

mind body wellness franklin

Mind Body Wellness Franklin: Your Guide to Inner Peace and Optimal Health

Are you feeling overwhelmed, stressed, or just plain out of balance? Living in Franklin, Tennessee, offers a vibrant community, but amidst the hustle and bustle, prioritizing your mind-body wellness can sometimes fall by the wayside. This comprehensive guide dives deep into the world of mind-body wellness in Franklin, offering insights, resources, and practical tips to help you achieve a state of holistic well-being. We'll explore various modalities, local practitioners, and actionable strategies you can implement today to cultivate a healthier, happier you. Get ready to embark on a journey to inner peace and optimal health right here in Franklin!

Understanding Mind-Body Wellness: More Than Just a Trend

Mind-body wellness isn't just a trendy buzzword; it's a holistic approach recognizing the interconnectedness of your mental, emotional, and physical states. It acknowledges that stress, anxiety, and negative emotions directly impact your physical health, manifesting as headaches, digestive issues, sleep disturbances, and even chronic illnesses. Conversely, physical health greatly influences mental and emotional well-being. A healthy body supports a healthy mind, and vice-versa. This interconnectedness is the cornerstone of mind-body wellness practices. Instead of treating symptoms in isolation, this approach seeks to address the root causes of imbalance, fostering a sense of harmony within yourself.

Finding Your Path: Exploring Mind-Body Wellness Modalities in Franklin

Franklin boasts a rich tapestry of resources dedicated to mind-body wellness. Here are some popular modalities readily available:

1. Yoga & Pilates: Numerous studios in Franklin offer various yoga styles, from restorative yoga for deep relaxation to power yoga for a challenging workout. Pilates, with its focus on core strength and body awareness, is another excellent option for improving posture, flexibility, and overall physical well-being. The benefits extend beyond the physical; these practices often incorporate mindfulness and breathwork, promoting mental clarity and stress reduction.

1. **Meditation & Mindfulness Practices:** Several centers and practitioners in Franklin offer guided meditation sessions, mindfulness workshops, and retreats. These practices help you cultivate present moment awareness, reduce stress, and enhance emotional regulation. Even dedicating a few minutes daily to mindful breathing can significantly impact your overall sense of calm.
1. **Acupuncture & Traditional Chinese Medicine:** Acupuncture, a cornerstone of Traditional Chinese Medicine (TCM), is gaining popularity for its ability to alleviate pain, reduce stress, and improve overall health. Many practitioners in Franklin integrate acupuncture with other TCM techniques like herbal remedies and dietary guidance for a holistic approach to wellness.
1. **Massage Therapy:** From Swedish massage to deep tissue work, massage therapy offers a powerful way to relieve muscle tension, reduce stress, and improve circulation. Many massage therapists in Franklin incorporate aromatherapy and other techniques to enhance the experience and promote relaxation.
1. **Chiropractic Care:** Chiropractic care focuses on the alignment of the spine and its impact on the nervous system. By addressing spinal misalignments, chiropractors aim to improve overall body function, reduce pain, and enhance the body's natural healing capabilities. Many Franklin chiropractors incorporate wellness strategies into their practice.

Practical Steps to Integrate Mind-Body Wellness into Your Franklin Lifestyle:

Beyond seeking professional help, you can actively integrate mind-body wellness into your daily routine:

Prioritize Sleep: Aim for 7-9 hours of quality sleep nightly. A consistent sleep schedule and a relaxing bedtime routine are crucial.

Nourish Your Body: Focus on a balanced diet rich in fruits, vegetables, whole grains, and lean protein. Limit processed foods, sugar, and caffeine.

Move Your Body: Engage in regular physical activity you enjoy, whether it's yoga, walking, hiking, or dancing.

Practice Mindfulness: Incorporate mindful moments throughout your day, such as mindful breathing exercises or mindful eating.

Connect with Nature: Spend time outdoors in nature; studies show that nature significantly reduces stress and improves well-being. Franklin's parks and green spaces offer ample opportunities for this.

Cultivate Social Connections: Nurture your relationships with family and friends. Strong social connections are vital for mental and emotional well-being.

Manage Stress: Develop healthy coping mechanisms for stress, such as meditation, exercise, spending time in nature, or engaging in hobbies.

Seek Professional Support: Don't hesitate to seek professional help if you're struggling with mental or emotional health challenges. Franklin has many qualified therapists and counselors.

Finding Resources in Franklin: A Local Directory

While this article provides a general overview, finding specific practitioners and resources in Franklin requires some research. Start by searching online for "yoga studios Franklin TN," "massage therapists Franklin TN," or "acupuncture Franklin TN." Check online directories, read reviews, and compare services to find the best fit for your needs and preferences. Local community centers and wellness fairs often provide opportunities to connect with practitioners and learn more about available services.

Conclusion: Embrace Your Journey to Holistic Well-being in Franklin

Embracing mind-body wellness is a journey, not a destination. It requires consistent effort and a commitment to prioritizing your overall well-being. By exploring the various modalities available in Franklin and incorporating practical strategies into your daily life, you can cultivate a healthier, happier, and more balanced you. Remember that consistency is key, and even small steps can make a significant difference in your overall well-being. Embrace the process, celebrate your progress, and enjoy the journey toward a more harmonious and fulfilling life in beautiful Franklin, Tennessee.

FAQs:

1. How much does mind-body wellness treatment cost in Franklin? The cost varies significantly depending on the modality, practitioner, and length of treatment. It's best to contact individual practitioners for pricing information.
1. Are there any free or low-cost mind-body wellness resources in Franklin? Some community centers and non-profit organizations may offer free or subsidized classes and workshops. Check local listings for opportunities.
1. How do I choose the right mind-body wellness practitioner for me? Read online reviews, check credentials, and schedule consultations to find a practitioner whose approach aligns with your needs and preferences.

1. How long does it take to see results from mind-body wellness practices? The timeline varies depending on the individual and the specific modality. Consistency is key, and results may be gradual but cumulative.

1. What if I don't see immediate results? Don't get discouraged! Mind-body wellness is a journey, not a race. Stay committed to your practice, and seek support from your practitioner if needed. Results often accumulate over time.

mind body wellness franklin: Pelvic Power Eric N. Franklin, 2003 Combining scientific principles with movement and imagery exercises...demonstrates how to create a stronger body by toning the pelvic floor. -- Back cover.

mind body wellness franklin: Molecules of Emotion Candace B. Pert, 2010-05-11 The bestselling and revolutionary book that serves as a “landmark in our understanding of the mind-body connection” (Deepak Chopra, MD). Why do we feel the way we feel? How do our thoughts and emotions affect our health? In her groundbreaking book Molecules of Emotion, Candace Pert—an extraordinary neuroscientist who played a pivotal role in the discovery of the opiate receptor—provides startling and decisive answers to these and other challenging questions that scientists and philosophers have pondered for centuries. Pert’s pioneering research on how the chemicals inside our bodies form a dynamic information network, linking mind and body, is not only provocative, it is revolutionary. By establishing the biomolecular basis for our emotions and explaining these scientific developments in a clear and accessible way, Pert empowers us to understand ourselves, our feelings, and the connection between our minds and our bodies—or bodyminds—in ways we could never possibly have imagined before. From explaining the scientific basis of popular wisdom about phenomena such as gut feelings to making comprehensible recent breakthroughs in cancer and AIDS research, Pert provides us with an intellectual adventure of the highest order. Molecules of Emotion is a landmark work, full of insight and wisdom and possessing that rare power to change the way we see the world and ourselves.

mind body wellness franklin: Energy Psychology Michael Mayer, Ph.D., 2009-04-28 Energy Psychology presents a comprehensive approach to healing that combines leading-edge Western bodymind psychological methods with a broad system of ancient, sacred traditions. Incorporating Dr. Mayer's integral approach called Bodymind Healing Psychotherapy, Energy Psychology draws on Chinese medicine approaches, including Qigong and acupressure self-touch; kabalistic processes; methods drawn from ancient traditions of meditation and postural initiation; and psycho-mythological storytelling techniques. Drawing on thirty years of training in Tai Chi and Qigong, Dr. Michael Mayer shows how integrating the essences of these traditions and methods can restore vitality and give the average person self-healing tools for physical and mental health. Unlike the quick-fix books on energy restoration, this book uses timetested, age-old practices from sacred traditions in combination with well-established clinical approaches. Dr. Mayer teaches readers bodymind healing methods to treat anxiety, chronic pain, addictions, hypertension, insomnia, trauma, and other prevalent conditions. Written in a clear, intelligible style, Energy Psychology includes real-life case studies that highlight the effectiveness of his techniques.

mind body wellness franklin: Health and Wellness Gordon Edlin, 2014

mind body wellness franklin: Irritable Bowel Syndrome & the Mind-body Brain-gut

Connection William B. Salt, 1997 An 8-step, 12-week plan for living a healthy life with a functional bowel disorder or colitis.

mind body wellness franklin: God's Rx for Health and Wholeness James P. Gills, 2019 What is God's Rx for your health and wholeness? We live in a culture that is inundated with blogs, social media postings, books, gimmicks, gadgets, fads, and infomercials--all aimed at diet, fitness, and well-being. While there are no magic formulas, God's Word gives you the wisdom and insight to know you need to make healthy choices that restore health and wholeness in: Body Mind Spirit All other advice you seek needs to fall behind God. God's Rx for Health and Wholeness is making wise decisions in every area of your life while in awe of God's wonderful creation--your body--and respecting it as His handiwork, protecting it as its steward, and remaining faithfully thankful for it. This book will help you apply biblical truth to one of your greatest needs while providing a path to hope and healing. FEATURES AND BENEFITS A list of scriptures pertaining to fear, worry, anxiety, healing, health, wholeness, gratitude, peace, joy, hope, and more Other titles in God's Rx Series: God's Rx for Fear and Worry God's Rx for Depression and Anxiety God's Rx for Inner Healing

mind body wellness franklin: 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.

mind body wellness franklin: Evidence: Helping people help themselves Debra de Silva, 2011

mind body wellness franklin: Dancer Wellness Mary Virginia Wilmerding, Donna Krasnow, IADMS, 2016-10-20 Dancers who want to get the most out of their experience in dance—whether in college, high school, a dance studio, or a dance company—can now take charge of their wellness. Dancer Wellness will help them learn and apply important wellness concepts as presented through the in-depth research conducted by the International Association for Dance Medicine & Science (IADMS) and their experts from around the world. Four Primary Areas Dancer Wellness covers four primary topics: Foundations of dancer wellness, which explores the dancer's physical environment, the science behind training, and conditioning Mental components of dancer wellness, which investigates the psychological aspects that influence a dancer's training—imagery, somatic practices, and the ways that rest, fatigue, and burnout affect learning, technique, and injury risk and recovery Physical aspects of dancer wellness, which examines dancer nutrition and wellness, including the challenges in maintaining good nutrition, addressing body composition issues, bone health, injury prevention, and first aid Assessments for dancer wellness, which offers guidance in goal setting, screenings, assessing abilities, and designing a personal wellness plan Each chapter offers learning objectives at the beginning and review questions at the end to help readers recall what they have learned. Sidebars within each chapter focus on self-awareness, empowerment, goal setting, and diversity in dance. "Dancer Wellness meets the needs of dancers in any setting," says Virginia Wilmerding, one of the book's editors from IADMS. "Our authors are leaders in the field, and they thoroughly investigate their areas of specialization. Through that investigation we have provided theoretical concepts and practical information and applications that dancers can use to enhance their health and wellness as part of their dance practice." This text offers foundational information to create a comprehensive view of dancer wellness. "Wellness defines the state of being healthy in both mind and body through conscious and intentional choices and efforts," says coeditor Donna Krasnow. "Anyone interested in the health and wellness of dancers can benefit from this book, regardless of previous training or level of expertise. This book covers each aspect of dancer

wellness, whether environmental, physical, or psychological.” A web resource is included with all new print books and some ebooks. For ebook formats that don’t provide access, the web resource is available separately.

mind body wellness franklin: The New You Nelson Searcy, Jennifer Dykes Henson, 2019-01-01 How many of us are living up to our full, God-given potential? What's holding us back--and how can we overcome it? These are the questions Nelson Searcy and Jennifer Dykes Henson want us to ask--and answer--with the help of The New You. With energy and enthusiasm, the authors take a holistic view of health that encompasses the physical, spiritual, emotional, and mental areas of our lives, giving us proven, systematic ways to dramatically improve each. Readers come away with specific strategies to - lose weight - get more sleep - lower stress - nurture better relationships - connect with God - and much more Anyone who wants to trade in the frustration of average living and less-than health for the hallmarks of the new life God promises will find The New You an effective personal guide for the journey. ***** People are looking for the big miracle or the one secret solution or the one answer to solve all their problems. This exciting book focuses on small steps . . . many small steps . . . to transform your life.--Elmer L. Towns, cofounder and vice president, Liberty University Are you tired, worn down, discouraged, and longing for a vibrant life--a new you? Then this book is the prescription you need. Nelson Searcy and Jennifer Dykes Henson have compiled a simple, yet comprehensive, list of biblical principles anchored in scientific fact that when applied energizes the tired, rejuvenates the worn down, and invigorates the discouraged. Because of God's design for life, if you do what this book teaches, you cannot avoid a healthier and happier life.--Timothy R. Jennings, MD, DFAPA, psychiatrist and author of The Aging Brain and The God-Shaped Brain The New You is like a handbook for life. The content is clear, concise, and compelling. And Nelson and Jennifer write in a style that is straightforward, biblical, and highly practical. Your life will be better if you read and do what this book says.--Lance Witt, founder, Replenish Ministries Having no vision for your life should be alarming. However, having a big vision with no plan is senseless. This book will help you cultivate both! I love what Nelson and Jennifer have done because they've made complicated concepts incredibly approachable. You're going to want to keep this book near you for the rest of your life.--Clay Scroggins, lead pastor, North Point Community Church The New You proves a timely book, as Christians are recognizing in increasing number the call to offer our bodies as living sacrifices (Rom. 12:1).--Matthew C. Easter, assistant professor of Bible, Missouri Baptist University The best book in a long time about how to balance spiritual and physical health! Searcy and Henson give an easy-to-follow plan for improving health while growing your spiritual life. Keep this book on your nightstand, in your car, or in your bag to consult it often and learn how physical health and spiritual growth were intended to work together.--Bob Whitesel, DMin PhD, award-winning author of 13 books, coach, consultant, and speaker on church health and growth at ChurchHealth.net Progress, not perfection! This approach to life keeps me sane and moving in the right direction. It is also what makes The New You such a valuable tool for making the most of your wellness. Read and apply this book and your total person will be transformed!--Steve Reynolds, pastor of Capital Baptist Church in Annandale, Virginia, and author of Bod4God: Twelve Weeks to Lasting Weight Loss A refreshing and eye-opening read. Their practical and frank confrontation of the questions and unhealthy habits we often have encourages truthful reflection on how we serve as ministers and Christians. This is balanced brilliantly with the small steps to change, which provide motivation and are nonthreatening for persons who can become overwhelmed by just thinking about getting healthy.--Dwight Fletcher, founder and senior pastor, Transformed Life Church, Kingston, Jamaica I was not a healthy pastor. I was overweight, out of shape, stressed out, and headed for an early grave. Two years ago, I finally decided to put into practice the principles that Nelson shares in this new book, the same principles that he has been living and sharing with me through coaching. Nelson is right, it really is the small things, done consistently over time, that make a huge impact in every area of life. In the past two years I've lost over eighty-five pounds and kept it off. I have more energy than I've ever had and I'm healthier than I've ever been. I cannot wait to share this book with you! You really are one small step away from a

brand new you!--Pastor Chris Rollins, Coastal Community Church, Charleston, South Carolina Nelson has been my friend and role model for ministry for nearly thirty years. I have witnessed him excel in every area of life from school to family life to church leadership. The principles that have helped him to be a good friend, husband, father, and pastor are shared in The New You in order to take you from an average life to an abundant life!--Michael A. Jordan, pastor, Mount Vernon Baptist Church, Axton, Virginia In The New You, Nelson and Jennifer not only give the reader a checkup but they also give strategies for improving the most important areas of life. If you desire greater energy, clearer thinking, and spiritual vitality, this is the book for you.--Brian Moore, lead pastor, Crosspointe Church Anaheim This book will strengthen your life, regardless of your faith. You will walk away stronger mentally, spiritually, physically, and emotionally. From the first chapter to the last, you will find big and small ideas you can use now. Don't wait, buy this book now.--Jimmy Britt, lead pastor, Rocky River Church, Charlotte, North Carolina Nelson and Jennifer have done it again! Having known Nelson for over a decade, I have personally benefited from the teachings in this book. I recommend this book to everyone! And I think it would be a great book for small group study too.--Dr. Rick Mandl, senior pastor, Eagle Rock Baptist Church, Los Angeles, California The New You is actually about reclaiming YOU! The YOU God envisioned . . . the YOU God created . . . the YOU God loves. In addition to physical health, Nelson and Jennifer delve into the spiritual, emotional, and mental dimensions of what makes for a healthy YOU. And that's where The New You really shines. Their holistic approach to your health provides insights galore and, at the end of each chapter, simple and specific strategies to help YOU reclaim more of what God intended for YOU all along!--Pastor Kent Wilson, creator of 9Minutes2Fit workout program, certified functional aging specialist, and assistant to the bishop in the Northwestern Ohio Synod of the Evangelical Lutheran Church in America Wholeness and healing are at the top of God's priority list. By clearly explaining the biblical principles that point to full health, the authors make human wholeness not only understandable but, through a series of small steps, doable.--Stan Pegram, lead pastor, BMZ Regional Church

mind body wellness franklin: 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.

mind body wellness franklin: Clinical Autonomic and Mitochondrial Disorders Nicholas L. DePace, Joseph Colombo, 2019-08-01 This book establishes and specifies a rigorously scientific and clinically valid basis for nonpharmaceutical approaches to many common diseases and disorders found in clinical settings. It includes lifestyle and supplement recommendations for beginning and maintaining autonomic nervous system and mitochondrial health and wellness. The book is organized around a six-pronged mind-body wellness program and contains a series of clinical applications and frequently asked questions. The physiologic need and clinical benefit and synergism of all six aspects working together are detailed, including the underlying biochemistry, with exhaustive references to statistically significant and clinically relevant studies. The book covers a range of clinical disorders, including anxiety, arrhythmia, atherosclerosis, bipolar disease, dementia, depression, fatigue, fibromyalgia, heart diseases, hypertension, mast cell disorder, migraine, and PTSD. Clinical Autonomic and Mitochondrial Disorders: Diagnosis, Prevention, and Treatment for Mind-Body Wellness is an essential resource for physicians, residents, fellows, medical students, and researchers in cardiology, primary care, neurology, endocrinology, psychiatry, and integrative and functional medicine. It provides therapy options to the indications and diagnoses published in the authors' book Clinical Autonomic Dysfunction (Springer, 2014).

mind body wellness franklin: The Wellness Trap Christy Harrison, 2023-04-25 AS SEEN ON

CBS MORNINGS, THE NEW YORK TIMES, THE CUT, AND MORE SELF MAGAZINE'S #1 WELLNESS BOOK OF 2023 A NEXT BIG IDEA CLUB MUST-READ BOOK FOR APRIL 2023 A searing critique of modern wellness culture and how it stands in the way of true well-being that will change the way you think about your health—in all the best ways.” (Casey Gueren) “It's not a diet, it's a lifestyle.” You've probably heard this phrase from any number of people in the wellness space. But as Christy Harrison reveals in her latest book, wellness culture promotes a standard of health that is often both unattainable and deeply harmful. Many people with chronic illness understandably feel dismissed or abandoned by the healthcare system and find solace in alternative medicine, as Harrison once did. Yet the wellness industry promotes practices that often cause even more damage than the conventional approaches they're meant to replace. From the lack of pre-market safety testing on herbal and dietary supplements, to the unfounded claims made by many wellness influencers and functional-medicine providers, to the social-media algorithms driving users down rabbit holes of wellness mis- and disinformation, it can often feel like no one is looking out for us in the face of the \$4.4 trillion global wellness industry. The Wellness Trap delves into the persistent, systemic problems with that industry, offering insight into its troubling pattern of cultural appropriation and its destructive views on mental health, and shedding light on how a growing distrust of conventional medicine has led ordinary people to turn their backs on science. Weaving together history, memoir, reporting, and practical advice, Harrison illuminates the harms of wellness culture while re-imagining our society's relationship with well-being.

mind body wellness franklin: Blue Mind Wallace J. Nichols, 2014-07-22 A landmark book by marine biologist Wallace J. Nichols on the remarkable effects of water on our health and well-being. Why are we drawn to the ocean each summer? Why does being near water set our minds and bodies at ease? In *Blue Mind*, Wallace J. Nichols revolutionizes how we think about these questions, revealing the remarkable truth about the benefits of being in, on, under, or simply near water. Combining cutting-edge neuroscience with compelling personal stories from top athletes, leading scientists, military veterans, and gifted artists, he shows how proximity to water can improve performance, increase calm, diminish anxiety, and increase professional success. *Blue Mind* not only illustrates the crucial importance of our connection to water; it provides a paradigm shifting blueprint for a better life on this Blue Marble we call home.

mind body wellness franklin: Yoga and the Quest for the True Self Stephen Cope, 2018-04-17 More than 100,000 copies sold! Millions of Americans know yoga as a superb form of exercise and as a potent source of calm in the midst of our stress-filled lives. Far fewer are aware of the full promise of yoga as the way of the fully alive human being--a 4,000-year-old practical path of liberation that fits the needs of modern Western seekers with startling precision. Now one of America's leading scholars of yoga psychology--who is also a Western-trained psychotherapist--offers this marvelously lively and personal account of an ancient tradition that promises the soul awake in this lifetime. Drawing on the vivid stories of practitioners at the largest yoga center in America, where he has lived and taught for more than ten years, Stephen Cope describes the philosophy, psychology, and practice of yoga--a practical science of development that urges us not to transcend or dissolve the self, but rather to encounter it more deeply. In this irreverent modern-day Pilgrim's Progress, Cope introduces us to an unforgettable cast of contemporary seekers--on the road to enlightenment carrying all the baggage of the human condition: confusion, loss, disappointment, addiction, and the eternal conflicts around sex and relationship. As he describes the subtle shifts of energy and consciousness that happen at each stage of the path, we discover that in yoga, liberation does not require us to leave life in the world for some transcendent spiritual plane. Life itself is the path. Above all, Cope shows how yoga can heal the suffering of self-estrangement that pervades our society, leading us to a new sense of purpose and to a deeper, more satisfying life in the world.

mind body wellness franklin: Educating the Body M. Ann Hall, Bruce Kidd, Patricia Vertinsky, 2023-11-01 *Educating the Body* presents a history of physical education in Canada, shedding light on its major advocates, innovators, and institutions. The book traces the major developments in physical education from the early nineteenth century to the present day - both within and beyond schools -

and concludes with a vision for the future. It examines the realities of Canada's classed, gendered, and racialized society and reveals the rich history of Indigenous teachings and practices that were marginalized and erased by the residential school system. Today, with the worrying decline in physical activity levels across the population, Educating the Body is indispensable to understanding our policy options moving ahead.

mind body wellness franklin: Mind/Body Integration S. Ancoli, Erik Peper, M. Quinn, 2012-12-06 Biofeedback training is a research methodology and training procedure through which people can learn voluntary control over their internal physiological systems. It is a merger of multiple disciplines with interest deriving from many sources—from basic understanding of psychophysiology to a desire for enhanced self-awareness. The goals of biofeedback are to develop an increased awareness of relevant internal physiological functions, to establish control over these functions, to generalize control from an experimental or clinical setting to everyday life, and to focus attention on mind/body integration. Biofeedback is explored in many different settings. In the university, biofeedback equipment and applications can be found in the departments of experimental and clinical psychology, counseling, physiology, biology, education, and the theater arts, as well as in the health service (student infirmary). Outside the university, biofeedback may be found in different departments of hospitals (such as physical medicine), private clinics, education and self-awareness groups, psychotherapy practices, and elsewhere. Its growth is still expanding, and excitement is still rising as a result of biofeedback's demonstration that autonomic functions can be brought under voluntary control and that the long-standing artificial separation between mind, body, and consciousness can be disproven.

mind body wellness franklin: Meditations from the Mat Rolf Gates, Katrina Kenison, 2010-10-27 365 daily reflections offering a way to integrate the mindfulness that yoga teaches into everyday life, from the acclaimed yoga teacher, Rolf Gates who offers a healthy way to find peace and a sense of coming home, day by day" (USA Today). As more and more people in the West pursue yoga in its various forms, whether at traditional centers, in the high-powered atmosphere of sports clubs, or on their own, they begin to realize that far from being just another exercise routine, yoga is a discipline of the body and the mind. Whether used in the morning to set the tone for the day, during yoga exercise itself, or at the end of the day, during evening reflection, the daily reflections in Meditations from the Mat will support and enhance anyone's yoga journey.

mind body wellness franklin: The Pilates Path to Health Gary Calderone, 2011 A timely book that focuses on how Pilates is adapting and serving the 21st century world. * This book's forward is written by Wendy LeBlanc-Arbuckle who has studied with all of the Pilates Elders, beginning with Romana Kryzanowska and longtime friends and treasured mentors, Mary Bowen and Kathleen Stanford Grant, and Pilates master Teacher Alan Herdman. * Gary offers a contemporary voice in the Pilates community that lends distinction for teachers with a greater mission to evolve practitioner, student, and client to their next level of health.

mind body wellness franklin: Good Reasons for Bad Feelings Randolph M. Nesse, MD, 2019-02-12 A founder of the field of evolutionary medicine uses his decades of experience as a psychiatrist to provide a much-needed new framework for making sense of mental illness. Why do I feel bad? There is real power in understanding our bad feelings. With his classic Why We Get Sick, Dr. Randolph Nesse helped to establish the field of evolutionary medicine. Now he returns with a book that transforms our understanding of mental disorders by exploring a fundamentally new question. Instead of asking why certain people suffer from mental illness, Nesse asks why natural selection has left us all with fragile minds. Drawing on revealing stories from his own clinical practice and insights from evolutionary biology, Nesse shows how negative emotions are useful in certain situations, yet can become overwhelming. Anxiety protects us from harm in the face of danger, but false alarms are inevitable. Low moods prevent us from wasting effort in pursuit of unreachable goals, but they often escalate into pathological depression. Other mental disorders, such as addiction and anorexia, result from the mismatch between modern environment and our ancient human past. And there are good evolutionary reasons for sexual disorders and for why genes

for schizophrenia persist. Taken together, these and many more insights help to explain the pervasiveness of human suffering, and show us new paths for relieving it by understanding individuals as individuals.

mind body wellness franklin: The Wisdom of Healing David Simon, M.D., 2012-10-17 The Wisdom of Healing, by David Simon, M.D., is an engaging, thoroughly practical guide to the many benefits of mind body medicine, in particular those derived from the ancient Indian medical system known as Ayurveda. In Ayurveda, David Simon has found a system based on individuality--on our unique responses to food, exercise, stress, medicine, surgery, and a wide range of external factors. By using the mind body questionnaire that begins on page 51 of The Wisdom of Healing, you can establish your own mind body type and find a daily routine that is ideally suited to creating optimal health for you. In these pages you will also learn how to use food as medicine; relaxation techniques; healing breath and neuromuscular exercises; techniques for detoxification, purification, and rejuvenation; and strategies for addressing such specific conditions as reproduction and pregnancy, aging, diabetes, heart disease, cancer, and chronic pain. Intermingled with medical advice is the story of the author's journey as a young medical student, his disappointment with the traditional emphasis on the mechanics of disease and diagnosis, and his discovery of a medical science that focuses on the patient in its strategies for achieving and maintaining optimal health. By integrating this book's information into your life you will become as nature intended--restored to optimal health in body, mind, and spirit, free to experience the joy in every moment.

mind body wellness franklin: *Spirituality, Health, and Healing: An Integrative Approach* Caroline Young, Cyndie Koopsen, 2010-08-15 Spiritual, Health, and Healing : An Integrative Approach, Second Edition offers healthcare professionals, instructors, and spiritual care providers a comprehensive guide to the most current research on the connection between spiritual practice and health. This updated Second Edition includes new sections on integral spirituality and the New Thought Movement; healing rituals and healing environments; plus new information on spirituality and aging, caring for the elderly, and spiritual hospice.--Résumé de l'éditeur.

mind body wellness franklin: Yoga for Pelvic Floor and Postpartum Health Rebecca Weisman, Meagen Satinsky, 2024-08-20 The first comprehensive anatomy and yoga practice manual for postpartum pelvic healing—a gender-inclusive guide to poses, practices, and exercises for pelvic-floor, pain, dysfunction, and recovery Includes full-color photos, 7 weeks of yoga sequences, and an individualized step-by-step guided self-assessment Pelvic floor pain, injury, and dysfunction are incredibly common among postpartum people—but despite the critical importance of ongoing pelvic support and recovery post-birth, most doctors, physical therapists, and healing professionals simply aren't equipped to offer helpful, personalized advice to ease postpartum symptoms like postpartum pain, discomfort, urinary incontinence, and painful intercourse. Rebecca Weisman (CIYT, CYT) and Meagen Satinsky (MPT, PYT) offer the first comprehensive anatomy and yoga practice manual geared toward healing postpartum pelvic issues. With full-color images, accessible tools, and step-by-step poses and breathwork exercises, Yoga for Pelvic Floor and Postpartum Health empowers readers to get to know this vital part of their own body—and reclaim agency in caring for their own postpartum recovery, postural support, organ health, and sexual function. Part 1: Anatomy reviews the anatomy of the pelvis and surrounding regions, with a special emphasis on helping you develop a deeper, more knowledgeable, and more loving connection to your own body Part 2: Sequences of Asana for Practice introduces Iyengar yoga and breathwork practices to support pelvic healing—and guides you through a flexible 7-week asana sequence that you can do on your own time and come back to again and again Part 3: Special Topics addresses specific pelvic concerns like painful intercourse, perineal tears, Cesarean delivery, pelvic organ prolapse, diastasis rectus abdominis, urinary issues, pelvic pain during menopause, low back pain, postpartum depression and anxiety, and more Yoga for Pelvic Floor and Postpartum Health is appropriate for any stage of your postpartum journey—whether you gave birth vaginally or by Cesarean, ten days, ten weeks, or ten years ago. With a guided self-assessment, full-color and 3-D layered graphics, and compassionate, expert counsel, readers can return to specific poses and sequences again and again on their pelvic

healing journey.

mind body wellness franklin: Health of the Human Spirit Brian Luke Seaward, 2012-02-15 Health of the Human Spirit, Second Edition: Spiritual Dimensions for Personal Health is a thoughtful examination of the ageless topic of human spirituality. It addresses the need to acknowledge spiritual wellness as a vital dimension of the general health and well-being of the individual and examines the dynamic balance between mind-body-spirit health and the roadblocks and distractions on the spiritual path. Dr. Seaward includes many behavioral suggestions to enhance the health of the human spirit. He presents the material in an approachable, user-friendly manner by engaging the reader and carefully distinguishing the differences between spirituality and religion.

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