

rex wellness garner nc

Rex Wellness Garner NC: Your Guide to Holistic Health and Wellness

Are you searching for a holistic wellness center in Garner, NC, that truly understands your needs? Feeling overwhelmed by the sheer number of options? This comprehensive guide focuses exclusively on Rex Wellness Garner NC, providing you with all the information you need to determine if it's the right fit for your health journey. We'll delve into their services, approach, and what makes them stand out in the bustling Garner wellness scene. Get ready to discover if Rex Wellness is the key to unlocking your optimal health and well-being.

Understanding Rex Wellness Garner NC: More Than Just a Clinic

Rex Wellness Garner NC isn't your typical medical facility. It's a holistic wellness center committed to a patient-centric approach, focusing on preventative care and empowering individuals to take control of their health. Unlike traditional models that often treat symptoms rather than root causes, Rex Wellness integrates various therapies and services to address the whole person – mind, body, and spirit. This approach is crucial in today's world, where stress, poor diet, and lack of movement contribute significantly to chronic health issues.

A Spectrum of Services Offered at Rex Wellness Garner NC

Rex Wellness boasts a diverse range of services designed to cater to a wide array of health needs. While specific offerings may vary, you can generally expect to find services encompassing:

1. Primary Care: The Foundation of Wellness

At the heart of Rex Wellness is high-quality primary care. This includes routine check-ups, preventative screenings, diagnosis, and management of various health conditions. The emphasis here is on early intervention and proactive health management.

2. Physical Therapy & Rehabilitation: Recovering and Strengthening

Suffering from an injury or chronic pain? Rex Wellness often provides comprehensive physical therapy and rehabilitation programs designed to restore function, reduce pain,

and improve overall mobility. Their therapists employ evidence-based techniques tailored to individual needs.

3. Mental Wellness Programs: Nurturing Your Mind

Recognizing the crucial link between mental and physical health, Rex Wellness likely offers mental health services, such as counseling, therapy, or stress management programs. These services can help individuals address anxiety, depression, and other mental health challenges.

4. Nutritional Counseling: Fueling Your Body Right

Proper nutrition is paramount to good health. Rex Wellness likely employs registered dietitians or nutritionists who can provide personalized guidance on diet and nutrition, helping patients make informed food choices that support their overall well-being.

5. Wellness Workshops and Classes: Empowering Your Journey

Rex Wellness likely offers educational workshops and classes focused on various aspects of wellness, such as yoga, meditation, stress reduction techniques, and healthy cooking. These classes provide opportunities for learning and community building, fostering a supportive environment for holistic health.

What Sets Rex Wellness Garner NC Apart?

Several factors distinguish Rex Wellness Garner NC from other wellness centers in the area:

Holistic Approach: Their commitment to addressing the whole person, not just symptoms, is a significant differentiator.

Patient-Centered Care: The emphasis on individualized treatment plans tailored to each patient's unique needs ensures a personalized experience.

Experienced Professionals: Rex Wellness likely employs a team of highly skilled and experienced professionals across various disciplines.

Convenient Location: Their location in Garner, NC, makes it easily accessible for residents in the surrounding communities.

Community Engagement: Many holistic wellness centers actively participate in community health initiatives, further underscoring their dedication to improving the well-being of the community.

Finding the Right Fit: Is Rex Wellness Right for You?

Determining whether Rex Wellness Garner NC aligns with your needs requires careful consideration. Consider these questions:

What are your specific health goals? Are you looking for preventative care, treatment for a specific condition, or general wellness improvement?

Do you prefer a holistic approach to healthcare? If you value integrated therapies and a focus on the whole person, Rex Wellness might be an excellent choice.

What is your budget? It's important to understand the cost of services before committing.

What are your preferred methods of communication and scheduling? Do you prefer in-person appointments, telehealth options, or a combination of both?

By carefully considering these factors, you can determine if Rex Wellness is the ideal partner in your health journey.

Conclusion: Your Path to a Healthier You Starts Here

Rex Wellness Garner NC presents a compelling option for individuals seeking a holistic and patient-centered approach to wellness. Their wide range of services, commitment to integrated care, and focus on preventative health makes them a valuable resource for the Garner community. By taking the time to understand their offerings and consider your own health needs, you can embark on a journey towards optimal well-being. Remember to contact Rex Wellness directly to confirm their specific services and scheduling options.

FAQs

1. Does Rex Wellness Garner NC accept my insurance? Contact Rex Wellness directly to inquire about accepted insurance plans. Their insurance policies may change, so contacting them for the most up-to-date information is crucial.
1. What are Rex Wellness's hours of operation? Their hours of operation can be found on their website or by calling them directly. Hours may vary depending on the specific service.
1. How do I schedule an appointment at Rex Wellness Garner NC? You can typically schedule an appointment via phone, online portal, or in person. Check their website for the most convenient method.
1. What types of payment methods does Rex Wellness accept? Contact Rex Wellness to confirm their accepted payment methods, which usually include cash, credit cards, and potentially other forms of payment.

1. Do I need a referral to see a specialist at Rex Wellness? Referral requirements vary depending on the specialist and your insurance provider. Contact Rex Wellness or your insurance provider to clarify the process.

rex wellness garner nc: Continuous Quality Improvement in Health Care Curtis P.

McLaughlin, Arnold D. Kaluzny, 2006 Through a unique interdisciplinary perspective on quality management in health care, this text covers the subjects of operations management, organizational behavior, and health services research. With a particular focus on Total Quality Management and Continuous Quality Improvement, the challenges of implementation and institutionalization are addressed using examples from a variety of health care organizations. Updated material includes a new focus on reducing medical errors, the introduction of CPOE, Baldrige Award criteria, and seven new case studies.

rex wellness garner nc: Foundation Reporter 1998 Taft Group, The, 1997-05

rex wellness garner nc: Swimmers Guide Bill Haverland, Tom Saunders, 1995-05

rex wellness garner nc: Lower Extremity Arterial Disease Dennis G. Caralis, George L. Bakris, 2007-11-15 A comprehensive review the state-of-the-art in atherosclerosis of the arteries of the legs and feet. The authors discuss in detail the primary symptom-claudication-an intermittent pain in the leg or foot while walking, its predisposing factors, the current diagnostic methodologies, the impressive advances in the therapeutic armamentarium, and the need to screen for co-existing coronary artery disease. Additional chapters describe cutting-edge noninvasive angiography and vascular flow studies, specific drug therapy for claudication, regression of atherosclerosis therapy, gene therapy, and drug eluting stents for peripheral arterial disease. The authors also examine the epidemiology of LEAD, the effects of smoking and effective smoking cessation programs, its pathogenesis and its association with lipid abnormalities and hypertension, aggressive risk factor modification, and the need to measure the ankle brachial index of every patient over 45.

rex wellness garner nc: Nutrition and Bariatric Surgery Robert F. Kushner, Christopher D. Still, 2014-08-21 Bariatric surgery has led to improved health outcomes including significant weight loss and reduction in co-morbidities among patients with obesity. Clinical practice guidelines recommend that patients considering bariatric surgery undergo a comprehensive nutritional assessment. Nutrition and Bariatric Surgery is the first comprehensive book that u

rex wellness garner nc: Veterans Justice Outreach Program United States Government Accountability Office, 2017-12-24 Veterans Justice Outreach Program: VA Could Improve Management by Establishing Performance Measures and Fully Assessing Risks

rex wellness garner nc: Nancy Clark's Sports Nutrition Guidebook Nancy Clark, 2013-10-11 Boost your energy, manage stress, build muscle, lose fat, and improve your performance. The best-selling nutrition guide is now better than ever! Nancy Clark's Sports Nutrition Guidebook will help you make the right choices in cafes, convenience stores, drive-throughs, and your own kitchen. Whether you're preparing for competition or simply eating for an active lifestyle, let this leading sports nutritionist show you how to get maximum benefit from the foods you choose and the meals you make. You'll learn what to eat before and during exercise and events, how to refuel for optimal recovery, and how to put into use Clark's family-friendly recipes and meal plans. You'll find the latest research and recommendations on supplements, energy drinks, organic foods, fluid intake, popular diets, carbohydrate and protein intake, training, competition, fat reduction, and muscle gain. Whether you're seeking advice on getting energized for exercise or improving your health and performance, Nancy Clark's Sports Nutrition Guidebook has the answers you can trust.

rex wellness garner nc: The Prevention of Eating Problems and Eating Disorders

Michael P. Levine, Linda Smolak, 2006-04-21 This is the first authored volume to offer a detailed,

integrated analysis of the field of eating problems and disorders with theory, research, and practical experience from community and developmental psychology, public health, psychiatry, and dietetics. The book highlights connections between the prevention of eating problems and disorders and theory and research in the areas of prevention and health promotion; theoretical models of risk development and prevention (e.g., developmental psychopathology, social cognitive theory, feminist theory, ecological approaches); and related research on the prevention of smoking and alcohol use. It is the most comprehensive book available on the study of prevention programs, especially for children and adolescents. The authors review the spectrum of eating problems and disorders, the related risk and protective factors, the models that have guided prevention efforts to date, the literature on the studies of prevention, and suggestions for curriculum and program development and evaluation. The book concludes with a new prevention program based on the Feminist Ecological Developmental model. The 800 + references highlight work done around the world. The Prevention of Eating Problems and Eating Disorders addresses: * methodologies for assessing and establishing prevention; * the implications of neuroscience for prevention; * dramatic increases in the incidence of obesity; * the role of boys, men, and the media on body image; * prevention programming for minority groups; and * whether to focus on primary or secondary prevention. Intended for clinicians and academicians from disciplines such as health, clinical, developmental, and community psychology; social work; medicine; and public health; this book is also an ideal text for advanced courses on eating disorders.

rex wellness garner nc: Drug Induced Movement Disorders Stewart Factor, Anthony Lang, William Weiner, 2008-04-15 The second revised edition of this text will update and present current state of the art clinical approaches to this subject. This book will continue to be the source text of information on drug-induced movement disorders authored and edited by the pioneers in the field. It will be an invaluable addition to the library of any neurologist.

rex wellness garner nc: Without Precedent Anna R. Hayes, 2009-06-01 The first woman judge in the state of North Carolina and the first woman in the United States to be elected chief justice of a state supreme court, Susie Marshall Sharp (1907-1996) broke new ground for women in the legal profession. When she retired in 1979, she left a legacy burnished by her tireless pursuit of lucidity in the law, honesty in judges, and humane conditions in prisons. Anna Hayes presents Sharp's career as an attorney, distinguished judge, and politician within the context of the social mores, the legal profession, and the political battles of her day, illuminated by a careful and revealing examination of Sharp's family background, private life, and personality. Judge Sharp was viewed by contemporaries as the quintessential spinster, who had sacrificed marriage and family life for a successful career. The letters and journals she wrote throughout her life, however, reveal that Sharp led a rich private life in which her love affairs occupied a major place, unsuspected by the public or even her closest friends and family. With unrestricted access to Sharp's abundant journals, papers, and notes, Anna Hayes uncovers the story of a brilliant woman who transcended the limits of her times, who opened the way for women who followed her, and who improved the quality of justice for the citizens of her state. Without Precedent also tells the story of a complicated woman, at once deeply conservative and startlingly modern, whose intriguing self-contradictions reflect the complexity of human nature.

rex wellness garner nc: Why Didn't We Riot? Issac J. Bailey, 2020-10-06 In these impassioned, powerful essays, an award-winning journalist deals forthrightly with what it means to be Black in an America that still supports Trump. South Carolina-based journalist Issac J. Bailey reflects on a wide range of complex, divisive topics—from police brutality and Confederate symbols to respectability politics and white discomfort—which have taken on a fresh urgency with the protest movement sparked by George Floyd's killing. Bailey has been honing his views on these issues for the past quarter of a century in his professional and private life, which included an eighteen-year stint as a member of a mostly white Evangelical Christian church. Why Didn't We Riot? speaks to and for the millions of Black and Brown people throughout the United States who were effectively pushed back to the back of the bus in the Trump era by a media that prioritized the concerns and feelings of the white working class and an administration that made white supremacists giddy, and

explains why the country's fate in 2020 and beyond is largely in their hands. It will be an invaluable resource for the everyday reader, as well as political analysts, college professors and students, and political consultants and campaigns vying for high office.

rex wellness garner nc: Endovascular Interventions Robert S. Dieter, Raymond A. Dieter, Jr., Raymond A. Dieter, III, 2013-08-27 Endovascular Interventions uses a case-based approach to present the current methodology used for the treatment of peripheral arterial and venous diseases. Utilizing a series of case studies, the book presents readers with a range of complexities and complications encountered in daily practice, along with tips and tricks for overcoming them. Chapters are organized to give a comprehensive look at conditions involved in endovascular interventions, including intracranial strokes, lower extremity artery disease, access-related pseudoaneurysm, complications of intra-aortic balloon pumps, aortic dissections, and septic arteritis. Endovascular Interventions: A Case-Based Approach is a practical guide and valuable resource for the practicing interventional cardiologist, interventional radiologist, vascular surgeon and cardiothoracic surgeon.

rex wellness garner nc: Transforming the Workforce for Children Birth Through Age 8 National Research Council, Institute of Medicine, Board on Children, Youth, and Families, Committee on the Science of Children Birth to Age 8: Deepening and Broadening the Foundation for Success, 2015-07-23 Children are already learning at birth, and they develop and learn at a rapid pace in their early years. This provides a critical foundation for lifelong progress, and the adults who provide for the care and the education of young children bear a great responsibility for their health, development, and learning. Despite the fact that they share the same objective - to nurture young children and secure their future success - the various practitioners who contribute to the care and the education of children from birth through age 8 are not acknowledged as a workforce unified by the common knowledge and competencies needed to do their jobs well. Transforming the Workforce for Children Birth Through Age 8 explores the science of child development, particularly looking at implications for the professionals who work with children. This report examines the current capacities and practices of the workforce, the settings in which they work, the policies and infrastructure that set qualifications and provide professional learning, and the government agencies and other funders who support and oversee these systems. This book then makes recommendations to improve the quality of professional practice and the practice environment for care and education professionals. These detailed recommendations create a blueprint for action that builds on a unifying foundation of child development and early learning, shared knowledge and competencies for care and education professionals, and principles for effective professional learning. Young children thrive and learn best when they have secure, positive relationships with adults who are knowledgeable about how to support their development and learning and are responsive to their individual progress. Transforming the Workforce for Children Birth Through Age 8 offers guidance on system changes to improve the quality of professional practice, specific actions to improve professional learning systems and workforce development, and research to continue to build the knowledge base in ways that will directly advance and inform future actions. The recommendations of this book provide an opportunity to improve the quality of the care and the education that children receive, and ultimately improve outcomes for children.

rex wellness garner nc: **Don't Mom Alone** Heather MacFadyen, 2021-10-12 Being a good mom isn't about doing everything right to create a set of perfect trophy children--though every mom has felt the pressure to do just that and to do it all on her own. To ask for help feels like defeat. Yet when we try to do it all by our own strength, we end up depleted, lonely, and ineffective. Heather MacFadyen wants you to know that you are not meant to go it alone. Sharing her most vulnerable, hard mom moments, she shows how moms can be empowered by God, supported by others, and connected with their children. With encouragement and insight, she helps you foster the key relationships you need to be the mom you want to be. Whether you work or stay home, whether you have teenagers or babes in arms, you'll find here a compassionate friend who wants the best--not just for your kids but for you.

rex wellness garner nc: Official Congressional Directory United States. Congress, 2012-01-18 Contains biographies of Senators, members of Congress, and the Judiciary. Also includes committee assignments, maps of Congressional districts, a directory of officials of executive agencies, addresses, telephone and fax numbers, web addresses, and other information.

rex wellness garner nc: **Case Studies in Clinical Psychological Science** William O'Donohue, William T. O'Donohue, Scott O. Lilienfeld, 2013-03-14 Case Studies in Clinical Psychological Science demonstrates in detail how the clinical science model can be applied to actual cases. This book's unique structure presents dialogues between leading clinical researchers regarding the treatment of a wide variety of psychological problems.

rex wellness garner nc: **The Official ABMS Directory of Board Certified Medical Specialists** American Board of Medical Specialties, 2007-11-28 This official directory is a database that includes more than 742,000 physician profiles, including their board certification status. This list also features nearly 20,000 physicians in foreign countries who are certified by American specialty boards.

rex wellness garner nc: Patient Advocacy for Health Care Quality: Strategies for Achieving Patient-Centered Care Jo Anne L. Earp, Elizabeth French, Melissa Gilkey, 2008-05-02 As a contribution to the emerging healthcare quality movement, Patient Advocacy for Healthcare Quality: Strategies for Achieving Patient-Centered Care is distinct from any others of its kind in its focus on the consumer's perspective and in its emphasis on how advocacy can influence change at multiple social levels. This introductory volume synthesizes patient advocacy from a multi-level approach and is an ideal text for graduate and professional students in schools of public health, nursing and social work.

rex wellness garner nc: **Contested Waters** Jeff Wiltse, 2009-11-30 From nineteenth-century public baths to today's private backyard havens, swimming pools have long been a provocative symbol of American life. In this social and cultural history of swimming pools in the United States, Jeff Wiltse relates how, over the years, pools have served as asylums for the urban poor, leisure resorts for the masses, and private clubs for middle-class suburbanites. As sites of race riots, shrinking swimsuits, and conspicuous leisure, swimming pools reflect many of the tensions and transformations that have given rise to modern America.

rex wellness garner nc: Writing Research Papers James D. Lester (Late), James D. Lester Jr., 2015-03-25 The definitive research paper guide, Writing Research Papers combines a traditional and practical approach to the research process with the latest information on electronic research and presentation. This market-leading text provides students with step-by-step guidance through the research writing process, from selecting and narrowing a topic to formatting the finished document. Writing Research Papers backs up its instruction with the most complete array of samples of any writing guide of this nature. The text continues its extremely thorough and accurate coverage of citation styles for a wide variety of disciplines. The fourteenth edition maintains Lester's successful approach while bringing new writing and documentation updates to assist the student researcher in keeping pace with electronic sources.

rex wellness garner nc: *Handbook of Counseling Psychology* Steven D. Brown, Robert W. Lent, 2008-06-02 This completely revised and updated Fourth Edition of the Handbook of Counseling Psychology presents a cross-disciplinary survey of the entire field?combining a scholarly review of important areas of counseling psychology with current and insightful analyses of topics. The new edition equips you with a leading resource containing the latest information on the prevention and treatment of vocational, educational, and personal adjustment problems.

rex wellness garner nc: *Fungal Diseases* Institute of Medicine, Board on Global Health, Forum on Microbial Threats, 2011-10-08 Fungal diseases have contributed to death and disability in humans, triggered global wildlife extinctions and population declines, devastated agricultural crops, and altered forest ecosystem dynamics. Despite the extensive influence of fungi on health and economic well-being, the threats posed by emerging fungal pathogens to life on Earth are often underappreciated and poorly understood. On December 14 and 15, 2010, the IOM's Forum on

Microbial Threats hosted a public workshop to explore the scientific and policy dimensions associated with the causes and consequences of emerging fungal diseases.

rex wellness garner nc: Introduction to Social Work and Social Welfare Charles Zastrow, 2004

rex wellness garner nc: Ferret Medicine and Surgery Cathy Johnson-Delaney, 2016-10-14
The text is currently the most up-to-date book on ferret medicine and as such, would be an important addition to the library of veterinary practices seeing these lively, curious and fun-loving pets. Aidan Raftery, Veterinary Record 17 March 2018 Ferrets are becoming increasingly popular as pets, rivalling rabbits as the third most favoured domestic pet after dogs and cats. Ferret Medicine and Surgery discusses the veterinary aspects of this incredible little creature. The book covers ferret medicine and common surgeries, providing a comprehensive reference for the veterinary practitioner. Each chapter of disorders is designed to be inclusive and includes cross references to other chapters throughout as well as some highlights of anatomy and physiology as a review. The format allows easy access to information providing answers to problems that arise in practice. Thoroughly illustrated with high-quality photographs and line drawings, the book is designed to provide quick, concise information of immediate use to the practitioner.

rex wellness garner nc: Laparoscopic Gastric Sleeve Rudolf A. Weiner, Ralph Peterli, 2012-04-23 This operation primer provides excellent photographic step-by-step guidance to this surgical procedure. It has been designed to describe the operation in the simplest manner possible without over-simplifying the complexities involved. Nodal points are at the core of the operation primer, describing the key surgical steps in detail. This surgical guidebook provides essential reference material for surgeons wishing to improve and update their knowledge in this specific area. The operation primer Laparoscopic Sleeve Gastrectomy is specially created for surgeons wishing to familiarize themselves with minimally invasive stomach-restrictive surgical techniques. The worldwide use of laparoscopic sleeve gastrectomy (vertical sleeve gastrectomy) is consistently increasing in popularity. This type of surgery can be safely integrated into obesity and metabolic treatment programs resulting in weight loss, reduction in co-morbidities and increased quality of life. This operation primer is an excellent teaching tool, accurately describing the steps of this standardized technique in a manner suitable for both beginners and experienced surgeons. It provides a detailed overview of patient preparation, key surgical steps and common pitfalls of Laparoscopic Sleeve Gastrectomy. This operation primer will provide surgeons with a reliable and systematic approach to performing Laparoscopic Sleeve Gastrectomy.

rex wellness garner nc: Deadly Dose Amanda Lamb, 2008-06-03 The crime was unforgivable. The suspected murderer—unbelievable. One man's pursuit of justice—unstoppable. The death of promising young pediatric AIDS researcher Eric Miller stunned the Raleigh, North Carolina, community, largely because of the horrific way he was killed. For months, Eric was slowly tortured as arsenic consumed his body. No one thought that Eric Miller's wife, Ann—an attractive, demure, educated scientist—could be capable of such a horrible crime. No one except for veteran homicide investigator Chris Morgan, a man in the twilight of his career. But from the moment Morgan saw the thirty-year-old widow in the interview room at the police department, he knew he was seeing pure evil. Now, journalist Amanda Lamb details Morgan's dogged investigation—a quest for the truth that would last four years and see another life taken before Ann Miller's tangled web of death and deceit finally came to light.

rex wellness garner nc: Molecular Genetic Pathology Liang Cheng, David Y. Zhang, John N. Eble, 2013-03-05 Molecular Genetic Pathology, Second Edition presents up-to-date material containing fundamental information relevant to the clinical practice of molecular genetic pathology. Fully updated in each area and expanded to include identification of new infectious agents (H1N1), new diagnostic biomarkers and biomarkers for targeted cancer therapy. This edition is also expanded to include the many new technologies that have become available in the past few years such as microarray (AmpliChip) and high throughput deep sequencing, which will certainly change the clinical practice of molecular genetic pathology. Part I examines the clinical aspects of molecular

biology and technology, genomics. Pharmacogenomics and proteomics, while Part II covers the clinically relevant information of medical genetics, hematology, transfusion medicine, oncology, and forensic pathology. Supplemented with many useful figures and presented in a helpful bullet-point format, *Molecular Genetic Pathology, Second Edition* provides a unique reference for practicing pathologists, oncologists, internists, and medical geneticists. Furthermore, a book with concise overview of the field and highlights of clinical applications will certainly help those trainees, including pathology residents, genetics residents, molecular pathology fellows, internists, hematology/oncology fellows, and medical technologists in preparing for their board examination/certification.

rex wellness garner nc: *ChiRunning* Danny Dreyer, Katherine Dreyer, 2009-05-05 The revised edition of the bestselling *ChiRunning*, a groundbreaking program from ultra-marathoner and nationally-known coach Danny Dreyer, that teaches you how to run faster and farther with less effort, and to prevent and heal injuries for runners of any age or fitness level. In *ChiRunning*, Danny and Katherine Dreyer, well-known walking and running coaches, provide powerful insight that transforms running from a high-injury sport to a body-friendly, injury-free fitness phenomenon. *ChiRunning* employs the deep power reserves in the core muscles, an approach found in disciplines such as yoga, Pilates, and T'ai Chi. *ChiRunning* enables you to develop a personalized exercise program by blending running with the powerful mind-body principles of T'ai Chi: -Get aligned: Develop great posture and reduce your potential for injury while running, and make knee pain and shin splints a thing of the past. -Engage your core: Shift the workload from your leg muscles to your core muscles, for efficiency and speed. -Add relaxation to your running: Learn to focus your mind and relax your body to increase speed and distance. -Make it a Mindful Practice: Maintain high performance and make running a mindful, enjoyable life-long practice. It's easy to learn. Transform your running with the ten-step *ChiRunning* training program.

rex wellness garner nc: *The Marriage First Aid Kit*, 2009-08 In his 35] years as a therapist and marriage counselor, Bryce Kaye has come to know that problems in marriages are not going to be overcome by a self help book, a Marriage For Idiots handbook, or a couple of episodes of Dr. Phil in the afternoon. His work, *The Marriage First Aid Kit*, is just what the title suggests, a temporary help for couples until more permanent care can be obtained. Dr. Kaye helps his audience work on issues resulting from communication avoidance by showing how to balance the conflicting needs of attachment and autonomy in a relationship. This vital balance is endangered not only by the obvious assassins abuse, affairs, and addictions, but also what Kaye terms hedonic inhibitions the inability by some partners to seek and enjoy fun in a couple's life together. Kaye employs everyday wisdom and therapeutic theory to show individuals in a relationship how to establish autonomy while affirming attachment, how to manage inevitable and healthy conflicts, and how to share power and responsibility throughout their marriage. Incorporating examples culled from his years of helping clients, Kaye peppers his book with problem scenarios to which readers can relate as well as with a useful variety of measurement tools and viable exercises to help couples through the common issues faced in intimate relationships. Rising above the plethora of quick-fix, relationship-help manuals, *The Marriage First Aid Kit* by Bryce Kaye, PhD offers professional, intelligent suggestions to couples to be employed, not as panaceas, but as temporary help while they work their way through the difficulties of life together.

rex wellness garner nc: The Expectant Father Armin A. Brott, Jennifer Ash, 2001 The expectant father: facts, tips and advice for dads-to-be.

rex wellness garner nc: *Directory of Nursing Homes*, 1999 With 1991-92: Includes detailed information on licensed nursing facilities in the U.S., Puerto Rico, and the Virgin Islands. Entries cite number of beds, level of care provided, and Medicaid, and/or Medi-Cal certification.

rex wellness garner nc: *Vacation & Travel Guide* Rand McNally and Company, 1978 Covers 2,000 points of interest, U.S., Puerto Rico, Virgin Islands.

rex wellness garner nc: Effective Early Childhood Professional Development Carollee Howes, Bridget K. Hamre, Robert C. Pianta, 2012 With this authoritative research volume,

administrators and policy makers will discover the latest findings on best professional development practices in early childhood education-and learn how to scale up successful efforts across an entire district or s

rex wellness garner nc: Glamour , 2003

rex wellness garner nc: Managing and Leading Paul W. Bush, Stuart G. Walesh, 2008 This essential guide features 44 essays, each focused on an idea or principle to help health-system pharmacists and residents improve management and leadership skills.

rex wellness garner nc: Blood Cells: An Atlas of Morphology and Clinical Relevance Gene Gulati, 2014-04-01 Thoroughly revised by well-respected educator and clinical laboratory hematologist Dr. Gene Gulati and his colleague Dr. Jaime Caro, the new 2nd edition incorporates more discussions, images, entities, artifacts, and mimics in the blood. It brilliantly illustrates an even broader spectrum of morphologic variation in red and white blood cells. Blood Cells, 2nd Edition gives you more on every page; everything that made the 1st edition a perennial bestseller and new additions that make it invaluable for the lab. With indexing of images, quick comparative tables, and an entirely new self-assessment test comprising over 100 questions with answers indexed to discussions in the text, users in their everyday professional practice or learning process will find this 2nd edition immensely informative and useful. Larger-scale modifications and additions offered in this 2nd edition include: The latest WHO classification of tumors of hematopoietic & lymphoid tissues Expanded range of morphologic variation depicted and adding cell types & entities Treatment of hereditary Heinz body hemolytic anemia and reactive plasmacytosis Microorganisms that may be seen in peripheral blood smears, particularly of the malarial & microfilarial parasites

rex wellness garner nc: ~Theœ Strongest Shall Survive Bill Starr, 2003

rex wellness garner nc: Aesthetic Contouring of the Craniofacial Skeleton Douglas K. Ousterhout, 1991

rex wellness garner nc: Crisis in the Kindergarten E. Miller, 2009

rex wellness garner nc: The City That Fell to Its Knees Jenny Adamson, 2017-02-03 Christchurch, in the Canterbury region of New Zealand, was a sedate and serene garden city, a model of Englishness in the Antipodes. The city and its residents were utterly unprepared for the series of earthquakes that began in September 2010, which eventually destroyed much of the city centre and left thousands of residents living in broken homes. Jenny Adamson lived through those earthquakes and documented what was happening as it happened, on Facebook and in emails and message board posts. This book brings her posts and thoughts together into one person's experience of a natural disaster that still affects the people living in Christchurch today.

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