

empower me wellness salary

Empower Me Wellness Salary: A Deep Dive into Compensation & Career Prospects

Are you curious about the financial rewards of a career in wellness? Many aspire to work in the fulfilling field of wellness, but the question of salary often looms large. This comprehensive guide delves into the world of Empower Me Wellness salaries, exploring various roles, experience levels, location factors, and potential for career growth. We'll unpack the realities of compensation in this vibrant sector, helping you make informed decisions about your potential career path. Get ready to discover if a career at Empower Me Wellness aligns with your financial aspirations!

Understanding Empower Me Wellness' Business Model

Before diving into specific salary figures, it's essential to understand Empower Me Wellness' business model. This understanding provides crucial context for interpreting salary data and expectations. Empower Me Wellness (assuming this refers to a specific company, otherwise this section would need adjustment to reflect a generalized wellness industry) likely operates within a competitive market, offering a range of wellness services. Their compensation structure will reflect their business model, including factors such as revenue generation, service pricing, and operational costs. This might incorporate commission structures, bonuses based on client acquisition or retention, or a traditional salary-based system.

Factors Influencing Empower Me Wellness Salaries

Several key factors significantly influence the salary you can expect at Empower Me Wellness (or a similar company):

1. **Job Role:** The specific role you hold will drastically impact your earning potential. A senior wellness consultant with years of experience will naturally command a higher salary than a newly hired wellness coach. Roles like leadership positions (e.g., program managers, regional directors), specialized roles (e.g., registered dietitians, certified personal trainers), and sales-focused roles (e.g., client acquisition specialists) all have different pay scales.
1. **Experience Level:** Like most professions, experience is a major determinant of salary. Entry-level positions will offer a lower starting salary than roles requiring advanced skills and years of experience. Demonstrable success and a strong track record of achievements significantly increase earning potential.

1. Location: Geographic location plays a considerable role in determining salary. Major metropolitan areas with higher costs of living generally offer higher salaries to attract and retain talent. Salaries in smaller towns or rural areas might be lower, reflecting local cost-of-living differences.

1. Education and Certifications: Higher education and relevant certifications significantly enhance your earning potential. Credentials like a master's degree in public health, certified personal training certifications, or registered dietitian licensure can significantly boost your salary prospects.

1. Company Size and Performance: Larger, more established wellness companies often offer more competitive salaries and benefits packages compared to smaller, newer organizations. A company's overall financial performance also influences its ability to offer competitive compensation.

Salary Ranges for Different Roles at Empower Me Wellness (Hypothetical Examples)

It's crucial to remember that precise salary data for Empower Me Wellness (or any specific company) is often confidential. However, we can offer some hypothetical salary ranges based on industry averages and typical compensation structures for similar roles:

Entry-Level Wellness Coach: \$35,000 - \$45,000 per year

Experienced Wellness Coach: \$50,000 - \$70,000 per year

Senior Wellness Consultant: \$75,000 - \$100,000 per year

Wellness Program Manager: \$80,000 - \$120,000 per year

Registered Dietitian (RD): \$60,000 - \$90,000 per year (depending on experience and location)

Certified Personal Trainer (CPT): \$40,000 - \$65,000 per year (depending on experience and client base)

Note: These are estimated ranges and may vary significantly based on the factors mentioned above. Actual salaries can be higher or lower depending on the specific circumstances.

Improving Your Earning Potential in Wellness

If you aspire to maximize your earning potential within the wellness industry, consider the following strategies:

Pursue Advanced Education and Certifications: Obtain relevant certifications and advanced degrees to increase your marketability and command higher salaries.

Develop Specialized Skills: Focusing on niche areas within wellness (e.g., corporate wellness, sports nutrition) can increase your value and earning potential.

Network and Build Relationships: Networking within the industry can lead to valuable job opportunities and mentorship opportunities.

Demonstrate Results: A strong track record of success and demonstrable results will significantly enhance your earning potential.

Continuously Learn and Adapt: The wellness industry is constantly evolving. Keeping up with the latest trends and advancements will keep your skills relevant and valuable.

Conclusion

The Empower Me Wellness salary landscape, like any other industry, is multifaceted. Understanding the factors that influence compensation – job role, experience, location, and education – is key to setting realistic expectations and planning a successful career path. By strategically developing your skills and focusing on continuous growth, you can significantly improve your earning potential in this rewarding field. Remember to research specific companies thoroughly and utilize online resources like Glassdoor and Salary.com to gain insights into actual salary data for similar roles in your geographic location.

FAQs

1. Does Empower Me Wellness offer benefits packages? Benefits packages vary by company and position. It's crucial to inquire about specific benefits during the interview process.

1. Are there opportunities for commission or bonuses at Empower Me Wellness? This is highly dependent on the specific role and company structure. Some roles may offer performance-based incentives, while others may be strictly salary-based.

1. How can I find out about current job openings at Empower Me Wellness? Check their official website's career page, job boards like Indeed and LinkedIn, and utilize professional networking strategies.

1. Is experience in a related field transferable to a wellness career at Empower Me Wellness? Transferable skills vary depending on the specific role. Highlight relevant skills and experience during your application process.

1. What is the typical career progression path within Empower Me Wellness? Career progression depends on performance, skills development, and opportunities within the company. Inquire

about potential advancement opportunities during interviews.

empower me wellness salary: The Heart of Business Hubert Joly, 2021-05-04 A Wall Street Journal Bestseller Named a Financial Times top title How to unleash human magic and achieve improbable results. Hubert Joly, former CEO of Best Buy and orchestrator of the retailer's spectacular turnaround, unveils his personal playbook for achieving extraordinary outcomes by putting people and purpose at the heart of business. Back in 2012, Everyone thought we were going to die, says Joly. Eight years later, Best Buy was transformed as Joly and his team rebuilt the company into one of the nation's favorite employers, vastly increased customer satisfaction, and dramatically grew Best Buy's stock price. Joly and his team also succeeded in making Best Buy a leader in sustainability and innovation. In The Heart of Business, Joly shares the philosophy behind the resurgence of Best Buy: pursue a noble purpose, put people at the center of the business, create an environment where every employee can blossom, and treat profit as an outcome, not the goal. This approach is easy to understand, but putting it into practice is not so easy. It requires radically rethinking how we view work, how we define companies, how we motivate, and how we lead. In this book Joly shares memorable stories, lessons, and practical advice, all drawn from his own personal transformation from a hard-charging McKinsey consultant to a leader who believes in human magic. The Heart of Business is a timely guide for leaders ready to abandon old paradigms and lead with purpose and humanity. It shows how we can reinvent capitalism so that it contributes to a sustainable future.

empower me wellness salary: Ask a Manager Alison Green, 2018-05-01 From the creator of the popular website Ask a Manager and New York's work-advice columnist comes a witty, practical guide to 200 difficult professional conversations—featuring all-new advice! There's a reason Alison Green has been called "the Dear Abby of the work world." Ten years as a workplace-advice columnist have taught her that people avoid awkward conversations in the office because they simply don't know what to say. Thankfully, Green does—and in this incredibly helpful book, she tackles the tough discussions you may need to have during your career. You'll learn what to say when • coworkers push their work on you—then take credit for it • you accidentally trash-talk someone in an email then hit "reply all" • you're being micromanaged—or not being managed at all • you catch a colleague in a lie • your boss seems unhappy with your work • your cubemate's loud speakerphone is making you homicidal • you got drunk at the holiday party Praise for Ask a Manager "A must-read for anyone who works . . . [Alison Green's] advice boils down to the idea that you should be professional (even when others are not) and that communicating in a straightforward manner with candor and kindness will get you far, no matter where you work."—Booklist (starred review) "The author's friendly, warm, no-nonsense writing is a pleasure to read, and her advice can be widely applied to relationships in all areas of readers' lives. Ideal for anyone new to the job market or new to management, or anyone hoping to improve their work experience."—Library Journal (starred review) "I am a huge fan of Alison Green's Ask a Manager column. This book is even better. It teaches us how to deal with many of the most vexing big and little problems in our workplaces—and to do so with grace, confidence, and a sense of humor."—Robert Sutton, Stanford professor and author of The No Asshole Rule and The Asshole Survival Guide "Ask a Manager is the ultimate playbook for navigating the traditional workforce in a diplomatic but firm way."—Erin Lowry, author of Broke Millennial: Stop Scraping By and Get Your Financial Life Together

empower me wellness salary: Rehab Science: How to Overcome Pain and Heal from Injury Tom Walters, Glen Cordoza, 2023-04-11 Recover from injuries and put a stop to pain with this step-by-step guide In his new book, Rehab Science, renowned orthopedic physical therapist Tom Walters shows you how to take back the power to heal. He explains how to understand and identify

pain and injury, how to treat common issues to muscles, tendons, ligaments, and more, and how to end chronic pain for good. Our current healthcare model, with its emphasis on treating symptoms rather than addressing the root cause of those symptoms, can be frustrating, especially for people with ongoing pain. Rehab Science outlines a new way of thinking about pain and injury with a movement-based system that helps you treat pain and heal from injuries on your own terms. Dr. Walters delivers proven protocols that strengthen the body, improve mobility and movement quality, alleviate pain, ensure full recovery, and keep pain and injury from reoccurring in the future. This book highlights common issues like ankle sprains, tennis elbow, and low back pain and provides protocols for rehabilitating each one step by step and week by week. Find out what you can do to accelerate the phases of healing by using targeted movements and pain-relieving rehab exercises. Full-color photo sequences show how to do each exercise correctly. In Rehab Science, you'll learn:

- How to identify and treat common pains and injuries
- Which exercises can prevent pain from returning
- How long you should be doing rehab exercises
- Major signs and symptoms that may require medical attention
- How a diagnosis can factor into recovery
- What common X-ray and MRI findings mean
- How to program exercises to rehab specific injuries
- When you might need to consider surgery
- And much, much more

empower me wellness salary: Killing Sacred Cows Garrett B. Gunderson, Stephen Palmer, 2008 Our culture is riddled with destructive myths about money and prosperity that are severely limiting our power, creativity, and financial potential. In Killing Sacred Cows, Garrett B Gunderson boldly exposes ingrained fallacies and misguided traditions in the world of personal finance. He presents a revolutionary perspective that can create unprecedented opportunity and wealth for individuals. Our financial lives are intimately connected to our societal contributions, and we must be financially free in order to achieve our fullest potential. Yet most people are held captive in their financial lives by misinformation, propaganda, and lack of knowledge. Through well-reasoned arguments and pitiless logic, Gunderson attacks these sacred cows with revelatory insights, such as: High returns without high risk; Security without a corporate job; Debt that increases your financial productivity; Enjoying your money instead of waiting for retirement. Killing Sacred Cows is a must-read for brave individuals willing to question common assumptions and teachings, overcome the herd mentality, break through financial myths, and live a purpose-ful, passionate, and prosperous life. Investors seeking financial advice in The Little Book That Makes You Rich will find this to be a must-read for anyone who wants to achieve their financial potential today.

empower me wellness salary: You Only Live Once Jason Vitug, 2016-05-31 Get your finances in order with smart budgeting and money mindfulness You Only Live Once is the guide to achieving your best life through smart money moves. Before you even begin making a budget, you need to think about why. Where do you see yourself financially in ten years? Five years? This time next year? What does money do for you? Once you know your destination, you can begin charting your course. Step-by-step guidance walks you through the budgeting process, and shows you how to plan your financial path to point toward your goals. You'll learn how to prioritize spending, how to save efficiently, and how to take advantage of simple tools you didn't know you had. Next comes the most important part: taking control. You need to really look at how you perceive and use money day-to-day. Chances are, changing a few habits could give you some breathing room and help you reach your goals sooner. You work hard for your money, yet there never seems to be enough. You don't need to live like a pauper, but you need to be truly aware of just where your money is going, and why. Financial awareness is the key to a financially secure future, and this book unpacks it all to help you get where you want to go. Accept past decisions and articulate your financial goals Align your lifestyle with your budget Explore your relationship with money Re-evaluate financial habits and behaviors You know you need a budget, but you never seem to get around to doing it. Or maybe you did, but you can never seem to stick to it. Smart planning is a major factor in financial security, and it involves just as much introspection as math. You Only Live Once is more than a budgeting guide—it's a guide to revamping your financial behaviors to achieve the life you want.

empower me wellness salary: Last Stop on Market Street Matt de la Peña, 2015-01-08 #1

New York Times Bestseller A USA Today Bestseller Winner of the Newbery Medal A Caldecott Honor Book A Coretta Scott King Illustrator Honor Book This award-winning modern classic—a must-have for every child’s home library—is an inclusive ode to kindness, empathy, gratitude, and finding joy in unexpected places, and celebrates the special bond between a curious young boy and his loving grandmother. Every Sunday after church, CJ and his grandma ride the bus across town. But today, CJ wonders why they don’t own a car like his friend Colby. Why doesn’t he have an iPod like the boys on the bus? How come they always have to get off in the dirty part of town? Each question is met with an encouraging answer from grandma, who helps him see the beauty—and fun—in their routine and the world around them. This energetic ride through a bustling city highlights the wonderful perspective only grandparent and grandchild can share, and comes to life through Matt de la Peña’s vibrant text and Christian Robinson’s radiant illustrations.

empower me wellness salary: *Broke Millennial* Erin Lowry, 2017-05-02 WASHINGTON POST “COLOR OF MONEY” BOOK CLUB PICK Stop Living Paycheck to Paycheck and Get Your Financial Life Together (#GYFLT)! If you’re a cash-strapped 20- or 30-something, it’s easy to get freaked out by finances. But you’re not doomed to spend your life drowning in debt or mystified by money. It’s time to stop scraping by and take control of your money and your life with this savvy and smart guide. *Broke Millennial* shows step-by-step how to go from flat-broke to financial badass. Unlike most personal finance books out there, it doesn’t just cover boring stuff like credit card debt, investing, and dealing with the dreaded “B” word (budgeting). Financial expert Erin Lowry goes beyond the basics to tackle tricky money matters and situations most of us face #IRL, including: - Understanding your relationship with moolah: do you treat it like a Tinder date or marriage material? - Managing student loans without having a full-on panic attack - What to do when you’re out with your crew and can’t afford to split the bill evenly - How to get “financially naked” with your partner and find out his or her “number” (debt number, of course) . . . and much more. Packed with refreshingly simple advice and hilarious true stories, *Broke Millennial* is the essential roadmap every financially clueless millennial needs to become a money master. So what are you waiting for? Let’s #GYFLT!

empower me wellness salary: *The New Southern Style* Alyssa Rosenheck, 2020-09-22 A vibrantly illustrated exploration of the creative, inclusive, and inspiring movement happening in today’s Southern interior design The American South is a place steeped in history and tradition. We think of sweet tea, thick drawls, and even thicker summer air. It is also a place with a fraught history, complicated social norms, and dated perspectives. Yet among the makers and artists of the South, there is a powerful movement afoot. Alyssa Rosenheck shines a much-needed spotlight on a burgeoning community of people who are taking what’s beloved, inherent, and honored in the South and making it their own. *The New Southern Style* tours more than 30 homes and includes interviews with the designers, artists, and creative entrepreneurs who are reinventing Southern design and culture. This beautifully illustrated book is sure to inspire the home and soul.

empower me wellness salary: Pay Matters: The Art and Science of Employee Compensation David Weaver, 2020-10-10 Most organizations fail to pay their employees properly—not because they don’t want to, but because they don’t approach compensation with a plan. The compensation landscape is changing rapidly. If you don’t pay your employees what they’re worth, not only will your competitors leave you behind, but you’ll also leave yourself open to legal, social, and political backlash. As an HR professional or manager, how do you navigate the confusing world of compensation? *Pay Matters* is your go-to guide for demystifying the art and science of compensation. Step-by-step, David Weaver explains how to perform a detailed market analysis that reveals exactly how much each position in your organization should be paid. You’ll also learn how to develop a pay philosophy specifically tailored to your organization and strike the elusive balance between profit and labor costs. With precisely calibrated base salaries, rewards programs, and enticing incentives, you’ll be able to keep your best employees. Don’t leave salaries open to the caprices of your organization’s senior leaders. Approach them confidently with a proven methodology. After all, pay matters.

empower me wellness salary: Bluebird Sharon Cameron, 2021-10-05 Author of Reese's Book Club YA Pick *The Light in Hidden Places*, Sharon Cameron, delivers an emotionally gripping and utterly immersive thriller, perfect for fans of Ruta Sepetys's *Salt to the Sea*. In 1946, Eva leaves behind the rubble of Berlin for the streets of New York City, stepping from the fiery aftermath of one war into another, far colder one, where power is more important than principles, and lies are more plentiful than the truth. Eva holds the key to a deadly secret: Project Bluebird -- a horrific experiment of the concentration camps, capable of tipping the balance of world power. Both the Americans and the Soviets want Bluebird, and it is something that neither should ever be allowed to possess. But Eva hasn't come to America for secrets or power. She hasn't even come for a new life. She has come to America for one thing: justice. And the Nazi that has escaped its net. Critically acclaimed author of *The Light in Hidden Places* Sharon Cameron weaves a taut and affecting thriller ripe with intrigue and romance in this alternately chilling and poignant portrait of the personal betrayals, terrifying injustices, and deadly secrets that seethe beneath the surface in the aftermath of World War II.

empower me wellness salary: Carmela Full of Wishes Matt de la Peña, 2018-10-09 An Instant New York Times Bestseller! In their first collaboration since the Newbery Medal- and Caldecott Honor-winning *Last Stop on Market Street*, Matt de la Peña and Christian Robinson deliver a poignant and timely new picture book that's sure to be an instant classic. When Carmela wakes up on her birthday, her wish has already come true--she's finally old enough to join her big brother as he does the family errands. Together, they travel through their neighborhood, past the crowded bus stop, the fenced-off repair shop, and the panadería, until they arrive at the Laundromat, where Carmela finds a lone dandelion growing in the pavement. But before she can blow its white fluff away, her brother tells her she has to make a wish. If only she can think of just the right wish to make . . . With lyrical, stirring text and stunning, evocative artwork, Matt de la Peña and Christian Robinson have crafted a moving ode to family, to dreamers, and to finding hope in the most unexpected places.

empower me wellness salary: *Censors at Work: How States Shaped Literature* Robert Darnton, 2014-09-22 Splendid...[Darnton gives] us vivid, hard-won detail, illuminating narrative, and subtle, original insight. —Timothy Garton Ash, *New York Review of Books* With his uncanny ability to spark life in the past, Robert Darnton re-creates three historical worlds in which censorship shaped literary expression in distinctive ways. In eighteenth-century France, censors, authors, and booksellers collaborated in making literature by navigating the intricate culture of royal privilege. Even as the king's censors outlawed works by Voltaire, Rousseau, and other celebrated Enlightenment writers, the head censor himself incubated Diderot's great *Encyclopedie* by hiding the banned project's papers in his Paris townhouse. Relationships at court trumped principle in the Old Regime. Shaken by the Sepoy uprising in 1857, the British Raj undertook a vast surveillance of every aspect of Indian life, including its literary output. Years later the outrage stirred by the British partition of Bengal led the Raj to put this knowledge to use. Seeking to suppress Indian publications that it deemed seditious, the British held hearings in which literary criticism led to prison sentences. Their efforts to meld imperial power and liberal principle fed a growing Indian opposition. In Communist East Germany, censorship was a component of the party program to engineer society. Behind the unmarked office doors of Ninety Clara-Zetkin Street in East Berlin, censors developed annual plans for literature in negotiation with high party officials and prominent writers. A system so pervasive that it lodged inside the authors' heads as self-censorship, it left visible scars in the nation's literature. By rooting censorship in the particulars of history, Darnton's revealing study enables us to think more clearly about efforts to control expression past and present.

empower me wellness salary: Clever Girl Finance Bola Sokunbi, 2019-06-25 Take charge of your finances and achieve financial independence – the Clever Girl way Join the ranks of thousands of smart and savvy women who have turned to money expert and author Bola Sokunbi for guidance on ditching debt, saving money, and building real wealth. Sokunbi, the force behind the hugely popular Clever Girl Finance website, draws on her personal money mistakes and financial

redemption to educate and empower a new generation of women on their journey to financial freedom. Lighthearted and accessible, *Clever Girl Finance* encourages women to talk about money and financial wellness and shows them how to navigate their own murky financial waters and come out afloat on the other side. Monitor your expenses, build a budget, and stick with it. Make the most of a modest salary and still have money to spare. Keep your credit in check and clean up credit card chaos. Start and succeed at your side hustle. Build a nest egg and invest in your future. Transform your money mindset and be accountable for your financial well-being. Feel the power of real-world stories from other "clever girls." Put yourself on the path to financial success with the valuable lessons learned from *Clever Girl Finance*.

empower me wellness salary: *The Blue Zones* Dan Buettner, 2010 With the right lifestyle, experts say, chances are that you may live up to a decade longer. What's the prescription for success? National Geographic Explorer Dan Buettner has traveled the globe to uncover the best strategies for longevity found in the Blue Zones: places in the world where higher percentages of people enjoy remarkably long, full lives. And in this dynamic book he discloses the recipe, blending this unique lifestyle formula with the latest scientific findings to inspire easy, lasting change that may add years to your life. Buettner's colossal research effort has taken him from Costa Rica to Italy to Japan and beyond. In the societies he visits, it's no coincidence that the way people interact with each other, shed stress, nourish their bodies, and view their world yields more good years of life. You'll meet a 94-year-old farmer and self-confessed ladies man in Costa Rica, an 102-year-old grandmother in Okinawa, a 102-year-old Sardinian who hikes at least six miles a day, and others. By observing their lifestyles, Buettner's teams have identified critical everyday choices that correspond with the cutting edge of longevity research and distilled them into a few simple but powerful habits that anyone can embrace.

empower me wellness salary: *Nurses With Disabilities* Leslie Neal-Boylan, 2012-10-12 This is the first research-based book to confront workplace issues facing nurses who have disabilities. It not only examines in depth their experiences, roadblocks to successful employment, and misperceptions surrounding them, but also provides viable solutions for creating positive attitudes towards them and a welcoming work environment that fosters hiring and retention. From the perspectives and actual voices of nurses with disabilities, nurse leaders, nurse administrators, and patients, the book identifies nurses with disabilities (including sensory, musculoskeletal, emotional, and mental health issues), discusses why they choose to leave nursing or hide their disabilities, and analyzes how their disabilities may influence career choices.

empower me wellness salary: *Better Than Happy* Jody Moore, 2021-09-15 Our unconscious thought patterns determine our relationships, our spiritual life and our connection to God to a much greater extent than we know. That's an alarming thought, because the subconscious mind is a mysterious realm that is really difficult to access and influence...right? No. It's really not! And it's the most urgent and impactful thing we can do. This book will show you how. How do I choose faith over fear when my loved ones are making poor choices? Why don't I feel happier if I'm reading and praying like I've been taught? How can I stop feeling like I'm just not good enough? What am I to do when my spouse is judgmental of me? How do I trust in Christ when everything seems to be falling apart? Get answers to these and other tough questions in the context of Christ-centered principles throughout this book. Jody Moore is a Master Certified Life Coach who has taught and coached tens of thousands of women through her in-person and online workshops and podcast. She brings her characteristic clarity, wisdom, humor and disarming honesty to this groundbreaking book. In *Better Than Happy*, Jody shows how a simple 5-step model she uses in every session with her clients can reveal the unconscious patterns of thoughts that keep us from deeper and healthier connection with ourselves, with our loved ones and with God. Jody then shows how, once we clear the debris of our unconscious patterns of thought, new streams of understanding of Christ's teachings begin to flow. I am a mother of 4, a member of The Church of Jesus Christ of Latter-Day Saints, and a woman trying to figure out how to minimize resentment, overwhelm and guilt, and replace them with happiness, gratitude and joy. Three years after getting married I found myself with two kids under age 2, a

loving husband, and a lot of self-loathing. I struggled with the duties associated with being a mom and wife and then I felt guilty for feeling that way. After all, this was the life I thought I'd always wanted. I have a BA in Communications and an MA in Adult Education along with 15 years of experience as a Corporate Trainer and Leadership Coach, but what has helped me the most to overcome my struggles and to conquer all of my goals, are the tools I use now to coach my clients. Thanks to my extensive training with Brooke Castillo of The Life Coach School, I am now a Certified Life Coach, and I couldn't be more proud of the work I get to do in the world.

empower me wellness salary: Perfect Madness Judith Warner, 2006-02-07 A lively and provocative look at the modern culture of motherhood and at the social, economic, and political forces that shaped current ideas about parenting What is wrong with this picture? That's the question Judith Warner asks in this national bestseller after taking a good, hard look at the world of modern parenting--at anxious women at work and at home and in bed with unhappy husbands. When Warner had her first child, she was living in Paris, where parents routinely left their children home, with state-subsidized nannies, to join friends in the evening for dinner or to go on dates with their husbands. When she returned to the States, she was stunned by the cultural differences she found toward how people think about effective parenting--in particular, assumptions about motherhood. None of the mothers she met seemed happy; instead, they worried about the possibility of not having the perfect child, panicking as each developmental benchmark approached. Combining close readings of mainstream magazines, TV shows, and pop culture with a thorough command of dominant ideas in recent psychological, social, and economic theory, *Perfect Madness* addresses our cultural assumptions, and examines the forces that have shaped them. Working in the tradition of classics like Betty Friedan's *The Feminine Mystique* and Christopher Lasch's *The Culture of Narcissism*, and with an awareness of a readership that turned recent hits like *The Bitch in the House* and Allison Pearson's *I Don't Know How She Does It* into bestsellers, Warner offers a context in which to understand parenting culture and the way we live, as well as ways of imagining alternatives--actual concrete changes--that might better our lives.

empower me wellness salary: Medicine & Science in Sports & Health , 2000

empower me wellness salary: Mexican WhiteBoy Matt de la Peña, 2008-08-12 Newbery Award-winning and New York Times bestselling author Matt de la Peña's *Mexican WhiteBoy* is a story of friendship, acceptance, and the struggle to find your identity in a world of definitions. Danny's tall and skinny. Even though he's not built, his arms are long enough to give his pitch a power so fierce any college scout would sign him on the spot. Ninety-five mile an hour fastball, but the boy's not even on a team. Every time he gets up on the mound he loses it. But at his private school, they don't expect much else from him. Danny's brown. Half-Mexican brown. And growing up in San Diego that close to the border means everyone else knows exactly who he is before he even opens his mouth. Before they find out he can't speak Spanish, and before they realize his mom has blond hair and blue eyes, they've got him pegged. But it works the other way too. And Danny's convinced it's his whiteness that sent his father back to Mexico. That's why he's spending the summer with his dad's family. Only, to find himself, he may just have to face the demons he refuses to see--the demons that are right in front of his face. And open up to a friendship he never saw coming. Matt de la Peña's critically acclaimed novel is an intimate and moving story that offers hope to those who least expect it. [A] first-rate exploration of self-identity.-SLJ Unique in its gritty realism and honest portrayal of the complexities of life for inner-city teens...De la Peña poignantly conveys the message that, despite obstacles, you must believe in yourself and shape your own future.-The Horn Book Magazine The baseball scenes...sizzle like Danny's fastball...Danny's struggle to find his place will speak strongly to all teens, but especially to those of mixed race.-Booklist De la Peña blends sports and street together in a satisfying search for personal identity.-Kirkus Reviews *Mexican WhiteBoy*...shows that no matter what obstacles you face, you can still reach your dreams with a positive attitude. This is more than a book about a baseball player--this is a book about life.-Curtis Granderson, New York Mets outfielder An ALA-YALSA Top Ten Best Book for Young Adults A Junior Library Guild Selection

empower me wellness salary: Patients at Risk Niran Al-Agba, Rebekah Bernard, 2020-11-01

Patients at Risk: The Rise of the Nurse Practitioner and Physician Assistant in Healthcare exposes a vast conspiracy of political maneuvering and corporate greed that has led to the replacement of qualified medical professionals by lesser trained practitioners. As corporations seek to save money and government agencies aim to increase constituent access, minimum qualifications for the guardians of our nation's healthcare continue to decline—with deadly consequences. This is a story that has not yet been told, and one that has dangerous repercussions for all Americans. With the rate of nurse practitioner and physician assistant graduates exceeding that of physician graduates, if you are not already being treated by a non-physician, chances are, you soon will be. While advocates for these professions insist that research shows that they can provide the same care as physicians, patients do not know the whole truth: that there are no credible scientific studies to support the safety and efficacy of non-physicians practicing without physician supervision. Written by two physicians who have witnessed the decline of medical expertise over the last twenty years, this data-driven book interweaves heart-rending true patient stories with hard data, showing how patients have been sacrificed for profit by the substitution of non-physician practitioners. Adding a dimension neglected by modern healthcare critiques such as *An American Sickness*, this book provides a roadmap for patients to protect themselves from medical harm. WORDS OF PRAISE and REVIEWS Al-Agba and Bernard tell a frightening story that insiders know all too well. As mega corporations push for efficiency and tout consumer focused retail services, American healthcare is being dumbed down to the point of no return. It's a story that many media outlets are missing and one that puts you and your family's health at real risk. --John Irvine, Deductible Media Laced with actual patient cases, the book's data and patterns of large corporations replacing physicians with non-physician practitioners, despite the vast difference in training is enlightening and astounding. The authors' extensively researched book methodically lays out the problems of our changing medical care landscape and solutions to ensure quality care. --Marilyn M. Singleton, MD, JD A masterful job of bringing to light a rapidly growing issue of what should be great concern to all of us: the proliferation of non-physician practitioners that work predominantly inside algorithms rather than applying years of training, clinical knowledge, and experience. Instead of a patient-first mentality, we are increasingly met with the sad statement of Profits Over Patients, echoed by hospitals and health insurance companies. --John M. Chamberlain, MHA, LFACHE, Board Chairman, Citizen Health A must read for patients attempting to navigate today's healthcare marketplace. --Brian Wilhelmi MD, JD, FASA

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work to reduce health disparities and promote equity, while keeping costs at bay, utilizing technology, and maintaining patient and family-focused care into 2030. This work builds on the foundation set out by The Future of Nursing: Leading Change, Advancing Health (2011) report.

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one left to care for Helena, her six-year-old sister. And then comes the knock at the door. Izio's brother Max has jumped from the train headed to a death camp. Stefania and Helena make the extraordinary decision to hide Max, and eventually twelve more Jews. Then they must wait, every day, for the next knock at the door, the one that will mean death. When the knock finally comes, it is two Nazi officers, requisitioning Stefania's house for the German army. With two Nazis below, thirteen hidden Jews above, and a little sister by her side, Stefania has one more excruciating choice to make. This remarkable tale of courage and humanity, based on a true story, is now a Reese's Book Club YA Pick!

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unique sense of purpose; and they will act wisely in a complex world. This book shows you how. With author and educator Jennifer Miller as your supportive guide, you'll learn: the lies we've been told about emotions, how they shape our choices, and how we can reshape our parenting decisions in better alignment with our deepest values. how to identify the temperaments your child was born with so you can support those tendencies rather than fight them. how to align your biggest hopes and dreams for your kids with specific skills that can be practiced, along with new research to support those powerful connections. about each age and stage your child goes through and the range of learning opportunities available. how to identify and manage those big emotions (that only the parenting process can bring out in us!) and how to model emotional intelligence for your children. how to deal with the emotions and influences of your choir—the many outside individuals and communities who directly impact your child's life, including school, the digital world, extended family, neighbors, and friends. Raising confident, centered, happy kids—while feeling the same way about yourself—is possible with *Confident Parents, Confident Kids*.

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two decades to create transformative results. Their approach to health integrates all aspects of well-being, including the physical, emotional, intellectual, spiritual, social, and nutritional. They present here evidence-based restorative approaches and emerging cutting-edge strategies. They also offer a new perspective on how we view wellness in a way that reflects the shift from seeking medical care only when we are sick to one when we mindfully take responsibility for maintaining a healthy lifestyle. All this makes Tapestry of Health your partner on your path to optimal wellness.

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