

stifel health and wellness

Stifel Health and Wellness: Investing in Your Well-being

Are you ready to prioritize your health and wellness, but feel overwhelmed by the sheer volume of information out there? Finding the right resources and strategies can feel like navigating a maze. This comprehensive guide to Stifel Health and Wellness dives deep into the various programs and initiatives available, equipping you with the knowledge and tools to make informed decisions about your well-being. We'll explore the benefits, uncover the specifics of different programs, and address common questions so you can confidently begin your journey toward a healthier, happier you.

Understanding Stifel's Commitment to Health and Wellness

Stifel, a leading financial services firm, recognizes that a healthy and engaged workforce is a productive workforce. Their commitment to health and wellness extends beyond just offering benefits; it's about fostering a culture that supports employee well-being holistically. This means offering a range of resources and programs designed to cater to diverse needs and preferences. This isn't just about physical health; Stifel acknowledges the interconnectedness of mental, emotional, and financial well-being, providing support in all these crucial areas.

Key Components of the Stifel Health and Wellness Program

The Stifel Health and Wellness program is multifaceted and designed to be accessible to all employees. Let's delve into some of its key components:

1. Comprehensive Health Insurance Plans:

Stifel offers competitive health insurance plans that cover a broad spectrum of medical needs. These plans often include options for various levels of coverage, enabling employees to choose a plan that best fits their individual circumstances and budget. This often includes coverage for preventative care, which is crucial for maintaining long-term health. The details of these plans are usually communicated through internal employee portals and HR departments.

2. Mental Health and Wellness Resources:

Recognizing the importance of mental health, Stifel often provides access to Employee

Assistance Programs (EAPs). These programs offer confidential counseling services, stress management techniques, and resources for dealing with various life challenges. This proactive approach to mental well-being is a critical component of Stifel's commitment to a holistic approach to health. Many programs also incorporate resources for work-life balance and stress reduction techniques.

3. Wellness Initiatives and Challenges:

Many Stifel locations participate in wellness initiatives and challenges. These can range from fitness competitions and health screenings to educational workshops on nutrition and mindfulness. These initiatives create a sense of community and encourage healthy behaviors among employees. Participation in these programs often rewards employees with incentives and recognition, further promoting engagement.

4. Financial Wellness Programs:

Financial stress significantly impacts overall well-being. Stifel often incorporates financial wellness programs into their initiatives. These might include workshops on budgeting, debt management, retirement planning, and investment strategies. By addressing financial concerns, Stifel aims to reduce stress and contribute to employees' overall sense of security and stability.

5. Ergonomic Assessments and Workplace Safety:

A safe and ergonomic workspace is essential for preventing injuries and promoting physical well-being. Stifel likely offers ergonomic assessments to ensure employees' workstations are properly set up to prevent strain and discomfort. This demonstrates a dedication to employee safety and comfort, reflecting a broader commitment to well-being.

Maximizing Your Benefits from Stifel Health and Wellness

To get the most out of Stifel's health and wellness program, it's important to be proactive. Familiarize yourself with the resources available to you through your employee portal or by contacting your HR department. Take advantage of wellness initiatives, participate in challenges, and seek out the support services you need. Don't hesitate to ask questions and explore all the options available. Remember that your well-being is an investment, not an expense, and Stifel's commitment is there to support you in this important journey.

Conclusion

Stifel's dedication to health and wellness extends far beyond a standard benefits package. It's a comprehensive strategy encompassing physical, mental, and financial well-being, fostering a culture that prioritizes employee health and happiness. By understanding and actively utilizing the resources provided, you can significantly enhance your overall well-being and contribute to a more productive and fulfilling work life.

FAQs

1. How do I access the Stifel Health and Wellness resources? You can typically access resources through your company intranet or by contacting your Human Resources department directly. They will be able to provide you with specific details and guidance.
1. Are there any costs associated with the programs? Most programs offered under the Stifel Health and Wellness umbrella are included in your employee benefits package. However, some optional services or workshops may have associated fees, which should be clearly outlined.
1. What if I need confidential support for mental health issues? Stifel likely provides access to Employee Assistance Programs (EAPs) offering confidential counseling services. Contact your HR department for specific details on how to access these services.
1. How can I participate in wellness initiatives and challenges? Look for announcements and communications from your company regarding wellness initiatives, often disseminated through email, the intranet, or company newsletters.
1. What type of financial wellness support is available? The specifics vary, but you can expect resources ranging from workshops on budgeting and debt management to information on retirement planning and investment strategies. Contact your HR department for the most current details.

stifel health and wellness: The Disordered Mind Eric R. Kandel, 2018-08-28 A Nobel Prize-winning neuroscientist's probing investigation of what brain disorders can tell us about human nature Eric R. Kandel, the winner of the Nobel Prize in Physiology or Medicine for his foundational research into memory storage in the brain, is one of the pioneers of modern brain science. His work continues to shape our understanding of how learning and memory work and to break down age-old barriers between the sciences and the arts. In his seminal new book, *The Disordered Mind*, Kandel draws on a lifetime of pathbreaking research and the work of many other leading neuroscientists to take us on an unusual tour of the brain. He confronts one of the most difficult questions we face: How does our mind, our individual sense of self, emerge from the physical matter of the brain? The

brain's 86 billion neurons communicate with one another through very precise connections. But sometimes those connections are disrupted. The brain processes that give rise to our mind can become disordered, resulting in diseases such as autism, depression, schizophrenia, Parkinson's, addiction, and post-traumatic stress disorder. While these disruptions bring great suffering, they can also reveal the mysteries of how the brain produces our most fundamental experiences and capabilities—the very nature of what it means to be human. Studies of autism illuminate the neurological foundations of our social instincts; research into depression offers important insights on emotions and the integrity of the self; and paradigm-shifting work on addiction has led to a new understanding of the relationship between pleasure and willpower. By studying disruptions to typical brain functioning and exploring their potential treatments, we will deepen our understanding of thought, feeling, behavior, memory, and creativity. Only then can we grapple with the big question of how billions of neurons generate consciousness itself.

stifel health and wellness: *Grant\$ for Hospitals, Medical Care, & Research* , 1992

stifel health and wellness: **Still Small Voice** Michael Mitton, Adrian Plass, Stewart Henderson, Paul Cookson, 2001 'Between Horror and Hope' is a study of Paul's metaphorical language of death in Romans 6:1-11. The scholarly debate focuses on two main issues; the origin of the 'commentatio mortis' tradition and its development. Dr. Sabou argues that the origin of this terminology is original to Paul; that it was the apostle's own insight into the meaning of Christ's death (a death to sin) and his understanding of the identity of Christ in his death (as the anointed davidic king) which guided him to create this metaphor of dying to sin as a way of describing the relationship of the believer with sin. On the development of this language of death, the author argues that this language conveys two aspects — horror and hope. The first is discussed in the context of crucifixion in which Paul explains the believer's death to sin by presenting Christ's death as the death of the anointed davidic king who won the victory over sin and death by rising from the dead. Paul affirms that believers are coalesced with what was proclaimed about Christ's death and resurrection, thereby allowing him to assert that the releasing of the body from the power of sin is a result of crucifixion. This crucifixion is the condemnation inflicted on our past lives in the age inaugurated by Adam's sin and this is such a horrible event that believers have to stay away from sin since sin leads to such punishment. In contrast, hope is presented in the context of burial. The believers' burial with Christ points to the fact that they are part of Christ's family and this is accomplished by the overwhelming action of God by which he pushes us toward the event of Christ's death, an act pictured in baptism. It is this burial with Christ that allows believers to share with Christ in newness of life.

stifel health and wellness: **St. Louis Commerce** , 1990

stifel health and wellness: *Your Heart, My Hands* Arun K Singh, 2019-04-16 An encouraging, inspiring, and absorbing (Jhumpa Lahiri, Pulitzer Prize winner) true story of how a boy from India overcame a difficult childhood and devastating hand injuries and became one of the most prolific cardiac surgeons in U.S. history. An encouraging and inspiring true story on how a boy from India overcame a difficult childhood and devastating hand injuries and became one of the most prolific cardiac surgeons in U.S. history. Leaving a life marked by crippling setbacks and his father's doubt, in 1967 a twenty-something doctor from India arrived in America with only five dollars and the desire to claim his American dream. The journey still awaiting Dr. Arun K. Singh would be unparalleled. Faced with an entirely new culture, racism, and the lasting effects of disabling childhood injuries, through hard work and perseverance he overcame all odds. Now having performed over 15,000 open heart surgeries, more than nearly every surgeon in history, Dr. Singh reflects on his most memorable patients and his incredible personal life. Shared for the first time, these intimate and uplifting accounts, along with photos, will have you cheering for the underdog and appreciating the enduring determination of the human spirit.

stifel health and wellness: **Shareholder Derivative Actions** Deborah A. DeMott, 1987

stifel health and wellness: **Who's who in the Midwest** , 1996

stifel health and wellness: Licensed to Live Jarret R. Patton, 2020-04-14 No matter what part

of your life you want to transform, positive affirmations can help you achieve your goals. But, sometimes making permanent changes can be difficult. Designed with you in mind, *Licensed to Live: Daily Affirmations to Rebuild Your Life* will inspire and equip you to become the best version of yourself. In this companion journal to his award-winning book, *Licensed to Live: A Primer to Rebuilding Your Life After Your Career Has Been Shattered*, Dr. Jarret Patton provides you with 90 powerful affirmations that will position you to succeed in every area of your life. Filled with positive statements that will support and enhance your progress from day one, this journal will increase your confidence, motivate you to take action, guide you in counteracting negative thoughts, and so much more. *Licensed to Live: Daily Affirmations to Rebuild Your Life* will set you on the path to changing your mindset, beliefs, speech, and ultimately your actions.

stifel health and wellness: Vault Career Guide to Investment Banking Tom Lott, Derek Loosvelt, Mary Phillips-Sandy, Richard Roberts, Vault (Firm), 2013 Provides information on investment banking, covering the basics of financial markets, interviews, career paths, and job responsibilities.

stifel health and wellness: Moral Tribes Joshua Greene, 2014-12-30 "Surprising and remarkable...Toggling between big ideas, technical details, and his personal intellectual journey, Greene writes a thesis suitable to both airplane reading and PhD seminars."—The Boston Globe Our brains were designed for tribal life, for getting along with a select group of others (Us) and for fighting off everyone else (Them). But modern times have forced the world's tribes into a shared space, resulting in epic clashes of values along with unprecedented opportunities. As the world shrinks, the moral lines that divide us become more salient and more puzzling. We fight over everything from tax codes to gay marriage to global warming, and we wonder where, if at all, we can find our common ground. A grand synthesis of neuroscience, psychology, and philosophy, *Moral Tribes* reveals the underlying causes of modern conflict and lights the way forward. Greene compares the human brain to a dual-mode camera, with point-and-shoot automatic settings ("portrait," "landscape") as well as a manual mode. Our point-and-shoot settings are our emotions—efficient, automated programs honed by evolution, culture, and personal experience. The brain's manual mode is its capacity for deliberate reasoning, which makes our thinking flexible. Point-and-shoot emotions make us social animals, turning Me into Us. But they also make us tribal animals, turning Us against Them. Our tribal emotions make us fight—sometimes with bombs, sometimes with words—often with life-and-death stakes. A major achievement from a rising star in a new scientific field, *Moral Tribes* will refashion your deepest beliefs about how moral thinking works and how it can work better.

stifel health and wellness: Health & Wellness 101 Destiny Harris, Pleshette Harris, 2018-09-15 Your health and wellness tool guide to living your best life now!

stifel health and wellness: Calendar of Issues California Debt and Investment Advisory Commission, 2007

stifel health and wellness: Fight Night Miriam Toews, 2021-10-05 Move over, Scout Finch! There's a new contender for feistiest girl in fiction, and her name is Swiv. -USA Today, Best Books of the Year Toews is a master of dialogue. -New York Times Book Review, Editors' Choice A revelation. -Richard Russo NPR Best Books of the Year * Shortlisted for the Scotiabank Giller Prize * Writers' Trust Fiction Prize Finalist * Indie Next Pick * Amazon Editors' Pick * Apple Book of the Month From the bestselling author of *Women Talking* and *All My Puny Sorrows*, a compassionate, darkly humorous, and deeply wise novel about three generations of women. "You're a small thing," Grandma writes, "and you must learn to fight." Swiv's Grandma, Elvira, has been fighting all her life. From her upbringing in a strict religious community, she has fought those who wanted to take away her joy, her independence, and her spirit. She has fought to make peace with her loved ones when they have chosen to leave her. And now, even as her health fails, Grandma is fighting for her family: for her daughter, partnerless and in the third term of a pregnancy; and for her granddaughter Swiv, a spirited nine-year-old who has been suspended from school. Cramped together in their Toronto home, on the precipice of extraordinary change, Grandma and Swiv undertake a vital new project,

setting out to explain their lives in letters they will never send. Alternating between the exuberant, precocious voice of young Swiv and her irrepressible, tenacious Grandma, *Fight Night* is a love letter to mothers and grandmothers, and to all the women who are still fighting-painfully, ferociously- for a way to live on their own terms.

stifel health and wellness: Fit Cities Karen K. Lee, 2020-01-07 Dr. Karen K. Lee is a force for good around the world, working behind the scenes to help people improve their diets, get in shape, and live longer. In the arena of public health, this Canadian woman is an international superstar. In the early 2000s, she went to the US to join a team of health detectives for the Centers for Disease Control and Prevention. Smoking was in decline, and so the US CDC's attention had turned to the next biggest causes of premature death: over-eating and under-exercising. Dr. Lee's zeal in seeking out the root causes--in schools, restaurants, and environments that encourage a sedentary, calorie-packed way of life--was matched by her inspired approach to finding solutions. She was next recruited by the City of New York, where she was instrumental in introducing Active Design, an initiative for creating opportunities for healthy living in everyday life that has helped reverse childhood obesity and lengthen life expectancies. Her influence has since spread around the world. Dr. Lee has always known that health education, public service announcements, and our individual struggles are not enough. The world around us needs to change to support us in taking steps (literally and figuratively) to save our own lives. Working with civic leaders, city planners, and architects, she has been a pioneer in addressing today's leading health problems, such as obesity, heart disease, strokes, cancers, and diabetes. *Fit Cities* is a riveting memoir of that work--the story of how Dr. Lee and her many teams of brilliant collaborators uncovered, and set about eradicating, the causes of a pandemic of unhealthy living. And every step of the way, it offers invaluable advice on how we can all help ourselves to live healthier lives.

stifel health and wellness: Nelson's Directory of Investment Research , 2008

stifel health and wellness: Mango Rain Berta Isabel Arias, 2011-07-01 Twin sisters separated at the beginning of the Cuban Revolution as infants find each other as adult women. Anais and Isa exchange places and lives and explore what it means to live on either side of the political and emotionally charged divide which has existed between the U.S. and Cuba for more than half a century.

stifel health and wellness: Nelson Information's Directory of Investment Research , 2008

stifel health and wellness: The CBD Dog Biscuit Cookbook Paw CBD, 2022-03-15 More and more pet owners are turning to CBD to help their dogs live happier, healthier lives. A multitude of pleased pet owners who have given their dogs CBD reported good results for common concerns, from noise aversion to stress and mobility support. The CBD Dog Biscuit Cookbook is a collection of recipes for delicious treats that will help your dog feel better than ever! Inside you'll find: - Over 150 CBD treat recipes - Everything you need to know about CBD for your dog - A helpful bookmark with dosage information - Lots of helpful hints about the foods that are best for your pup Learn all you need to know about CBD and your dog, including how to make it an easy, effective part of maintaining their overall wellness. With an emphasis on high-quality CBD and recipes for simple, healthy, organic dog treats, you can feel good about giving CBD to your good boy or girl.

stifel health and wellness: No Reserve Letitia Frye, 2020-04-23 No Reserve is your guide to shattering the ceiling you've built on your dreams by taking risks on yourself and your passions. Its eleven strategies for removing the reserve from your life—or dispensing with any minimum conditions for taking action and giving of yourself—will enable you to live with unlimited joy, success, optimism, and a fearless generosity. These strategies will not only transform your life for the better, but they will also enable you to make impressions on the lives of others, moving the needle of humanity toward the greater good. Life is like an auction: you get your best returns if you don't set a reserve on it. The foremost “auctiontainer” who works with premier nonprofits such as St. Jude Children's Research Hospital, Alice Cooper's Solid Rock, and the Make-A-Wish Foundation®, Letitia Frye knows how important it is to designate auctions as “no reserve,” or

without a minimum bid. What's more, she's learned how crucial it is to approach life this way as well. When there is no perceived limitation, there is room for chance—as in, unlimited opportunities for success. Having worked her way to the top of a male-dominated industry, left a turbulent marriage to build a high-profile career as a single mom, suffered the devastating losses of her ex-husband and her plus-one child, and survived a traumatic brain injury, Letitia has bounced back from tragedy and beaten the odds multiple times and emerged stronger, more confident, and more successful. In *No Reserve*, she shares eleven key strategies that will help readers stop limiting themselves in all their endeavors—their career, their relationships, and their personal growth. As readers will discover, you can have everything you want in life, but you have to stop looking for opportunities to come to you, or for the road suddenly to become easier. Oftentimes, you have to make your own path: do the work before getting paid for it, create your own network by mentoring others, and give generously of yourself when you think you have little or nothing to offer. By implementing these and other principles, you will learn to build an authentic, absolute life in which you create the value you deserve.

stifel health and wellness: Neurosurgical Operative Atlas Philip A. Starr, Nicholas M. Barbaro, Paul S. Larson (MD.), 2009 Part of the second edition of the classic Neurosurgical Operative Atlas series, Functional Neurosurgery provides step-by-step guidance on the innovative and established techniques for managing epilepsy, pain, and movement disorders. This atlas covers the current surgical procedures, providing concise descriptions of indications and surgical approaches, as well as recommendations for how to avoid and manage postoperative complications. The authors describe the underlying physiological principles and state-of-the-art recording techniques that are used for brain localization. This edition addresses topics that are rarely covered in other texts, including motor cortex stimulation for neuropathic pain, novel technical approaches for insertion of deep brain stimulator electrodes, and radiosurgery for movement disorders. Highlights: New chapters on the evolving indications for deep brain stimulation, frameless neuronavigation techniques, and interventional MRI-guided treatments More than 650 high-quality images demonstrating anatomy and surgical steps Consistent format in all chapters to enhance ease of use Ideal for neurosurgeons and residents, this operative atlas is a practical surgical guide that will serve as both a reference and a refresher prior to performing a specific procedure. Series descriptionThe American Association of Neurological Surgeons and Thieme have collaborated to produce the second edition of the acclaimed Neurosurgical Operative Atlas series. Edited by leading experts in the field, the series covers the entire spectrum of neurosurgery in five volumes. In addition to Functional Neurosurgery, the series also features: Neuro-Oncology, edited by Behnam Badie Spine and Peripheral Nerves, edited by Christopher Wolfla and Daniel K. Resnick Pediatric Neurosurgery, edited by James Tait Goodrich Vascular Neurosurgery, edited by R. Loch Macdonald

stifel health and wellness: Cerebrovascular and Endovascular Neurosurgery Chirag D. Gandhi, Charles J. Prestigiacomo, 2018-08-09 This book is an up-to-date, well-referenced practical resource that offers detailed guidance on the avoidance and management of complications in patients treated for cerebrovascular and spinal vascular disease. All complication avoidance and management techniques currently available to the endovascular/cerebrovascular surgeon are reviewed by pioneers and leaders in the field to provide the clinician with an advanced single point of reference on the subject. The book is divided into four sections. It opens by discussing general issues, such as definition of complications, medicolegal aspects, the role of resident training, and checklists. The subsequent three sections address the avoidance and management of complications when performing surgical, endovascular, and radiosurgical procedures, covering the full range of indications and potential adverse events. All chapters have a standardized format, simplifying the search for information on a specific disease process. Numerous intraoperative images are included, and, when appropriate, algorithms for the avoidance, early recognition, and management of complications are presented. Each chapter concludes with a checklist of preparatory steps and "emergency procedures" that each member of the team must perform in order to ensure the best possible outcomes.

stifel health and wellness: *Mastering Diabetes* Cyrus Khambatta, PhD, Robby Barbaro, MPH, 2020-02-18 The instant New York Times bestseller. A groundbreaking method to master all types of diabetes by reversing insulin resistance. Current medical wisdom advises that anyone suffering from diabetes or prediabetes should eat a low-carbohydrate, high-fat diet. But in this revolutionary book, Cyrus Khambatta, PhD, and Robby Barbaro, MPH, rely on a century of research to show that advice is misguided. While it may improve short-term blood glucose control, such a diet also increases the long-term risk for chronic diseases like cancer, high blood pressure, high cholesterol, chronic kidney disease, and fatty liver disease. The revolutionary solution is to eat a low-fat plant-based whole-food diet, the most powerful way to reverse insulin resistance in all types of diabetes: type 1, type 1.5, type 2, prediabetes, and gestational diabetes. As the creators of the extraordinary and effective Mastering Diabetes Method, Khambatta and Barbaro lay out a step-by-step plan proven to reverse insulin resistance-the root cause of blood glucose variability- while improving overall health and maximizing life expectancy. Armed with more than 800 scientific references and drawing on more than 36 years of personal experience living with type 1 diabetes themselves, the authors show how to eat large quantities of carbohydrate-rich whole foods like bananas, potatoes, and quinoa while decreasing blood glucose, oral medication, and insulin requirements. They also provide life-changing advice on intermittent fasting and daily exercise and offer tips on eating in tricky situations, such as restaurant meals and family dinners. Perhaps best of all: On the Mastering Diabetes Method, you will never go hungry. With more than 30 delicious, filling, and nutrient-dense recipes and backed by cutting-edge nutritional science, Mastering Diabetes will help you maximize your insulin sensitivity, attain your ideal body weight, improve your digestive health, gain energy, live an active life, and feel the best you've felt in years.

stifel health and wellness: Parenting and Child Development in Low- and Middle-Income Countries Marc H. Bornstein, W. Andrew Rothenberg, Andrea Bizzego, Robert H. Bradley, Kirby Deater-Deckard, Gianluca Esposito, Jennifer E. Lansford, Diane L. Putnick, Susannah Zietz, 2022-09-09 This compelling volume advances the understanding of what parenting and related sociodemographic, demographic, and environmental variables look like and how they are associated with child development in low- and middle-income countries around the world. Specifically, expert authors document how child growth, caregiving practices, discipline and violence, and children's physical home environments, along with child and primary caregiver sociodemographic characteristics and household and national development demographic characteristics, are associated with central domains of early childhood development across a substantial fraction of the majority world using contemporary 21st-century data from the UNICEF Multiple Indicator Cluster Surveys and the UNICEF Early Childhood Development Index. The lives of nearly 160,000 girls and boys aged 3 to 5 years in nationally representative samples from 51 low- and middle-income countries are sampled to address 7 principal questions about children, caregiving, and contexts. Parenting and Child Development in Low- and Middle-Income Countries takes an authentically international approach to parenting, the environment, and child development in cultural contexts that more fully characterize the world's diversity. Parenting and Child Development in Low- and Middle-Income Countries is essential reading for researchers and students of parenting, psychology, human development, family studies, sociology, and cultural studies, as well as governmental and non-governmental professionals working with families in low- and middle-income countries.

stifel health and wellness: *Ender's Game* Jed Alger, 2013-10-15 Based on the best-selling novel, Ender's Game tells the thrilling story of the fight to save the world from a devastating future. Now, in this official companion volume, the behind-the-scenes world of the film is brought into stunning focus. Following an attack by an alien race known as the Formics—narrowly countered thanks only to the efforts of legendary war hero Mazer Rackham (Ben Kingsley)—Earth has been preparing itself for the next wave in the conflict. The fate of humanity lies in finding the next Mazer from a crop of the brightest young minds on the planet. Under the watchful eye of the International Fleet, the venerated Colonel Hyrum Graff (Harrison Ford) has been tasked with overseeing their training. Before long, a standout emerges among them: Ender Wiggin (Asa Butterfield), a shy but

prodigiously talented misfit. His potential discovered, Ender is promoted to Command School, where he will soon find the war with the Formics to be more complex than he could have ever imagined. Packed with in-depth interviews, removable posters and army badges, stunning concept art, unparalleled access to the visual effects archives at Digital Domain, and countless full-color images, this insightful insider's view of the making of Ender's Game will bring fans closer into the world of the movie, following cast and crew as it is brought to dazzling life. Also featuring Hailee Steinfeld (True Grit) as Petra Arkanian, Viola Davis (The Help) as Major Gwen Anderson, and Abigail Breslin (Little Miss Sunshine) as Ender's brilliant older sister, Valentine.

stifel health and wellness: Three Days in April Edward Ashton, 2015-09-15 The debut standalone novel from author Edward Ashton, author of Mickey7, *THREE DAYS IN APRIL* is a near-future speculative thriller that marks the entry of a bright new voice into the genre. Anders Jensen is having a bad month. His roommate is a data thief, his girlfriend picks fights in bars, and his best friend is a cyborg...and a lousy tipper. When everything is spiraling out of control, though, maybe those are exactly the kind of friends you need. In a world divided between the genetically engineered elite and the unmodified masses, Anders is an anomaly: engineered, but still broke and living next to a crack house. All he wants is to land a tenure-track faculty position, and maybe meet someone who's not technically a criminal-but when a nightmare plague rips through Hagerstown, Anders finds himself dodging kinetic energy weapons and government assassins as Baltimore slips into chaos. His friends aren't as helpless as they seem, though, and his girlfriend's street-magician brother-in-law might be a pretentious hipster - or might hold the secret to saving them all. Frenetic and audacious, *Three Days in April* is a blend of science fiction and psychological thriller that raises an important question: once humanity goes down the rabbit hole, can we ever find our way back?

stifel health and wellness: Martin Yan's China Martin Yan, 2008-04-30 Chef Martin Yan explores the Mandarin, Shanghai, Sichuan, and Cantonese cuisines of China.

stifel health and wellness: Business Week , 2009

stifel health and wellness: How to be Well Frank Lipman, 2018 Now available in paperback, the holistic manual for everything you need to know to be well, from celebrity health guru and NYT bestselling author Dr. Frank Lipman

stifel health and wellness: Corporate Yellow Book , 1996

stifel health and wellness: *Magnetic Resonance Elastography* Sudhakar K. Venkatesh, Richard L. Ehman, 2014-10-01 The first book to cover the groundbreaking development and clinical applications of Magnetic Resonance Elastography, this book is essential for all practitioners interested in this revolutionary diagnostic modality. The book is divided into three sections. The first covers the history of MRE. The second covers technique and clinical applications of MRE in the liver with respect to fibrosis, liver masses, and other diseases. Case descriptions are presented to give the reader a hands-on approach. The final section presents the techniques, sequence and preliminary results of applications in other areas of the body including muscle, brain, lung, heart, and breast.

stifel health and wellness: *Vibrant* Stacie Stephenson, 2021-03-23 Stop thinking of your own well-being as something that's beyond your control. Today's view of wellness is far too often fragmented, focusing on specific symptoms rather than the whole person. In *Vibrant*, Dr. Stacie Stephenson introduces readers to a new and empowering way of looking at health. A recognized leader in functional and integrative medicine, Stephenson has helped thousands by focusing not on treating disease, but on creating health-by giving individuals the knowledge, confidence, and inspiration they need to do so for themselves. By the end of this life-changing book, readers will have the tools to transform their energy, weight, fitness, and general wellness, tackling everything from enhancing sleep quality to building an iron-clad immune system. Beginning with basics such as the truth about the best diet, the critical role of exercise in vitality and longevity, and the importance of human connection, *Vibrant* also dives deeper to give a holistic picture of health and how to achieve it. With helpful breakdowns on supplements, detoxification, and how to think about disease, this is much more than just another wellness book. It's also packed with practical, useful features,

including: • Self-assessment tools to aid you in listening to your body • A foolproof two-week meal plan • 40 delicious, healthful chef-created recipes • 30 days of baby steps to start building the habit of health With Stephenson's candid and conversational voice, *Vibrant* is like having a friend who also happens to be a leading health authority take you under her wing. Along with practical advice, she shares powerful insights that will change the way you think about everything from exercise to relationships, and sends readers off with an inspirational chapter on how health has a ripple effect that can change your family, your community, and help to create a more vibrant world. With a step-by-step program for making foundational lifestyle shifts, *Vibrant* shows you how to reclaim your health and energy, reverse aging, and glow-not just on the outside, but from deep within yourself.

stifel health and wellness: The Wellness Book Herbert Benson, Eileen M. Stuart, 1993-10 A comprehensive guide to maintaining health and treating stress-related illness. Boston-based Benson and Stuart offer proven techniques developed by the Mind/Body Institute for exercise, diet, and stress management to help readers cope with many common conditions. Includes how-to illustrations and case histories.

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Christina Fisanick Greer, 2016 The Optimistic Food Addict explores the author's journey through recovery from binge eating disorder. Inspirational, honest, and motivating, this book is guaranteed to contribute significantly to the recovery of readers who also suffer from food addiction as they feel the gritty, raw truth behind the author's words.

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New York Times Bestseller—now available in paperback! “One of the easiest to understand books on health.” —CNN “A manual for living well, with clear and easy rules that anyone can put into practice.” —Men’s Journal, Best Health Books of the Year Frank Lipman, M.D., is “at the vanguard of a revolutionary way to deliver medical care” (O, The Oprah Magazine). A leading expert in the field of functional medicine, Dr. Lipman focuses on the root causes of illness and guides his patients to the deepest, most lasting sources of wellness. In this book, he and coauthor Danielle Claro make life-changing health advice available to all. Their book offers the cutting-edge secrets to optimal health in a stylish, lushly illustrated format—a spoonful of beauty to help the wellness tips go down. The New Health Rules wades through the often contradictory information that bombards us daily and delivers more than 100 actionable tips that will improve every aspect of our health—body, mind, and soul. Readers will learn simple rules for getting a good night’s sleep, why a daily dose of sunlight is crucial, and which toxic cosmetics and kitchen products should be tossed. Here Lipman and Claro teach us which foods help prevent Alzheimer’s, why sugar is so destructive, and how to bring “good bacteria” into the digestive system—providing an arsenal of easy-to-process tips and guidelines to make us stronger, healthier, and happier.

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Minority Business Development, 1992

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The author takes a look at the Voynich manuscript, the Book of Enoch, a lost subterranean labyrinth in Ecuador, and the mysterious lines in the desert of Nazca.

stifel health and wellness: The Ground on which I Stand August Wilson, 2001

August Wilson's radical and provocative call to arms.

stifel health and wellness: Vulture Katie Fallon, 2017-03-07

Turkey vultures, the most widely distributed and abundant scavenging birds of prey on the planet, are found from central Canada to the southern tip of Argentina, and nearly everywhere in between. In the United States we sometimes call them buzzards; in parts of Mexico the name is *aura cabecirroja*, in Uruguay *jote cabeza colorada*, and in Ecuador *gallinazo aura*. A huge bird, the turkey vulture is a familiar sight from culture to culture, in both hemispheres. But despite being ubiquitous and recognizable, the turkey vulture has never had a book of literary nonfiction devoted to it - until *Vulture*. Floating on six-foot wings, turkey vultures use their keen senses of smell and sight to locate carrion. Unlike their cousin the black vulture, turkey vultures do not kill weak or dying animals; instead, they cleanse, purify, and renew the environment by clearing it of decaying carcasses, thus slowing the spread of such dangerous pathogens as anthrax, rabies, and botulism. The beauty, grace, and important role of these birds in the ecosystem notwithstanding, turkey vultures are maligned and underappreciated; they have been accused of spreading disease and killing livestock, neither of which has ever been substantiated. Although turkey vultures are protected under the Migratory Bird Treaty Act, which makes harming them a federal offense, the birds still face persecution. They've been killed because of their looks, their odor, and their presence in proximity to humans. Even the federal government occasionally sanctions roost dispersals, which involve the harassment and sometimes the murder of communally roosting vultures during the cold winter months. *Vulture* follows a year in the life of a typical North American turkey vulture. By incorporating information from scientific papers and articles, as well as interviews with world-renowned raptor and vulture experts, author Katie Fallon examines all aspects of the bird's natural history: breeding, incubating eggs, raising chicks, migrating, and roosting. After reading this book you will never look at a vulture in the same way again.

stifel health and wellness: *The Family* Kitty Kelley, 2005 As the Bush family has risen to dominance, so, too, they have been master orchestrators of their own public image, acting and operating under the shield of privacy their money and status have always afforded them--until now.

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