

start my wellness ferndale

Start My Wellness Journey: Ferndale's Path to a Healthier You

Are you ready to embark on a journey towards a healthier, happier you, right here in Ferndale? Feeling overwhelmed by the sheer number of wellness options available? This comprehensive guide will help you navigate the exciting world of wellness in Ferndale, Michigan, giving you the tools and information you need to confidently begin your "Start My Wellness Ferndale" adventure. We'll explore various options, address common concerns, and provide practical steps to help you find the perfect wellness path tailored to your unique needs and goals.

Understanding Your Wellness Needs in Ferndale

Before diving into the specifics of Ferndale's wellness scene, let's first identify what "wellness" means to you. Is it about physical fitness, stress reduction, mental clarity, improved nutrition, or a combination of all these? Pinpointing your primary goals is the crucial first step. Are you seeking weight loss, increased energy levels, improved sleep, or perhaps a deeper connection to your inner self? Consider these questions:

What areas of your life feel unbalanced or need improvement? (Physical health, mental health, relationships, career, etc.)

What are your short-term and long-term wellness goals? (Be realistic and set achievable milestones.)

What are your current lifestyle habits, and which ones would you like to change? (Diet, exercise, sleep patterns, stress management techniques)

What kind of support system do you need? (Accountability partner, therapist, personal trainer, etc.)

Answering these questions will help you narrow down your search for the perfect wellness resources in Ferndale.

Finding the Right Wellness Professionals in Ferndale

Ferndale boasts a vibrant community with a wealth of wellness resources. Finding the right fit, however, can feel daunting. Here's a breakdown of common options and how to find the best match for you:

1. **Fitness Centers and Gyms:** Ferndale offers a variety of gyms catering to different fitness levels and preferences. Some specialize in strength training, while others focus on yoga, Pilates, or high-intensity interval training (HIIT). Research their class schedules, equipment, and membership options to find one that aligns with your budget and fitness goals. Look for reviews online and consider visiting facilities in person to get a feel for the environment.

1. **Yoga Studios:** Ferndale is home to several yoga studios, each offering unique styles like Hatha, Vinyasa, or restorative yoga. Consider trying introductory classes at different studios to find an instructor and style that resonate with you. Look for studios that emphasize proper alignment and mindful movement.
1. **Nutritionists and Dietitians:** If you're looking to improve your diet and eating habits, consulting a registered dietitian or nutritionist is a valuable investment. They can help you create a personalized meal plan that supports your health goals and addresses any dietary restrictions or allergies.
1. **Therapists and Counselors:** Mental well-being is just as important as physical health. Ferndale has many qualified therapists and counselors offering various therapeutic approaches, including cognitive behavioral therapy (CBT), mindfulness-based techniques, and others. Finding a therapist with whom you feel comfortable and connected is essential.
1. **Wellness Retreats and Workshops:** Check local event listings for wellness retreats and workshops offered in or near Ferndale. These events can provide intensive support and guidance in various areas of wellness, offering a concentrated approach to self-improvement.

Creating Your Personalized "Start My Wellness Ferndale" Plan

Now that you've identified your needs and explored the available resources, it's time to create a personalized wellness plan. Here's how:

1. **Set Realistic Goals:** Start with small, achievable goals. Don't try to overhaul your entire lifestyle overnight. Focus on one or two areas at a time.
2. **Create a Schedule:** Schedule your wellness activities like appointments with therapists or classes at the gym. Treat these appointments as important commitments.
3. **Find an Accountability Partner:** Having someone to support and encourage you can make a significant difference. Find a friend, family member, or even a wellness coach to help you stay on track.
4. **Track Your Progress:** Keep a journal or use a fitness app to monitor your progress. Seeing your achievements can be highly motivating.
5. **Be Patient and Kind to Yourself:** Building healthy habits takes time and effort. There will be setbacks along the way. Don't get discouraged. Celebrate your successes and learn from your mistakes.

Beyond the Basics: Exploring Ferndale's Holistic Wellness Scene

Ferndale's wellness offerings extend beyond the traditional gym and therapy settings. Explore options like:

Massage Therapy: Release muscle tension and promote relaxation with a massage.

Acupuncture: This traditional Chinese medicine practice can address various health concerns.

Chiropractic Care: Improve spinal alignment and alleviate pain.

Conclusion: Embracing Your "Start My Wellness Ferndale" Journey

Embarking on a wellness journey is a deeply personal experience. By thoughtfully considering your individual needs, exploring Ferndale's diverse wellness resources, and creating a personalized plan, you can unlock your full potential and create a healthier, happier life. Remember, consistency and self-compassion are key to long-term success. Your "Start My Wellness Ferndale" journey is unique to you – embrace it fully!

FAQs:

1. How do I find affordable wellness options in Ferndale? Many Ferndale businesses offer introductory rates, package deals, and community discounts. Check their websites or call to inquire about affordability options. Some non-profits also offer subsidized wellness services.
1. What if I'm unsure which type of exercise is right for me? Many gyms and studios offer free introductory classes or consultations. This allows you to try different activities before committing to a membership. You can also consult with a personal trainer or fitness professional for personalized recommendations.
1. How can I stay motivated throughout my wellness journey? Set realistic goals, find an accountability partner, reward yourself for milestones reached, and focus on the positive changes you experience. Don't be afraid to adjust your plan as needed to keep yourself engaged.
1. Are there any resources for people with specific health conditions in Ferndale? Yes, many

healthcare providers in Ferndale cater to individuals with specific health conditions. Contact your doctor or insurance provider for referrals to specialists and appropriate resources.

1. What if I experience setbacks during my wellness journey? Setbacks are a normal part of any change process. Don't get discouraged. Acknowledge the setback, identify what contributed to it, and adjust your plan accordingly. Remember that progress, not perfection, is the goal.

start my wellness ferndale: Dear Treefrog Joyce Sidman, 2021 With magical, concise and perceptive poems, Newbery-Honor winning author Joyce Sidman captures the life of a tree frog in an intimate and moving way. A master of the science note, her fascinating sidebars help bind the twin poems together and ground our perspective. We learn how treefrogs have sticky toe pads, how they still themselves when in danger, how they can change from green to gray to camouflage themselves - even how they eat their own skins, which is full of nutrients. The narrator's connection with this small creature brings solace, comfort, and a sense of mystery--

start my wellness ferndale: The Unaccompanied Simon Armitage, 2017-08-01 From the prize-winning poet and former Poet Laureate of the United Kingdom comes a powerful collection of poetry that gives voice to the people of Britain with a haunting grace. We meet characters whose sense of isolation is both emotional and political, both real and metaphorical, from a son made to groom the garden hedge as punishment, to a nurse standing alone at a bus stop as the centuries pass by, to a latter-day Odysseus looking for enlightenment and hope in the shadowy underworld of a cut-price supermarket. We see the changing shape of England itself, viewed from a satellite like a shipwreck's carcass raised on a sea-crane's hook, / nothing but keel, beams, spars, down to its bare bones. In this exquisite collection, Armitage X-rays the weary but ironic soul of his nation, with its Songs about mills and mines and a great war, / lines about mermaids and solid gold hills, / songs from broken hymnbooks and cheesy films—in poems that blend the lyrical and the vernacular, with his trademark eye for detail and biting wit.

start my wellness ferndale: A \$500 House in Detroit Drew Philp, 2017-04-11 A young college grad buys a house in Detroit for \$500 and attempts to restore it—and his new neighborhood—to its original glory in this “deeply felt, sharply observed personal quest to create meaning and community out of the fallen...A standout” (Kirkus Reviews, starred review). Drew Philp, an idealistic college student from a working-class Michigan family, decides to live where he can make a difference. He sets his sights on Detroit, the failed metropolis of abandoned buildings, widespread poverty, and rampant crime. Arriving with no job, no friends, and no money, Philp buys a ramshackle house for five hundred dollars in the east side neighborhood known as Poletown. The roomy Queen Anne he now owns is little more than a clapboard shell on a crumbling brick foundation, missing windows, heat, water, electricity, and a functional roof. A \$500 House in Detroit is Philp’s raw and earnest account of rebuilding everything but the frame of his house, nail by nail and room by room. “Philp is a great storyteller...[and his] engrossing” (Booklist) tale is also of a young man finding his footing in the city, the country, and his own generation. We witness his concept of Detroit shift, expand, and evolve as his plan to save the city gives way to a life forged from political meaning, personal connection, and collective purpose. As he assimilates into the community of Detroiters around him, Philp guides readers through the city’s vibrant history and engages in urgent conversations about gentrification, racial tensions, and class warfare. Part social history, part brash generational statement, part comeback story, A \$500 House in Detroit “shines [in

its depiction of] the 'radical neighborliness' of ordinary people in desperate circumstances" (Publishers Weekly). This is an unforgettable, intimate account of the tentative revival of an American city and a glimpse at a new way forward for generations to come.

start my wellness ferndale: *Cumulative List of Organizations Described in Section 170 (c) of the Internal Revenue Code of 1954*, 2002

start my wellness ferndale: Multicultural School Psychology Competencies Danielle Martines, 2008-07-08 This is a practical resource guide presenting lecturers and students with material which will help apply the theory of multicultural school psychology and counselling in practice. Its emphasis is on helping educational psychologists to develop and refine multicultural competencies and assessments.

start my wellness ferndale: *Bloom* Rose Moten, 2012-01-15 The BLOOM 7-step Process promotes personal transformation utilizing an integration of psychological and metaphysical concepts. The 7-step process challenges faulty thinking and behaviors that perpetuate a state of discontent. Through practical, easily understood techniques, BLOOM empowers the reader to embark upon a life of fulfilling success. The 7-steps: 1. Rediscovering you -- 2. CALMS: living in the now -- 3. Making sense of your senses -- 4. Visualization -- 5. Affirmations -- 6. Stillness -- 7. Connectedness.--Page [4] of cover.

start my wellness ferndale: Understanding and Treating Chronic Fatigue Joel L. Young, 2020-08-19 Some doctors still think Chronic Fatigue Syndrome is a fake diagnosis. In this book, Joel Young, MD, presents the research, experience, and treatments that prove otherwise. Millions of Americans experience chronic fatigue syndrome (CFS), a continuous exhaustion and a feeling comparable to that of having just run a marathon when all they have done is a daily living task, such as taking a shower or getting dressed. Doctors don't have tests for CFS, and some think it's a faux or psychological disorder. Joel Young, MD, in this heavily researched book, explains why it is a true physical illness and how it may be treated. He details how he successfully treats the symptoms, which can include severe fatigue, brain fog, chronic pain, and sleep problems. Unlike doctors who recommend exercise, supplements, or opioid medications, Young integrates such options as long-acting stimulants, meditation, and dietary changes to reduce fatigue, as well as non-opioid drugs, medical marijuana, and self-help options including yoga for the associated chronic pain.

start my wellness ferndale: *Strength of a Woman* Jason Michael, 2018-10-16 The story of singer Phyllis Hyman is brought to light in the powerful new biography *Strength Of A Woman: The Phyllis Hyman Story* by Jason A. Michael. Hyman's 20-year career, which included the release of eight albums as well as a Tony nomination and Theater World Award for her Broadway turn in *Sophisticated Ladies*, was brought to a tragic end by her suicide June 30, 1995, just hours before she was due to take the stage at the legendary Apollo Theatre. In the spotlight, Hyman's breathtaking voice and stunning beauty shone brightly. But off stage, after the applause and the laughter produced by her bawdy humor had faded, Hyman spent her days and nights engaged in an exhausting battle against bipolar disorder. Complicating its crippling effects was Hyman's addiction to drugs and alcohol, which she tried repeatedly to kick, and the demands and constraints of being a female African-American entrepreneur in an industry controlled by white men. But though she ultimately chose to extricate herself from the pain, she did so not before leaving a legacy of beautiful music that will last and live on forever as a true testament to the 'strength of a woman.'

start my wellness ferndale: *Detroit's Historic Places of Worship* Marla O. Collum, Barbara E. Krueger, 2012 In *Detroit's Historic Places of Worship*, authors Marla O. Collum, Barbara E. Krueger, and Dorothy Kostuch profile 37 architecturally and historically significant houses of worship that represent 8 denominations and nearly 150 years of history. The authors focus on Detroit's most prolific era of church building, the 1850s to the 1930s, in chapters that are arranged chronologically. Entries begin with each building's founding congregation and trace developments and changes to the present day. Full-color photos by Dirk Bakker bring the interiors and exteriors of these amazing buildings to life, as the authors provide thorough architectural descriptions, pointing out notable carvings, sculptures, stained glass, and other decorative and structural features. Nearly

twenty years in the making, this volume includes many of Detroit's most well known churches, like Sainte Anne in Corktown, the Cathedral of the Most Blessed Sacrament in Boston-Edison, Saint Florian in Hamtramck, Mariners' Church on the riverfront, Saint Mary's in Greektown, and Central United Methodist Church downtown. But the authors also provide glimpses into stunning buildings that are less easily accessible or whose uses have changed-such as the original Temple Beth-El (now the Bonstelle Theater), First Presbyterian Church (now Ecumenical Theological Seminary), and Saint Albertus (now maintained by the Polish American Historical Site Association)-or whose future is uncertain, like Woodward Avenue Presbyterian Church (most recently Abyssinian Interdenominational Center, now closed). Appendices contain information on hundreds of architects, artisans, and crafts-people involved in the construction of the churches, and a map pinpoints their locations around the city of Detroit. Anyone interested in Detroit's architecture or religious history will be delighted by Detroit's Historic Places of Worship.

start my wellness ferndale: Dr. Whitaker's Guide to Natural Healing Julian M. Whitaker, 1995 A Blueprint for Healthful Living Julian Whitaker, America's wellness doctor, believes that there is almost no medical condition that cannot be improved or even reversed. Your body has the power to heal itself and stay healthy, naturally. Dr. Whitaker's Guide to Natural Healing shows you ways to help prevent heart attacks and strokes, reverse diabetes, lower blood pressure, protect yourself from cancer, stop the symptoms associated with Alzheimer's, end depression without drugs, and confront many other critical health issues. Instead of focusing on disease, this book provides you with a comprehensive roadmap for wellness by covering: -Prescriptions for optimal health that focus on prevention and wellness -Natural remedies and prevention techniques for nearly 100 specific health conditions, ranging from the common cold to hyperactivity and learning disorders -Creating your own, truly effective healthcare system -And so much more! Now you can take charge of your own health care. With Dr. Whitaker's Guide to Natural Healing, you can prevent and treat many health problems yourself, no matter what your age or current medical condition. From the Trade Paperback edition.

start my wellness ferndale: *Yoga Journal* , 2005-03 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.

start my wellness ferndale: **Prevention** , 1985

start my wellness ferndale: *The Glory Years of the Detroit Tigers* William Martin Anderson, 2012 Examines in text and vivid photographs a thirty-year span of Detroit Tigers baseball, from 1920 to 1950. In the three decades between 1920 and 1950, the Detroit Tigers won four American League pennants, the first world championship in team history in 1935, and a second world crown ten years later. Star players of this era--including Ty Cobb, Harry Heilmann, Charlie Gehringer, Hank Greenberg, Mickey Cochrane, George Kell, and Hal Newhouser--represent the majority of Tigers players inducted into the Hall of Fame. Sports writers followed the team feverishly, and fans packed Navin Field (later Briggs Stadium) to cheer on the high-flying Tigers, with the first record season attendance of one million recorded in 1924 and surpassed eight more times before 1950. In *The Glory Years of the Detroit Tigers: 1920-1950*, author William M. Anderson combines historical narrative and photographs of these years to argue that these years were the greatest in the history of the franchise. Anderson presents over 350 unique and lively images, mostly culled from the remarkable Detroit News archive, that showcase players' personalities as well as their exploits on the field. For their meticulous coverage and colorful style, Anderson consults Tigers reporting from the three daily Detroit newspapers of the era (the Detroit News, Detroit Free Press, and Detroit Times) and the Sporting News, which was known then as the Baseball Bible. Some especially compelling columns are reproduced intact to give readers a feel for the exciting and careful reporting of these years. Anderson combines historical text with photos in six topical chapters: Spring Training: When Dreams are Entertained, Franchise Stars, The Supporting Cast, Moments of

Glory and Notable Games, The War Years, and The Old Ballpark: Where Legends and Memories Were Made. Anderson presents sketches of many fine players who have been overlooked in other histories and visits characters who often acted in strange ways: Dizzy Trout, Gee Walker, Elwood Boots The Baron Poffenbeger, and Louis Bobo Buck Newsom. Tigers fans and anyone interested in local sports culture will enjoy this comprehensive and compelling look into the glory years of Tigers history.

start my wellness ferndale: Skid Road Josephine Ensign, 2021-08-03 Brother's Keeper -- Skid Road -- The Sisters -- Ark of Refuge -- Shacktown -- Threshold -- State of Emergency -- Epilogue.

start my wellness ferndale: Courage to Connect Mark Ostach, 2020-07-02 Do You Need More Courage in Your Life? Courage to Connect is a book full of personal stories & helpful resources that are intended to improve your relationships and create more meaningful connections in your life. In This Book You Will... ? Discover areas of your life that require restoration ? Learn how to become more empathetic ? Recognize moments to be more vulnerable ? Be encouraged to share your story ? Improve your digital well-being ? Work on your mental & emotional health ? Find new ways to lead with courage By the end of this book, you'll be well on your way to building more meaningful connections both online and offline, leaving you filled with a newfound courage to connect.

start my wellness ferndale: The Last Days of Detroit Mark Binelli, 2013 * It was 'the most modern city in the world, the city of tomorrow'. But the Fifties witnessed one of the greatest economic slides of the last century, as Detroit, formerly a beacon of the capitalist dream, degenerated into the urban wilderness it is today, where trees grow from the rooftops of derelict buildings and wild pheasants roam the long-empty parking lots. * By the end of the nineteenth century Detroit was thriving. 1913 saw the arrival of Henry Ford and the Model T plant, mass-producing cars and transforming the area into the Silicon Valley of its day. By the mid-1950s General Motors had become the single biggest employer on earth, and Detroit the fourth largest city in America. * But by the time Berry Gordy founded Motown Records in 1960 - creating Detroit's other great assembly line - the cracks were already beginning to show- big industry was looking elsewhere for cheaper sites, cheaper labour and better tax breaks; urban planning was in meltdown; corruption was rife; racial tensions were running high. * The 1967 riots - at the time the worst in US history - left 43 dead, more than 7,000 arrested and 3,000 buildings destroyed. Detroit, a former beacon of the capitalist dream, had degenerated into an urban wilderness where unemployment ran at 50%. With more guns in the city than people, the murder rate was the highest in America - three times that of New York. * Mark Binelli returned to live in his native Detroit after a break of many years. He tells the story of the boom and the bust - and of the new society to be found emerging from the debris- Detroit with its urban farms and vibrant arts scene - Detroit as a laboratory for the post-industrial, post-recession world. Here's what an iconic rust-belt city now looks like and how it might transform and regenerate itself in the twenty-first century.

start my wellness ferndale: *Dead Execs Don't Get Bonuses* Joel K. Kahn, 2018-08-24 Many successful career-driven people lead lifestyles that put them on the fast track for heart disease-the nation's leading cause of death. Too often these individuals will suffer fatal heart attacks without any warning, even though their routine medical exams appeared normal and their doctors had assured them they weren't at risk. *Dead Execs Don't Get Bonuses* offers eye-opening insights about why this occurs and why it need never happen again. Busy people who don't think they have time for extensive health evaluations also don't have time for a heart attack. Best-selling author and cardiologist Joel Kahn describes how heart-disease prevention can be built into an active lifestyle and shows how early detection is possible. Readers will explore the various medical tests that can protect their lives and careers, learn how to prevent heart disease in the first place, and discover which lifestyle changes are the most effective at reversing cardiovascular disease once its begun.

start my wellness ferndale: *Life Was Never Meant to Be a Struggle* Stuart Wilde, 1998-04-01 Author of *The Trick to Money Is Having Some!* "Life was never meant to be a struggle, just a gentle progression from one point to another, much like walking through a valley on a sunny day." Stuart analyzes why we, as humans, are constantly making life harder for ourselves and how to stop this

detrimental mind loop and inner belief that life is a struggle. Through this book Stuart helps you identify your struggle, why it has appeared in your life, and eliminate it. Take back your freedom and create a life struggle-free!

start my wellness ferndale: The Age Fix Anthony Youn, 2016-04-05 The USA Today and Wall Street Journal bestselling guide to looking younger without spending a fortune from nationally renowned plastic surgeon Anthony Youn. Here's what the experts know but aren't telling you-until now:- The drugstore brand can be just as effective - or better - than the expensive cream at your dermatologist's office- Surgery usually isn't the best solution- Natural, DIY creams can actually get results, using ingredients that cost pennies- Diet can be your best defense against redness, acne, fine lines, and wrinkles. Dr. Anthony Youn is the rare plastic surgeon who does everything he can to keep his patients out of the operating room. He's spent the past sixteen years researching the secrets of plastic surgeons, dermatologists, makeup artists, and dietitians, and he knows what works, what doesn't, and what's overpriced. Now he's compiled solutions to every cosmetic aging problem in this definitive anti-aging bible. Whether you want to stay as natural as possible or you're interested to know which creams and medical procedures actually work (and are worth the price tag), The Age Fix has your fix to look younger and more radiant. Dr. Youn's customizable Age Fix routine will help you improve skin health, whatever your age or concerns, and his diet-based Age Fix prescription will rejuvenate your skin and overall health from the inside out. Did you know that the foods you choose every day can contribute to fine lines and wrinkles and the likelihood of your getting a sunburn? Dr. Youn explains why you should shun soda but reach for that glass of red wine. You'll also discover which fruit can help you look younger and prevent sun damage and which supplements are proven to reduce fine lines. From your face, to your neck, your hands, your eyes, and your body, The Age Fix has you covered with an abundance of actionable takeaways and insider advice to help you reclaim your youthful glow-without spending a fortune or going under the knife!

start my wellness ferndale: Psychiatric Aspects of Cancer Richard J. Goldberg, 1988

start my wellness ferndale: The Queen Next Door Linda Solomon, 2019-10-14 Reflections on the life of Aretha Franklin captured in exclusive photographs by her friend, photojournalist Linda Solomon. Aretha was private. I respected this and she trusted me. Linda Solomon met Aretha Franklin in 1983 when she was just beginning her career as a photojournalist and newspaper columnist. Franklin's brother and business manager arranged for Solomon to capture the singer's major career events—just as she was coming back home to Detroit from California—while Franklin requested that Solomon document everything else. Everything. And she did just that. What developed over these years of photographing birthday and Christmas parties in her home, annual celebrity galas, private backstage moments during national awards ceremonies, photo shoots with the iconic pink Cadillac, and more was a friendship between two women who grew to enjoy and respect one another. The Queen Next Door: Aretha Franklin, An Intimate Portrait is a book full of firsts as Solomon was invited not only to capture historical events in Aretha's music career showcasing Detroit but to join in with the Franklin family's most intimate and cherished moments in her beloved hometown. From performance rehearsals with James Brown to off-camera shenanigans while filming a music video with the Rolling Stones, from her first television special to her first time performing with the Detroit Symphony Orchestra, to her last performance with her sisters at her father's church and her son's college graduation celebration. In the book's afterword, Sabrina Vonne' Owens, Franklin's niece, honors her aunt, a woman who was an overwhelming supporter of civil rights, women's rights, and fundraising campaigns that helped to benefit her hometown. There was a time in her career—when Franklin was more in demand than ever before—when she insisted that if someone wanted her to perform, they had to come to Detroit. During this time all of her major concerts, national television specials, music videos, and commercials would happen in Detroit. Aretha Franklin showed her respect for the people in the city who championed her from the very beginning when she started singing as a young girl in the church choir. Franklin used to say, I am the lady next door when I am not on stage. The Queen Next Door offers fans a personal and unseen look at an extraordinary woman in her most natural moments—both regal and intimate—and

highlights her devotion to her family and her hometown Detroit—forever and ever.

start my wellness ferndale: *Motor Point Acupuncture* Richard Hazel, 2016-11-05 This is a slidedeck from the Motor Point Acupuncture 2 Day Workshop for Chinese Medicine That Works in September 2016. This is not a book of motor point location. It is a presentation with specific injuries of the Neck, Shoulder, Elbow and Wrist, Back, and Foot. There are images of pain referral patterns and the motor point location for the muscles discussed.

start my wellness ferndale: *Grief is Like a Snowflake* Julia Cook, 2011-09-15 Grief is like a snowflake. Each snowflake is different and everyone shows grief differently. After the death of his father, Little Tree begins to learn how to cope with his feelings and start the healing process. With the help and support of his family and friends, Little Tree learns to cope by discovering what is really important in life, and realizing his father's memory will carry on. Best-selling author, Julia Cook, and a lovable cast of trees, offers a warm approach to the difficult subject of death and dying.

start my wellness ferndale: *Guardians of Detroit* Jeff Morrison, 2019-03-04 Building-by-building pictorial and historical survey of the remarkable collection of architectural sculpture found in Detroit. Detroit is home to amazing architectural sculpture—a host of gargoyles, grotesques, and other silent guardians that watch over the city from high above its streets and sidewalks, often unnoticed or ignored by the people passing below. Jeff Morrison's *Guardians of Detroit: Architectural Sculpture in the Motor City* documents these incredible features in a city that began as a small frontier fort and quickly grew to become a major metropolis and industrial titan. Detroit developed steadily following its founding in 1701. From 1850 to 1930 it experienced unprecedented population growth, increasing from 21,019 to over 1,500,000 people. A city of giants, Detroit became home to people of towering ambition and vision who gained wealth and sought to leave their mark on the city they loved. This aspiration created a massive building boom during a time when architectural styles favored detailed ornamentation, resulting in a collection of architectural sculpture unmatched by any other U.S. city. *Guardians of Detroit* is a first-of-its-kind project to explore, document, and explain this singular collection on a building-by-building basis and to discover and share the stories of these structures and the artists, artisans, and architects who created them. Using a 600-millimeter lens and 23-megapixel camera, Morrison brings sculptural building details barely visible to the naked eye down from the heights, making them available for up-close appreciation. The photos are arranged in a collage format that emphasizes the variety of and relationships between each building's sculptural ornamentation. Well-researched text complements the photography, delving into the lives of those who created these wonderful works of architectural art. *Guardians of Detroit* is an extended love letter to the historic architecture of a city that would become the driving force of America's industrial and economic power. Fans of art, architecture, and hidden gems will love poring over these pages.

start my wellness ferndale: *Say Nice Things About Detroit* Scott Lasser, 2013-07-23 "Ambitious and ultimately accomplished . . . a perfect encapsulation of Detroit's present moment."—Dean Bakopoulos, *San Francisco Chronicle* Twenty-five years after his high school graduation, David Halpert returns to a place that most people flee. But David is making his own escape—from his divorce and the death of his son. In Detroit, David learns about the double shooting of his high school girlfriend Natalie and her black half-brother, Dirk. As David becomes involved with Natalie's sister, he will discover that both he and his hometown have reasons to hope. As compelling an urban portrait as *The Wire* and a touching love story, *Say Nice Things About Detroit* takes place in a racially polarized, economically collapsing city that doesn't seem like a place for rebirth. But as David tries to make sense of the mystery behind Natalie's death and puts back the pieces of his own life, he is forced to answer a simple question: if you want to go home again, what do you do if home is Detroit?

start my wellness ferndale: *Not Drinking Tonight* Amanda E. White, 2022-01-04 In this honest discussion of mental health, the founder of Therapy for Women explores our reasons for drinking alcohol—and the benefits of taking a break. When "retired party girl" and popular therapist Amanda White admitted she was an alcoholic, it wasn't because she'd done something outrageous while

under the influence, like land herself in jail or get married in Vegas. It was because she realized three things: 1. Alcohol was making her life worse. 2. Moderation wasn't helping. 3. She could not be a therapist if she continued to use alcohol to numb her life. Something needed to change—not just her relationship with alcohol, but her relationship with herself. Choosing not to drink can be daunting. It's everywhere in our culture, our socializing, and our destressing. And it can seem black or white: you drink, or you don't (and if you don't, people ask why). That's where *Not Drinking Tonight* comes in. Judgement-free and relatable, Amanda helps you unpack your relationship with alcohol by showing you how to: Find out why you drink. Whether it's a glass of wine after work or a weekly bar crawl, your drinking habits can be the result of everything from biology to trauma. Heal your relationship with alcohol. Understand how your relationships have been affecting your life, and learn how to set boundaries and create true self care. Build the sober life you love. Learn what comes next—how to maintain your social life, navigate sex and relationships, and love yourself. *Not Drinking Tonight* isn't a program to stop drinking. It's the first book to help you address the root issues that cause you to reach for a drink, and create a life you love—one that is not perfect, but is messy and real and one you are fully present for.

start my wellness ferndale: *Michigan HIV Report* , 1995

start my wellness ferndale: *A Dump, A Garden, And One's Worth* Lawrence M. Ventline D. Min., Lawrence Matthew Ventline, 2010 Once again, Father Lawrence Ventline inspires us with his imaginative, creative writing. He finds such beautiful ways of describing the so-called ordinary...the official dump. JoAnn Loria Spiritual Director and Pastoral Associate Sterling Heights, Michigan Green is frequently found in Scriptures, but seldom refers strictly to color. Green brings to mind the freshness and vigor of growing vegetation. It denotes a healthy and prosperous condition of things. One could hardly disagree with the author's challenge to live in the manner in which Christians of new birth and hope should conduct themselves in order to maintain the wellness of their families, community, country and world. Mr. and Mrs. Dewey Totty Transfiguration Parish Southfield, Michigan

start my wellness ferndale: *Engaged* Amy Bucher, 2020-03-03 Behavior change design creates entrancing—and effective—products and experiences. Whether you've studied psychology or are new to the field, you can incorporate behavior change principles into your designs to help people achieve meaningful goals, learn and grow, and connect with one another. *Engaged* offers practical tips for design professionals to apply the psychology of engagement to their work.

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