

sierra wellness carson city

Sierra Wellness Carson City: Your Guide to Holistic Well-being

Are you searching for a path to improved health and wellness in Carson City? Feeling overwhelmed, stressed, or just looking to enhance your overall well-being? Then you've come to the right place! This comprehensive guide dives deep into Sierra Wellness Carson City, exploring its services, benefits, and what makes it a leading choice for holistic healthcare in the area. We'll cover everything you need to know to decide if Sierra Wellness is the right fit for your wellness journey.

Understanding Sierra Wellness Carson City: More Than Just a Clinic

Sierra Wellness Carson City isn't your typical medical clinic. It's a holistic wellness center dedicated to providing personalized care that addresses the mind, body, and spirit. They take a comprehensive approach, understanding that true wellness isn't just the absence of disease, but a state of overall thriving. This means they consider your lifestyle, environment, and individual needs to create a tailored plan for optimal health. Forget the cookie-cutter approach; Sierra Wellness prioritizes individualized care for lasting results.

A Deep Dive into the Services Offered

Sierra Wellness Carson City offers a wide array of services designed to cater to diverse needs. Their comprehensive offerings include:

1. **Chiropractic Care:** Addressing musculoskeletal issues through gentle adjustments and therapeutic techniques to improve posture, reduce pain, and enhance overall body function. They focus on identifying the root cause of your discomfort, not just treating the symptoms.
1. **Massage Therapy:** Relieving muscle tension, improving circulation, and promoting relaxation through various massage modalities. From deep tissue to Swedish massage, they tailor the experience to your specific needs and preferences.
1. **Acupuncture:** Utilizing traditional Chinese medicine techniques to stimulate specific points on the body, promoting healing, pain relief, and overall well-being. This is a powerful tool for managing chronic pain and stress.

1. **Nutritional Counseling:** Working with a registered dietitian to develop a personalized nutrition plan that supports your health goals, whether it's weight management, improved energy levels, or managing specific health conditions. They focus on sustainable lifestyle changes, not quick fixes.

1. **Physical Therapy:** Helping you regain strength, flexibility, and mobility after injury or surgery. They utilize evidence-based techniques to guide your recovery and prevent future problems.

The Sierra Wellness Difference: A Focus on Personalized Care

What truly sets Sierra Wellness Carson City apart is its dedication to personalized care. They take the time to understand your unique needs, health history, and goals before recommending any treatment plan. This holistic approach ensures that the treatments are tailored to you, maximizing their effectiveness and leading to long-term benefits. They believe in empowering you to take control of your health and well-being, providing education and support every step of the way.

The Benefits of Choosing Sierra Wellness Carson City

Choosing Sierra Wellness means investing in your overall well-being. The benefits extend beyond just pain relief or symptom management. You can expect:

Reduced Pain and Discomfort: Addressing the root cause of your pain through various therapies.

Improved Mobility and Flexibility: Regaining range of motion and ease of movement.

Increased Energy Levels: Feeling more vibrant and energized throughout your day.

Reduced Stress and Anxiety: Finding techniques to manage stress and promote relaxation.

Improved Sleep Quality: Resting better and waking up feeling refreshed.

Enhanced Overall Well-being: Experiencing a greater sense of balance and harmony in your life.

Finding Sierra Wellness Carson City and Booking Your Appointment

Locating Sierra Wellness Carson City is straightforward. A quick online search for "Sierra Wellness Carson City" will provide their address, phone number, and website. Their website usually offers online booking, making scheduling your appointment convenient and hassle-free. Remember to check their website for hours of operation and any specific instructions.

Conclusion: Your Journey to Wellness Starts Here

Sierra Wellness Carson City offers a comprehensive and personalized approach to wellness, addressing your needs holistically. Whether you're seeking pain relief, stress reduction, or simply a path to a healthier lifestyle, their diverse services and dedicated team can help you achieve your

goals. Take the first step toward a healthier, happier you – schedule your appointment with Sierra Wellness Carson City today!

Frequently Asked Questions (FAQs)

1. Does Sierra Wellness Carson City accept insurance? It's best to contact Sierra Wellness directly to inquire about their insurance policies and providers they work with. Their website or a phone call will provide the most up-to-date information.

1. What are the typical costs of services? The cost varies depending on the type of service and the length of the appointment. Checking their website for a price list or contacting them directly for a quote is recommended.

1. Do I need a referral to see a practitioner at Sierra Wellness? Generally, no referral is needed. However, it's advisable to check with your insurance provider and Sierra Wellness directly to confirm their requirements.

1. What should I bring to my first appointment? Bring your insurance card (if applicable), a list of your current medications, and any relevant medical history. Comfortable clothing is also recommended for certain treatments.

1. How long are the typical appointment times? Appointment lengths vary depending on the service. When scheduling your appointment, the staff will be able to provide an estimate of the time needed. Always confirm appointment times directly with the clinic.

sierra wellness carson city: Community/Public Health Nursing - E-Book Mary A. Nies, Melanie McEwen, 2022-10-01 **American Journal of Nursing (AJN) Book of the Year Awards, 3rd Place in Community/Home Health Care, 2023** Master the knowledge and skills you need to succeed in community health nursing! Community/Public Health Nursing, 8th Edition discusses the nurse's role in population health promotion with a unique upstream preventive focus and a strong social justice approach, all in a concise, easy-to-read text. It shows how nurses can take an active role in social action and health policy — especially in caring for diverse and vulnerable population groups. This edition integrates the NCSBN Clinical Judgment Measurement Model to help you prepare for the Next Generation NCLEX®. Clinical examples and photo novellas show how nursing concepts apply to the real world. - Active Learning boxes test your knowledge of the content you've

just read, helping provide clinical application and knowledge retention. - UNIQUE! Social justice approach promotes health for all people, emphasizing society's responsibility to protect all human life and ensure that all people have their basic needs met, such as adequate health protection. - UNIQUE! Veterans' Health chapter presents situations and considerations unique to the care of military veterans. - Genetics in Public Health boxes reflect increasing scientific evidence supporting the health benefits of using genetic tests and family health history to guide public health interventions. - UNIQUE! Upstream focus addresses contributing factors of poor health and promotes community efforts to address potential health problems before they occur. - Case studies present the theory, concepts, and application of the nursing process in practical and manageable examples. - UNIQUE! Photo novellas — stories in photograph form — show real-life clinical scenarios and highlight the application of important community/public health nursing roles. - Consistent pedagogy at the beginning of each chapter includes learning objectives, key terms and chapter outlines to help you locate important information and focus your study time. - Clinical Examples present snippets of real-life client situations. - Theoretical frameworks common to nursing and public health aid in the application of familiar and new theory bases to problems and challenges in the community. - Research Highlights introduce you to the growing amount of community/public health nursing research literature. - Ethical Insights boxes present situations of ethical dilemmas or considerations pertinent to select chapter topics. - NEW! Online case studies for the Next Generation NCLEX® Examination (NGN) provide you with the necessary tools to prepare for the NGN. - NEW! Overview of the NCSBN Clinical Judgment Measurement Model provides information on the latest recommendations to promote evidence-based client decisions. - NEW! Healthy People 2030 boxes highlight the most current national health care goals and objectives throughout the text.

sierra wellness carson city: ADD Mark Steinberg, Siegfried Othmer, 2004 ADD: The 20-Hour Solution explains how EEG biofeedback (neurofeedback) addresses the underlying problem and characteristics of ADD and ADHD, so that symptoms resolve and tangible improvement results. This book describes the method by which we can improve the brain's ability to pay attention and regulate its behavior. It explains the self-healing capacities of the human brain and how it can learn or re-learn the self-regulatory mechanisms that are basic to its normal design and function. This book shows: .What ADD really is and how the brain maintains self-regulation.How and why EEG biofeedback (neurofeedback) helps people with ADD.What parents can do to get their child on-track to healthy adjustment and development.How to talk to doctors, therapists, teachers, and others about ADD.Good assessment procedures and how they contribute to effective treatment.How self-control, personal choice, and responsibility for one's behavior relate to scientific principles of brain functioning.How to find appropriate resources and get started with neurotherapyThe book also lists specific up-to-date resources on where to find information on EEG neurofeedback and how to find providers throughout the world

sierra wellness carson city: Primary Care Programs Directory , 2002

sierra wellness carson city: I Will Chomp You! Jory John, 2015-08-04 STOP RIGHT THERE. Don't move a muscle, buster. Stay out of this book or I WILL CHOMP YOU! So says the not-so-fierce inhabitant of I Will Chomp You!, a tale of deception, greed . . . and cake! In their funny read-aloud, Jory John and Bob Shea bring a fresh twist to a time-tested blueprint as their little monster threatens, reasons, and pleads with readers to go no further in the book because he will NOT share his beautiful, delicious cakes. Children will identify with the monster's high valuation of his possessions, and (importantly) will laugh at the silly measures he takes to protect them. A monster's reign of terror begins even before the title page: "HEY. GO AWAY." Turn to the title page and there the monster waits, blue-skinned and angry-eyed: "I WILL CHOMP YOU!" As the reader turns the pages, the monster's direct-address threats increase: "If you turn any more pages...I WILL CHOMP YOU, BUSTER!" Another page turn and the monster is even angrier: "NOW QUIT IT!" Until finally, "HEY! I'm warning you! You've been officially WARNED! CHOMP!" Unfortunately for the monster, the reader is just too fast, and its chomp misses the mark. The monster proceeds to bite, yell, and barrel its way through the pages, repeatedly trying to halt-by-chomping the reader from reaching its

secret hidden in the back pages of the book (psst, it's cake). This book, written entirely as monster monologue, is all bright colors and sharp edges, creating a feeling of temper-tantrum immediacy that matches the silly-angry words. Shea's illustrations are bold but not too busy, giving the impression of fast movement and strong emotions, and the striped shirt-wearing monster is lovable in an ankle-biting kind of way. The fast pace, funny faces, and silly secret make this a great read-aloud. — Siân Gaetano THE HORN BOOK

sierra wellness carson city: Balloon Kyphoplasty Stephan Becker, Michael Ogon, 2008-04-05 This is the first book to cover minimal-invasive treatment of osteoporotic, tumorous and traumatic vertebral fractures in the English language. In addition to detailed descriptions of the techniques, including tips and tricks from experts, the book contains a chapter about the medical treatment of osteoporosis, which is indispensable in the interdisciplinary approach to osteoporosis. This acclaimed innovative concept unites several treatment aspects. More conservative treatment methods are also presented in this work. All chapters reflect new developments and clinical findings in the field of orthopaedics, surgery, traumatology and neurosurgery.

sierra wellness carson city: Yellow Bird Sierra Crane Murdoch, 2020-02-25 PULITZER PRIZE FINALIST • The gripping true story of a murder on an Indian reservation, and the unforgettable Arikara woman who becomes obsessed with solving it—an urgent work of literary journalism. “I don’t know a more complicated, original protagonist in literature than Lissa Yellow Bird, or a more dogged reporter in American journalism than Sierra Crane Murdoch.”—William Finnegan, Pulitzer Prize-winning author of *Barbarian Days* In development as a Paramount+ original series WINNER OF THE OREGON BOOK AWARD • NOMINATED FOR THE EDGAR® AWARD • NAMED ONE OF THE BEST BOOKS OF THE YEAR BY The New York Times Book Review • NPR • Publishers Weekly When Lissa Yellow Bird was released from prison in 2009, she found her home, the Fort Berthold Indian Reservation in North Dakota, transformed by the Bakken oil boom. In her absence, the landscape had been altered beyond recognition, her tribal government swayed by corporate interests, and her community burdened by a surge in violence and addiction. Three years later, when Lissa learned that a young white oil worker, Kristopher “KC” Clarke, had disappeared from his reservation worksite, she became particularly concerned. No one knew where Clarke had gone, and few people were actively looking for him. *Yellow Bird* traces Lissa’s steps as she obsessively hunts for clues to Clarke’s disappearance. She navigates two worlds—that of her own tribe, changed by its newfound wealth, and that of the non-Native oilmen, down on their luck, who have come to find work on the heels of the economic recession. Her pursuit of Clarke is also a pursuit of redemption, as Lissa atones for her own crimes and reckons with generations of trauma. *Yellow Bird* is an exquisitely written, masterfully reported story about a search for justice and a remarkable portrait of a complex woman who is smart, funny, eloquent, compassionate, and—when it serves her cause—manipulative. Drawing on eight years of immersive investigation, Sierra Crane Murdoch has produced a profound examination of the legacy of systematic violence inflicted on a tribal nation and a tale of extraordinary healing.

sierra wellness carson city: A Girl, a Raccoon, and the Midnight Moon Karen Romano Young, 2020-01-07 In this “enchanted” tale of a girl trying to solve a mystery and save a local library, “the magic of reading is given a refreshingly real twist” (Kirkus Reviews). A New York City library branch has been designated for possible closure. But the bookish, socially awkward Pearl, the daughter of the librarian, can’t imagine a world without the library. When the head of their Edna St. Vincent Millay statue goes missing, closure is closer than ever. But Pearl is determined to save the library. And with a ragtag neighborhood library crew—including a constantly tap-dancing girl, an older boy she has a crush on, and a pack of literate raccoons—she just might be able to do it . . . Featuring an eclectic cast of richly drawn characters, quirky sidebars and footnotes, and illustrations by award winner Jessixa Bagley, this is a warm-hearted, visually intriguing tale of reading and believing, and a world of possibility. “Solidly entertaining.” —School Library Journal “Bursting with charm, lovable characters, and excitement that builds and builds.” —Gail Carson Levine, Newbery Award-winning author of *Ella Enchanted* A love letter to libraries . . . Big-hearted and dazzling, this

classic-in-the-making is not to be missed.” —Katherine Applegate, Newbery Award-winning author of *The One and Only Ivan*

sierra wellness carson city: Jacob Lawrence in the City Susan Goldman Rubin, 2009-04-08
Busy city! Beep, beep, beep! Jacob Lawrence's exuberant artwork guides readers through a bustling city, complete with builders rat-a-tatting and children playing in the streets. With rhythmic text and 11 iconic paintings, this book is both an introduction to an influential artist and a celebration of city life.

sierra wellness carson city: A Wall of White Jennifer Woodlief, 2010-02-23 One of the most amazing survival stories ever told -- journalist Jennifer Woodlief's gripping account of the deadliest ski-area avalanche in North American history and the woman who survived in the face of incalculable odds. On the morning of March 31, 1982, the snow had already been falling at a record rate for four days at Alpine Meadows ski resort near Lake Tahoe, California. For the vacationers and employees at the resort, this day would change their lives forever. The unprecedented avalanche that day at Alpine Meadows was a once-in-a-lifetime catastrophe. Much like the nor'easter that bedeviled the fishermen in Sebastian Junger's *The Perfect Storm*, an unforeseeable confluence of natural events created the conditions for an unimaginable disaster -- and, in one woman's case, an astonishing ordeal of survival. Jennifer Woodlief movingly tells the story of the massive slab avalanche that killed seven and left one victim buried alive under the snow. In this freak event, millions of tons of snow roared into the ski area and beyond, engulfing unsuspecting vacationers as well as resort employees working in spite of the danger. At the center of this wrenching tale of nature's fury are ski patrolman Larry Heywood and his team, who heroically fought with the help of a search-and-rescue dog to save a twenty-two-year-old woman trapped for five days underneath the suffocating snow -- a tale of survival that is itself an exploration of the capacity of courage. Written with all the suspense of a thriller, *A Wall of White* is an inspiring story of a group of strangers brought together by an inconceivable calamity -- a testament to the unwavering dedication of a band of rebel rescuers, driven only by a commitment to saving lives, battling not just extreme conditions but seemingly impossible odds.

sierra wellness carson city: The Complete Mental Health Directory, 2004 Mental Disorders--Mental Health Associations & Organizations--Government Agencies--Clinical Management--Pharmaceutical Companies.

sierra wellness carson city: The Emigrant's Guide to Oregon and California Lansford Warren Hastings, 1994 Published in 1845, this guidebook for pioneers is a reproduction of one of the most collectible books about California and the Western movement. It was the guidebook used by the Donner Party on their fateful journey. In addition, because Hastings' shortcut route through the Rockies produced such tragedy, the War Department commissioned *The Prairie Traveler*.

sierra wellness carson city: My Autobiography of Carson McCullers: A Memoir Jenn Shapland, 2020-02-04 Winner of the Publishing Triangle Judy Grahn Award for Lesbian Nonfiction, Phi Beta Kappa Christian Gauss Award, and a Lambda Literary Award Finalist for the National Book Award Longlisted for the Andrew Carnegie Medal for Excellence in Nonfiction How do you tell the real story of someone misremembered—an icon and idol—alongside your own? Jenn Shapland's celebrated debut is both question and answer: an immersive, surprising exploration of one of America's most beloved writers, alongside a genre-defying examination of identity, queerness, memory, obsession, and love. Shapland is a graduate student when she first uncovers letters written to Carson McCullers by a woman named Annemarie. Though Shapland recognizes herself in the letters, which are intimate and unabashed in their feelings, she does not see McCullers as history has portrayed her. Her curiosity gives way to fixation, not just with this newly discovered side of McCullers's life, but with how we tell queer love stories. Why, Shapland asks, are the stories of women paved over by others' narratives? What happens when constant revision is required of queer women trying to navigate and self-actualize in straight spaces? And what might the tracing of McCullers's life—her history, her secrets, her legacy—reveal to Shapland about herself? In smart, illuminating prose, Shapland interweaves her own story with McCullers's to create a vital new

portrait of one of our nation's greatest literary treasures, and shows us how the writers we love and the stories we tell about ourselves make us who we are.

sierra wellness carson city: Publication , 1994

sierra wellness carson city: Yoga Journal , 1984-05 For more than 30 years, Yoga Journal has been helping readers achieve the balance and well-being they seek in their everyday lives. With every issue, Yoga Journal strives to inform and empower readers to make lifestyle choices that are healthy for their bodies and minds. We are dedicated to providing in-depth, thoughtful editorial on topics such as yoga, food, nutrition, fitness, wellness, travel, and fashion and beauty.

sierra wellness carson city: Grant\$ for Hospitals, Medical Care, & Research , 2000

sierra wellness carson city: From San Francisco Eastward Carolyn Grattan Eichin, 2020-02-12 Finalist for the 2021 Willa Literary Award in Scholarly Non-Fiction Finalist for the 2021 Will Rogers Medallion Award in Western Non-Fiction Carolyn Grattan Eichin's From San Francisco Eastward explores the dynamics and influence of theater in the West during the Victorian era. San Francisco, Eichin argues, served as the nucleus of the western theatrical world, having attained prominence behind only New York and Boston as the nation's most important theatrical center by 1870. By focusing on the West's hinterland communities, theater as a capitalist venture driven by the sale of cultural forms is illuminated against the backdrop of urbanization. Using the vagaries of the West's notorious boom-bust economic cycles, Eichin traces the fiscal, demographic, and geographic influences that shaped western theater. With an emphasis on the 1860s and 70s, this thoroughly researched work uses distinct notions of ethnicity, class, and gender to examine a cultural institution driven by a market economy. From San Francisco Eastward is a thorough analysis of the ever-changing theatrical personalities and strategies that shaped Victorian theater in the West, and the ways in which theater as a business transformed the values of a region.

sierra wellness carson city: Misadventures of a Backup Bride Shayla Black, 2017-10-17 A sweet and sexy romp that will leave you smiling from ear to ear... ~RT Book Reviews, TOP PICK An Overnight Billionaire... When Carson Frost inherits a confectionary that rakes in billions but is too cash-strapped to last another sixty days, he agrees to take a loan from his late father's rival. There are two catches: Carson has to sign over a permanent stake in the company and marry the man's daughter. Concocts a Fake Bride... Two weeks before the wedding, he gets cold feet and claims he's in love with someone else. The investor says he'll still hand over the cash if Carson takes a stroll down the aisle—with the woman who owns his heart. Since he isn't even dating anyone, Carson panics. Where is he going to find a bride willing to jilt him at the altar on such short notice? And Whips Up a Little Love. Ella Hope is an actress happy for any paying gig, but jilting a hottie in public isn't what she had in mind. Still, she needs rent, and he's in a bind. How hard can it be? While playing at matrimony, suddenly their intimacy isn't so fake. Ella can't help but fantasize that Carson is her groom and they will live happily ever after. But once his company is safe, will he want her anymore? Misadventures is a romantic series of spicy standalone novels, each written or co-written by some of the best names in romance. The stories are scandalous, refreshing, and, of course, incredibly sexy. They're the perfect bedside read, a 'quick blush' for the reader who loves a page-turning romance.

sierra wellness carson city: Reno and Lake Tahoe - Insiders' Guide Jeanne Lauf Walpole, 2005-03 For more than twenty years, the Insiders' Guide(R) series has remained the essential source for in-depth travel and relocation information. Each guide is written by locals and true insiders and offers a personal, practical perspective that readers everywhere have come to know and love. From the best in entertainment and nonstop casino action to expansive white beaches and world-class ski resorts, the Reno and Lake Tahoe area is the country's ultimate indoor and outdoor playground. Let this authoritative guide show you how to navigate Lake Tahoe's crystal-clear waters and Reno, where entertainment is the name of the game in The Biggest Little City in the World. Inside you'll find: comprehensive listings of restaurants, lodgings, and recreational opportunities the inside scoop on such popular destinations as Sierra Safari Zoo, Fleischmann Planetarium, and the Nevada Museum of Art countless details on how to live and thrive in the area, from the best shopping to the

lowdown on real estate sporting choices for all seasons, from snowboarding, skiing, and ice skating to golfing, sailing, and horseback riding sections dedicated to children, retirement, and much more. Whether you're planning a vacation, already living in the area, or looking to relocate, *Insiders' Guide to Reno and Lake Tahoe* will show you everything you need to know.

sierra wellness carson city: Lost Canyon Nina Revoyr, 2015-08-03 One of the San Francisco Chronicle's 100 Recommended Books of 2015 Los Angeles is home to many great storytellers, but Nina Revoyr is one of its finest scribes....[Lost Canyon] pulses with both beauty and terror, and the struggles of these characters, their physical and mental reckonings, are enough to make readers sweat without getting off the couch. --Los Angeles Times Revoyr [is] an edgy and spellbinding writer with an uncanny gift for aligning human struggles with nature's glory and perils....With ravishing descriptions of the magnificent landscape, unrelenting suspense, incisive psychology, and shrewd perspectives on matters of race and gender, Revoyr has created a gripping tale of unintended adventure and profound transformation. --Booklist, Starred review A suspenseful adventure story that explores how people react to danger, uncertainty, fear, and life-or-death choices....This is an exciting, page-turning adventure story that reveals how good people can do things totally contrary to their own moral code, and the conclusion will both surprise and satisfy. --Publishers Weekly Revoyr travels LA's patchwork neighborhoods--delineating gangs and money, color and prejudice--and nicely sketches 'the grand, untamed Sierra.' Like *Deliverance*, a tense...morality tale formed in the crucible of physical duress. --Kirkus Reviews With a nod to James Dickey's *Deliverance*...A direct, bangin' read for those interested in how people deal with physical and moral challenges. --Library Journal An exciting blend of literary fiction and thrilling suspense--a harrowing trip into physical danger and a clever meditation on race relations and bravery. --Shelf Awareness A Book Riot Quick Pick/Book of the Week for the week of August 28, 2015 What a pleasure it is seeing characters that live and breathe in the same textured universe that we do....Linked to complicated national issues, imbued with layered representations of Angelenos, [Revoyr] has brought us an intellectually adroit, emotionally nerve-wracking, page-turning thriller. --Los Angeles Review of Books Even at its deadliest, Revoyr makes the high altitude seem mesmerizing....Revoyr has created characters we care for, issues we need to think about, and vistas that linger, making reading her book almost as much of a rush as scaling the sheer, icy rock of the Sierra Nevada. --San Francisco Chronicle Four people on a backpacking trip in the Sierra Nevada find more adventure than they ever imagined. Each of them is drawn to the mountains for reasons as diverse as their own lives. Gwen Foster, a counselor for at-risk youth, is struggling with burnout from the demands of her job and with the loss of one of her teens. Real estate agent Oscar Barajas is adjusting to the fall of the housing market and being a single parent. Todd Harris, an attorney, is stuck in a lucrative but unfulfilling career--and in a failing marriage. They are all brought together by their trainer, Tracy Cole, a former athlete with a taste for risky pursuits. When the hikers start up a pristine mountain trail that hasn't been traveled in years, all they have to guide them is a hand-drawn map of a remote, mysterious place called Lost Canyon. At first, the route past high alpine lakes and under towering, snowcapped peaks offers all the freedom and exhilaration they'd hoped for. But when they stumble onto someone who doesn't want to be found, the group finds itself faced with a series of dangerous conflicts, moral dilemmas, confrontations with nature, and an all-out struggle for survival. Moving effortlessly between city and wilderness, *Lost Canyon* explores the ways that race, class, and culture shape experience and perception. It examines the choices good people must face in desperate situations. Set in the grand, wild landscape of the California mountains, *Lost Canyon* is a story of brewing social tensions and breathtaking adventure that will keep readers on the edge of their seats.

sierra wellness carson city: Who's who in the West , 2005

sierra wellness carson city: Starting Point , 1994

sierra wellness carson city: *Mark Twain Himself* Mark Twain, 2002 Mark Twain's life--one of the richest and raciest America has known--is delightfully portrayed in this mosaic of words and more than 600 pictures that capture the career of one of America's most colorful personalities. The words are Twain's own, taken from his writings--not only the autobiography but also his letters,

notebooks, newspaper reporting, sketches, travel pieces, and fiction. The illustrations provide the perfect counterpoint to Twain's text. Presented in the hundreds of photos, prints, drawings, cartoons, and paintings is Twain himself, from the apprentice in his printer's cap to the dying world-famous figure finishing his last voyage in a wheelchair. *Mark Twain Himself: A Pictorial Biography* will not only inform and entertain the casual reader but will provide a valuable resource to scholars and teachers of Twain as well.

sierra wellness carson city: The Red Road to Wellbriety White Bison, Inc, 2006-01-01 Time and again our Elders have said that the 12 Steps of AA are just the same as the principles that our ancestors lived by, with only one change. When we place the 12 Steps in a circle then they come into alignment with the circle teachings that we know from many of our tribal ways. When we think of them in a circle and use them a little differently, then the words will be more familiar to us. This book is about a Red Road, Medicine Wheel Journey to Wellbriety--to become sober and well in a Native American cultural way.--Back cover.

sierra wellness carson city: Rumble Ellen Hopkins, 2016-02-02 Does it get better? The New York Times bestselling author of *Crank and Tricks* explores the highly charged landscapes of bullying and forgiveness in this "strong and worthy" (Kirkus Reviews) novel. Matthew Turner knows it doesn't get better. His younger brother Luke was bullied mercilessly after one of Matt's friends outed Luke to the whole school, and when Luke called Matt—on the brink of suicide—Matt was too wrapped up in his new girlfriend to answer the phone. Now Luke is gone, and Matt's family is falling apart. No matter what his girlfriend Hayden says about forgiveness, there's no way Matt's letting those he blames off the hook—including himself. As Matt spirals further into bitterness, he risks losing Hayden, the love of his life. But when her father begins to pressure the school board into banning books because of their homosexual content, he begins to wonder if he and Hayden ever had anything in common. With brilliant sensitivity and emotional resonance, bestselling author Ellen Hopkins's *Rumble* explores bullying and suicide in a powerful story that examines the value of forgiveness and reconciliation.

sierra wellness carson city: Perfect Ellen Hopkins, 2013-12-03 In this riveting and startling companion to *Impulse*, northern Nevada teenagers Cara, Kendra, Sean, and Andre, tell in their own voices of their very different paths toward perfection and how their goals change when tragedy strikes.

sierra wellness carson city: Tricks Ellen Hopkins, 2009-08-25 Five troubled teenagers fall into prostitution as they search for freedom, safety, community, family, and love in this #1 New York Times bestselling novel from Ellen Hopkins. When all choice is taken from you, life becomes a game of survival. Five teenagers from different parts of the country. Three girls. Two guys. Four straight. One gay. Some rich. Some poor. Some from great families. Some with no one at all. All living their lives as best they can, but all searching...for freedom, safety, community, family, love. What they don't expect, though, is all that can happen when those powerful little words "I love you" are said for all the wrong reasons. Five moving stories remain separate at first, then interweave to tell a larger, powerful story—a story about making choices, taking leaps of faith, falling down, and growing up. A story about kids figuring out what sex and love are all about, at all costs, while asking themselves, "Can I ever feel okay about myself?" A brilliant achievement from New York Times bestselling author Ellen Hopkins—who has been called "the bestselling living poet in the country" by *Mediabistro.com*—*Tricks* is a book that turns you on and repels you at the same time. Just like so much of life.

sierra wellness carson city: The Nature Principle Richard Louv, 2012-04-17 For many of us, thinking about the future conjures up images of Cormac McCarthy's *The Road*: a post-apocalyptic dystopia stripped of nature. Richard Louv, author of the landmark bestseller *Last Child in the Woods*, urges us to change our vision of the future, suggesting that if we reconceive environmentalism and sustainability, they will evolve into a larger movement that will touch every part of society. This New Nature Movement taps into the restorative powers of the natural world to boost mental acuity and creativity; promote health and wellness; build smarter and more sustainable

businesses, communities, and economies; and ultimately strengthen human bonds. Supported by groundbreaking research, anecdotal evidence, and compelling personal stories, Louv offers renewed optimism while challenging us to rethink the way we live.

sierra wellness carson city: Tales Along El Camino Sierra David Woodruff, Gayle Woodruff, 2017-01-14 Little known and interesting true stories from California's favorite Highway-395.

sierra wellness carson city: The You I've Never Known Ellen Hopkins, 2018-01-30 How do you live your life if your past is based on a lie? Find out in this "satisfied and moving story" (Publishers Weekly, starred review) in both verse and prose from #1 New York Times bestselling author Ellen Hopkins. For as long as she can remember, it's been just Ariel and Dad. Ariel's mom disappeared when she was a baby. Dad says home is wherever the two of them are, but Ariel is now seventeen and after years of new apartments, new schools, and new faces, all she wants is to put down some roots. Complicating things are Monica and Gabe, both of whom have stirred a different kind of desire. Maya's a teenager who's run from an abusive mother right into the arms of an older man she thinks she can trust. But now she's isolated with a baby on the way, and life's getting more complicated than Maya ever could have imagined. Ariel and Maya's lives collide unexpectedly when Ariel's mother shows up out of the blue with wild accusations: Ariel wasn't abandoned. Her father kidnapped her fourteen years ago. In bestselling author Ellen Hopkins's deft hands, Ariel's emotionally charged journey to find out the truth of who she really is balances beautifully with Maya's story of loss and redemption. This is a memorable portrait of two young women trying to make sense of their lives and coming face to face with themselves—for both the last and the very first time.

sierra wellness carson city: Medicine from the Mountains Kimball Chatfield, 1997

sierra wellness carson city: Burned Ellen Hopkins, 2013-09-10 The #1 New York Times-bestselling author of *Crank* returns with a gripping, masterful novel, told in verse, that weaves a riveting story about a teenage girl who is raised in a fundamentally religious yet abusive family.

sierra wellness carson city: Traffick Ellen Hopkins, 2017-01-24 Five teens victimized by sex trafficking try to find their way to a new life in this "sincere and moving" (Booklist) companion to the #1 New York Times bestselling *Tricks* from Ellen Hopkins, author of *Crank*. In her bestselling novel, *Tricks*, Ellen Hopkins introduced us to five memorable characters tackling these enormous questions: Eden, the preacher's daughter who turns tricks in Vegas and is helped into a child prostitution rescue; Seth, the gay farm boy disowned by his father who finds himself without money or resources other than his own body; Whitney, the privileged kid coaxed into the life by a pimp and whose dreams are ruined in a heroin haze; Ginger, who runs away from home with her girlfriend and is arrested for soliciting an undercover cop; and Cody, whose gambling habit forces him into the life, but who is shot and left for dead. And now, in *Traffick*, these five are faced with the toughest question of all: Is there a way out? How these five teenagers face the aftermath of their decisions and experiences is the soul of this story that exposes the dark, ferocious underbelly of the child trafficking trade. Heartwrenching and hopeful, *Traffick* takes us on five separate but intertwined journeys through the painful challenges of recovery, rehabilitation, and renewal to forgiveness and love. All the way home.

sierra wellness carson city: Beyond the Mississippi Albert Deane Richardson, 1869

sierra wellness carson city: Tilt Ellen Hopkins, 2012-09-11 Love—good and bad—forces three teens' worlds to tilt in a riveting novel from New York Times bestselling author Ellen Hopkins. Three teens, three stories—all interconnected through their parents' family relationships. As the adults pull away, caught up in their own dilemmas, the lives of the teens begin to tilt... Mikayla, almost eighteen, is over-the-top in love with Dylan, who loves her back. But what happens to that love when Mikayla gets pregnant the summer before their senior year—and decides to keep the baby? Shane turns sixteen that same summer and falls hard in love with his first boyfriend, Alex, who happens to be HIV positive. Shane has lived for four years with his little sister's impending death. Can he accept Alex's love, knowing that his life, too, will be shortened? Harley is fourteen—a good girl searching

for new experiences, especially love from an older boy. She never expects to hurdle toward self-destructive extremes in order to define who she is and who she wants to be. Love, in all its forms, has crucial consequences in this standalone novel.

sierra wellness carson city: The Wal-Mart Revolution Richard K. Vedder, Wendell Cox, 2006 Wal-Mart is under attack—from labor unions, urban planners, globalization critics, and community activists. Looking at Wal-Mart, the authors review conditions before and after Wal-Mart entered a local market and look more broadly at Wal-Mart's impact on wages, productivity growth and inflation. Vedder and Cox show that the retailer has been a force for good.

sierra wellness carson city: Ethnic Matching Donald Easton-Brooks, 2019-03-13 Ethnic Matching: Academic Success of Students of Color is an in-depth exploration on the impact of ethnic matching in education, the pairing of students of color with teachers of the same race. Research shows that this method has a positive and long-term impact on the academic experience of students of color. This book explores what makes this phenomenon relevant in today's classrooms. Through interviewing quality teachers of color, this book sheds a light on the impact these teachers make on the academic experience of students of color. This approach is meant to provide all teachers valuable insight into techniques for engaging with diverse learners. Also, from these conversations, the book shows how the intentionality of culturally responsive practice can enhance the academic experience of students of color. Topics such as the challenges of recruiting and retaining quality teachers of color, as well as the valuable work being done on the local, state, and national level to promote diversifying the field of education as a way to provide equitable education for all students is also explored in this book.

sierra wellness carson city: From Fat to Fit Carole Carson, 2007 This guide chronicles how one woman's very public journey to lose weight mushroomed into a community quest to get fit. At the age of 60, Carole Carson broke the taboo of speaking about obesity when she openly admitted her shame and guilt about being fat and out of shape on the front page of the local newspaper. As she recounted her transformation from butterball to butterfly in a weekly newspaper column, she gradually inspired more than 1,000 people in her Northern California community to join her. People who had struggled with weight loss and fitness suddenly found that when they joined with their friends and neighbors they could accomplish together what they could not do by themselves. They learned a completely new way of living and discovered that getting fit was fun and in the process lost the equivalent of a school bus! Through the guide's seven-step process, among other practical strategies and resources, readers will find a framework for duplicating the Nevada County Meltdown's successes in their respective communities—their congregation, their office, their friends and family—realizing the power of partnership and revitalizing their ties with each other.

sierra wellness carson city: Desperate Passage Ethan Rarick, 2008-02-04 In late October 1846, the last wagon train of that year's westward migration stopped overnight before resuming its arduous climb over the Sierra Nevada Mountains, unaware that a fearsome storm was gathering force. After months of grueling travel, the 81 men, women and children would be trapped for a brutal winter with little food and only primitive shelter. The conclusion is known: by spring of the next year, the Donner Party was synonymous with the most harrowing extremes of human survival. But until now, the full story of what happened, what it tells us about human nature and about America's westward expansion, remained shrouded in myth. Drawing on fresh archaeological evidence, recent research on topics ranging from survival rates to snowfall totals, and heartbreaking letters and diaries made public by descendants a century-and-a-half after the tragedy, Ethan Rarick offers an intimate portrait of the Donner party and their unimaginable ordeal: a mother who must divide her family, a little girl who shines with courage, a devoted wife who refuses to abandon her husband, a man who risks his life merely to keep his word. But Rarick resists both the gruesomely sensationalist accounts of the Donner party as well as later attempts to turn the survivors into archetypal pioneer heroes. The Donner Party, Rarick writes, is a story of hard decisions that were neither heroic nor villainous. Often, the emigrants displayed a more realistic and typically human mixture of generosity and selfishness, an alloy born of necessity. A fast-paced, heart-wrenching,

clear-eyed narrative history, *A Desperate Hope* casts new light on one of America's most horrific encounters between the dream of a better life and the harsh realities such dreams so often must confront.

sierra wellness carson city: [Collateral](#) Ellen Hopkins, 2013-07-23 Featuring an Atria Paperback readers club guide--P. [4] of cover.

sierra wellness carson city: *Identical* Ellen Hopkins, 2008-08-26 Beneath their perfect family façade, twin sisters struggle alone with impossible circumstances and their own demons until they finally learn to fight for each other in this poignant tour de force from #1 New York Times bestselling author Ellen Hopkins. Sixteen-year-old Kaeleigh and Raeanne are identical down to the dimple. As daughters of a district court judge father and a politician mother, they are an all-American family...on the surface. Underneath run very deep and damaging secrets. What really happened in the car accident that Daddy caused? And why is Mom never home, always running far away to pursue some new dream? The girls themselves have become hopelessly divided over the years. Sick of losing Daddy's game of favorites, Raeanne turns to painkillers, alcohol, and sex to dull her pain her anger. Kaeleigh tries to be her father's perfect little flower, but being the misplaced focus of his sexual attention has her seeking control anywhere she can—even if it means cutting herself and unhealthy binge and purge eating. Secrets like the ones the twins are harboring are not meant to be kept—from each other or anyone else. Before long, it's obvious that neither sister can handle their problems alone, and one must step up to save the other, but the question is...who?

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