

a touch above wellness

A Touch Above Wellness: Elevating Your Self-Care Journey

Are you tired of the same old wellness routines that leave you feeling...meh? Do you crave a deeper, more meaningful connection to your well-being, something that truly elevates you beyond the surface level? Then you've come to the right place. This comprehensive guide explores what it means to achieve "A Touch Above Wellness," offering practical strategies and insightful perspectives to help you transform your self-care journey from ordinary to extraordinary. We'll delve into holistic approaches, mindset shifts, and actionable steps to not just maintain your well-being, but to actively cultivate a vibrant and fulfilling life.

Understanding "A Touch Above Wellness"

The phrase "A Touch Above Wellness" signifies a conscious commitment to surpassing the bare minimum of self-care. It's about moving beyond simply ticking boxes on a to-do list – meditation app checked, yoga class attended, healthy smoothie consumed – and delving into a deeper understanding of your unique needs and aspirations. It's about cultivating a holistic approach that integrates physical, mental, emotional, and spiritual well-being. This isn't about perfection; it's about progress, intentionality, and a genuine pursuit of a more vibrant, joyful life.

Beyond the Buzzwords: Defining Your Personal Wellness

The wellness industry is saturated with buzzwords and fleeting trends. "A Touch Above Wellness" challenges you to move beyond these trends and define wellness on your own terms. What does true well-being look like for you? This requires introspection and honest self-assessment. Consider these questions:

What brings you genuine joy and fulfillment? Is it spending time in nature, creating art, connecting with loved ones, or pursuing a passion project?

What areas of your life feel depleted or unbalanced? Are you neglecting your physical health, experiencing chronic stress, or struggling with relationships?

What are your core values? Understanding your values provides a compass to guide your wellness journey and ensure your actions align with your deepest beliefs.

Answering these questions honestly provides a powerful foundation for building a personalized wellness plan that resonates deeply with your authentic self.

Mindset: The Foundation of A Touch Above Wellness

Your mindset plays a crucial role in achieving “A Touch Above Wellness.” A negative or limiting mindset can sabotage even the best intentions. Cultivating a positive and growth-oriented mindset involves:

Practicing gratitude: Regularly acknowledging the good things in your life, no matter how small, shifts your focus from what’s lacking to what you already possess.

Challenging negative self-talk: Become aware of your inner critic and actively challenge its negativity with positive affirmations and self-compassion.

Embracing self-acceptance: Acknowledge your imperfections and embrace them as part of your unique journey. Self-acceptance is not about complacency; it's about self-love and understanding.

Developing resilience: Life inevitably throws curveballs. Building resilience helps you bounce back from setbacks and navigate challenges with grace and strength.

Holistic Practices: Nourishing Your Whole Self

"A Touch Above Wellness" isn't just about physical fitness; it's about nourishing your entire being.

Incorporate holistic practices into your routine, such as:

Mindfulness meditation: Regular meditation cultivates inner peace, reduces stress, and enhances self-

awareness.

Yoga and movement: Find an activity that you enjoy, whether it's yoga, Pilates, dance, or simply a daily walk in nature. Movement nourishes the body and mind.

Healthy eating: Focus on nourishing your body with whole, unprocessed foods that provide sustained energy and support overall well-being.

Adequate sleep: Prioritize getting sufficient, high-quality sleep to allow your body and mind to rest and repair.

Connecting with nature: Spend time outdoors, whether it's hiking, gardening, or simply relaxing in a park. Nature has a restorative power that can significantly enhance well-being.

Setting Intentions and Tracking Progress

Without intentionality, even the best-laid plans can fall by the wayside. Set clear, achievable goals for your wellness journey. Break down larger goals into smaller, manageable steps. Track your progress – using a journal, app, or simply mentally reviewing your accomplishments – to celebrate your successes and identify areas for improvement. Regular reflection is crucial for continuous growth and adaptation.

Seeking Support: Building Your Wellness Community

Surrounding yourself with supportive individuals who share your values and encourage your growth is invaluable. This could involve connecting with like-minded friends, joining a wellness group, or working with a coach or therapist. Sharing your journey with others can provide accountability, encouragement, and a sense of community.

Conclusion: Embracing the Journey of A Touch Above Wellness

"A Touch Above Wellness" isn't a destination; it's a continuous journey of self-discovery, growth, and evolution. It's about cultivating a deep and meaningful connection to your well-being, prioritizing your needs, and actively creating a life that is both fulfilling and vibrant. By embracing the practices and perspectives outlined in this guide, you can embark on a transformative path towards a richer, more

meaningful life, one that truly elevates you above the ordinary.

FAQs

1. Is "A Touch Above Wellness" expensive to achieve? Not necessarily. Many of the practices discussed, like mindfulness meditation and connecting with nature, are free or very affordable. The cost comes in prioritizing your well-being and making conscious choices aligned with your values.
1. How long will it take to see results? Everyone's journey is unique. You may see changes in your mood and energy levels relatively quickly, while deeper shifts in mindset and habits may take longer. Be patient and persistent.
1. What if I slip up? Setbacks are a natural part of any journey. Don't beat yourself up over occasional lapses. Learn from them, forgive yourself, and get back on track.
1. How can I know if I'm truly achieving "A Touch Above Wellness"? Pay attention to your overall sense of well-being, happiness, and fulfillment. Do you feel more balanced, resilient, and connected to yourself and others? If so, you're likely on the right path.
1. Is this approach suitable for everyone? While the principles are applicable to most, individual

needs vary. If you have underlying health conditions, it's crucial to consult with a healthcare professional before making significant lifestyle changes.

a touch above wellness: Wellness Above the Clouds Irene Lauretti- von Olnhausen, 2007 A self-help wellness guide, which shows how to get fit, well, radiant and happy by using the fingers. By employing the simple finger positions of the 22 programs, this work reveals the keys to the ancient Japanese healing art Jin Shin Jyutsu [registered].

a touch above wellness: Buddhist Healing Touch Ming-Sun Yen, Joseph Chiang, Myrna Louison Chen, 2001-05 Dr. Yen teaches us how to care for ourselves naturally by using acupressure, self-massage, breathing techniques, exercises, and herbal remedies. Illustrations of the acupressure points accompany each treatment as do tips regarding diet and relevant folk cures.

a touch above wellness: Touch Therapy Tiffany Field, 2000 This book examines the research base of touch in massage therapy while linking the implications of these results to massage practice. It was written by the director of the world-renowned Touch Research Institute. Each chapter gives a clear and authoritative review of what is known about the effects of touch in a variety of clinical conditions. It specifically addresses the areas of stress reduction, pain reduction, growth and development, immune functions, and auto-immune disorders.

a touch above wellness: Therapeutic Massage and Bodywork for Autism Spectrum Disorders Virginia S. Cowen, 2011 Massage techniques are widely and effectively used in treatment of autism spectrum disorders (ASDs) to address sensory issues, motor problems and touch receptivity. This title explains how massage works, how the body senses touch, and how touch therapy can benefit children with ASDs.

a touch above wellness: Above the Glebe Pamela Gilpin Stowe, 2015-10-30 Life was good for the Holmes family, and they didn't want to see the British colonies engage in rebellion, especially against the most powerful empire in the world. But as the unrest grew, many men loyal to the King looked at enlistment to put down the uprising. They thought if they enlisted in the spring, after planting season, they could help suppress the revolt in time for the fall harvest. They thought it would be that simple. Above the Glebe follows a farming family as the American Revolutionary War drags on. It is the story of loyalty and vengeance, of death and survival. It is also the story of a family divided. On the one side are the five Holmes brothers, who enlist on the Loyalist side. On the other are a vindictive cousin and the two Holmes sisters, both married to revolutionaries. Their choices will have a marked impact on their lives and their futures. Above all, though, this is a story of a family and its strength.

a touch above wellness: Daily Reflection for Women Above 60 Darius Manning, 2024-11-07 Are you facing the challenges of life over 60, wondering how to keep your body and mind active while finding deeper purpose? As the years go by, it's natural to feel a shift-maybe your energy has changed, relationships feel different, or you're searching for a new sense of direction. These experiences can leave you longing for balance, wellness, and renewed connection with yourself. Without a plan, it's easy to feel isolated or unsure about navigating this stage of life. Many women struggle to stay active or find ways to nurture their mental and emotional health, and with each day, the impact of these changes can feel even heavier. Ignoring these needs can affect not only physical health but overall happiness, leaving you feeling disconnected from the life you want. But it doesn't have to be this way. Daily Reflections for Women Above 60 offers a roadmap for cultivating wellness, purpose, and joy. This guide dives into essential topics like maintaining physical health, developing

mindfulness practices, nurturing meaningful relationships, and exploring personal growth—all tailored specifically for women in this unique phase of life. With daily reflection prompts and insights, you'll find practical steps for a fulfilling and balanced life. Take the first step toward a happier, healthier life today. If you're ready to embrace each day with purpose and appreciation, *Daily Reflections for Women Above 60* is your trusted companion. Rediscover a joyful, grounded approach to life and make every day count.

a touch above wellness: Neal's Yard Remedies Complete Massage Neal's Yard Remedies, 2019-09-05 Explore in detail the profoundly effective power of touch, led by experts at Neal's Yard Remedies. Want to really understand the health and wellness benefits of massage? Interested in practising massage at home or considering taking a course? Let this book be your guide to everything from effleurage to epineuria. All the core strokes and massage techniques that form the foundation of massage practice are shown photographically with detailed annotations and integrated arrows showing the direction and application of pressure. Annotated anatomy and physiology illustrations show you how different levels of pressure work the muscles, and the profound effect massage can have on the nervous system and on cardio and lymphatic health. Learn about the key disciplines, from Swedish to shiatsu, reflexology and hot stone therapy. Access over 30 bespoke massage sequences, tailored to treat specific complaints and special client groups, such as pregnant women, babies, and those recovering from surgery. Find out how to prepare physically and mentally, and get the lowdown on oils and massage beds, diffusers and candles. And if you're receiving a massage, discover why drinking water before and after is important and how focusing on breathing enhances muscle relaxation. Become an expert in all that massage has to offer and share its miraculous health benefits.

a touch above wellness: Promoting Wellness Patricia A. Swinford, Judith A. Webster, 1989

a touch above wellness: Llewellyn's Complete Book of Lucid Dreaming Clare R. Johnson, 2017-10-08 Wake Up in Your Dreams and Live a Happier, More Lucid Life A lucid dream is a dream in which you become aware that you're dreaming. It's a powerful opportunity to solve problems, create new possibilities, take charge of your own healing, and explore the depths of reality. This book provides a range of practical techniques and activities to help you bring the creativity and super-conscious awareness of lucid dreaming into your life. Join international expert Clare R. Johnson as she shares the most up-to-date lucid dreaming techniques on how to get and stay lucid, guide dreams, resolve nightmares, deepen creativity, and integrate dream wisdom into everyday life. Drawing on cutting-edge science and psychology, this book is packed with inspiring stories of life-changing lucid dreams and fascinating insights into topics such as the ethics of dream sex, how to interact with lucid dream figures, and the nature of consciousness. Whether you're a person who barely remembers your dreams or a lifelong lucid dreamer, this in-depth guide is the perfect next step as you cultivate the power of lucid dreaming. Praise: Dr. Clare Johnson has energetically led the way in revealing the limitless practical and spiritual potential of lucid dreaming, so far-reaching it can change the world. Her clearly-written book is destined to become essential reading for all those interested in lucid dreaming. It points out the essential phenomena of lucid dreaming, and then amazes us by opening its extraordinary major vistas to us, that reveal the true glory and limitless potential of our inner universe. This is a significant book.—Dr. Keith Hearne, the scientist who provided the world's first proof of lucid dreaming in 1975, and inventor of the world's first Dream Machine

a touch above wellness: A Path to Healing Andrea D. Sullivan, 1998 Twenty years ago, at age twenty-nine, Andrea Sullivan was a high-level executive at HUD in a state of what she now calls dis-ease: stressed out, thirty-pounds overweight, with a face full of acne. Moved by a desire to help her community and herself in a meaningful way, she quit her job and decided to become a doctor. She applied and was accepted to Bastyr Medical School for Alternative Medicine and became a naturopathic physician. Since then, Dr. Sullivan has been at the vanguard of naturopathic medicine and has helped hundreds of African Americans create dramatic and lasting lifestyle changes. Unlike traditional doctors, naturopathic physicians, with the aid of herbs, roots, and other natural remedies,

treat the patient, not the disease. Here, in easy-to-understand language, Dr. Sullivan provides an overview of alternative medicine (paying close attention to naturopathy), discusses the African American tradition and its link to naturopathic medicine, and delves into stress, high blood pressure, arthritis, obesity, depression, and diabetes (all problems that plague African Americans), and prescribes an overall guide to maintaining health and keeping disease at bay. In *A Path to Healing*, Dr. Sullivan makes a convincing case for naturopathic medicine as the best way to prevent disease and treat chronic illnesses, while not discounting the use of traditional Western medicine, especially in cases of traumatic injury.

a touch above wellness: *Complementary Therapies and Wellness* Jodi L. Carlson, 2003 Carlson (Putnam Hospital Center, Carmel, NY), an occupational therapist, introduces the paradigm, concepts, and therapeutic options of complementary and alternative medicine (CAM). The other contributors discuss specific therapies and applications. Chapters include case studies, focus boxes on key issues, study questions, and resources. Appends National Institute of Health classifications of CAM therapies, descriptions of other therapies, and answers to study questions. Annotation copyrighted by Book News, Inc., Portland, OR.

a touch above wellness: *A Touch of Stone and Snow* Milla Vane, 2020-07-21 Milla Vane returns to a world of kings, magic, and passion in her exhilarating *A Gathering of Dragons* series, as a great alliance forms to stand against an evil warlord intent on their destruction. Danger lurks in the western realms. The Destroyer's imminent return has sent the realms into turmoil as desperate citizens seek refuge—but there's no safety to be found when demons and wraiths crawl out from the shadows. Even Koth, a northern island kingdom left untouched by the Destroyer a generation past, is besieged by terrors spawned from corrupt magics. When Lizzan leads the Kothan army against these terrors, only to see her soldiers massacred and to emerge as the only survivor, she is called a coward and a deserter. Shunned from her home, Lizzan now wanders in solitude as a mercenary for hire, until she encounters a group of warriors seeking new alliances with the northern kingdoms—a group that includes Aerax, the bastard prince of Koth, and the man who sent her into exile. Though they were childhood friends, Aerax cannot allow himself to be close to the only woman who might thwart his treacherous plan to save their island realm. But when a goddess's demand binds them together, Lizzan and Aerax must find a way to overcome their painful pasts. Or there will be no future for the western realms...

a touch above wellness: *Social Media Wellness* Ana Homayoun, 2017-07-27 Solutions for navigating an ever-changing social media world Today's students face a challenging paradox: the digital tools they need to complete their work are often the source of their biggest distractions. Students can quickly become overwhelmed trying to manage the daily confluence of online interactions with schoolwork, extracurricular activities, and family life. Written by noted author and educator Ana Homayoun, *Social Media Wellness* is the first book to successfully decode the new language of social media for parents and educators and provide pragmatic solutions to help students: Manage distractions Focus and prioritize Improve time-management Become more organized and boost productivity Decrease stress and build empathy With fresh insights and a solutions-oriented perspective, this crucial guide will help parents, educators and students work together to promote healthy socialization, effective self-regulation, and overall safety and wellness. *Tips From Teens On Promoting Social Media Wellness* Ana Homayoun has written the very book I've yearned for, a must-read for teachers and parents. I have been recommending Ana's work for years, but *Social Media Wellness* is her best yet; a thorough, well-researched and eloquent resource for parents and teachers seeking guidance about how to help children navigate the treacherous, ever-changing waters of social media and the digital world. —Jessica Lahey, Author of *The Gift of Failure* This is the book I've been waiting for. Ana Homayoun gives concrete strategies for parents to talk with their teens without using judgment and fear as tools. This is a guidebook you can pick up at anytime, and which your teen can read, too. I'll be recommending it to everyone I know. —Rachel Simmons, Author of *The Curse of the Good Girl* Read About Ana Homayoun in the news: *NYTimes*, *The Secret Social Media Lives of Teenagers* *NYTimes*, *How to Help Kids Disrupt 'Bro Culture'*

Pacific Standard, Holier Than Thou IPO: Snapchat and Effective Parenting Parenttoolkit.com, Emojis, Streaks, Stories, and Scores: What Parents Need to Know About Snapchat Los Angeles Review of Books, Life and Death 2.0: When Your Grandmother Dies Online Chicago Tribune, Social Media Footprints are Nothing New, So What Were those Harvard Students Thinking? Today Show, 9 Tips to Help Teens Manage Their Social Media Footprint 5 Ways Parents Can Help Kids Balance Social Media with the Real World

a touch above wellness: *The Gut Wellness Guide* Allison Post, Stephen Cavaliere, 2018-08-07 A user-friendly guide for anyone grappling with chronic pain, fatigue, gas, bloating, and other common disorders associated with the gut Addressing a wide range of conditions—including digestive problems, anxiety, and depression—this easy-to-use guide presents simple ways to relieve the stress related to some of today's most pressing health problems. Authors Allison Post and Stephen Cavaliere explain the devastating impact that imbalances of gut microbiota and the microbiome can have on digestion, and they demonstrate proven techniques to reconnect with our bodies and reclaim our health. The Gut Wellness Guide expands upon the method previously introduced in the authors' first book, *Unwinding the Belly*. Unwinding is a clear and accessible way to connect the "gut brain" to the "main brain" and to relax, tune into your body, and create a customized action plan to heal.

a touch above wellness: KRISTIN MOCK Kristin Mock, 2023-02-09 Kristin Hagen, original artist; a national winning organist; a talented local, state, and national Team USA competitive dancer; and a previous contestant of Miss Idaho USA, found herself at the young age of nineteen an original survivor of a serious automobile accident. It was not the accident itself, rather her injuries were caused by the force behind a violent deployment of an 'original' first-generation high-powered airbag (1994). A few years later, during her recovery, she was confronted by yet another airbag. This time it was the re-designed second-generation airbag (1997). Always a high-performing athlete, and healthy and vivacious individual, in an overnight twist, Kristin experienced severe, immediate debilitation due to the sudden and sheer force of the airbags. Through the lack of definitive wellness plans available across America, Kristin had to forget the kind of complete freedom that fullness of mind, body, and spirit can bring you, and the feeling real mobility enables you. Through God's hands, and original design, she was able to successfully reverse, cure, and re-awaken the modern miracle of being truly well, truly mobile, and being whole once again. The growing shift of America's evolving health care system empowered Kristin to take action, identify and implement the cure, and follow her own concentrated research path into 21st-century evidence-based care to cures. Her intensive research and passion for wellness compelled her into creating original 21st century sustainable healthcare, education, and careers, focused on 21st-century care to cures. Almost nothing in the human experience compares with being at the peak of wellness and *Align Above: My Passionate Dance at Life!* will help and motivate people to start on their pinnacle journey toward their goal. This book is written for anyone who wants to embark on a wellness plan, especially those who have been debilitated or feeling unwell for a long time because of injury, illness, or simply not at your personal peak. Evolving trends in health care delivery and reimbursement models make this a good time for ordinary people to help drive the system from disease based to wellness based, creating closer relationships with their clinicians and incorporating evidence-based integrative medicine into their wellness plans. It's time to make a movement; it's time to make a change. It's time to be truly well. So, join me, and let's all be whole in wellness together!

a touch above wellness: *Press Here! Ayurvedic Head Massage for Beginners* Hilary Arrieta, 2021-03-16 *Press Here! Ayurvedic Head Massage for Beginners* is a simple-to-follow guide to achieving authentic beauty, rejuvenation, and stress relief through an Ayurvedic Eastern massage technique anyone can do.

a touch above wellness: *A Wellspring for Wellness* Ellarea Maria Cole Stansbury, 2014-09-05 Wow! This is a must-read story of a thirty-five year journey of a woman diagnosed with an autoimmune disease, Lupus. She turns a deaf ear to the sound of a death knell and instead turns her attention to a path of wellness and a better quality of life. The climb out of a debilitating illness

has been challenging, but using the launch pad of God's inspiration and the under girding of the promises and encouragement in the Holy Scriptures, A WELLSPRING to a quality of life and living was uncovered. As the story unfolds, you can only applaud the investment of energy, the renewal of spirit, the determination to stay focused and find a better way to live and ultimately to see the hope implanted while realizing that the journey is all about the plan God has for her life. Trek along and appreciate the unfolding of a beautiful, God-filled life. -Ruth S. Fuller, a lover of the art of language

Without pretense or apology, Maria Stansbury has written a life-saving manual. The health and healing manual we've all waited for. It is pregnant with overdue information. It is a must read for survival. Dr. A. R. Jones, Minister/ Psychotherapist The Centers for Disease Control estimate 50 million adult Americans have been doctor-diagnosed with some form of arthritis, rheumatoid arthritis, gout, lupus, or fibromyalgia. By 2030 there will be an estimated 67 million Americans ages 18 and older projected to have doctor-diagnosed arthritis. An estimated 294,000 children under the age of 18 have some form of arthritis or rheumatoid condition. What can be done to help those with autoimmune and other related diseases? I offer you A WELLSPRING. These eleven practical principles including Air, Water, Exercise, Light, Life, Self-control, Prayer, Rest, Insight, Nutrition, and Godly trust offer ways to make lifestyle changes which can revolutionize your thinking and daily living habits. Reformers have a healthier quality of life. Practicing the eleven principles starting with diet and eating habits can benefit. Research studies at Stanford University in the U.S. and the U.K. substantiate that healthy lifestyle changes can significantly lower inflammation in arthritis patients and those with obesity. This results in improved joint flexibility, mobility, and balance with exercise, air, drinking water and self-control, rest, sunlight, etc. Weight is also controlled. The Coronary Health Improvement Project (CHIPS) also found a lower risk of heart attacks and coronary disease from adhering to a lifestyle change. The Harvard School of Public Health study found the risk of heart disease was reduced 23 percent with a plant-based diet. In summary, try A WELLSPRING. It may add years to your life and add life to your years.

a touch above wellness: Heal from Within Katie Beecher, 2022-02-15 Take control of your own health using this inspirational and empowering guide to true, holistic healing. In *Heal from Within*, internationally recognized medical intuitive and licensed professional counselor Katie Beecher shares a revolutionary, step-by-step approach to physical, emotional, and spiritual health. Using some of the same tools and exercises that Katie uses in her acclaimed medical and spiritual intuitive readings, the reader will be taught how to access their own intuition and spiritual guidance as they move towards healing that encompasses body, mind, and soul. With information from her spiritual guides and thirty years of experience, Katie guides readers to inventory their physical and emotional health, identify their key issues and the possible emotional, physical and spiritual contributing factors, then develop a strategy to permanently heal the root causes. The book includes inspirational stories about Katie's discovery and development of her spiritual abilities and healing from an eating disorder, depression, trauma and Lyme disease as well as detailed accounts of the healing journeys of many of her clients. The second part of the book includes a comprehensive glossary of specific conditions along with tailored treatment suggestions. Filled with practical advice—from suggestions for supplements to exercises, mantras, and dialogue prompts —*Heal from Within* empowers readers to confidently take control of their own wellness and become their own medical intuitive.

a touch above wellness: The Body Book Cameron Diaz, 2013-12-31 Cameron Diaz shares her formula for becoming happier, healthier, and stronger in this positive, essential guide grounded in science and inspired by personal experience, now a #1 New York Times bestseller. Throughout her career, Cameron Diaz has been a role model for millions of women. By her own candid admission, though, this fit, glamorous, but down-to-earth star was not always health-conscious. Learning about the inseparable link between nutrition and the body was just one of the life-changing lessons that has fed Cameron's hunger to educate herself about the best ways to feed, move, and care for her body. In *The Body Book*, she shares what she has learned and continues to discover about nutrition, exercise, and the mind/body connection. Grounded in science and informed by real life, *The Body*

Book offers a comprehensive overview of the human body and mind, from the cellular level up. From demystifying and debunking the hype around food groups to explaining the value of vitamins and minerals, readers will discover why it's so important to embrace the instinct of hunger and to satisfy it with whole, nutrient-dense foods. Cameron also explains the essential role of movement, the importance of muscle and bone strength and why we need to sweat a little every day. The Body Book does not set goals to reach in seven days or thirty days or a year. It offers a holistic, long-term approach to making consistent choices and reaching the ultimate goal: a long, strong, happy, healthy life.

a touch above wellness: Wellness Nathan Hill, 2023-09-19 NEW YORK TIMES BESTSELLER • OPRAH'S BOOK CLUB PICK • AN NPR BEST BOOK OF THE YEAR • The New York Times best-selling author of *The Nix* is back with a poignant and witty novel about a modern marriage and the bonds that keep people together. Mining the absurdities of contemporary society, *Wellness* reimagines the love story with a healthy dose of insight, irony, and heart. A stunning novel about the stories that we tell about our lives and our loves, and how we sustain relationships throughout time—it's beyond remarkable, both funny and heartbreaking, sometimes on the same page." —NPR When Jack and Elizabeth meet as college students in the gritty '90s Chicago art scene, the two quickly join forces and hold on tight, each eager to claim a place in the thriving underground scene with an appreciative kindred spirit. Fast-forward twenty years to suburban married life, and alongside the challenges of parenting, they encounter the often-baffling pursuits of health and happiness from polyamorous would-be suitors to home-renovation hysteria. For the first time, Jack and Elizabeth struggle to recognize each other, and the no-longer-youthful dreamers are forced to face their demons, from unfulfilled career ambitions to childhood memories of their own dysfunctional families. In the process, Jack and Elizabeth must undertake separate, personal excavations, or risk losing the best thing in their lives: each other.

a touch above wellness: Therapeutic Landscapes Allison Williams, 2017-05-15 The therapeutic landscape concept, first introduced early in the 1990s, has been widely employed in health/medical geography and gaining momentum in various health-related disciplines. This is the first book published in several years, and provides an introduction to the concept and its applications. Written by health/medical geographers and anthropologists, it addresses contemporary applications in the natural and built environments; for special populations, such as substance abusers; and in health care sites, a new and evolving area - and provides an array of critiques or contestations of the concept and its various applications. The conclusion of the work provides a critical evaluation of the development and progress of the concept to date, signposting the likely avenues for future investigation.

a touch above wellness: The Wellness Tree Justin O'Brien, Swami Jaidev, 2000 From the self-care expert who teaches wellness to doctors, comes the handbook of optimal wellness. Dr Justin O'Brien, who has taught wellness for twenty-five years, wrote the first edition of this breakthrough primer in 1990. This is the new third edition which continues to help readers change their lives. Rich in ancient tradition and current mind research, *The Wellness Tree* challenges you to transform ordinary health and ensuing decline into powerful possibilities for rejuvenation and awakened consciousness.

a touch above wellness: The Wellness Blueprint Dr. Maiysha Clairborne, 2015-01-15 A Complete Plan for Reclaiming and Living a Life of Health and Wellness In this modern approach to integrative health and wellness, board certified physician Dr. Maiysha Clairborne takes it back to the basics to teach you how to integrate very simple habits into your life that will empower you to reclaim your mental, physical, and emotional well-being. *The Wellness Blueprint: The Complete Mind/Body Approach to Reclaiming Your Health & Wellness* provides you with a complete wellness plan that has been proven to work. This intuitive and innovative wellness "blueprint" will shift you from being a passive recipient to an active participant in your health and well-being. Whether you suffer from an ailment or you want to preserve the health that you enjoy, join Dr. Maiysha on an inspired journey of body and mind — one that will result in you reclaiming complete control of your

health and wellness.

a touch above wellness: *Career Longevity* Jean'e E Freeman, Sandra K Anderson, 2012-02-20 Avoid the injury, muscle strain, fatigue and burnout that can shorten your career as a bodywork practitioner! This easy-to-use reference develops the skills you need to foster ease of movement and decrease your chance of injury. These skills, including self-assessment, life-style choices, body awareness and mechanics, balanced posture, efficient breathing, self-care habits, and injury prevention, give you the foundation you need to ensure that you are not putting undue strain on your own body. You'll learn how to maintain proper body mechanics and how to integrate wellness, self-care, and nutrition into your practice.

a touch above wellness: *The Feeling Great! Wellness Program for Older Adults* Jules C Weiss, 2014-06-17 The "Feeling Great!" Wellness Program is an inspirational book describing a successful health care program for older adults. Created for people who desire a richer life, "Feeling Great!" is a program of everyday miracles--the regaining of body strength and movement and the expanding of physical abilities. Participants learn to improve their physical, emotional, and psychological health through a comprehensive wellness program. A training manual and self-help guide, this motivational volume looks at an effective program that allows older adults to learn about their health care needs and options, practice a daily exercise program suited to their abilities, develop supportive new friendships, increase their self-esteem, and overcome barriers of ill health, poor diet, sedentary lifestyles, and physical and emotional difficulties. The "Feeling Great!" Wellness Program for Older Adults offers a comprehensive view of a quality program through the eyes of both participant and instructor. The text can be used for personal interest as well as a training manual for professionals who work with older adults. Features Offered in The "Feeling Great!" Wellness Program for Older Adults: Over 40 photographs The interaction of medication, nutrition, and exercise Attitude and exercise guidelines Liability concerns Step-by-step program description Sample health care lectures covering topics such as diet and nutrition Exercise pointers for people with arthritis Contraindicative exercises Cardiovascular fitness routines Minimizing the risks of exercise Addressing the emotional and physical fears of exercise Handling diverse abilities within a group setting Nine different exercise activity routines Relaxation techniques Sample program materials including a participant activity profile and health history

a touch above wellness: *Alternative Medicines & Biotechnology for overall wellness* Dr. Deepak Kumar, 2020-07-30 This book is written for the students of alternative medicines such as ayurveda, naturopathy, homeopathy, electro-homeopathy, healthcare wellness in biotechnology and the persons who want to get ideas in this area for knowledge and learning for overall wellness.

a touch above wellness: *The Heart of Wellness* Kavitha Chinnaiyan, 2020-11-06 Transform your relationship with habits, lifestyle, health, and disease using Dr. Kavitha Chinnaiyan's remarkable approach to health. The Heart of Wellness shows you how to optimize the workings of the body and mind so that the bliss of your true nature can be revealed. Presented in two parts, this book begins by exploring the nature of disease: the causative and risk factors, the role of diet, exercise, and medication, and how Eastern and Western medical practices can come together. A holistic practice is then outlined, based on the author's successful Heal Your Heart Free Your Soul program, that will guide you toward good health and better living.

a touch above wellness: *Christian Paths to Health and Wellness* Peter Walters, John Byl, 2020-06-09 God created people to be well in body, mind, and spirit—a unified and healthy whole. Christian Paths to Health and Wellness, Third Edition, helps undergraduate students explore key topics that affect their health and well-being and apply what they learn to their daily lives. This updated text examines wellness from a holistic perspective, delving into how students can thrive in body, mind, and spirit. Students will learn how to more fully understand God, themselves, and their purpose in life; have strong and healthy relationships with others; develop cardiorespiratory fitness, muscular fitness, and flexibility and mobility; have a healthy attitude toward their bodies, eat well, and manage weight properly; understand and apply good sleep hygiene to maximize alertness; and adopt emotionally healthy habits and deal with stress in a constructive way. All of this material is

based on current research and is delivered through a faith-based perspective that will help students apply aspects of behavior modification as they learn how to take charge of the health of their bodies, minds, and spirits. Written by highly respected Christian academics, the text includes chapter objectives, a glossary that defines key terms from each chapter, and easy-to-read charts that highlight specific information. This latest edition also features a new web study guide that makes *Christian Paths to Health and Wellness* a particularly valuable and unique resource. For each chapter in the text, the web study guide supplies readers with an introductory self-assessment activity on the chapter's topic; application and learning activities; self-reflection writing prompts to help students process the chapter's content; suggested websites and readings for further exploration of the topic; and an interactive key terms quiz. (The web study guide is included with all new print books and some ebooks. For ebook formats that don't provide access, the web study guide is available separately.) *Christian Paths to Health and Wellness* offers instructors free access to online ancillaries, including an instructor guide, a presentation package, and a test package. "This text," says coauthor Peter Walters, "is a book about accepting our God-given roles and capacities. Then empowered by the Spirit of God, we can make healthy choices regarding our mind, body, and soul. The end result is what ancients called 'the good life,' current academics call 'human flourishing,' and what scriptures call 'shalom'." "Personal wellness is often achieved through mental and physical discipline," adds coauthor John Byl. "However, it is also important to open yourself to the power of God through the Holy Spirit. It is written in Bible that 'the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control' (Galatians 5:22-23). Ideas related to the fruit of the Spirit have been woven through the text, and a couple of chapters offer brief vignettes on a particular fruit of the Spirit, which demonstrates how the Spirit heals and makes one well." *Christian Paths to Health and Wellness, Third Edition*, will equip students with the knowledge and tools they need to adopt healthy lifestyles in all aspects of their lives. And that lifestyle will be pleasing to God and help them live out their purpose.

a touch above wellness: Meridian Massage Cindy Black, 2015-12-12 The meridian pathways of the human body were mapped out by gifted healers in China thousands of years ago. Working with the invisible energy (Qi) that flows through these pathways, they were able to heal illness. Perhaps more importantly, they were able to support vitality in ways that prevent illness and encourage wellness. Vitality is an expression of energy. Meridian Massage is a hands-on modern application of this ancient wisdom to balance mind, body, and spirit for health and happiness. Knowing how to work directly with energy opens a powerful dimension for massage therapists and bodyworkers to access through their work. An organized and practical integration of modern energy work and ancient Chinese medicine, Meridian Massage can complement any form of hands-on healing.

a touch above wellness: Kintsugi Wellness Candice Kumai, 2018-04-17 The classically trained chef and wellness author shares favorite Japanese rituals & recipes in a common-sense guide to finding balance, joy & good health. Where we come from is who we are. And Candice Kumai's Japanese heritage has informed her journey back to health at every turn. Now, in *Kintsugi Wellness*, Candice shares what she's learned and guides us through her favorite Japanese traditions and practices for cultivating inner strength and living a gracious life. Interwoven with dozens of recipes for healthy, Japanese-inspired cuisine, *Kintsugi Wellness* provides the tools we all need to reclaim the art of living well. "Candice has created a guide to an ancient, common-sense and approachable way of living. In a crowded wellness space, *Kintsugi Wellness* truly stands out." —Sophia Amoruso, Founder and CEO, *Girlboss* "All aspects of our well-being are connected. And with *Kintsugi Wellness*, Candice Kumai uses her own journey to show how Japanese traditions can enhance not just our bodies, but our minds, our hearts and our spirits. Candice Kumai is a true new role model, showing how ancient practices can help us thrive in the modern world." —Arianna Huffington, Founder of *Thrive Global* and CEO and Co-founder, *Huffington Post*

a touch above wellness: The Wellness Workbook, 3rd ed John W. Travis, Regina Sara Ryan, 2004-04-01 For more than thirty years, John W. Travis, M.D., and Regina Sara Ryan have taught

hundreds of thousands of people a practical whole-self approach to wellness and healthy living. Each chapter of the comprehensive WELLNESS WORKBOOK explores one of the twelve interconnected forms of energy that contribute to your overall health and vitality: Self-Responsibility and Love, Breathing, Sensing, Eating, Moving, Feeling, Thinking, Playing and Working, Communicating, Sex, Finding Meaning, Transcending. From how you breathe to how you view the world, these twelve areas affect all aspects of your life: your disposition toward injury and illness, your relationships, your general level of happiness, and beyond. In an optimal state of wellness, all of your energies are in balance, and you are less prone to disease, stress, and other life-depleting factors. Using a self-assessment tool known as the Wellness Index, you'll develop a clear picture of what areas in your life need attention. Now in its third edition, the thoroughly updated and streamlined WELLNESS WORKBOOK provides hundreds of exercises and ideas to help you take control of your health and happiness. · A classic text in the wellness field, thoroughly revised and updated, and streamlined for a more simple and practical presentation. · Chapters cover self-responsibility and love, breathing, sensing, eating, moving, feeling, thinking, playing and working, communicating, sex, finding meaning, and transcending. · Previous editions have sold more than 200,000 copies.

a touch above wellness: Health and Wellness Gordon Edlin, Eric Golanty, 2015-08-04 Health & Wellness, Twelfth Edition covers many facets of personal health, including physical, emotional, mental, social, environmental, and spiritual perspectives. Written in a personal and engaging style, the Twelfth Edition encourages students to make the right health choices and gives them the tools and information they need to improve their health habits.

a touch above wellness: The Wellness Shots Sujata Naik, 2016-09-15 A series of daily wellness tips, that started off as ideas striking at the spur of the moment, became a popular tool in spreading health awareness. Inspirational and based on the author's own observations and experiences, The Wellness Shots can be a handy health reference for every home.

a touch above wellness: Ambient Assistive Health and Wellness Management in the Heart of the City Mokhtari Mounir, Ismail Khalil, Jérémy Bauchet, Daqing Zhang, Chris D. Nugent, 2009-06-29 This book constitutes the refereed proceedings of the 7th International Conference On Smart Homes and Health Telematics, ICOST 2009, held in Tours, France, in July 2009. The 27 revised full papers and 20 short papers presented were carefully reviewed and selected from numerous submissions. The papers are organized in topical sections on cognitive assistance and chronic diseases management; ambient living systems; service continuity and context awareness; user modeling and human-machine interaction; ambient intelligence modeling and privacy issues, human behavior and activities monitoring.

a touch above wellness: Raindrop Technique D. Gary Young, 2003-04

a touch above wellness: The Gut Wellness Guide Allison Post, Stephen Cavaliere, 2018-08-07 A holistic, step-by-step gut health guide—for anyone grappling with chronic pain, fatigue, gas, bloating, and other common disorders associated with the gut. Addressing a wide range of conditions—including digestive problems, anxiety, and depression—this easy-to-use guide presents simple ways to relieve the stress related to some of today's most pressing health problems. Authors Allison Post and Stephen Cavaliere explain the devastating impact that imbalances of gut microbiota and the microbiome can have on digestion, and they demonstrate proven techniques to reconnect with our bodies and reclaim our health. The book also teaches you: • new information about the gut microbiome • how to hold onto health goals while navigating mainstream medicine/alternative health programs • why the gut is critical in hormonal and immune function • how to treat a variety of digestive ailments like Irritable Bowel Syndrome (IBS), constipation, diarrhea, heartburn, and food sensitivities • self-help techniques for increasing metabolism and cellular energy and revitalizing the natural healing powers of the body. Previously published as *Unwinding the Belly*, *The Gut Wellness Guide* expands on the original book and re-introduces the method of Unwinding—a clear, accessible way to connect the “gut brain” to the “main brain” and to relax, tune in to your body, and create a customized action plan to heal.

a touch above wellness: MANAGING HOTELS RAM GUPTA, 2024-01-02 The Hospitality

industry is perhaps one of the oldest in the world. What started by providing accommodation to travelling merchants has gradually blossomed into a global, multibillion-dollar industry. Now, more than ever, the hospitality industry has refined its offering, products, and styles to match the ever-increasing demands of millennial travelers. Today, we have specialized hotels catering to different segments of users, where experiences are tailored to the minutest detail. In this book, I have briefly touched upon the various facets of the inner working of this wondrous and complex industry. From the way technology is changing the face of how a hotel is run to luxury establishments rising up to their responsibilities and embracing sustainable initiatives, I have covered all this and more in a series of short articles. Summarizing my 45 years of experience into a book was not easy, but I have, nonetheless, made an honest attempt to keep all articles informative and engaging. My vision for this book was to create a valuable resource for those who are trying to make a mark in the hospitality industry or even those of you who crave a peek into what goes on behind the scenes of one of the smoothest running shows in the world!

a touch above wellness: Moveable Feast: The Restored Edition Ernest Hemingway, 2014-05-22 Published posthumously in 1964, *A Moveable Feast* remains one of Ernest Hemingway's most beloved works. Since Hemingway's personal papers were released in 1979, scholars have examined and debated the changes made to the text before publication. Now this new special restored edition presents the original manuscript as the author prepared it to be published. Featuring a personal foreword by Patrick Hemingway, Ernest's sole surviving son, and an introduction by the editor and grandson of the author, Seán Hemingway, this new edition also includes a number of unfinished, never-before-published Paris sketches revealing experiences that Hemingway had with his son Jack and his first wife, Hadley. Also included are irreverent portraits of other luminaries, such as F. Scott Fitzgerald and Ford Madox Ford, and insightful recollections of his own early experiments with his craft. Sure to excite critics and readers alike, the restored edition of *A Moveable Feast* brilliantly evokes the exuberant mood of Paris after World War I and the unbridled creativity and unquenchable enthusiasm that Hemingway himself epitomized.

a touch above wellness: The Handbook of Wellness Medicine Waguih William IsHak, 2020-08-20 Wellness medicine is the field that focuses on improving overall functioning, quality of life, and wellbeing, beyond symptom management of medical illness, leading to restoration and maintenance of health. *The Handbook of Wellness Medicine* provides a practical guide to the latest in evidence-based medicine, as well as best practice, to assist healthcare professionals in utilizing the full range of interventions to improve wellness and help patients complete their journeys to full health. The volume is organized into five parts: Part I introduces the concept of wellness by detailing the definitions and assessment/measurement methods, and formulating wellness plans. Part II describes wellness plans in major illnesses, categorized by organ system/disorder. Part III covers the methods to improve wellness in special populations. Part IV details each wellness intervention, including the scientific evidence behind it and its practical application. Part V focuses on integrating and personalizing the interventions into one's life to maintain wellness.

a touch above wellness: Health & Wellness Gordon Edlin, Eric Golanty, 2012-11-09 Revised and updated throughout with the latest data and statistics, the Eleventh Edition of *Health & Wellness* engages students with specific tips and guidelines to help them evaluate and improve their health habits. The text, along with the accompanying website, encourages students to learn the skills they need to enhance the quality and longevity of their life. *Health and Wellness* covers the many perspectives of personal health, including physical, emotional, mental, social, environmental, and spiritual perspectives, with a central theme of self-responsibility for one's behavior. The *For Your Health Study Guide and Self-Assessment Workbook* is now available in the back of the book at no additional cost. Perforated pages allow lab activities to be submitted for evaluation and grading.

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