

journey to wellness llc

Embark on Your Journey to Wellness LLC: A Holistic Approach to a Healthier You

Are you feeling overwhelmed, stressed, or simply disconnected from your optimal well-being? Do you crave a more balanced and fulfilling life, but don't know where to start? Then let's embark on this journey together! This comprehensive guide dives deep into Journey to Wellness LLC, exploring its philosophy, services, and how it can help you achieve your personal wellness goals. We'll cover everything from their unique approach to holistic healing to practical tips you can implement today. Get ready to discover how Journey to Wellness LLC can be your guiding light on the path to a healthier, happier you.

Understanding the Journey to Wellness LLC Philosophy

Journey to Wellness LLC isn't just another wellness center; it's a holistic haven dedicated to empowering individuals to take control of their health and well-being. Their philosophy centers around the interconnectedness of mind, body, and spirit. They believe that true wellness isn't achieved through a quick fix or a single solution, but rather through a personalized, integrated approach that addresses the root causes of imbalance. This approach considers your unique needs, lifestyle, and goals to create a customized wellness plan tailored specifically for you. They avoid a one-size-fits-all approach, understanding that what works for one person might not work for another.

A Spectrum of Services: What Journey to Wellness LLC Offers

Journey to Wellness LLC provides a wide range of services designed to cater to diverse wellness needs. Their offerings often include (but aren't limited to):

Individualized Wellness Coaching: This personalized approach involves working one-on-one with a certified wellness coach to identify your goals, overcome obstacles, and create a sustainable plan for achieving lasting well-being. This might involve setting realistic goals, tracking progress, and developing coping mechanisms for stress and challenges.

Nutritional Counseling: Understanding the power of food is crucial for overall health. Journey to Wellness LLC's nutritionists work with clients to develop balanced meal plans that support their individual needs and preferences, helping them make informed choices about their diet. This often goes beyond simple calorie counting, delving into specific dietary needs and addressing potential allergies or intolerances.

Stress Management Techniques: In today's fast-paced world, stress is a common ailment. Journey to Wellness LLC offers various techniques to help clients manage and reduce stress, including mindfulness practices, meditation, yoga, and breathing exercises. These

practices are designed to promote relaxation and improve mental clarity.

Mind-Body Therapies: These therapies aim to integrate the mind and body to promote healing and well-being. This could involve techniques like massage therapy, acupuncture, or energy healing, all aimed at restoring balance and reducing physical tension.

Group Wellness Workshops: Journey to Wellness LLC often hosts group workshops on various topics related to wellness, providing a supportive community environment where individuals can learn and share experiences. These workshops may focus on specific themes such as stress reduction, healthy eating, or mindful living.

The Journey to Wellness LLC Advantage: Why Choose Them?

What sets Journey to Wellness LLC apart from other wellness centers? Several key factors contribute to their success:

Holistic Approach: Their integrated approach addresses the whole person, not just the symptoms. This holistic philosophy ensures lasting results by addressing the underlying causes of imbalance.

Personalized Plans: They create customized plans tailored to each individual's unique needs and goals, ensuring that the journey to wellness is personalized and effective.

Experienced and Compassionate Professionals: Journey to Wellness LLC employs highly trained and compassionate professionals dedicated to guiding clients on their path to well-being.

Supportive Community: They foster a sense of community, providing a supportive environment where clients can connect with others on a similar journey.

Commitment to Ongoing Support: Their commitment extends beyond initial consultations, providing ongoing support and guidance to ensure clients stay on track and achieve long-term success.

Taking the First Step: How to Get Started with Journey to Wellness LLC

Ready to embark on your own wellness journey? The first step is often the hardest, but Journey to Wellness LLC makes it easy. Typically, you'll start with an initial consultation where you'll discuss your goals, concerns, and health history. This allows the team to understand your unique needs and create a personalized plan. From there, you'll work collaboratively with your chosen wellness professional to implement your plan and track your progress. Remember, consistency and patience are key to achieving long-term wellness.

Conclusion: Your Path to a Healthier, Happier You Awaits

Journey to Wellness LLC offers a comprehensive and personalized approach to achieving optimal well-being. By addressing the mind, body, and spirit, they empower individuals to take control of their health and create a life filled with vitality, purpose, and joy. Take the first step today and discover the transformative power of a holistic approach to wellness. Your journey to a healthier, happier you awaits!

Frequently Asked Questions (FAQs)

1. What insurance plans does Journey to Wellness LLC accept? Journey to Wellness LLC's insurance coverage varies; it's best to contact them directly to inquire about your specific plan.
1. How long does a typical wellness program last? The duration of a wellness program is individualized and depends on your goals and progress. Some programs may be short-term, while others are ongoing.
1. What if I have a specific health condition? Journey to Wellness LLC works closely with clients with existing health conditions, tailoring programs to complement medical care. Always inform them of any pre-existing conditions.
1. Are the services at Journey to Wellness LLC affordable? Journey to Wellness LLC offers various pricing structures to accommodate different budgets. Contact them for detailed pricing information and potential payment options.
1. How can I schedule a consultation? You can typically schedule a consultation by visiting their website, calling their office, or contacting them through email. Their contact information should be readily available on their website.

journey to wellness llc: A Journey to Wellness Debra Griffin, 2007-07 A Journey to Wellness: A Series of Collective Thoughts begins in a space in time between the death of one husband and the marriage to the second. This is the starting point where author Debra D. Griffin last felt whole

before beginning her journey to survive the ravages of Breast Cancer. Between the covers of this inspirational story is one amazing woman's strong will to survive. These are the actual entries from the journal that the author kept between surgeries, between tears and pain, between chemo sessions, between prayers and during reflections on her life's phenomenal journey. As author Debra D. Griffin reflects on her daughters, on loneliness, and on the false sense of security that she felt when she wed her second husband, readers are taken on a voyage of her self-discovery. There are no dates in the text as this rendering is solely to document her thoughts during the process and not to keep time on how long the process took. The book documents the process in vivid detail from hair loss due to chemo therapy to the devastating blow of implant failure, as well as liver and brain cancer metastasis. The photo journal of meaningful pictures were taken by her own talented photographer's hands, visually documenting her struggles and successes. *A Journey to Wellness: A Series of Collective Thoughts* shares how faith, smiles, music, friends, family and an entire community stepped up to the plate to assist Debra D. Griffin and what it meant to her: *Life At the* author's request, 5% of sale from *A Journey to Wellness: A Series of Collective Thoughts* will be gratefully donated to BREASTLINK, Breast Cancer Research Fund ISBN: 978-0-9798217-2-1 0-9798217-2-X

journey to wellness llc: A Wellness Journey Tonya Kinlow, 2019-08-23 The Wellness Journey is 60 days and is the beginning of your life transformation to living your best life of health and happiness. Like any journey you will plan ahead, go on excursions, learn new things and take time to rest and rejuvenate. Approach your wellness journey with the same sense of excitement and reverence. A wedding, a graduation, a trip to the Great Wall of China, your dream vacation would all be made with priority and attention to detail. This journey is more important than any of those. What could be more important than your wellbeing and sense of peace? There are 7 areas to visit on this journey. They are a simple intentions to follow that will elevate your decision-making with divine guidance and day by day you improve. With a deeper and changed mindset, your health, your clarity and peace of mind become the normal for your life. Leave the mayhem, overcommitment, stress and poor relationships behind with ease. In this journal you will chart your path, releasing your creativity and capturing the epiphanies and moments of resonance every day. This is your divine guide

journey to wellness llc: Habits That Heal Linda Bastian Barney, 2014-09-22 When she turned thirty years old, but felt more like she was turning fifty, Linda Barney realized that years of self-hatred, running on stress, and putting her own needs last had made her body sick. Through study, as well as trial and error, she discovered some simple daily habits that dramatically improved her health and that of her family. She began to share what she was learning with others and the rest, as they say, is history. *Habits That Heal* offers simple solutions, easy-to-implement advice, and inspired affirmations to help you reach your wellness goals. Inside you'll learn: Why loving your body is crucial to your health The benefits of practicing gratitude How to listen to the wisdom of your body Ways to release anxiety, stress, and worry Appreciation for the beautiful imperfection of life Part memoir, part workbook, *Habits That Heal* will show you how to unleash your body's natural capacity for energy, balance, and joy.

journey to wellness llc: Well, Girl Jami Amerine, 2020-08-01 If you're skinny, fat, short, tall, or somewhere in between. . . If you've ever thought that losing weight would lead to happiness. . . If you've ever avoided a mirror because you didn't want to see your reflection. . . If you've found Jesus or you're still searching. . . *Well, Girl, You've Come to the Right Place.* *** You'll find a sassy, funny, authentic, and encouraging friend in master word weaver Jami Amerine, as she comes alongside you to share God's overwhelming grace and patience in an inside-out journey to wellness. She'll introduce you to a heavenly Father who adores you, right where you are. And she'll let you have a peek into the insane ride of her life that led her to complete freedom after years of hating herself—while she was completely and utterly adored by Jesus. This transformational read will set you free. Hilarious, raw, and somehow poetic, *Well, Girl* offers scriptural truths, honest and thought-provoking ideas about wellness, and an in-depth look at a life free from culture's lies—with increased self-worth, better overall health, and more confidence in your physical appearance.

journey to wellness llc: Metamorphosis Chris James, 2020-09-11 I was sick, overweight, and depressed. I was coming off the heels of an intensely emotional breakup, while simultaneously dealing with a persistent infection of unknown origin. I was at a place where I felt like things would never get better. Doctor visit after failed doctor visit, I nearly came to the conclusion I would have to accept my reality. Before I was to give up, I wanted to allow myself an opportunity to figure things out on my own. Instead of relying on someone or something else, I realized I had to be responsible for my wellness. My story is one of transformation, and along the way, I went from having no control of my future to empowering others to reclaim their wellness using a simple fundamental practice. Through one ancient wellness technique, I not only discovered weight loss was quick, efficient, and cost-effective, but also that holistic wellness didn't have to feel like a far-out concept. I went from being sick, overweight, and depressed to losing 90 lb, being empowered, healthy, and joyful. Join me for my metamorphosis.

journey to wellness llc: Journey to Center Thomas Crum, 1997-10-16 Vital techniques needed to achieve a more relaxed, energized, and integrated approach to our lives. This practical guide introduces readers to the Zen principles Tom Crum has lived by and taught for many years. As a black belt in aikido, a motivational speaker, and an instructor in everything from mathematics to skiing, Crum learned that the key to success in any endeavor is mastering the art of centering. He teaches here the vital techniques for achieving a more relaxed, energized, and integrated approach to our lives.

journey to wellness llc: Healthy and Free Beni Johnson, 2015-11-17 Begin Your Journey to Spirit-Soul-Body Health Today... Beni Johnson received a life-changing revelation about how anyone can start walking in holistic health including you! Jesus died for your spirit, soul, and body. This means you can experience His resurrection life in all three areas! Christians should be the healthiest people on Earth because they understand God has made their bodies His temple. Unfortunately, many people focus on one area of health while neglecting another. This can lead to spiritual disconnection, bad eating habits, depression, poor rest, and lack of exercise. In Healthy and Free, Beni shows you how to: Find your why: Learn the motivating secret to pursuing a healthy lifestyle as your new normal. Unlock the connection: Discover the many ways your spirit, soul and body are interconnected and how health in one areas directly effects another. Start simple: Receive practical and easy-to-implement steps to begin walking in health right now. The Great Physician desires you to walk in Heavens health. Get aligned with Gods divine design today and experience freedom body, soul and spirit!

journey to wellness llc: Dirty Girl Wendie Trubow, Ed Levitan, 2021-10-12 Joint pain, chronic fatigue, hair loss, eczema, and plain old smelly gas. At first, you blamed it on getting older, even if you are in your twenties. Now? There are just too many issues to ignore. More importantly, you're tired of waiting to feel better-you won't ignore these symptoms anymore. No matter your age, gender, or background, if this sounds like you, it's time for a change. It's time to ditch the toxins and finally come clean. In Dirty Girl, physicians and functional medicine experts Wendie Trubow and Ed Levitan let you in on the answers you've been looking for to feel your best, age gracefully, and finally understand what your body has been trying to tell you. Along with stories from Wendie's own detoxification journey, you'll learn what other patients have done to identify the toxins causing chaos and illness and eliminate them from their lives. This how-to book shows you what to focus on, why a personal evaluation is a must, and how to take the first step-and the next-toward the healthiest, happiest you.

journey to wellness llc: The Stem Cell Activation Diet Dana Elia, 2020-03-24 Unleash your body's natural healing and rejuvenation process with this science-backed nutrition guide and fasting program. Every day, your stem cells work to generate and renew the cells of your body, from your lungs and skeleton to your skin and blood. With the right diet and lifestyle choices, you can activate your own stem cells and harness your body's natural ability to heal. The Stem Cell Activation Diet will guide you through a scientifically researched program that will jump-start these miracle worker cells to:

- Prevent chronic issues like diabetes and heart disease
- Relieve inflammation and pain

Support healthy cognitive function · Heal from injury or surgery Written by a registered dietician nutritionist, The Stem Cell Activation Diet makes it easy to understand how stem cell activation can benefit your specific needs and how to make the best choices for your body.

journey to wellness llc: Sustainable Wellness Matt Mumber, Heather Reed, 2012-09-21
“Describes a larger medicine . . . rooted in the natural world and our own internal resources. This is the next step in the evolution of health care.”—Dr. Andrew Weil, #1 New York Times bestselling author For nearly a decade, award-winning radiation oncologist Dr. Matt Mumber and yoga instructor Heather Reed have led retreats for people facing health challenges of all kinds. Through their eight-week Sustainable Wellness program, participants have found that using simple tools consistently creates remarkable health benefits. Whether you’re looking for improved physical health, better ways to manage stress, or just a greater sense of inner peace and wellness, Sustainable Wellness offers a simple but powerfully effective plan for transformation. You will learn how to: Empower yourself to reclaim your health and play a more active role in shaping it. Become aware of the daily choices that affect your health and how you can transform them in a positive way. Let go of destructive habits and embrace new ones that enhance wellness. Sustainable Wellness combines modern scientific research with ancient methods that benefit the individual on all levels. The authors share tested techniques, personal stories of triumph, and daily exercises that will guide you on the path to sustainable wellness. “Offers a refreshingly mature and practical synthesis of wisdom from the field of integrative healthcare . . . proven pathways to living with greater mindfulness and satisfaction.”—William Collinge, PhD, author of *Partners in Healing* “A powerful, inspiring approach to creating sustainable body/mind/spirit health and wellbeing.”—Jeremy Geffen, MD, FACP, author of *The Journey Through Cancer*

journey to wellness llc: *The Daniel Fast* Nicola McFadden, 2020-12-23 The Daniel Fast is a widely used intermittent fast, based on the Biblical book of Daniel. The Daniel Fast requires a strict 21-day ad libitum healthy diet period, including the withdrawal of meat, sweets, and preservatives, while indulging in fruits, vegetables, whole grains, legumes, nuts, and seeds. This book will inspire and equip you with Daniel Fast' wisdom, tutor you, and set you on fire with a realistic and robust plan for your breakthrough. It guides you to rethink fasting and prayers using scriptures to evaluate the Daniel Fast. It provides you with six essential components (Daniel's story, determination, diet, development, duration of the intermittent fast, and fervent prayers). It helps you to participate effectively and achieve your individual holistic wellness goals. Because Daniel Fast is only a 21-day experience, but, your purpose is for a lifetime, your transition needs a lifestyle change. You will gain a new perspective on the Daniel Fast integrated with the 4C Chayah Transformation Model for continuous spiritual growth and self-development in your wellness, a roadmap for the 21-day adventure, and a lifetime relationship with God. It includes useful tools to equip your Daniel Fast experience with self-assessment, self-reflection journals, habit trackers, and planners. You can't manage and change what you don't measure and sustain! Are you prepared for that which you are praying? This kind comes out only by prayer and fasting to break chains, generational curses, corruptions, and set captives free. (Mark 9:29, Isaiah 58:6). We must believe in God; our faith pleases Him. This book provides you with a 21-Day GAP series of fervent prayers, affirmations, and scriptures declarations. It empowers your faith, wellness, wisdom, courage, character transformation, spiritual warfare, divine breakthroughs, and mind-blowing miracles. God has a divine strategy for you to win your battle; when it looks like it's too late, God says, I have a plan to close your GAP! I am Nicola McFadden, a Daniel Fast Enthusiast, the Founder of Nikimac Solutions Inc., the Visionary behind the ministry, U Power Up, Life Happens; Stay Strong. I am a widely sought-after transformation strategist, leadership coach, empowerment speaker, and bestselling author. I help organizations, leaders, teams, and individuals transform, despite the complexities of the crisis, or change solutions, to achieve their vision. I build social learning communities, connect people, and empower them to live, lead, learn, and love like Jesus, leaving a legacy. I support and equip legends of faith in the life transformation community, Chayah (<https://chayah.club/>), while in Mastermind Cafe (<https://mastermindcafe.ca/>), I educate and coach a new generation of future

leaders in servant leadership. My why? And what's in it for you? Inspiring you to live a purposeful and choiceful life, so you choose to live fully, and Chayah!

journey to wellness llc: Destination Wellness Annie Daly, 2021-05-11 True well-being isn't hard to find. You just have to know where to look. In this insightful, full-color tour of Jamaica, Norway, Hawai'i, Japan, India, and Brazil, wellness and travel journalist Annie Daly shares a diverse array of philosophies, lifestyles, and practices for better living. Fed up with the commercialization of the wellness industry after working in it for years, Annie embarked on an inspiring adventure through some of the world's happiest and healthiest cities and villages to find out what we can learn from them. Whether she's hiking along gorgeous fjords in Norway to see why Norwegians are so dedicated to getting outside, soothing her spirit with Hawaiian salt water cleanses, or learning about the importance Brazilians place on community, Annie combines on-the-ground reporting with heartfelt personal narrative to share the global lessons, philosophies, and customs that prove that wellness is not about the products—it's about the way you live your life. With candid photography, lesser-known history sidebars, and guidance on how to incorporate these often ancient and always timeless practices into your own lifestyle, this culturally-immersive read invites you to view the world through a different lens and decide what being well means to you. *Destination Wellness* is the perfect book for:

- Anyone who has embraced hygge and is looking for new lifestyle inspiration
- Armchair travelers and staycationers
- Happiness and inspiration seekers
- Wellness and travel enthusiasts
- History lovers

journey to wellness llc: *Stellar Medicine* Saralyn Mark, 2012 An endocrinologist, geriatrician, and woman's health specialist, Mark was the first senior medical advisor to the Office on Women's Health within the Department of Health and Human Services. She presents a framework of science and experience to encourage both women and men to live a balanced life and to help maintain wellness even in the face of stress and trouble.

journey to wellness llc: *Journey with Julian* Dwayne Ballen, 2013-04-02 An award-winning broadcast journalist shares his poignant story about his family's journey with autism. About one child out of 110 will be diagnosed with autism. When Dwayne Ballen's son Julian was diagnosed at age four, Ballen started a blog to record his thoughts and share his family's experiences. Julian has taught his parents much about life and the real meaning of success. He has led them to realize that a smile and a warm hug are two of the most rewarding gifts a parent can ever receive. The Ballens' journey is inspirational and enlightening. *Journey with Julian* will strike a chord with parents who are just receiving the diagnosis of autism for their child, as well as those further down the path. *Journey with Julian* shows that in the end, it's family and fierce determination that help us all to get the most out of life.

journey to wellness llc: *The Total ME-Tox* Beth Behrs, 2017-05-02 Actress Beth Behrs of *2 Broke Girls* presents a lighthearted, down-to-earth, and holistic wellness guide to giving up the junk food junkie lifestyle and achieving physical and emotional health. Before hitting her stride as one of Hollywood's hottest rising stars, Beth Behrs was a junk-food-loving couch potato, high-strung and stressed out. And then one day, she decided she'd had enough: she was going to take back her life. Beth began with simple steps that led to big changes—and now she wants to help readers do the same. In *The Total ME-Tox*, Beth shares her journey toward wellness, along with easy-to-follow healthy recipes, shrewd shopping tips, and fun living-room fitness routines (a.k.a. Meh Workouts) designed to revitalize and inspire even the laziest among us. As entertaining as it is instructive, *The Total ME-Tox* is an achievable program for looking and feeling great about yourself.

journey to wellness llc: *Little Z and Firefly A Journey to Finding Light and Love* Heather Mishel Williams, 2022-01-04 A children's mental health book that teaches self-help skills, so they can grow to be healthy adults.

journey to wellness llc: *Trauma and Resilience* Keith A. Young, 2021-02-15 Aimed primarily at teens and young adults, the information, guidance, and resources in this book will also make it valuable for anyone directly or indirectly affected by trauma as well as those wishing to learn new resiliency and coping strategies. Traumatic experiences come in many forms, from fighting in a war

zone to suffering abuse at the hands of a stranger or a loved one to being in or witnessing an accident. Trauma can have far-reaching and long-lasting negative impacts, affecting psychological well-being, relationships, and even physical health. But with proper treatment, many individuals are able to not only survive after trauma, but thrive. Books in Greenwood's Q&A Health Guides series follow a reader-friendly question-and-answer format that anticipates readers' needs and concerns. Prevalent myths and misconceptions are identified and dispelled, and a collection of case studies illustrates key concepts and issues through relatable stories and insightful recommendations. Each book also includes a section on health literacy, equipping teens and young adults with practical tools and strategies for finding, evaluating, and using credible sources of health information both on and off the internet—important skills that contribute to a lifetime of healthy decision-making.

journey to wellness llc: The Journey to the Mayflower Stephen Tomkins, 2020-01-07 An authoritative and immersive history of the far-reaching events in England that led to the sailing of the Mayflower. 2020 brings readers the 400th anniversary of the sailing of the Mayflower—the ship that took the Pilgrim Fathers to the New World. It is a foundational event in American history, but it began as an English story, which pioneered the idea of religious freedom. The illegal underground movement of Protestant separatists from Elizabeth I's Church of England is a story of subterfuge and danger, arrests and interrogations, prison and executions. It starts with Queen Mary's attempts to burn Protestantism out of England, which created a Protestant underground. Later, when Elizabeth's Protestant reformation didn't go far enough, radicals recreated that underground, meeting illegally throughout England, facing prison and death for their crimes. They went into exile in the Netherlands, where they lived in poverty—and finally to the New World. Historian Stephen Tomkins tells this fascinating story—one that is rarely told as an important piece of English, as well as American, history—that is full of contemporary relevance: religious violence, the threat to national security, freedom of religion, and tolerance of dangerous opinions. This is a must-read book for anyone interested in the untold story of how the Mayflower came to be launched.

journey to wellness llc: *Her Phoenix Rising* Christin Collins, 2024-05-15

journey to wellness llc: *It Takes a Family* Rick Santorum, 2014-04-08 Rick Santorum made his name in the 2012 presidential race with his principled conservatism. To understand Santorum's worldview and vision for America, there is no better source than his New York Times bestselling book, *It Takes a Family*. *It Takes a Family* is one of the most profound and comprehensive books of political thought ever written by a politician. Santorum offers a penetrating look at the social, political, and economic shifts that have hurt American families—and a principled, genuinely conservative plan for reversing this slide. Here Santorum explains his core beliefs, laying out a humane vision that he believes must inform public policy if it is to be effective and just. Politicians of both parties, he shows, fail to address the way Americans truly live their lives: in families, neighborhoods, churches, and communities. *It Takes a Family* is animated by an appreciation for the civic bonds that unite a community—an appreciation that lies at the heart of genuine conservatism.

journey to wellness llc: *The Healing Journey* Rosenna Bakari, 2021-09-03 Monthly readings on relationships and emotional wellness that includes daily healing prompts.

journey to wellness llc: *The Sugar Detox Diet for 50+* Dana Elia, 2021-03-23 Beat your sugar cravings and kick-start healthier habits with this dietary detox specially designed for seniors. Sugar crash? Again? As your body ages, many things change—including your metabolism and the way your body reacts to certain foods. *The Sugar Detox Diet for 50+* explains the science behind this and outlines strategies for starting a gentle dietary detox today, including: Eliminating high-sugar fruits, vegetables, and snacks Increasing water intake and hydration levels Adding more protein to your meals And much more! Registered dietitian and author Dr. Dana Elia explains how to safely and effectively eliminate excess sugar from your diet to boost energy, help with weight loss, and prevent harmful health conditions such as heart disease, diabetes, and high cholesterol. Inside you'll also find recipes for breakfast, lunch, dinner, and snack options. Taming your sweet tooth has never been easier!

journey to wellness llc: *A Journey in Other Worlds* (○○○○○○○○○○○○) John Jacob Astor, 2011-12-15

A Journey In Other Worlds: A Romance Of The Future

journey to wellness llc: A Magical Night Journey Amy T Won, 2022-03-22 A beautifully illustrated guidebook to unleash the enchanted explorer in you and help you embark on a voyage through the night to find the wonder and wisdom of nature and creativity. Become the wonder-seeker you truly are as you explore the night. In this magical book, Amy T. Won, artist and guide, takes you on a personal creative night journey, exploring nocturnal wildlife and plants, twilight fairy tales and celestial myths, constellations and the cycles of the moon, and personal recollections of the night, such as camping or evening festivities. Amy's dreamy watercolour paintings of the enchanting night are interspersed with practical activities for the reader and fill-in pages to encourage you to record your experience. Through this exploration, connecting to your senses and examining your memories, you can learn your fears and hopes and develop your creativity to find inspiration. Capture the feeling of wonderment and creative flow, explore to your heart's delight and experience the magic-making. Allow the world around you to whisper in your ears what you wish most to create.

journey to wellness llc: Sharing the Journey Robert Wuthnow, 1996-07-01 A look at how support groups have affected American society argues that, although support groups provide a warmth and security that holds society together, they can lead to an unhealthy self-absorption and a trivialized sense of what is sacred.

journey to wellness llc: Beyond Messy Relationships Judy K. Herman, 2019-06-04 Discover your true self and find hope beyond your messy relationships! As a mental health therapist, Judy prepares to see her next client. As a wife, she falls apart in the midst of her husband's psychosis. His inpatient psychiatrist says, "This is going to be a hard case". Judy's first marriage of 29 years ended in divorce after toxic patterns of chronic bitterness. Facing the shame of her past and mothering four children, she recognizes divine invitations toward her authentic self. After four years into a new marriage with her beloved dance partner, Judy suddenly faces frightful realities. Can Judy's second marriage recover from damage caused by his psychosis? Beyond Messy Relationships is not only an intense and dramatic memoir. It's a mix of psychological wisdom and spiritual inspiration that helps readers make sense of their deep feelings. In Beyond Messy Relationships, readers: Discover they're not alone as they resonate with the messy relationships of a licensed professional counselor Learn a simple formula of A.I.R. to experience freedom beyond the messes Connect the dots from their past to their present Overcome shame so they can experience the freedom they long for Within Beyond Messy Relationships, readers find hope through the formula of breathing in fresh A.I.R.: Awareness, Intentionality, and Risks and recognize divine invitations beyond the messes. Finding your authentic self is worth the journey.

journey to wellness llc: Hot Mess to Wellness Amanda L Zeine, 2021-10-26 Are you unhappy with your weight, body, or health issues? Have you tried and failed multiple diets that promise a gorgeous body or spent a fortune trying to have that body the media portrays as perfect? Are you suffering from health issues like insulin resistance/pre-diabetes, diabetes, elevated bad cholesterol, high blood pressure, or irritable bowel syndrome? These ailments or frustrations can all benefit from improving your overall health and wellness. Hot Mess to Wellness is not a diet or exercise book. Nor is it a quick fix or easy way to get skinny. This book is written for the average person who feels fat and sluggish, who can't seem to lose weight or increase energy despite trying again and again, and needs some advice and motivation or that push to take the first step. Author and physician, Amanda Zeine, takes you along on her journey to wellness after a traumatic injury. Learn about Dr. Zeine's 7 Pillars of wellness Mindfulness Relaxation Sleep and the importance of restful sleep Hydration Ditching the diet and learning what foods are actually healthy Moving your body Surrounding yourself with supportive and positive people So many people feel stuck in their slump and don't often have a permanent and sustainable way to feel good. Whether it be bad eating, poor exercise habits or an injury that keeps you from feeling your healthiest self, author Amanda Zeine takes the reader through a journey to not only feel your best self physically but mentally too. A person's struggle can include many factors and Hot Mess to Wellness is the motivation you need to understand wellness as

a whole. Change your life by reading this book and incorporate the 7 pillars into your everyday life to feel the best you have in years. It's a journey not a sprint to change your life for the better and physician and author Amanda Zeine has the directions to get you to your ultimate destination. Take your first step now by buying Hot Mess to Wellness!

journey to wellness llc: Living The Journey Brandon Bays, Patricia Kendall, Lesley Strutt, 2012-08-21 Compiles sixteen stories that reveal the potential of the natural-healing Journey method, describing how the co-author effectively applied alternative medicine and avoided surgery and drugs to combat her own health challenges.

journey to wellness llc: Bedlam Kenneth Paul Rosenberg, 2019-10-01 A psychiatrist and award-winning documentarian sheds light on the mental-health-care crisis in the United States. When Dr. Kenneth Rosenberg trained as a psychiatrist in the late 1980s, the state mental hospitals, which had reached peak occupancy in the 1950s, were being closed at an alarming rate, with many patients having nowhere to go. There has never been a more important time for this conversation, as one in five adults--40 million Americans--experiences mental illness each year. Today, the largest mental institution in the United States is the Los Angeles County Jail, and the last refuge for many of the 20,000 mentally ill people living on the streets of Los Angeles is L.A. County Hospital. There, Dr. Rosenberg begins his chronicle of what it means to be mentally ill in America today, integrating his own moving story of how the system failed his sister, Merle, who had schizophrenia. As he says, I have come to see that my family's tragedy, my family's shame, is America's great secret. Dr. Rosenberg gives readers an inside look at the historical, political, and economic forces that have resulted in the greatest social crisis of the twenty-first century. The culmination of a seven-year inquiry, *Bedlam* is not only a rallying cry for change, but also a guidebook for how we move forward with care and compassion, with resources that have never before been compiled, including legal advice, practical solutions for parents and loved ones, help finding community support, and information on therapeutic options.

journey to wellness llc: Creating Relationship Wellness Stephanie Wijkstrom, 2021 Mindfulness for your marriage is a tool book to be used by couples who want to gain the skill of relationship wellness. Each chapter offers evidence-based, and therapist verified techniques to gain insight into yourself and your partners world. Mindfulness for your marriage offers skills-based interventions that draw upon the fields of mindfulness and behavioral psychology, both recognized as pathways to enrichment. Each segment of this text builds upon the previous in an effort to lead the reader toward a mastery of relationship wellness. Divorce, separation, or disconnection do not always need to be the solution, a new approach to your problems will empower your path to reconnection. Prepare to break down specific methods of mindfulness and apply them during each chapter's exercises as you practice to enhance your relationship. Each segment ends with practical exercises to do together or independently. In this unique text, you are offered thoughtful meditations that make relationship improvement understandable and easy. The writer houses an intimate understanding of human emotions and connections that she intersects in a meaningful way. It is not necessary to wait to improve your love until it is ailing, but here and now, relationship enhancement is offered as a preventative strategy in the attainment of interconnected wellbeing.

journey to wellness llc: Better Apart Gabrielle Hartley, Elena Brower, 2019-01-29 "Potent, accessible tools for your family and your future." —Gwyneth Paltrow Marital strife and divorce can be your chance to profoundly transform yourself, your mindset and your relationship with a more harmonious and steady vision. While many of us may be better together, some of us can actually become better apart. What if you emerged from your divorce stronger and more resilient than ever before? *Better Apart* is the first book to apply the life-changing, healing wisdom of meditation and yoga, combined with practical advice, to help anyone going through the painful and seemingly intractable realities of divorce. Gabrielle Hartley and Elena Brower are warm and caring guides who can help you compassionately part from your partner. Whether your separation is amicable, or your ex is combative, *Better Apart* can help you find peace, calm, and hope. Blending practical advice from a legal perspective together with spiritual wisdom, Gabrielle and Elena are experts and realists

who have created a simple five-step process that uses original meditations, perspective-shifting exercises, and fresh suggestions to help navigate the common legal and emotional pitfalls of divorce. Don't worry if you've never tried yoga or mediation; Gabrielle's insight buttressed by Elena's practices and exercises are accessible for all. Together, they show you how to meaningfully shift your mindset and to move forward though any—or all—parts of this emotionally fraught process. Better Apart radically reframes the way couples experience, execute, and recover from when "for better or worse" is no longer an option, and helps you find the road to a new mindset and better life.

journey to wellness llc: *Journey of Hope* Barbara Colby, 2011-04-12 I slapped the thigh of my right leg deliberately hard. No feeling! I had long fingernails. I pinched the skin on my leg and thigh between the nails. I didn't feel a thing! Unexpectedly, there was an excruciating pain in my left shoulder. Had I fallen on my shoulder? I couldn't remember. I broke out in a cold sweat. I wondered what to do next. Gene... I have to get to Gene, I thought. Author Barbara Colby was a busy and successful businesswoman. She had a life envied by most, complete with the car, house, and plenty of extravagancies. One day that all came crashing down with an ailment that had threatened for years. Not completely prepared for the impact on her life, Barbara wasted no time figuring out ways back to full health. After several frustrating medical check-ups that ended in unanswered questions, Barbara dove into studies about alternative therapy that involved light. Her studies revealed the answers that no doctor could answer. Are you struggling with a long-term ailment? Have you explored every option available to you? Don't give up until you've explore Journey of Hope! Reclaim your life with the simple yet powerful advice. Book jacket.

journey to wellness llc: FOOD HACKS Catherine Stack N.D., C.N.M., 2022-04-01 This e-booklet is exclusive to foods to help relieve constipation. So often, just adding a few additional foods to your daily routine will often have things moving much more efficiently. Along with food you should avoid, foods you should consume, this booklet contains some unique recipes that will have surprising results that should have you in the bathroom in no time. I have created a separate e-booklet for that where I will link you to the high-quality supplements that will help pave the way to better bowel health and give you options that I know you have not tried. All of this information can be found at www.ConstipationClinic.com.

journey to wellness llc: HELPING THE CONSTIPATED CHILD Catherine Stack N.D., C.N.M., 2022-04-01 Childhood constipation affects up to 30% of children worldwide. When this condition presents itself in childhood it is often a lifelong issue. By medical definition, it is having less than 3 bowel movements per week. I find this a very generous definition and would push more to define it as less than 1 movement every other day or at least make it your goal. Severely constipated children typically have accidents as the liquid stool is expressed urgently around the hardened stool that will eventually and painfully be excreted. This is what we want to avoid. Addressing it early will reinforce proactive management that the child will hopefully continue to utilize as they age. The tools found in this eBook will have your child moving easily with help from supplements as well as recipes they are sure to love. Constipation in children can be a stressful situation. It doesn't have to be like this and helping the situation just might be easier than you think.

journey to wellness llc: Adaptive Yoga Moves Any Body Mindy Eisenberg, 2015

journey to wellness llc: *Just Be Well* Thomas A. Sult, 2013-09 The practice of functional medicine is a discipline that treats people, not diseases. Dr. Sult looks at the eight key physiological processes of the functional medicine matrix, and brings together accessible information, patient stories, and sound advice that can lead you back to wellness and health.

journey to wellness llc: *Wellness Coaching for Lasting Lifestyle Change* Michael Arloski, 2014 Arloski blends the wisdom of the wellness field with the proven processes of the coaching profession to create an easy-to-use training tool. The result is the perfect training tool for wellness professionals of all kinds: disease management professionals, professional coaches, EAP professionals, counselors, and therapists.

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journey to wellness llc: The Food Prescription for Better Health : a Cardiologist's Proven

Method to Reverse Heart Disease, Diabetes, Obesity, and Other Chronic Illnesses, Naturally! Baxter D. Montgomery, 2011 Are you or a loved one suffering from high blood pressure, diabetes, heart disease or some other chronic condition? If so, this book may just change your life. Did you know that many ailments considered incurable can be effectively treated through nutrition? Dr. Baxter Montgomery, an experienced cardiologist and expert in nutrition, has the proof in The Food Prescription for Better Health. Filled with sound scientific facts and easy to follow guidelines, this book will help you revolutionize your health. Book Features: Outlines the poor health condition of Americans Provides a detailed description of how the body works Tells the real story of what healthy food is, dispelling many myths Describes how proper nutrition is important for optimal health Provides a step-by-step approach to reverse your health problems using nutrition Shows scientific evidence for the efficacy of the program

journey to wellness llc: Love, Dawnmarie Dawnmarie Deshaies, 2021-10-15 In this fascinating poetry book, Dawnmarie Deshaies gives you a look at how she views her life today. This book entails her life experiences from tragedy and heartbreak to uplifting highs and celebrations. Since her diagnosis in 2012 with the autoimmune disease known as multiple sclerosis, Dawnmarie has continued to make it her life's mission to spread awareness on this all-too-phantomlike disease every day, Dawnmarie lives to fight for all who have been afflicted by the terrible disease. Dawnmarie and the whole staff attached to the publication of her love and hope to enlighten you with her firsthand experiences and knowledge. We hope you relate and admire her honest thoughts and hopefully, her message continues to grow and produce a following of warriors. After writing her book Finding the Sun through the Clouds with over fifty years of life experience have been compiled into that book. Dawnmarie gives you her life and all its beauty of poetry with incredible detail right here in the following pages. So what are you waiting for? Open up, and start reading!

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