

7 Keys To Spiril Wellness Enriching Your Faith By Strengthening The Health Of Your Soul

You have the power to regenerate yourself, no matter what your health status, your age, your gender or any other factor affecting your well-being. The key is listening to your body and staying true to your genetic rule book. Just because our reserve tanks get low does not mean the body cannot fix itself-as long as it has the energy to do so. Although it has its uses, traditional medicine does not have all the answers. Classically and holistically trained physician Dr. Samantha Durland's fresh and innovative practices go beyond symptom management. This guides you to new ways of thinking about personal wellness and gives you strategies on how to renew your system to release chronic stress, one of society's major problems. Centering on concepts of cultivating the mind, body and spirit, and lessons learned through her own continuous journey, Dr. Durland introduces you to the Simple 7 Principles, outlines her philosophy of wellness, and shows how to discover the keys to finding your life's purpose...energy and peace. Dr. Durland believes as all do. People want to be well. And they want it to be simple.

Radical wellness. What does it mean? How can we achieve it? Seven Blessed Habits to Radical Wellness is a practical approach to finding health physically, spiritually and emotionally. The author expounds on the GARDENS(c) gospel-centered model of health which he and his wife created and promote. This book gives practical tips on how to find God's will for your life, develop a spirit of gratitude, cultivate healthy relationships, implement the right kind of exercise and stay motivated, eat the right foods at the right time and accept the Giver of all health, Jesus Christ. The author hopes that readers will gain the understanding that God loves us to be healthy. He has given us the gift of health in Jesus Christ who came so we can have life more abundantly. The author hopes that readers will experience his favorite Bible text: "Trust in the Lord with all your heart, and lean not on your own understanding; in all your ways acknowledge Him, and He shall direct your paths" (Proverbs 3:5-6, NKJV). May God be our Guide as we seek to know Him and experience radical wellness in our lives today! "Each new day is a meadow blooming with a thousand and one blessed opportunities." - Libni A. Cerdeno

Discover an innovative new curriculum for smarter, naturally rejuvenating daily habits through Ayurveda and yoga "This is the next frontier of Ayurveda." —Mark Hyman, MD, medical director at Cleveland Clinic's Center for Functional Medicine and 11-time New York Times bestselling author The habits you choose over time create your day-to-day thrive. What habits have you been choosing? Are they holding you back? Evolving your habits, doesn't have to be a struggle. In the Body Thrive, wellness expert Cate Stillman guides you into 10 critical daily routines based on Ayurveda that will rejuvenate you by aligning your daily schedule with natural biorhythms. Rather than presenting a rigid checklist of scheduled tasks, Cate encourages easy and steady progress through small actions. Including access to dozens of downloadable worksheets to help you chart your progress through the habits, Body Thrive provides step-by-step instruction for developing aligned action in your daily routine. Here you will learn: The immediate advantages of lighter, earlier dinners Why you should listen to your body clock and go to bed before 10 PM How to set up a vibrant, energized day with an intentional morning routine Coordinating your workout with the intelligence of the breath The satisfaction and abundance of eating a locally sourced, plant-based diet Techniques for invigorating self-massage How to properly sit in contemplative silence Healthy eating guidelines that will leave you feeling nourished and fulfilled Methods for heeding and maintaining the wisdom of your senses How to choose ease and spaciousness instead of stress and constriction "You only get one body," writes Cate. "What habits are you going to mold it with?" With Body Thrive, you'll discover how to catalyze more energy, improve your digestion, hone your fitness routine, cultivate peace of mind, and shift your own habits toward lifelong health and wellness.

You may be wondering what is so obvious about parenting? With all the expectations we place on ourselves and all the information and opinions floating around, parenting seems far from obvious. In fact, more often than not, parenting, or the just the thought of parenting, can feel downright overwhelming. Well I have good news! Parenting may not be easy, but it can be obvious. We just have to get back to the basics. Our number one job as parents is to raise healthy, happy, confident, safe and fun-loving human beings. And all we need to make this happen are seven simple keys to supporting their wellness. These keys open our thoughts and actions to prevention, and the sooner we practice prevention, the more powerful it is. As a pediatric physician assistant and parent of two wonderful (in my humble opinion) children, I have found that the majority of pediatric books only talk about how to treat or react to a problem instead of focusing on supporting wellness and prevention. Our fast-paced culture, with its endless pressure to keep up with the Joneses, has caused significant stress on our society, health care system and the environment. By being intentional with wellness throughout all stages of life, the world will be a less stressful place for you, your family and society. Supporting wellness requires a holistic approach toward parenting. We must focus on our body, mind, spirit and also the environment we live in. Each of the seven universal keys discussed in this book is connected to the next. By unlocking one area of wellness, we make it easier to unlock the rest. For example, by exercising on a regular basis (second key) we are able to sleep better (fourth key), have an improved mental state (third key), and reduce the risk of injury by building strength and coordination (sixth key). Fortunately, this works for parents as well as the children they are raising. You are on an incredible journey that will be filled with joys and challenges. These seven keys will provide a strong framework to ensure that wellness permeates your life and the life of your children.

Fast Forward
Healing When It Seems Impossible

Enriching Your Faith by Strengthening the Health of Your Soul
For Relentless Transformation And Success

Engage, Energize, Enrich: 3 Steps to Vibrant Health
Unlocking the Healing Code

Building Top-Performing Teams

Balance has to do with how you handle your inner world-beliefs, thoughts, values and emotions-as well as your outer world-circumstances, responses, lifestyle choices and actions. The Balance Guide offers about 300 ways you can achieve a more balanced life. These tips will help you reduce stress, prepare for unavoidable stressors, remain centered in the midst of challenging times and recover, recharge and rebalance physiologically. And the more balanced you become, the more joy, peace and health will flow into your life. The Take Care series is a set of seven books covering multiple aspects of wellness: food, movement, body care products, home environment, sleep, balance and spirit. Each book has two parts. First, there's easy-to-read background with expert insights on the latest relevant research. This part explains why to care about the topic and how it's relevant to your health and happiness. Second, there are many practical tips, steps and ideas that make it easy for you to take action. This part shows you how to progress. The books are a one-stop-shop for thorough but concise wellness information.

Our present-day society offers more food choices, more medical support, and more nutrition resources than ever before, yet our human race is afflicted with more health and weight challenges than ever. The basic act of nourishing ourselves has become a complex task and we have turned the healing and preventative power of food against ourselves. Healing & Prevention Through Nutrition takes the reader on a journey to reconnect with the most fundamental healing tool-our food. In a clear and concise manner, you will learn how to eat, what to eat, and why for optimal health, weight, and wellness. You will learn how to navigate the modern food and nutrition landscape and make the best choices for your wellbeing. The book presents the most important and up-to-date information about the unparalleled power of real, whole foods and nutrient density, as well as holistic living practices. Offering an abundance of practical tips for optimal eating and living, the book is an indispensable resource that you can easily refer to often. You will walk away empowered and confident about the necessary steps you need to take to improve the quality of your life. Whether you are interested in weight loss, healing, prevention, or optimal health maintenance, you will be equipped with the right knowledge and resources for knowing how to make that happen. Begin the transformation to live your best life ever now With a foreword from bestselling author, Dr. Elaine R. Ferguson, MD: Healing & Prevention Through Nutrition is a clarion call to nutritional and health empowerment. Evita is indeed a nutritional troubadour providing a laser-sharp guidance light of substantive evidence-based information, common sense, and ancient truths. This book, in its elegant simplicity provides guidance, information, and a pathway to greater foundational health and wellbeing. -Elaine R. Ferguson, MD, author of Superhealing: Engaging Your Mind, Body, and Spirit to Create Optimal Health and Well-Being

Whether the practitioner is an M.D. from Yale or a shaman from Tibet, all healing practices share a common premise: to supply healing information that strengthens or corrects the complex processes already at work in our bodies. In Unlocking the Healing Code, Dr. Bruce Forcica introduces a groundbreaking mind/body/spirit system for tapping into the information exchange at the root of all healing and maximizing its beneficial force. Dr. Forcica presents seven keys to unlocking unlimited healing power that integrate ideas from physics, molecular biology, conventional medicine, and information theory. Missing from other metaphysical books and books on wellness, this approach can be used to support any health care regimen, whether traditional or holistic. Clear language and step-by-step techniques make the healing code accessible and practical--you can take the concepts in this book and apply them immediately. True stories, including Dr. Forcica's own experience recovering from chronic illness, highlight the effectiveness of this powerful new health and wellness healing paradigm.

Chakra Balancing for Busy People- The Best Cup of Coffee for Your Soul! Have you ever wondered why some people are always happy, balanced, and move forward with their goals and intentions? Have you ever asked yourself why some people manage to remain focused, balanced, and happy, even when facing difficult situations and challenges in their lives? It's all about ENERGY! Are you ready to dig deep? Are you longing to create a spiritual practice that works for YOU? Are you ready to give yourself the gift of inner peace and unlimited energy? The solution is right in front of you! Here's a Preview of What You Will Learn From "Chakra Balancing for Busy People"- Chakras, Inner Energy, and Holistic Wellness -Get Your Power Back to Create the Life You Love -Re-Discover the Healthy Pleasures of Life to Feel Happy and Excited -Re-Connect with Your Higher Self to Feel Confident in a Natural and Authentic Way -Embrace Self-Love to Attract More Love and Be Love -Never Again Feel Scared of Expressing Yourself Again -Embrace Your Intuition and Let It Guide You in Your Spiritual Enlightenment The Spiritual Connection to Your Highest Potential and Fulfillment in All Areas of Life- Start Receiving Magnetic Downloads From Your Higher Self Throughout this book, you will be diving into a myriad of gentle, holistic, mind-body therapies to help you re-balance your chakras to transform your life and health on a deeper level: -Loved-based mindset and higher-self wisdom activation -Essential oil self-care tips to raise your vibration -Crystals and natural remedies to re-charge your body, mind and soul -Quick yoga poses to revitalize your chakras and instantly boost your wellbeing -Holistic nutrition to eat your way to optimal spiritual health Take positive and purposeful action today... Get your copy of "Chakra Balancing for Busy People" and discover the power of holistic wellness!

Rock Your World Naturally the Book

7 Keys to Defy the Odds

Wellness Made Simple

The Great Physician's Rx for 7 Weeks of Wellness Success Guide

Super Health

Every Need Met

Chakra Balancing for Busy People: Restore Holistic Wellness, Stimulate Healing, and Create a Mindful Lifestyle in 7 Days or Less

What is radical wellness? How can we achieve it? Seven Blessed Habits to Radical Wellness shows the practical approach to finding real health physically, spiritually, and emotionally. The author expounds on the GARDENS© gospel-centered model of health and wellness, which he and his wife created and promote. Discover practical tips on how to find God's will for your life, develop a spirit of gratitude, and cultivate healthy relationships. Also, learn how to implement the right kinds of exercise, stay motivated, eat the right food at the right time in the right amounts, and accept the Giver of all health, Jesus Christ. The author hopes that readers will gain the understanding that God loves us to be healthy. He has given us the gift of health in Jesus Christ, who came so we can have life more abundantly. The author hopes that readers will experience his favorite Bible text: "Trust in the Lord with all your heart, and lean not on your own understanding; in all your ways acknowledge Him, and He shall direct your paths" (Proverbs 3:5-6, NKJV). May God be our Guide as we seek to know Him and experience radical wellness in our lives today! "Each new day is a meadow blooming with a thousand and one awesome and blessed opportunities." - Libni A. Cerdeno

This valuable resource is packed with 433 checklists, guidelines, simple rules, calendars, criteria, procedures, timelines, strategies and tips to help principals and assistant principals in elementary and secondary schools quickly and effectively handle every aspect of their job. Breast cancer is more than a physical disease. It is also an emotional and spiritual disease that affects every part of us: body, soul, and spirit. And while thankfully a great number of women can and will survive cancer, thriving means something far more than this. God always intended for us to thrive, and with His guidance we can more fully heal and begin to thrive in ways we'd forgotten were possible. In Thriving in God's Love, author Suzanne Bonner shares her personal story of wholly healing in body, soul, and spirit, after surviving thirteen cancerous tumors in her left breast. While walking with other breast-cancer sisters, she uncovered the seven powerful steps of fully healing after treatment. God wants each of us to rebuild a life that is full and rich in all the ways that matter: faith, feelings, family, forgiveness, food, fitness, and fun--and the tools, tips, and strategies in Thriving in God's Love can help breast-cancer survivors find wholeness and completeness in their healing. Join Suzanne as you work through your own journey to wellness in body, soul, and spirit, healing in the ways God provides for us in His Word. The One who made you also dearly loves you, and He wants you to step into the life He's given you in all its fullness! May you thrive into old age, flourishing in the grace He lovingly shows you throughout this walk.

The quality and quantity of your sleep has a profound effect on your health and happiness. The Sleep Guide offers nearly 100 practical ways to get more and better sleep. The Take Care series is a set of seven books covering multiple aspects of wellness: food, movement, body care products, home environment, sleep, balance and spirit. Each book has two parts. First, there's easy-to-read background with expert insights on the latest relevant research. This part explains why to care about the topic and how it's relevant to your health and happiness. Second, there are many practical tips, steps and ideas that make it easy for you to take action. This part shows you how to progress. The books are a one-stop-shop for thorough but concise wellness information.

Seven Blessed Habits to Radical Wellness

Take Care: the Spirit Guide

Look Great, Feel Great, and Defy the Signs of Aging!

Thriving in God's Love

Your Guide to Creating a Sustainable, Holistic Lifestyle by Integrating the 7 Key Factors of Wellness

Simple Wellness

25 Tools to Achieve Anything

Appropriate for both sex therapists and art therapists, When Art Therapy Meets Sex Therapy explores sexuality and gender through the use of art making, connecting relevant theories and research from both fields. It begins with a historical review of how explorations of anatomy, physiology, and sexual identity manifested in art making in different cultures and discusses why a clinician must take these spiritual, medical, and socioeconomic factors in account to offer effective and culturally competent therapy. The second part of the book discusses clinically effective treatments in art and sex therapy, and contains numerous case illustrations. Included are interventions for important issues in therapy, such as exploring gender identity, sexual health and shame, processing sexual abuse, couples' intimacy, parenting concerns regarding their children's sexuality, and treating sex addiction.

A 12 Month Annual Planner with 12 Relentless Empowerments for Transformation and Success. Target Audience: Relentless Individuals who have been broken but remained resilient, entrepreneurs, risk takers, leaders and those in pursuit of wholeness and wellness to fulfill their vision. This planner is written with YOU in mind. It's time that YOU declare that "I will EmpowerME". This EmpowerMEnt Planner will provide H.E.L.P. -To Empower you as a Relentless Leader to Build your confidence and to move out of complacency, stagnation and procrastination.-To Maximize your potential exponentially; To be relentless in all areas concerning (Mind, Body and Spirit)-To Relentlessly pursue your God-given kingdom assignment to fulfill your vision /dream.-To Activate and embrace the power of transformation that will lead to success. -Provide 12 Relentless Empowerments (One Focus Each Month) Entrepreneurship, Money Matters, Physical Fitness, Outreach-Global, Wholeness & Wellness, Eatright-Nutrition, Religion-Spirituality, Mentorship, Etiquette, Networking, Transformation and Servanthood. You will receive: 2021 Annual Calendar at a glance/Each Month will Include A Relentless Focus which will include the following: 1. EmpowerMe Quarterly Goals Setting 2. Monthly Calendar - with the 12 Relentless Focuses 3. EmpowerMe Monthly S.M.A.R.T Goal Planning 4. Monthly Self Awareness - Weekly Readiness Stage for (Transformation) change 5. EmpowerMe - My Daily Self Care Assessment (Mind/Body/Spirit) 6. EmpowerMe Daily Confessions for Success/EmpowerMe Weekly Plan 7. EmpowerMe Tips: 30 Day EmpowerMe Habits challenge 8. EmpowerMe Help Regimen (Daily Checklist for Focuses & Success) 9. EmpowerME Notes. My Mission is to aid and provide HELP to YOU on your JOURNEY by Empowering YOU to Maximize YOUR potential; Igniting YOUR Passion to PURSUE and FULFILL your PURPOSE; and ACTIVATING YOUR Faith to be RELEASED to Walk in YOUR God-Given Kingdom Assignment as YOU LEAD with EXCELLENCE in TOTAL FITNESS in YOUR MIND, BODY, and SPIRIT, with a MANDATE: #YouAreEnough. It's time to fulfill your purpose by taking this step to declare that "I Will EmpowerME".

This book is about losing weight, looking better, feeling better and developing wholeness of Body, Mind, and Spirit. This can give you a life of energy, abundance, passion, and enthusiasm for the rest of your life!

You already know the basics of good health. So why do you still struggle to reach your wellness goals, feel energized and have a balanced life? Dr. Robin's book The E Factor: Engage, Energize, Enrich—Three Steps to Vibrant Health, addresses the three factors that will move you forward to optimal well-being. Dr. Robin shares how to engage a wellness lifestyle, first by knowing your why, setting your intention, planning your path, and finding your tribe. Next, she helps you understand how to energize your life, addressing adrenal fatigue, food as fuel, and life energy. Finally, Dr. Robin reminds you that your well-being includes life enriching factors, like impacting your community, having healthy relationships, being in gratitude, and serving others. Each chapter concludes with exercises, tips, recipes or planning tools to guide you in the next steps of your wellness journey. Health and well-being are more than eating salads and exercising. Read The E Factor to achieve holistic, vibrant health!

The Wellness, Fitness and Beauty Program to Vibrant Health

2021 EmpowerMEnt Annual Planner

7 Golden Keys to Unlock Lifelong Vitality

Healing & Prevention Through Nutrition

7 Keys to Lifelong Sexual Vitality

The Balance Guide: One of Seven Empowering Guides for True Health and Lasting Joy

Body Thrive

The seven steps in Every Need Met are based on biblical principles and are a sure method for receiving God's supernatural provision for the world to see. Living a life of abundance is the believers birthright, and it is God's good pleasure to provide it (Luke 12:32). It is a living testimony of His love and kindness. A life with every need met is a promise from our heavenly Father (Jehovah-Jireh), the God of provision. He delights in providing for our every need be it spiritual, physical, emotional, financial, mental, or social. Every Need Met is a lifestyle of abundance for the purpose of glorifying God and meeting the needs of humanity. Are you ready to experience Gods best in every area of your life? Discover the keys you need to open the treasure of abundance that awaits you. Learn how to: recognize the voice of God take charge of your mind live a life of righteousness be infused with peace and joy apply patience increase faith attract provision live in abundance ENM is a powerful teaching and evangelism tool. It makes a great gift for anyone struggling with lack and insufficiency in any area of life. It is written to position and empower the believer and minister total salvation to the nonbeliever. I invite you to join the army of ENM as we march forward manifesting and shining the supernatural provision of Father God. ENM is more than a book: it's a movement. Welcome to the supernatural, end-time move of God.

Healing When It Seems Impossible is a fascinating and comprehensive resource to restore your health and explore the physical, emotional and spiritual practices required to finally heal. I especially love all the insightful actions and the blend of Eastern and Western medicine. Joe Tatta, PT, DPT Author of Heal Your Pain Now YouCan Heal . . . Even when it seems impossible how do you heal when a diagnosis remains elusive? Where do you go to find solutions? What do you do when, no matter how many tests you take or doctors you see, you still don't know what's wrong or how to resolve your symptoms? Dr. Shiroko's pivotal and transformative book, Healing When It Seems Impossible, peels back the layers of what it means to heal, and guides you to explore the mysteries of your body and reveal the answers within. Inside this book, discover tools to finally: 1 Release fear and anxiety about your health 2 Gain greater awareness and meaning of your body and its messages 3 Ignite hope for your healing, while uncovering the root of your health issue 4 Explore and recover the connection between your body, spirit and emotions 5 Experience your own strength and aliveness like never before "By integrating Western science with Chinese medicine and the principles of love and awareness, you can learn to listen, trust, understand, and act upon what your body is saying. From that place, you become whole in your body, mind, and spirit, and then you can truly heal." 6 Dr. Shiroko Sokitch

For centuries men and women have searched for the elusive fountain of youth only to fall short of their dream of achieving eternal youth, beauty, health and vitality. Join Dr. Elizabeth Lambaer as she takes you on an extraordinary journey of discovery leading you to a more radiant, beautiful, youthful, sexy, happy and fulfilling life. Yes! It is possible to turn back hands of time by following Dr. Elizabeth's 7 powerful keys that enhance the most important parts of your life: health & wellness, fitness & exercise, diet & healthy living lifestyle, mind, body and spirit. Small changes equal incredible results. This book is filled with useful information, inspiring stories and simple exercises and guidelines that will lead you to the Fountain of Youth where all your dreams are possible!

Breast cancer is more than a physical disease. It is also an emotional and spiritual disease that affects every part of us: body, soul, and spirit. And while thankfully a great number of women can and will survive cancer, thriving means something far more than this. God always intended for us to thrive, and with His guidance we can more fully heal and begin to thrive in ways we'd forgotten were possible. In Thriving in God's Love, author Suzanne Bonner shares her personal story of wholly healing in body, soul, and spirit after surviving thirteen cancerous tumors in her left breast. While walking with other breast-cancer sisters, she uncovered the seven powerful steps of fully healing after treatment. God wants each of us to rebuild a life that is full and rich in all the ways that matter--faith, feelings, family, forgiveness, food, fitness, and fun--and the tools, tips, and strategies in Thriving in God's Love can help breast-cancer survivors find wholeness and completeness in their healing. Join Suzanne as you work through your own journey to wellness in body, soul, and spirit, healing in the ways God provides for us in His Word. The One who made you also dearly loves you, and He wants you to step into the life He's given you in all its fullness! May you thrive into old age, flourishing in the grace He lovingly shows you throughout this walk.

The E Factor

Seven Powerful Steps to Heal Body, Soul, and Spirit After Breast Cancer

7 Keys to Success

The Sleep Guide: One of Seven Empowering Guides for True Health and Lasting Joy

A Holistic Approach to Eating and Living for Optimal Health, Weight, and Wellness

Take Care: The Body Care Guide

7 Divine Keys to Unlock Extraordinary Health

In "The Wellness Lifestyle," Wanda Packe covers the six vital areas to experience true health: Mental, Physical, Social, Environmental, Spiritual and Financial. These easy-to-implement techniques will have you well on your way to experiencing true overall health! As a Registered Nurse, Wanda believes when you embrace and implement change in all six of the pivotal areas of "The Wellness Lifestyle," you can improve your overall health, wellness, and wealth

Anyone can move in the miraculous -- even you! If you've ever wanted to experience more of the supernatural and God, here's your chance. This book is your guide to harnessing the momentum found in the spiritual discipline of fasting. Lori Greenwood looks at fasting three dimensionally -- body, soul and spirit. Far beyond covers keys to health and wellness, scriptural insight and personal testimonies designed to reveal the awesome power of fasting and prayer! Lori Greenwood is a dynamic bible teacher. Her passion for Christ and His kingdom is contagious. Wherever she ministers, people are encouraged and inspired to seek after God wholeheartedly. Lori has a desire to train people to run with the God-inspired vision for their lives. Understanding that each life is a unique plan of God, Lori encourages people to celebrate and appreciate their differences. Lori has her BFA from the University of Illinois. She is a graduate of World Harvest Bible Training Center. She has her Master of Divinity (MDiv) and her Doctorate in Philosophy/Theology (PhD) from St. Thomas College. She has done the work of the ministry in over 20 nations. Lori is the author of five books and resides in the Seattle area with her husband Tom and their daughters, Crista and Anna

In 7 Keys to Spiritual Wellness, best-selling author Joe Paprocki provides a prescription for spiritual health based on the rich wisdom of Catholic Tradition. Through his nondenominational, downright inviting style of writing, Paprocki makes this book eminently accessible to non-Catholics and "seekers" as well. Recognizing that the spiritual immune system is weakened almost daily by toxic patterns and attitudes that negatively impact our ability to live in a harmonious relationship with God and others, Paprocki offers seven enduring and reliable strategies for achieving spiritual wellness. After identifying practical ways to integrate each of these strategies into daily living, he describes seven persistent dangers to our spiritual well-being and how these dangers manifest themselves in our lives. At its core, 7 Keys to Spiritual Wellness helps us see the Christian faith not as a collection of rules and doctrine, but as a spiritual path—a path whose guideposts for spiritual wellness are sure to lead us to a more meaningful life and to a much richer experience of our faith.

The best way for a business to succeed is through its people. While there are gains to be had from streamlining processes, reducing costs or making a strategic change, the biggest potential for success comes through how humans collaborate. Specifically, the greatest gains are achieved through high performing teams, and teams of teams. Containing more than 40 tools which can be used in a virtual or in-person coaching environment, Building Top-Performing Teams is a practical guide for leaders, HR professionals, coaches, team coaches and anyone with management responsibility. It covers how to motivate, develop, engage and reward a team of employees with different levels of experience and priorities to achieve outstanding business success. Building Top-Performing Teams includes essential guidance, tools and techniques that show how to promote team ways of working rather than individual-focused processes. It also includes guidance on managing internal team conflict and ensuring that teams are purpose-driven and working towards a shared business goal. Each chapter includes diagnostic questions and reflective practice exercises to allow readers to identify how to apply each element of team development to their workforce. Supported by the authors' experience in organizations such as the BBC, John Lewis, KPMG, Britvic, the NHS and BMW this is essential reading for anyone needing to unlock the value of teams to achieve greater business performance.

The 5 Living Principles to Defeat Stress, Look Great, and Find Total Well-being

Research Quarterly for Exercise and Sport

How to be UNDENIABLY Radiant, Beautiful, Youthful and Sexy at Every Age

Seven Steps to God's Supernatural Provision

The 7 Keys for Attention Development

The Hippocrates Institute Guide to Sex, Health, and Happiness

Revive

Wellness Made Simple is your guide to creating a sustainable way of living that gives you the balance, happiness, and energy you are seeking. It addresses your wellness from all angles and lets you reshape your life from the inside out. Your mindset, time management, stress management, eating, sleep, exercise, happiness, and motivation are all interrelated. Each component affects and is affected by the other components. Together they make a whole you. This guide presents a simple, holistic approach to making better decisions about your health and wellness. There is no single solution for better health and wellness that works for everyone, so your solution will look at little bit different from everyone else's. Wellness is fluid and changes over time but you can learn to slow down, listen to and trust your body at any age. Positive changes in any domain of wellness can cause positive changes elsewhere in your wellness, creating an upward spiral. It really can be simple, and this guide will give you the tools to shape your own wellness journey.

When you were born, did you come with an owner's manual? If not then how can you achieve life mastery or even know the Human Energy System? Chakra Mastery: 7 Keys to Discover Your Inner Wisdom, the latest contribution from Dr. Carolyn, demystifies the Human Energy System (HES)—the aura and chakras. What is Energy? Humans are made of energy, yet how do we describe or measure something so nebulous and intangible? Light is an expression of energy. Is it a particle or a wave? Science tells us it behaves as both yet does this debate over functionality negate its existence or validity? Light is necessary for our very existence as physical beings yet the mechanics behind this energy is at best metaphoric. Even the familiar model of the atom—a nucleus of protons and neutrons, orbited by electrons as if a mini solar system—is also a metaphor. In actuality it looks nothing like its model, yet that doesn't negate its existence. What are chakras? For many, the chakras are "things" that supposedly reside inside the human body. What they are and their connection to the human body often remains unclear. Chakra Mastery: 7 Keys to Discover Your Inner Wisdom is a modern metaphor for ancient wisdom—the wisdom imparted by understanding. Metaphors tend to take you from that confined, 3-D world and lead you on a journey of inner exploration, that intangible "place" where you discover your Inner Wisdom. This book is conversational and engages you in an exploration of your HES. Learn the nature of "energy" and the characteristics and relevance of each chakra and their influence on your health and wellness. Chakra Mastery: 7 Keys to Discover Your Inner Wisdom you learn about each chakra's characteristics, purpose and relevance to your health and wellness. The 20 Playercises (exercises) interspersed throughout the book map out the Master's Path, empowering you to discover your Inner Wisdom through the seven major chakras. Dr. Carolyn holds up the Looking Glass for you, taking you through the steps of Chakra Mastery in a very down-to-earth and practical way. It's up to you to start the journey. Chakra Mastery: 7 Keys to Discover Your Inner Wisdom is a must read primer on the Human Energy System for your pursuit of self-mastery.

Your connection to the individual spirit within you and the greater Spirit around you has a profound influence on your health and happiness. Deepen your spirituality with nearly 50 concrete tips from The Spirit Guide, which covers spiritual exploration, contemplation, intuition, purpose, gratitude and forgiveness. The Take Care series is a set of seven books covering multiple aspects of wellness: food, movement, body care products, home environment, sleep, balance and spirit. Each book has two parts. First, there's easy-to-read background with expert insights on the latest relevant research. Second, there are many practical tips, steps and ideas that make it easy for you to take action. The books are a one-stop-shop for thorough but concise wellness information.

Like any, arthritis has a way of creeping up on you until one morning, that occasional stiffness in the knee or soreness in the hands turns into "that hurts!" type of pain. Prolonged physical activity only prolongs the soreness. Arthritis is a general medical term that refers to inflammation of the joints. The word "arthritis" is a blend of the Greek words "arthron" for joint and "itis" for inflammation. Frequent cracking of the joints and early morning stiffness are common symptoms of osteoarthritis, even during pain-free periods. Some will joke that they can tell a weather change is ahead when their knees act up, but that's because painful joints can be sensitive to a falling of barometric pressure, which signals rain in the forecast. Arthritis often begins subtly with a little ache and stiffness in the knees or shoulders. Or it may herald its arrival with sharp pain and swollen, tender joints. Arthritis takes center stage, however, when you feel as stiff as a board when you pull yourself out of bed in the morning. Stiff spines, creaky necks, and balky backs can zap the life out of even the most optimistic individuals. Those with arthritic hands and wrists find it painful to type or even use a computer mouse, while some with arthritic knees shuffle around with pain as their constant companion. Arthritic hips not only also restrict mobility but impact a couple's love life since arthritic hip pain can make sexual relations painful, particularly for women. No matter how you cope or make lifestyle adjustments, arthritis is a pain to live with. In The Great Physician's Rx for Arthritis, Jordan Rubin, along with Joseph Brasco, MD, recommends a total lifestyle program for the health of the body, mind, and spirit that's much more effective than sleeping on a bed of magnets each night, and it's based on the seven keys to unlock your God-given health potential found in his foundational book The Great Physician's Rx for Health and Wellness.

The Principal's Book of Lists

The Great Physician's Rx for Arthritis

A Practical Guide to Team Coaching to Improve Collaboration and Drive Organizational Success

Chakra Mastery

Creative Explorations of Sex, Gender, and Relationships

Postmasters Advocate

Take Care: the Home Environment Guide

Super Health is a complete manual for physical, mental, emotional and spiritual renewal. K.C. Craichy, founder and CEO of Living Fuel, shares simple, practical and step-by-step information for unleashing the energy, health and fitness that your body and spirit have been waiting for. Super Health is the culmination of many years of research and trial and error. K.C. wrote the book because he cares deeply about health and wellness and because he believes we have a responsibility as Christians to be living examples of the abundant life. We can't live abundantly if it is a challenge to drag ourselves out of bed in the morning, if we don't have the energy to play with our children and if the stresses of life are preventing us from reaching our highest God-given potential. K.C. believes we must proactively take our lives and our health into our own hands. Modifying our lifestyles and food choices doesn't just affect us alone. It impacts the health of our families, our communities and ultimately the planet. K.C. Craichy developed this safe, simple and complete lifestyle program through years of research and working with some of the top minds in nutrition and medicine. The Seven Golden Keys to Unlock Wellness Vitality is a program that enhances performance, promotes energy, nurtures overall health and can be sustained over a lifetime. The Seven Golden Keys includes the groundbreaking nutritional approach, The Four Corners of Optimal Nutrition.

Presents a holistic plan for women to help them improve their relationships, career, creativity, and fitness levels, and find fulfillment in their lives. The products you choose for your home can affect the health and mood of everyone who lives there. The Home Environment Guide offers about 200 ways to create a healthier home. You'll learn how to make better choices for mattresses, toys, cleaning products, paint, linens, kitchen items, laundry, furniture, electronics and much more. The Take Care series is a set of seven books covering multiple aspects of wellness: food, movement, body care products, home environment, sleep, balance and spirit. Each book has two parts. First, there's easy-to-read background with expert insights on the latest relevant research. Second, there are many practical tips, steps and ideas that make it easy for you to take action. The books are a one-stop-shop for thorough but concise wellness information.

The book tells a compelling story of the author's journey to the planet, K.C. Craichy developed this safe, simple and complete lifestyle program through years of research and working with some of the top minds in nutrition and medicine. The Seven Golden Keys to Unlock Wellness Vitality is a program that enhances performance, promotes energy, nurtures overall health and can be sustained over a lifetime. The Seven Golden Keys includes the groundbreaking nutritional approach, The Four Corners of Optimal Nutrition.

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Discover the 7 Keys to Unlimited Healing Power

How to Tackle the Threats to your Health and Happiness / Cerdeno, Libni

7 Keys to Discover Your Inner Wisdom

Take Care

The Wellness Lifestyle!

Obvious Parenting: Seven Simple Keys to Supporting Wellness

The 7 Keys For Attention Development helps readers understand the underlying causes for attention deficits, disorders and distractions. Often these symptoms become diagnosed as ADD/ADHD or are personally labeled as feeling stressed out, scatterbrained or out of control. Readers will learn why they experience their difficulties and obtain the scientific knowledge in easy to understand language as to how the mind, emotions, body and personal relationships create these symptoms and the exact methods for reversing them. The book shares a wide variety of case studies illustrating how implementing the 7 Keys proven program can help develop focus, calm presence, healthy attitudes, self control and connected relationships in school or at work, at home and in the community. This book shares the complete step by step twelve week guaranteed program that has been developed over the past 15 years. This compilation of 155 tools and strategies has had a 97% success rate in reversing ADD/ADHD and stress related symptoms.

Good health leads to good sex and good sex can lead to good health. And your sex life can keep getting better over time, with intimacy growing stronger and more pleasurable with each passing year. Health and sex experts Drs. Brian and Anna Maria Clement, a married couple and the codirectors of an internationally renowned wellness clinic and spa, offer tips and guidance for retaining sexual vitality and intimacy throughout life. Their suggestions are all-natural, can be put into practice by anyone, and require no drugs. The Clements view sexual energy as a universal fuel of life that nourishes mind, body, and spirit. They believe that remaining sexually active is one of the most effective ways to naturally enhance your health and your life. The seven keys outlined in this book offer: * health, nutrition, detoxification, and exercise tips for all ages * massage techniques to enhance intimacy and sexual function * recipes rich in sex-boosting nutrients * guided imagery and mindfulness to increase intimacy * tips and practices for awakening libido, resolving sexual dysfunction, and increasing satisfaction The book also provides scientific support for overcoming fear and misinformation. Clinically tested and holistic, the Clements' approach to

sexuality will help you invigorate your sex life and teach you how to use sex to improve your health and vice versa.

Expanding beyond the solely nutritionally based information in his former book, *The Maker's Diet*, Jordan Rubin will take readers through a comprehensive look at their body and their health in *The Great Physician's Rx for Health and Wellness Study Guide*. In this study guide, Rubin will walk readers through 7 Keys to achieve good daily health habits-not only for the disease-ridden, but also for anyone desiring to live an abundant life of health and wellness.

Named as a finalist for the American Book Fest 2017 Best Book Awards in the Health, General category, *Rock Your World Naturally: 7 Divine Keys to Unlock Extraordinary Health* is sure to take your health to the next level. Do you struggle with excessive weight, low energy, irregular blood sugar, chronic fatigue, depression, low self-esteem, hormonal imbalance, aches or pains? If you're one of the millions of people fighting to keep your healthy world from spinning out of control, there is a divine plan to help you regain balance and harmony. The 7 Divine Keys will empower you with down-to-earth strategies designed to radically transform your health and quality of life. When fully embraced, you'll begin living the healthy life you were destined to live. You will have the power to break through limitations and... * Crush the cycle of following ineffective fad diets * Experience natural and lasting weight loss * Learn how to become your own personal health advocate * Achieve total alignment for your body, soul and spirit * Heighten your awareness of the earth through responsible stewardship * Understand the relationship between your blood cells and divine health * Identify and overcome hidden obstacles that are wrecking your healthy world--for good! You deserve to live a life that's overflowing with vibrant health, peace, happiness and abundance, and with *Rock Your World Naturally* you can. It's a lifestyle that's healthy, fun and easy and will leave you feeling out of this world!

How the Health Are You?

7 Keys to Spiritual Wellness

When Art Therapy Meets Sex Therapy

Uplevel Your Body and Your Life with 10 Habits from Ayurveda and Yoga

One of Seven Empowering Guides for True Health and Lasting Joy

Shea Vaughn's Breakthrough

The Wellness Universe Guide to Complete Self-Care

The everyday body care products you choose can affect your health in significant ways. With *The Body Care Guide* you'll learn about 100 ways to buy--or make--healthier products for yourself and those you love. The guide covers soap, shampoo, sunscreen, deodorant, lotion, children's products, cosmetics and more. The *Take Care* series is a set of seven books covering multiple aspects of wellness: food, movement, body care products, home environment, sleep, balance and spirit. Each book has two parts. First, there's easy-to-read background with expert insights on the latest relevant research. Second, there are many practical tips, steps and ideas that make it easy for you to take action. The books are a one-stop-shop for thorough but concise wellness information.