trail rife with shady cover-ups and suspicious coincidences. The product of two decades of reporting, hundreds of new interviews, and dozens of never-before-seen documents from the LAPD, the FBI, and the CIA, *Chaos* mounts an argument that could be, according to Los Angeles Deputy District Attorney Steven Kay, strong enough to overturn the verdicts on the Manson murders. This is a book that overturns our understanding of a pivotal time in American history.

connections wellness group frisco: *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 frisco: *Vibrant and Healthy Kids* National Academies of Sciences, Engineering, and Medicine, Health and Medicine Division, Board on Population Health and Public Health Practice, Committee on Applying Neurobiological and Socio-Behavioral Sciences from Prenatal Through Early Childhood Development: A Health Equity Approach, 2019-12-27 Children are the foundation of the United States, and supporting them is a key component of building a successful future. However, millions of children face health inequities that compromise their development, well-being, and long-term outcomes, despite substantial scientific evidence about how those adversities contribute to poor health. Advancements in neurobiological and socio-behavioral science show that critical biological systems develop in the prenatal through early childhood periods, and neurobiological development is extremely responsive to environmental influences during these

stages. Consequently, social, economic, cultural, and environmental factors significantly affect a child's health ecosystem and ability to thrive throughout adulthood. *Vibrant and Healthy Kids: Aligning Science, Practice, and Policy to Advance Health Equity* builds upon and updates research from *Communities in Action: Pathways to Health Equity* (2017) and *From Neurons to Neighborhoods: The Science of Early Childhood Development* (2000). This report provides a brief overview of stressors that affect childhood development and health, a framework for applying current brain and development science to the real world, a roadmap for implementing tailored interventions, and recommendations about improving systems to better align with our understanding of the significant impact of health equity.

connections wellness group frisco: *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 frisco: *Higher Education Opportunity Act* United States, 2008

connections wellness group frisco: *Who Owns Whom* , 2008

connections wellness group frisco: *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 frisco: *Shut Up and Listen!* Tilman Fertitta, 2019-09-17 *Shut Up and Listen!* is a true leadership roadmap to the summit of career success and satisfaction, featuring concise principles for entrepreneurs and business leaders at any level. Tilman Fertitta, also known as the Billion Dollar Buyer, started his hospitality empire thirty years ago with just one restaurant. Over the years, he's stayed true to the principles that helped him build the largest single-shareholder company in America, with over \$4 billion in revenue, including hundreds of restaurants (Landry's Seafood, Bubba Gump Shrimp Company, Morton's Steakhouse, Mastro's, Rainforest Café, and over forty more restaurant concepts) and five Golden Nugget Casinos. He's also sole owner of the NBA's Houston Rockets. This book shares the key insights that made it all possible. In *Shut Up and Listen!*, Fertitta shares straight-talk "Tilmanisms" around six key action items that any entrepreneur can adopt today: Be the Bull No Spare Customers Change, Change, Change Know Your Numbers Follow the 95/5 Rule Take No Out of Your Vocabulary For aspiring entrepreneurs or people in business, this guide will help you take your company to the next level. When you put this book down, you'll know what you're doing right and what you're doing wrong to operate your business, and if you're just getting started, it will help set you up for success. A groundbreaking, no-holds-barred book, *Shut Up and Listen!* offers practical, hard-earned wisdom from one of the most successful business owners in the world.

connections wellness group frisco: *Ties to Tattoos* Sherry Elliott-Yearly, 2011-12-15 For the first time in history, the American workforce is comprised of four distinct generations: Traditionalists, Boomers, Xers, and Millennials. Understanding generational issues is one of the best new tools for resolving conflicts and boosting productivity. Additionally, today's workforce brings a new set of challenges and opportunities: the looming labor shortage, sagging productivity, knowledge transfer, the language barrier, and stereotypes. *Ties to Tattoos* provides keys for understanding these issues and strategies to leverage multigenerational differences in ways that make companies stronger. The creative people strategies described throughout the book set the bar for a competitive advantage: engaged and committed employees.

connections wellness group frisco: *Outdated* Jonathan "JP" Pokluda, Kevin McConaghy, 2021-03-02 Everyone wants to be loved--to find someone who will stick with them through all of life's ups and downs, someone who is in it for the long haul. But in a world where dating is increasingly based on split-second decisions and geared toward casual relationships rather than marriage, it's easy for single people to feel discouraged, used, or unworthy of true love and lasting affection. Reality just never seems to match up with our (often wildly unrealistic) expectations. Jonathan JP Pokluda has counseled thousands of young singles through the pain and heartbreak of dating the world's way. Now he wants to dispel the myths, misconceptions, and fairy tales you've believed

about dating and replace them with the truth from the One who invented marriage, created you to crave relationship, and is the very embodiment of true love. With plenty of true stories about relationships healed and love found, this practical book explains God's purposes for singleness, dating, and marriage and covers why you should date, who you should date, and how you should date. If you're ready to trade the world's way of dating for the way that actually works, it's time to begin dating well.

connections wellness group frisco: SUPPORTING MEN OF COLOR IN THE Ph. D. J. Luke Wood, Ed D. Frank Harris III, 2017-03-03

connections wellness group frisco: Earth's Ultimate Conflict Kathy Porter, 2010-01-01 The fate of mankind hangs in the balance in this chilla-second novel. Wracked with environmental disaster and a pandemic, humans must decide whether to listen to the Grays, aliens who offer safe harbour on their planet, or the Guardians, who say the Grays are using humans as guinea pigs. In the near future, devastating climate changes, increased seismic activity and a world-wide pandemic force Rosa De Angelo to flee Earth with her three alien hybrid children. In doing so, she leaves behind Tony, her soulmate and husband. Ellen McCarthy is faced with the agonising choice of abandoning her love-starved hybrid children or finding a way back to her human child, Griffin, before it's too late. With Earth's inhabitants faced with seemingly insurmountable illness and destruction, two rival alien species offer them salvation. The United States President Barbara Unger will make the ultimate decision of who to trust: the Grays or the Guardians.

connections wellness group frisco: Reality Therapy Robert E. Wubbolding, 2011 Reality Therapy helps clients to learn to be more aware of their choices and how these choices may be inefficient in achieving their goals. In this book, Robert E. Wubbolding presents and explores this approach, its theory, history, therapy process, primary change mechanisms, the empirical basis for its effectiveness, and contemporary and future developments.

connections wellness group frisco: 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 PerspectiveBrad 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 frisco: Financial Peace Dave Ramsey, 2002-01-01 Dave Ramsey explains those scriptural guidelines for handling money.

connections wellness group frisco: The Politics of Vietnamese Craft Jennifer Way, 2019-10-03 Jennifer Way's study The Politics of Vietnamese Craft uncovers a little-known chapter in

the history of American cultural diplomacy, in which Vietnamese craft production was encouraged and shaped by the US State Department as an object for consumption by middle class America. Way explores how American business and commerce, department stores, the art world and national museums variously guided the marketing and meanings of Vietnamese craft in order to advance American diplomatic and domestic interests. Conversely, American uses of Vietnamese craft provide an example of how the United States aimed to absorb post-colonial South Vietnam into the 'Free World', in a Cold War context of American anxiety about communism spreading throughout Southeast Asia. Way focuses in particular on the part played by the renowned American designer Russel Wright, contracted by the US International Cooperation Administration's aid programs for South Vietnam to survey the craft industry in South Vietnam and manage its production, distribution and consumption abroad and at home. Way shows how Wright and his staff brought American ideas about Vietnamese history and culture to bear in managing the making of Vietnamese craft.

connections wellness group frisco: *Listening to Your Life* Frederick Buechner, 2009-10-13 Daily meditations taken from the works of an acclaimed novelist, essayist, and preacher who has articulated what he sees with a freshness and clarity and energy that hails our stultified imaginations.

connections wellness group frisco: 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 frisco: *The Face of Texas* , 2014-10-15 The Face of Texas celebrates the individuality and independent spirit of Texas through compelling portraits of its people by Michael O'Brien, one of America's premier portrait photographers. In this acclaimed photo essay, he assembles a gallery of noteworthy Texans both native and naturalized, ranging from former president George W. Bush and first ladies and Laura Bush and Lady Bird Johnson, to famous figures such as Willie Nelson, Larry McMurtry, George Strait, Tim Duncan, Kinky Friedman, and Beyoncé, to ordinary folks who've made their mark on Texas as ranchers and farmers, cheerleaders and beauty queens, conservationists, church members, bar and restaurant owners, Odd Fellows, schoolteachers, artists and writers, business owners, and athletes. For this new edition of The Face of Texas, O'Brien has added seventeen new portraits and six updated photographs of people from the first edition. Writer and former Life reporter Elizabeth O'Brien offers insightful verbal vignettes to accompany the new portraits and also brings us up to date with the lives of the rest of the subjects. This winning combination of images and stories about a fascinating, eclectic mix of Texans is a fitting homage to a unique state and an essential addition to every Texas bookshelf.

connections wellness group frisco: Cartwheels in the Rain Joseph Dubowski, 2011-01-22 On 14 February 2008, while Joe and Laurel Dubowski were exchanging Valentine's gifts, a tragedy was unfolding on the campus of Northern Illinois University. A gunman had targeted students in a classroom, and their daughter, Gayle, was one of six who died that day. In this brave and hopeful book, Joe takes us along on a journey he would never have chosen to travel. He recounts the details as they moved toward an understanding that was unthinkable and gut-wrenching. Introducing us to twenty-year-old Gayle, he celebrates her life and her faith. Gayle loved the rain. In fact, she loved it so much she would run outside and do cartwheels in the downpour. A book for all who have experienced loss and for all who comfort them, Cartwheels in the Rain is an affirmation that whatever we are called to face in this life, God is always there to hold us, to carry us, to see us through.

connections wellness group frisco: Kansas Register , 2005

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