

umc health and wellness pharmacy

UMC Health and Wellness Pharmacy: Your Partner in Total Well-being

Are you looking for more than just prescriptions? Do you crave a pharmacy experience that prioritizes your overall health and wellness, not just dispensing medication? Then you're in the right place. This comprehensive guide dives deep into the world of UMC Health and Wellness Pharmacy, exploring its services, benefits, and how it can become your trusted partner on your journey to a healthier, happier you. We'll cover everything from convenient prescription refills to personalized wellness consultations, ensuring you have all the information you need to make informed decisions about your healthcare.

Understanding the UMC Health and Wellness Pharmacy Advantage

UMC Health and Wellness Pharmacy isn't your average pharmacy. It's a proactive approach to healthcare, integrating pharmaceutical services with a strong focus on preventive care and personalized wellness plans. This means they offer far more than just filling prescriptions; they actively work with you to achieve your health goals. This holistic approach sets them apart, transforming a simple prescription refill into a vital part of your overall well-being strategy.

Beyond the Prescription: Services Offered at UMC Health and Wellness Pharmacy

UMC Health and Wellness Pharmacy offers a wide array of services designed to meet the diverse needs of its patients. These go beyond the typical pharmacy services and include:

1. Convenient Prescription Refills: Effortlessly manage your medications through online refills, automated reminders, and easy-to-use mobile apps. Say goodbye to missed doses and the hassle of constantly tracking your prescription needs.
1. Immunizations: Stay protected against preventable illnesses with a wide range of vaccinations available, administered by qualified healthcare professionals. From flu shots to shingles vaccines, they've got you covered.
1. Medication Therapy Management (MTM): This personalized service helps you understand your medications better. Pharmacists work with you to optimize your medication regimen,

addressing any concerns or side effects you might be experiencing. This service is particularly helpful for those managing multiple medications or chronic conditions.

1. **Health and Wellness Consultations:** Take control of your health with personalized consultations focusing on nutrition, exercise, and overall wellness. These consultations provide tailored guidance and support, helping you make positive changes to your lifestyle.
1. **Chronic Disease Management:** Effective management of chronic conditions, such as diabetes or hypertension, is key to a healthier life. UMC Health and Wellness Pharmacy provides support and resources to help you navigate these challenges, ensuring you receive the best possible care. This may include regular check-ins, medication reviews, and educational materials.
1. **Compounding Pharmacy Services:** For patients requiring customized medications, UMC Health and Wellness Pharmacy often offers compounding services. This allows for the creation of tailored formulations to meet specific patient needs, addressing allergies or other individual requirements. This is a particularly valuable service for patients with unique medication needs.
1. **Point-of-Care Testing:** Experience faster results with convenient point-of-care testing services offered at the pharmacy. Depending on location, this might include quick tests for various health indicators, leading to faster diagnoses and treatment plans.
1. **Patient Education Programs:** Enhance your knowledge and understanding of your health with access to educational resources and programs. This empowers you to take a more active role in managing your health and well-being.

The Benefits of Choosing UMC Health and Wellness Pharmacy

Choosing UMC Health and Wellness Pharmacy offers several significant benefits:

Proactive Healthcare: It's not just about treating illness; it's about preventing it. Their proactive approach to health focuses on wellness and prevention.

Personalized Care: You're not just a number; you're an individual with unique needs. They offer personalized services tailored to your specific health goals.

Convenience and Accessibility: Manage your medications and access various services easily through online portals, mobile apps, and convenient pharmacy locations.

Expert Advice: Benefit from the expertise of qualified pharmacists who are dedicated to your health and well-being.

Holistic Approach: Experience a holistic approach to healthcare that integrates pharmaceutical services with preventive care and wellness programs.

Finding Your Nearest UMC Health and Wellness Pharmacy

Locating your nearest UMC Health and Wellness Pharmacy is simple. Their website likely provides a store locator tool, allowing you to search by zip code or address. You can also contact them directly via phone or email to find the most convenient location for you.

Conclusion

UMC Health and Wellness Pharmacy represents a significant advancement in the pharmacy experience, transforming it from a transactional service into a collaborative partnership focused on your overall health and well-being. By offering a comprehensive range of services and prioritizing personalized care, they empower you to take control of your health journey and achieve a healthier, happier life. Don't just manage your medications; actively manage your health with UMC Health and Wellness Pharmacy.

FAQs

1. Does UMC Health and Wellness Pharmacy accept all insurance plans? While they strive to accept a wide range of insurance plans, it's best to contact your local UMC Health and Wellness Pharmacy to confirm your specific plan's coverage.
1. What are the hours of operation for UMC Health and Wellness Pharmacy locations? Hours vary by location. Check the pharmacy's website or contact your local branch directly for their specific operating hours.
1. Do I need an appointment for consultations or immunizations? While some services might require appointments, many are available on a walk-in basis. It's always advisable to call ahead to check availability and schedule an appointment if necessary.
1. What forms of payment does UMC Health and Wellness Pharmacy accept? Most locations accept major credit cards, debit cards, cash, and may also accept other forms of payment. Contact your local pharmacy for specific details.

1. How can I access my prescription refill history online? Many UMC Health and Wellness Pharmacies offer online portals or mobile apps allowing you to view your prescription history and request refills. Check with your local pharmacy to learn how to access these online tools.

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- A personal, practical perspective for travelers and residents alike
- Comprehensive listings of attractions, restaurants, and accommodations
- How to live & thrive in the area—from recreation to relocation
- Countless details on shopping, arts & entertainment, and children's activities

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umc health and wellness pharmacy: Insiders' Guide® to El Paso Megan Eaves, 2010-09-01 A first edition, Insiders' Guide to El Paso is the essential source for in-depth travel and relocation information to this legendary Texas panhandle area with wild west charm. Written by a local (and true insider), this guide offers a personal and practical perspective of El Paso and its surrounding environs.

umc health and wellness pharmacy: Tucson - Insiders Guide Mary Paganelli, 2004-11 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 its artisan marketplaces to its historical Pueblo-style architecture, Tucson is a crossroads of Native American, Spanish, and American cultures. Let this authoritative guide show you how to navigate Tucson's vibrant mountains and deserts, mouth-watering eateries, abundant nightlife, and cultural celebrations. Inside you'll find: Comprehensive listings of restaurants, lodging, and recreation opportunities The inside scoop on festivals and attractions, including Cinco de Mayo, Tombstone Vigilante Days, Biosphere 2, and the Mount Lemmon Ski Valley Skyride Countless details on how to live and thrive in the area, from the best shopping to the lowdown on real estate 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 Tucson will show you everything you need to know.

umc health and wellness pharmacy: Registries for Evaluating Patient Outcomes Agency for Healthcare Research and Quality/AHRQ, 2014-04-01 This User's Guide is intended to support the design, implementation, analysis, interpretation, and quality evaluation of registries created to increase understanding of patient outcomes. For the purposes of this guide, a patient registry is an organized system that uses observational study methods to collect uniform data (clinical and other) to evaluate specified outcomes for a population defined by a particular disease, condition, or exposure, and that serves one or more predetermined scientific, clinical, or policy purposes. A registry database is a file (or files) derived from the registry. Although registries can serve many purposes, this guide focuses on registries created for one or more of the following purposes: to describe the natural history of disease, to determine clinical effectiveness or cost-effectiveness of health care products and services, to measure or monitor safety and harm, and/or to measure quality of care. Registries are classified according to how their populations are defined. For example, product registries include patients who have been exposed to biopharmaceutical products or medical devices. Health services registries consist of patients who have had a common procedure, clinical encounter, or hospitalization. Disease or condition registries are defined by patients having the same diagnosis, such as cystic fibrosis or heart failure. The User's Guide was created by

researchers affiliated with AHRQ's Effective Health Care Program, particularly those who participated in AHRQ's DECIDE (Developing Evidence to Inform Decisions About Effectiveness) program. Chapters were subject to multiple internal and external independent reviews.

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umc health and wellness pharmacy: Handbook of Mental Health and Aging Nathan Hantke, Amit Etkin, Ruth O'Hara, 2020-04-11 The Handbook of Mental Health and Aging, Third Edition provides a foundational background for practitioners and researchers to understand mental health care in older adults as presented by leading experts in the field. Wherever possible, chapters integrate research into clinical practice. The book opens with conceptual factors, such as the epidemiology of mental health disorders in aging and cultural factors that impact mental health. The book transitions into neurobiological-based topics such as biomarkers, age-related structural changes in the brain, and current models of accelerated aging in mental health. Clinical topics include dementia, neuropsychology, psychotherapy, psychopharmacology, mood disorders, anxiety, schizophrenia, sleep disorders, and substance abuse. The book closes with current and future trends in geriatric mental health, including the brain functional connectome, repetitive transcranial magnetic stimulation (rTMS), technology-based interventions, and treatment innovations. - Identifies

factors influencing mental health in older adults - Includes biological, sociological, and psychological factors - Reviews epidemiology of different mental health disorders - Supplies separate chapters on grief, schizophrenia, mood, anxiety, and sleep disorders - Discusses biomarkers and genetics of mental health and aging - Provides assessment and treatment approaches

umc health and wellness pharmacy: Maximize Your Rotations: ASHP's Student Guide to IPPEs, APPEs, and Beyond Mate M. Soric, 2013-04-01 Successful pharmacy careers begin with successful rotations—and successful rotations start with this guide. Although rotations are crucial to the development of skills needed to practice pharmacy, there has been little available to guide students in the best way to prepare and make the most of these experiences—until now. Maximize Your Rotations: ASHP's Student Guide to IPPEs, APPEs, and Beyond breaks down everything you need to know into easy-to-navigate chapters. Inside you will find the skills required to excel while on IPPE or APPE rotations, along with competencies that may be unique to one type of rotation or another. Each chapter is written by an experienced preceptor, lending a valuable perspective. By using this text, you will gain an appreciation of the general expectations and typical activities of each rotation experience before you begin. Better preparation means better performance. Maximize Your Rotations will also be a resource throughout the experiential year, offering everything from reminders of clinical issues and statistical reviews to advice on interviewing, CV writing, professional organizations, and more. Maximize Your Rotations means less time getting up to speed—and more time getting ahead in your career. Your rotation experience can be the launching pad for your career, and there's no better guide than Maximize Your Rotations.

umc health and wellness pharmacy: The Effective Pharmacy Preceptor Mate M. Soric, Stacey R. Schneider, S. Scott Wisneski, 2016 Preceptor development is a topic rarely covered in pharmacy education, although pharmacists across the country are routinely asked to give back to their profession by precepting student and resident learners. Resources exist to help preceptors gain the skills and understand the theories of experiential education, but they are scattered across numerous sources, presented in an academic tone, or not comprehensive in nature. As such, the quality of precepting can vary significantly from practitioner to practitioner. Designed to serve as a user's guide for new and experienced preceptors of both residents and experiential students, The Effective Pharmacy Preceptor offers insight to common precepting scenarios and is organized by the timeline and tasks associated with a resident or student's experience--Publisher's description.

umc health and wellness pharmacy: Pharmacotherapy in Primary Care William D. Linn, Marion R. Wofford, Mary Elizabeth O'Keefe, L. Michael Posey, 2008-08-10 Audience: Pharmacy students, Pharmacy Residents, Nurse Practitioners, Nurse Practitioner Students, Physician Assistants, and primary care physicians Each chapter uses a standardized approach to therapeutic decision making: systematic review of the literature, specific recommendations, treatment algorithms to facilitate decision-making, and evidence-based summaries Treatment algorithms facilitate decision-making

umc health and wellness pharmacy: Acute Care for Elders Michael L. Malone, Elizabeth A. Capezuti, Robert M. Palmer, 2014-07-21 Acute Care for Elders (ACE) is a model of care designed to improve functional outcomes and to improve the processes for the care of older patients. This model includes: an environment of care designed to promote improved function for older patients; an interdisciplinary team that works together to identify/address the vulnerabilities of the older patients; nursing care plans for prevention of disability; early planning to help prepare the patient to return home and a review of medical care to prevent iatrogenic illness. Acute Care for Elders: A Model for Interdisciplinary Care is an essential new resource aimed at assisting providers in developing and sustaining an ACE program. The interdisciplinary approach provides an introduction to the key vulnerabilities of older adults and defines the lessons learned from the Acute Care for Elders model. Expertly written chapters describe critical aspects of ACE: the interdisciplinary approach and the focus on function. The fundamental principles of ACE described in this book will further assist hospital leaders to develop, implement, sustain and disseminate the Acute Care for Elders model of care. Acute Care for Elders: A Model for Interdisciplinary Care is of great value to

geriatricians, hospitalists, advance practice nurses, social workers and all others who provide high quality care to older patients.

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Notwithstanding the important role of direct clinical and endoscopic examination in modern management of pathological conditions of the larynx, radiological study the and, more specifically, cross-sectional imaging by CT and MRI make definite diagnostic contributions by virtue of their potential to display superbly the deeper extent of laryngeal lesions. Indeed, remarkable progress has been achieved during recent years in CT and MRI techniques as applied to the neck region. This book sets out to provide a sorely needed update of our knowledge of the diagnostic potential of these cross-sectional methods and constitutes a very welcome addition to our series Medical Radiology, which aims to cover all important clinical imaging fields of modern diagnostic radiology. It will be of great interest to general and head and neck radiologists as well as to ENT surgeons and radiotherapists. Professor R. Hermans and the other distinguished contributors to this work are internationally renowned experts in the field and they have accumulated vast experience and a wealth of radio-pathological knowledge of the larynx over the years. I would like to congratulate them most sincerely for this outstanding volume, its comprehensive contents and its superb illustrations. I hope that this book will meet with the same great success as previously published volumes in the series. I would appreciate any constructive criticism that might be offered.

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Looking to Start a Nonprofit? Do you have a passion for helping others? Do you want to make a bigger impact in the world by taking that passion and starting your own nonprofit organization? You can do it and you can do it well! The key is to take that soul and idealism and combine it with the realism and strategy of the for-profit sector. Head and Heart: How to Run a Smart and Compassionate Nonprofit by Hillary Marotta, a 20-year nonprofit professional, walks new nonprofit leaders through the steps of establishing a nonprofit organization by marrying the ideas of big, giving hearts with successful business practices. Head and Heart will show you how to: determine if a nonprofit is right for you and your cause work step by step to establish a legal, legitimate organization based on your passion to help others begin fundraising, hiring the right people, and developing your mission, goals, and business strategy create a strong, effective board handle issues ranging from communication to effectiveness and efficiency, growth, succession, and everything in between avoid the most common pitfalls and missteps and much more! Marotta's background of service gives her a unique perspective in which she shares advice, stories, and real world examples in order for new nonprofits to avoid common mistakes and spare you some of the fear and overwhelming feeling of beginning an exciting new journey. If you have the desire to expand your service to others, to formalize a passion, or to turn a simple service idea into a business, it's possible! In fact, with a bit of organization and commitment, it's very doable. If you're ready to take the next step, to make a more profound difference for your cause, Head and Heart: How to Run a Smart and Compassionate Nonprofit will get you there.

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umc health and wellness pharmacy: *Compounding Sterile Preparations* E. Clyde Buchanan, Phillip J. Schneider, 2009-02-01 Empower your staff to improve safety, quality and compliance with the help of new guidelines and standards. We've updated every chapter of this popular review of the fundamentals of preparing sterile products in hospital, home-care, and community pharmacy settings to reflect the most recent revisions to USP . Included are the latest guidelines for the compounding process, quality assurance methods, and comprehensive coverage of all aspects of the dispensing process. Comprehensive documentation for the guidelines is included in the appendices. Chapters new to this edition focus on: Gap analysis and action plans Safe use of automatic compounding devices Cleaning and disinfecting Radiopharmaceuticals as CSPs Allergen extracts as CSPs.

umc health and wellness pharmacy: Passion and Purpose Praise Matemavi, 2020-05
Passion and Praise: Black Female Surgeons is a collection of beautiful and inspiring stories told by the surgeons themselves and edited by Dr. Praise Matemavi, a transplant surgeon. This title has been created to inspire women everywhere to believe their dreams can come true, no matter what those dreams are. The ladies have experienced heartache and challenges along their paths that only served to make them more determined to accomplish great things. Come, read about them, the female black surgeons from around the world.

umc health and wellness pharmacy: Out in the Rural Thomas J. Ward (Jr.), 2017 Machine generated contents note: -- Foreword / by H. Jack Geiger Introduction -- From South Africa to Mississippi -- Community Organizing -- Delivering Health Care -- Environmental Factors -- The Farm Co-op -- Conflict and Change -- Epilogue -- Bibliography

umc health and wellness pharmacy: Forging a Poison Prevention and Control System Institute of Medicine, Board on Health Promotion and Disease Prevention, Committee on Poison Prevention and Control, 2004-09-16 Poisoning is a far more serious health problem in the U.S. than has generally been recognized. It is estimated that more than 4 million poisoning episodes occur annually, with approximately 300,000 cases leading to hospitalization. The field of poison prevention provides some of the most celebrated examples of successful public health interventions, yet

surprisingly the current poison control system is little more than a loose network of poison control centers, poorly integrated into the larger spheres of public health. To increase their effectiveness, efforts to reduce poisoning need to be linked to a national agenda for public health promotion and injury prevention. Forging a Poison Prevention and Control System recommends a future poison control system with a strong public health infrastructure, a national system of regional poison control centers, federal funding to support core poison control activities, and a national poison information system to track major poisoning epidemics and possible acts of bioterrorism. This framework provides a complete system that could offer the best poison prevention and patient care services to meet the needs of the nation in the 21st century.

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umc health and wellness pharmacy: **Pharmacy Management, Leadership, Marketing, and Finance** Marie A. Chisholm-Burns, Allison M. Vaillancourt, Marv Shepherd, 2014

umc health and wellness pharmacy: *Patient Care and Professionalism* Catherine DeAngelis, 2013-08-15 The chapters in *Patient Care and Professionalism* are ordered so that the main character in this book, the patient, has the first voice, followed by the ancient history of professionalism, the recent resurrection of professionalism in the United Kingdom (UK), and finally professionalism in the United States (US). The eleven chapters cover the various health care professions: medicine, nursing, public health, law, leadership, religion, and finally a chapter on the science of professionalism. The chapters are all written by internationally known experts. The authors share their collective experience to shine light on professionalism from a new angle, revealing the way to a new kind of relationship for patients and physicians of the future—a rebirth of trust borne in real collaboration. The volume begins with a discussion of what is meant by the term 'advocacy' in the practice of medicine, and then offers perspectives on where opportunities for medical advocacy lie, the rich collaborations they engender, and ways to overcome systemic barriers to advocacy.

umc health and wellness pharmacy: *Race, Ethnicity, and Language Data* Institute of Medicine, Board on Health Care Services, Subcommittee on Standardized Collection of Race/Ethnicity Data for Healthcare Quality Improvement, 2009-12-30 The goal of eliminating disparities in health care in the United States remains elusive. Even as quality improves on specific measures, disparities often persist. Addressing these disparities must begin with the fundamental step of bringing the nature of the disparities and the groups at risk for those disparities to light by collecting health care quality information stratified by race, ethnicity and language data. Then attention can be focused on where interventions might be best applied, and on planning and evaluating those efforts to inform the development of policy and the application of resources. A lack of standardization of categories for race, ethnicity, and language data has been suggested as one obstacle to achieving more widespread collection and utilization of these data. *Race, Ethnicity, and Language Data* identifies current models for collecting and coding race, ethnicity, and language data; reviews challenges involved in obtaining these data, and makes recommendations for a nationally standardized approach for use in health care quality improvement.

umc health and wellness pharmacy: Digital Breast Tomosynthesis Alberto Tagliafico, Nehmat Houssami, Massimo Calabrese, 2016-05-03 This book provides a comprehensive description of the screening and clinical applications of digital breast tomosynthesis (DBT) and offers straightforward, clear guidance on use of the technique. Informative clinical cases are presented to illustrate how to take advantage of DBT in clinical practice. The importance of DBT as a diagnostic tool for both screening and diagnosis is increasing rapidly. DBT improves upon mammography by depicting breast tissue on a video clip made of cross-sectional images reconstructed in correspondence with their mammographic planes of acquisition. DBT results in markedly reduced summation of overlapping breast tissue and offers the potential to improve mammographic breast cancer surveillance and diagnosis. This book will be an excellent practical teaching guide for beginners and a useful reference for more experienced radiologists.

umc health and wellness pharmacy: **Colorectal Cancer Screening** Joseph Anderson, MD, Charles Kahi, MD, 2011-04-23 *Colorectal Cancer Screening* provides a complete overview of

colorectal cancer screening, from epidemiology and molecular abnormalities, to the latest screening techniques such as stool DNA and FIT, Computerized Tomography (CT) Colonography, High Definition Colonoscopes and Narrow Band Imaging. As the text is devoted entirely to CRC screening, it features many facts, principles, guidelines and figures related to screening in an easy access format. This volume provides a complete guide to colorectal cancer screening which will be informative to the subspecialist as well as the primary care practitioner. It represents the only text that provides this up to date information about a subject that is continually changing. For the primary practitioner, information on the guidelines for screening as well as increasing patient participation is presented. For the subspecialist, information regarding the latest imaging techniques as well as flat adenomas and chromoendoscopy are covered. The section on the molecular changes in CRC will appeal to both groups. The text includes up to date information about colorectal screening that encompasses the entire spectrum of the topic and features photographs of polyps as well as diagrams of the morphology of polyps as well as photographs of CT colonography images. Algorithms are presented for all the suggested guidelines. Chapters are devoted to patient participation in screening and risk factors as well as new imaging technology. This useful volume explains the rationale behind screening for CRC. In addition, it covers the different screening options as well as the performance characteristics, when available in the literature, for each test. This volume will be used by the sub specialists who perform screening tests as well as primary care practitioners who refer patients to be screened for colorectal cancer.

umc health and wellness pharmacy: General and Oral Pathology for the Dental Hygienist Leslie DeLong, Nancy Burkhart, 2017-11-27 This updated 3rd Edition of General and Oral Pathology for the Dental Hygienist provides the information students need to develop an understanding of basic pathology and recognize the clinical manifestations of oral and systemic disease. In accordance with ADEA Curriculum Guidelines, which stress the recognition of oral disease based on clinical signs and symptoms, the oral pathology section is uniquely organized by distinct clinical/radiographic features of oral lesions to help students evaluate and categorize lesions according to appearance, emphasizing the concept of differential diagnosis. This edition features new "Oral Medicine Considerations" that highlight the relationship between oral and systemic disease, a stunning collection of art work with over 600 images, and a wide range of online resources, such as case studies and practice questions, that reinforce student learning.

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umc health and wellness pharmacy: *Age Healthier Live Happier* Gary Donovitz, 2014-12-30 Tired of being overmedicated by drugs that reduce your quality of life? Concerned about medical illnesses that you are at risk for as you age? Ready to explore the life-saving benefits of bio-identical hormone optimization? Finally! Age Healthier, Live Happier show you the path to the balanced life women and men are searching for! Reduce your use of antidepressants, diet pills, statins, pain medications, and synthetic hormones. Reverse the course of heart disease, diabetes, obesity, fibromyalgia, arthritis, and high cholesterol. Lower your risk for Alzheimer's disease breast cancer, osteoporosis and prostate cancer.

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umc health and wellness pharmacy: *Lewis Annual* , 1905

umc health and wellness pharmacy: Flunking Sainthood Jana Riess, 2011-11-01 This wry memoir tackles twelve different spiritual practices in a quest to become more saintly, including fasting, fixed-hour prayer, the Jesus Prayer, gratitude, Sabbath-keeping, and generosity. Although Riess begins with great plans for success ("Really, how hard could that be?" she asks blithely at the start of her saint-making year), she finds to her growing humiliation that she is failing—not just at some of the practices, but at every single one. What emerges is a funny yet vulnerable story of the quest for spiritual perfection and the reality of spiritual failure, which turns out to be a valuable

practice in and of itself. Praise for *Flunking Sainthood*: *Flunking Sainthood* is surprising and freeing; it is fun and funny; and it is full of wisdom. It is, in fact, the best book on the practices of the spiritual life that I have read in a long, long time. - Lauren Winner, author of *Girl Meets God* and *Mudhouse Sabbath* Jana Riess reminds us that saints are different from most of us: They are special, we are barely normal. They get it right, we rarely get it. They see God, we strain to see much of anything. And, Jana is no saint. Rather than climbing to the pinnacle and sitting on a pedestal to tell us how it could be, Jana slides right next to us and reminds us that sainthood is overrated. With humor and insight she whispers to us that our lives matter just as they are. She prods us to never let our failures hold us back. She calls us to something greater than spiritual success - ordinary faithfulness. *Flunking Sainthood* is the book I'm giving to my friends who are seeking to make sense of their emerging faith. - Doug Pagitt, author of *A Christianity Worth Believing* "Jana Riess may have flunked at sainthood, but she's written a wonderful book. It's both reverent and irreverent, and it will make you want to become a better Christian -- or Jew, or Muslim, or Zoroastrian, or Jedi, or whatever you happen to be." - AJ Jacobs, author of *The Year of Living Biblically* Warm, light-hearted, and laugh-out-loud funny, Jana Riess may indeed have flunked sainthood, but this memoir assures us that she is utterly and deeply human, and that is something even more wonderful. Honest and sincere, she will endear you from page one. -- Donna Freitas, author of *The Possibilities of Sainthood* "With a helpfully hilarious account of her own grappling with godliness, Jana Riess proves to be a standup historian well-practiced in the art of oddly revivifying self-deprecation. She loves her guides, historical and contemporary, even as she finds them alternately impractical, harsh, or infuriatingly jolly. The book is freaking wonderful—a candid and committed tale of prayers that resists supersizing and spirituality that has no home save the glory and the muck of the everyday."--David Dark, author of *The Sacredness of Questioning Everything* "Jana Riess's new book is a delight—fun, funny, engaging and a powerful reminder that the greatest work in our lives is not what we'll do for God but what God is doing in us." --Margaret Feinberg, www.margaretfeinberg.com, author of *Scouting the Divine* and *Hungry for God* "Flunking Sainthood allows those of us who have attempted new spiritual practices-- and failed-- to breathe a great sigh of relief and to laugh out loud. Jana Riess's exposé of her year-long and less-than-successful attempts at eleven classic spiritual practices entertains and educates us with its honesty and down-to-earthiness. In spite of Jana's paltry attempts at piety and her botched prayer makeovers, God showed up in the surprising, sneaky ways that only God does. Jana is the kind of girlfriend I like to have--hilarious, smart, stubborn, irreverent, and totally gaga over God. She writes in the unfiltered, uncensored way I'd write if I had the skill and the guts (Oh sorry, Mom, I meant gumption, not guts.)" --Sybil MacBeth, author of *Praying in Color*

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