

wellness and balance llc

Finding Your Center: A Deep Dive into Wellness and Balance LLC

Are you feeling overwhelmed, stressed, and disconnected from your inner self? Do you crave a life filled with more energy, purpose, and joy? If so, you're not alone. Many people struggle to find the elusive balance between work, family, and personal well-being. This in-depth look into Wellness and Balance LLC will explore how this organization helps individuals achieve holistic wellness, providing a roadmap to a more fulfilling and balanced life. We'll cover their services, philosophy, and the transformative impact they have on their clients. Prepare to discover how Wellness and Balance LLC can help you find your center.

Understanding the Wellness and Balance LLC Philosophy

Wellness and Balance LLC isn't just another wellness center; it's a holistic approach to well-being. Their philosophy centers around the interconnectedness of mind, body, and spirit. They believe true wellness isn't simply the absence of disease, but a vibrant state of flourishing encompassing physical, mental, and emotional health. This philosophy guides every aspect of their services, from personalized coaching programs to mindful movement classes. They understand that every individual's journey is unique, requiring a tailored approach to achieve lasting results. This personalized approach is a cornerstone of their success.

The Core Services Offered by Wellness and Balance LLC

Wellness and Balance LLC offers a diverse range of services designed to address the multifaceted needs of their clients. These services are carefully crafted to support individuals on their path to holistic well-being. Let's explore some key offerings:

Individualized Coaching: This is often the cornerstone of their program. Experienced coaches work one-on-one with clients to identify personal goals, overcome obstacles, and develop strategies for sustainable lifestyle changes. This might involve goal setting, stress management techniques, mindfulness practices, or nutritional guidance. The coaching is deeply personalized, adapting to the client's unique circumstances and preferences.

Group Wellness Workshops: These workshops provide a supportive community environment where individuals can learn and grow together. Topics might include stress reduction techniques, mindful eating, improving sleep hygiene, or building stronger relationships. The group setting offers a chance to connect

with like-minded individuals and share experiences.

Mindfulness and Meditation Classes: In today's fast-paced world, mindfulness is crucial. Wellness and Balance LLC offers various classes designed to teach clients techniques for cultivating mindfulness and reducing stress through meditation, deep breathing exercises, and body scans. These practices can significantly improve mental clarity and emotional regulation.

Yoga and Movement Therapy: Physical well-being is an integral part of their philosophy. They offer yoga classes and other movement therapies catering to different skill levels and preferences. These classes aren't just about physical fitness; they're about connecting with your body, improving flexibility, and reducing stress through movement.

Nutritional Counseling: What we eat profoundly impacts our overall well-being. Wellness and Balance LLC may offer nutritional counseling to help clients make informed choices about their diet, promoting optimal health and energy levels. This might involve creating personalized meal plans or providing education on healthy eating habits.

The Transformative Impact of Wellness and Balance LLC

The testimonials of clients who have worked with Wellness and Balance LLC consistently highlight the transformative power of their approach. Many report experiencing reduced stress levels, improved sleep quality, increased energy, and a greater sense of purpose and fulfillment. The individualized attention and supportive environment create a space for genuine growth and self-discovery. Clients often describe feeling more grounded, resilient, and better equipped to navigate the challenges of daily life. The focus on holistic wellness allows for a ripple effect, positively impacting various aspects of their lives, from personal relationships to professional success.

Finding the Right Fit: Is Wellness and Balance LLC Right for You?

If you're ready to prioritize your well-being and invest in a healthier, more balanced life, Wellness and Balance LLC might be the perfect fit. Their comprehensive approach caters to individuals seeking a holistic path to wellness. However, it's crucial to consider your individual needs and goals. If you're looking for a supportive and personalized program that addresses both the physical and mental aspects of well-being, their services are worth exploring. Consider contacting them directly to discuss your specific needs and learn more about their programs.

Conclusion

Wellness and Balance LLC offers a refreshing and effective approach to achieving holistic wellness. By focusing on the interconnectedness of mind, body, and spirit, they empower individuals to create lasting positive change in their lives. Their diverse range of services and personalized approach ensures that

clients receive the support they need to achieve their individual wellness goals. If you're ready to prioritize your well-being and embark on a journey of self-discovery and transformation, consider exploring the many benefits Wellness and Balance LLC has to offer.

Frequently Asked Questions (FAQs)

1. What are the costs associated with Wellness and Balance LLC services? The costs vary depending on the specific services chosen. It's best to contact Wellness and Balance LLC directly for a detailed pricing structure.
1. Do I need a referral to access their services? No, referrals aren't required. Anyone seeking to improve their well-being is welcome to contact them.
1. What is the typical commitment involved in their programs? The commitment varies depending on the chosen program and individual needs. Some programs are short-term, while others involve ongoing support.
1. What if I'm not sure which service is right for me? Wellness and Balance LLC offers free consultations to help clients determine which services best suit their individual needs and goals.
1. Is Wellness and Balance LLC insured or licensed? This information should be readily available on their website or by contacting them directly. It's important to verify their credentials before engaging their services.

wellness and balance llc: Nurturing Wellness Through Radical Self-Care Janet Gallagher Nestor, 2012-11-29 A necessity for 21st century living. A practical means for daily balancing. Indrani Maity, ND, D.Ay., Integrated Ayurvedic Naturopathic Energy Medicine Center Nurturing Wellness through Radical Self-Care: A Living in Balance Workbook guides the reader not only to emotional and physical healing, but also to lasting emotional well-being. Mental health professionals will find

this complete mindfulness-based program valuable to create a well-planned and flexible holistic approach to client care. The book also gives individuals self-help tools to participate in their own recovery and achieve lasting wellness from the comfort of home. There are a few wise women I know, and Janet is one of them. She is one truly gifted in matters of the heart. Her new book, *Nurturing Wellness through Radical Self-Care*, is a fitting follow-up to *Pathways to Wholeness*. Janet manages to embrace a complex field with a gentleness that makes the material accessible and eminently useful. A. T. Augoustides, MD, FAAFP, ABIHM It took me so long to learn how to find joy, this book gives people easy to follow plans to quickly harmonize all the systems in their body and find not only joy but peace and health. I feel the major benefit is the programs ability to help lift anyone out of the fight or flight response into a more positive balance and mindset. Thank you, Janet, for this gift. Ill be recommending this to the parents I work with. Becky Henry, Founder of Hope Network, LLC, and award-winning author of *Just Tell Her to Stop: Family Stories of Eating Disorders* Janets many years of experience working with clients as a therapist plus her in-office research and extensive studies make her a perfect guide and teacher if you are looking for ways to improve your life. The text a is timely gift to humanity! Anne Merkel, PhD., Energy Psychologist Coach, The Ariela Group of Wholistic Services

wellness and balance llc: *Apples for the Mind* Tom Nehmy, 2019-04-08 20 True Things You Need to Know You can create abundant wellbeing and skyrocket your personal effectiveness. Finally, a psychologist reveals the most important things you need to know to prevent problems, enjoy optimal mental health, and reach life-changing peak performance. If you've ever wanted to truly transform your life, this book is the answer. We know "an apple a day keeps the doctor away"—but what provides a psychological edge? Award-winning clinical psychologist Dr Tom Nehmy reveals his most potent insights—his apples—from years of cutting-edge work in scientific research and guiding thousands of people to enhance their lives. By applying what you learn in this book, you will: • Experience abundant wellbeing by focusing on six key factors • Release perfectionism and focus on what really matters • Slam the door on depression and anxiety • Discover simple, powerful techniques to make good decisions—every time • Bust through myths about stress, and use it to your advantage • Learn crucial psychological skills that prevent problems from even starting • Have the courage to seek out challenges and fulfil your potential Clear, actionable habits based on science, wisdom, and knowing what makes people tick. Welcome to your new toolkit for an awesome life.

wellness and balance llc: *Wellness Coaching for Lasting Lifestyle Change* Michael Arloski, 2014 Arloski blends the wisdom of the wellness field with the proven processes of the coaching profession to create an easy-to-use training tool. The result is the perfect training tool for wellness professionals of all kinds: disease management professionals, professional coaches, EAP professionals, counselors, and therapists.

wellness and balance llc: *Balance Your Hormones, Balance Your Life* Claudia Welch, 2011-03-22 Deepak Chopra meets Christiane Northrup in this women's health guide, which uses Ayurvedic and traditional Chinese Medicine to achieve hormonal balance and optimal well-being.

wellness and balance llc: *The 7 Pillars of Wellness* Sasha Deol, 2020-04-13 In our frenetic world, trying to balance the scales of diet, exercise and stress can feel impossible. The 7 Pillars of Wellness is designed so you can realize your full mental, spiritual, emotional and physical self. Gain new insights backed by science, enhance your life without having to spend tons of time and money and take charge of your life to achieve your full potential. Use this book to optimize your relationships, embrace life and feel amazing as you radiate wellness inside and out. The time is now, what are you waiting for?

wellness and balance llc: *When Your Teen Has an Eating Disorder* Lauren Muhlheim, 2018-09-01 If your teen has an eating disorder—such as anorexia, bulimia, or binge eating—you may feel helpless, worried, or uncertain about how you can best support them. That's why you need real, proven-effective strategies you can use right away. Whether used in conjunction with treatment or on its own, this book offers an evidence-based approach you can use now to help your teen make healthy choices and stay well in body and mind. *When Your Teen Has an Eating Disorder* will

empower you to help your teen using a unique, family-based treatment (FBT) approach. With this guide, you'll learn to respectfully and lovingly oversee your teen's nutritional rehabilitation, which includes helping to normalize eating behaviors, managing meals, expanding food flexibility, teaching independent and intuitive eating habits, and using coping strategies and recovery skills to prevent relapse. In addition to helping parents and caregivers, this book is a wonderful resource for mental health professionals, teachers, counselors, and coaches who work with parents of and teens with eating disorders. It clearly outlines the principles of FBT and the process of involving parents collaboratively in treatment. As a parent, feeding your child is a fundamental act of love—it has been from the start! However, when a child is affected by an eating disorder, parents often lose confidence in performing this basic task. This compassionate guide will help you gain the confidence needed to nurture your teen and help them heal.

wellness and balance llc: *Wellness Against All Odds* Sherry A. Rogers, 1994

wellness and balance llc: *The Work Wellness Deck* Landra Bickley Eliopoulos, 2021-08-31
Banish burnout with this deck of 60 easy-to-do-anywhere prompts that encourage sanity, serenity, and wellness in your place of work, wherever that may be. Burnout is common in today's work culture. Whether due to long hours, excessive workloads, or lack of work-life balance, we all know someone who has felt overwhelmed at work. Enter The Work Wellness Deck: 60 actionable suggestions that will restore a sense of well-being in the workplace and banish burnout once and for all. Packaged in a portable format, the deck is organized into three categories: REFRESH (mental health), FLOW (physical health), and CONNECT (work relationships). Prompts include office stretches that help your posture, breathing exercises to manage stress, a gratitude practice to focus on the positive, and networking ideas to build meaningful relationships. Individuals can keep the deck on their desk or in their bag, pulling a card to start the day or as a midday mindfulness break, teams can use the cards to set a group intention, and company leaders can distribute this deck to employees as a wellness perk. No matter how it's used, The Work Wellness Deck will help people in all industries build resiliency, improve productivity, communicate effectively, and forge connection—no matter where they work. BURNOUT IS COMMON: Whether you work from home and struggle to delineate work and personal time, or you work long hours at an office, it is common to feel overworked and overwhelmed at one point or another. The Work Wellness Deck is an effective tool in preventing and/or diminishing feelings of burnout. PERFECT FOR COMPANIES: Small businesses, company leaders, and HR reps in every industry—tech, finance, healthcare, law, media, nonprofits, retail, and more—can distribute this deck to their employees as a way to encourage them to prioritize their health and wellness. LITTLE-PUBLISHED SLICE OF WELLNESS: Wellness is a huge trend, but beyond self-help books on the topic, there isn't much accessible publishing on wellness in the workplace. This one-of-a-kind format is practical but still giftable, and fills that gap. Perfect for: • People who work and want to prioritize their own wellbeing • Anyone who feels burned-out • Job-changers • New graduates • HR reps and company leaders (for themselves or their employees); especially as a welcome gift for new hires, or a gift for a workplace anniversary or promotion

wellness and balance llc: *The Financial Anxiety Solution* Lindsay Bryan-Podvin, 2020-02-18
Discover how to overcome money stress, make smarter money moves, and find financial freedom with this life-changing interactive guide! Most adults today experience some degree of anxiety. In the United States alone, 51% of adults report feeling anxious. And what is one of the top causes of this chronic anxiety? Money. Financial anxiety is ranked #2 in terms of what is stressing Americans out. And the more anxious a person is about money, the less likely they are to take action toward improving their financial health. Hitting a little close to home? Now that your heart rate is up, here's the good news—anxiety is treatable and financial literacy is easier than you think. The Financial Anxiety Solution will show you how to conquer money-related stress and take control of your financial life. Inside, you'll find: Cognitive behavioral therapy (CBT) techniques for developing anxiety coping skills Interactive quizzes to help identify "pain points" of stress Journal prompts to help work through money-related thoughts and feelings Mindfulness exercises to help calm a

worried mind Popular money-management techniques that can help turn the page on financial anxiety The Financial Anxiety Solution takes you step by step through helpful exercises and strategies to understand the sources of anxiety, apply coping skills to address anxiety symptoms, and prepare to tackle your financial worries.

wellness and balance llc: Work & Wellness Balance Cassie Therrien-Abell & Brian Abell, 2023-01-06 Learn to finally balance fitness and wellness with the rest of your life. This eBook includes 30 pages of guidance on how to develop a workout program, implement nutrition habits to eat well, manage your stress, sleep better and find balance. You'll also find 10 worksheets to help you establish a plan and start taking action immediately.

wellness and balance llc: The Let Go! Elevate Your Destiny and Forgive Alicia Dalton, 2024-05-29 Everyone at some point in their life will experience joy, happiness, peace, as well as disappointment, pain, rejection and possible trauma. Your experiences impact you emotionally, physically and spiritually making it difficult to determine how to maintain the momentum to thrive or let go of those things that do not have value. Alicia Dalton will take you on a journey about her life. You will see that some of her experiences regarding forgiveness, pain and rejection are not so different from yours. Alicia will provide insight as well as emotional and spiritual support for your journey in order to forgive, let go and move forward towards wholeness. Join her on a journey of healing!

wellness and balance llc: Destination Wellness Annie Daly, 2021-05-11 True well-being isn't hard to find. You just have to know where to look. In this insightful, full-color tour of Jamaica, Norway, Hawai'i, Japan, India, and Brazil, wellness and travel journalist Annie Daly shares a diverse array of philosophies, lifestyles, and practices for better living. Fed up with the commercialization of the wellness industry after working in it for years, Annie embarked on an inspiring adventure through some of the world's happiest and healthiest cities and villages to find out what we can learn from them. Whether she's hiking along gorgeous fjords in Norway to see why Norwegians are so dedicated to getting outside, soothing her spirit with Hawaiian salt water cleanses, or learning about the importance Brazilians place on community, Annie combines on-the-ground reporting with heartfelt personal narrative to share the global lessons, philosophies, and customs that prove that wellness is not about the products—it's about the way you live your life. With candid photography, lesser-known history sidebars, and guidance on how to incorporate these often ancient and always timeless practices into your own lifestyle, this culturally-immersive read invites you to view the world through a different lens and decide what being well means to you. Destination Wellness is the perfect book for: • Anyone who has embraced hygge and is looking for new lifestyle inspiration • Armchair travelers and staycationers • Happiness and inspiration seekers • Wellness and travel enthusiasts • History lovers

wellness and balance llc: Redefining Wellness Melainie Rogers, 2020-01-16 In an effort to continue educating teens, families and the general population about the dangers of diet culture, I have brought together nearly 150 experts and advocates to create 'Redefining Wellness,' a free downloadable resource that provides information on living happier, healthier lives without an emphasis on weight loss. The main goal of the 'Redefining Wellness' e-Book is to provide people of all genders, racial and ethnic identities, nationalities and documentation status, abilities, sizes, and socioeconomic backgrounds with reliable information that focuses on wellness, not weight loss. What's Inside? How to deal with the pressures of social media How to stay mindful and take care of yourself Moving your body joyfully (not to burn calories!) Information on eating disorder symptoms Recovery tips for those struggling with an eating disorder or disordered eating habits Learn why diets don't work Identify Diet Culture and fight it Tips to let go of the Diet Mentality All about Intuitive Eating What Weight Stigma & Fatphobia are Benefits of the Health at Every Size approach How to accept your body as it is Tips on finding self-worth outside of appearance PLUS Lists of resources to help you on your journey to true wellness AND a ton of information specifically curated for parents, guardians & caretakers! ALL proceeds of the Redefining Wellness Guide are donated to Project HEAL, a nonprofit organization that works diligently to break down barriers to care at all stages of

the treatment and recovery experience for those with eating disorders. They are committed to ensuring better health for all people with eating disorders. They help people in recovery to get the clinical care they need, connect with a community of people who know what they're going through, and have developed gold standard programs in peer support and health insurance navigation with a network of 100,000+ people across 40 chapters worldwide. Redefining Wellness is about reclaiming the idea that health and weight are not necessarily dependent upon one another. Dieting behavior often increases the risk of developing poor body image, lower self-esteem, and disordered eating behaviors. The hope is that the guide promotes teens to identify, challenge and reject diet culture, decreasing their risk of developing an eating disorder.-- BALANCE FOUNDER MELAINIE ROGERS

wellness and balance llc: The Campus Cure Marcia Morris, 2018-01-02 Did you know that one of four college students was diagnosed with a mental health disorder in the last year? College students are experiencing anxiety, depression, alcohol abuse, and other mental health issues at alarming rates in a landscape of growing academic, social, and financial pressures. As a college mental health psychiatrist for over two decades and a mother of two twenty-somethings, Marcia Morris has witnessed the ways problems can derail students from their goals, while parent interventions at critical junctures can help get students back on track. The Campus Cure: A Parent Guide to Mental Health and Wellness for College Students is a first aid guide to your child's emotional health, preparing you to handle the mental health problems and emotional ups and downs many young adults experience in college. With anecdotes and the latest scientific literature, this book will increase your awareness of common problems, pressures, and crises in college; illustrate how you can support your child and collaborate with campus resources; and provide stories of hope to parents who often feel alone and overwhelmed when their child experiences a mental health problem. While you have the passion to help your child, this book will provide you with the tools to guide your child toward health and happiness in the college years.

wellness and balance llc: Calming the Emotional Storm Sheri Van Dijk, 2012-03-01 When you have difficulties managing your emotions, it can feel like you're losing control of your whole life. Anger, hurt, grief, worry, and other intense feelings can be overwhelming, and how you react to these emotions can impact your ability to maintain relationships, succeed at work, or even think straight! If you find it difficult to understand, express, and process intense emotions—and most of us do—this book is for you. Calming the Emotional Storm is your guide to coping with difficult emotions calmly and responsibly by using powerful skills from dialectical behavior therapy. This method combines cognitive behavioral techniques with mindfulness practices to change the way you respond to stressful situations. By practicing these skills, you can stop needless emotional suffering and develop the inner resilience that will help you weather any emotional storm. This book will teach you how to:

- Establish a balanced life for an everyday sense of well-being
- Let go of unwanted worries and fears
- Become better at accepting yourself and others
- Work through a crisis without letting emotions take over

wellness and balance llc: The Peaceful Mind Mikkell Khan, 2020-07-03 Andrew thinks that his life sucks. He has received three queries in the office in the past three months and another one could mean indefinite suspension. However, he does not know what to do. Everything just seems to be coming down on him at the same time. As he left the office that evening, he decided to take the LA Metro Rail heading home. Highlighting at the Union station near downtown, Andrew boarded a bus but stopped about five streets before his home. He then decided to take a walk the rest of the way. The thought of going home also did not sound appealing to Andrew. He is sure to meet a not-so cheerful wife who has lost her enthusiasm for everything. He couldn't also stomach seeing their only child, Jason still in his deplorable state, health-wise. Life for Andrew and Janet has been so uneventful for the couple in the past four years now. A sick child whose condition seems to defy medical solution, Janet's recent loss of job due to regular absenteeism to cater to their sick son and now Andrew's ever-mounting problems at work. As he walked, Andrew assessed the current situation in his life. As a Sales Executive, the figures have not been looking so good in the past four months and the Marketing Manager can't stand the situation anymore. Now, his job is on the line.

Phew! So what's the way out of this whole mess? Andrew asked himself! Part of Andrew's story reflects a lot of people's reality out there. And having a higher emotional intelligence can help you address some of the issues that make you feel like you are stuck in life. Agreed, emotional intelligence will not resolve a critical health situation and more but with a more balanced emotional state, you can get every other aspect of your personal and corporate life back in shape. This book, on Emotional Intelligence, exposes some of the underlying principles that can help you become a highly effective and emotionally mature person. It also incorporates actionable steps and workbooks to use in improving your emotional intelligence to becoming the person of your dreams. Are you ready to begin your journey to self-discovery?

wellness and balance llc: Crazy Sexy Diet Kris Carr, Sheila Buff, 2011-01-17 The author of the best-selling *Crazy Sexy Cancer Tips* and *Crazy Sexy Cancer Survivor* takes on the crazy sexy subject of what and how we eat, drink, and think. Crazysexydiet.com On the heels of Kris Carr's best-selling cancer survival guidebooks and her acclaimed TLC documentary comes her new journey into a realm vital to anyone's health. Infused with her signature sass, wit and advice-from-the-trenches style, *Crazy Sexy Diet* is a beautifully illustrated resource that puts you on the fast track to vibrant health, happiness and a great ass! Along with help from her posse of experts, Carr lays out the fundamentals of her Crazy Sexy Diet: a low-glycemic, vegetarian program that emphasizes balancing the pH of the body with lush whole and raw foods, nourishing organic green drinks, and scrumptious smoothies. Plus, she shares the steps of her own twenty-one-day cleanse, and simple but delectable sample recipes. In ten chapters with titles such as, "pHabulous," "Coffee, Cupcakes and Cocktails," "Make Juice Not War," and "God-Pod Glow," Carr empowers readers to move from a state of constant bodily damage control to one of renewal and repair. In addition to debunking common diet myths and sharing vital tips on detoxifying our bodies and psyches—advice that draws both on her personal experience as a cancer survivor and that of experts—she provides helpful hints on natural personal care, how to stretch a dollar, navigate the grocery store, eating well on the run, and working through the inevitable pangs and cravings for your old not-so-healthy life. *Crazy Sexy Diet* is a must for anyone who seeks to be a confident and sexy wellness warrior.

wellness and balance llc: Finding My Balance Mariel Hemingway, 2004-07 Stardom, thanks to Woody Allen and his film *Manhattan*, came at an early age...but so did the problems of a broken and dysfunctional family. Yet in a life so out of kilter, Mariel Hemingway summoned the strength and inner resolve that enabled her to find -- and to keep -- her balance. In *Finding My Balance*, actress Mariel Hemingway uses the lessons and practices of yoga as a starting point for her own personal reflections and larger-than-life family story. The result is a searingly honest memoir that is as deeply moving as it is helpfully prescriptive. Mariel turned to yoga and its meditative practice in an effort to maintain her center when her life threatened to spin out of control. Having experienced family tragedy, sudden stardom, and the continuing challenges of a full and demanding life, Mariel learned through practice how to find her balance in emotionally disorienting situations. Throughout the book, Mariel uses her yoga training as a starting point for each chapter, carefully describing a particular position, then letting her mind wander into thoughts of the past and of her tumultuous life. As each chapter begins with instruction, so does the book end with exercises organized in a sequence that can be followed by anyone who wants to practice them. As a special bonus for this edition, Mariel has added a section that describes the basics of her own In Balance Philosophy, calming words of advice for people in search of their own emotional center.

wellness and balance llc: Mind & Mood Wellness Program dōTERRA International, LLC, Every day, we have stresses, nervous energy, doubts, and tension that weigh on us. When we wake up in the morning, we think of the tasks that are ahead: long to-do lists, cleaning and chores, errands, and everything else we're required to do each day to keep life running. We also have jobs to manage, families to take care of, and other basic needs we can't ignore. Add in complicated relationships, the pressure of reaching goals, natural feelings of disappointment, and health concerns. . . . It's enough to overwhelm anybody. When you carry the heavy weights of overwhelming feelings, you might worry, What if nothing ever changes? That can be a disheartening

thought. So what can be done? It'd be nice if a magic wand could just make all your worries and stresses go away, but you need real, practical solutions to deal with daily life. Instead of remaining captive, you can use natural solutions to everyday problems. The Mind & Mood Wellness Program was designed with everyday problems in mind. Whether you need to soothe anxious thoughts, relax after a day of stress, or simply want to feel like you have more control over your emotions, you can use natural solutions to everyday problems. The Mind & Mood Wellness Program was designed with everyday problems in mind. Whether you need to soothe anxious thoughts, relax after a day of stress, or simply want to feel like you have more control over your emotions, you can use natural products to achieve the results you're looking for. Instead of being discouraged by overwhelming thoughts and feelings, take charge with a program that was specifically designed to help you live a happy, healthy life. With the right products in your hands every month, the Mind & Mood Wellness Program assures you that things can change. You don't have to feel overwhelmed forever. Each month when your Mind & Mood kit arrives, you'll know hope is on your doorstep. Keep reading to learn how to use the products in the Mind & Mood Wellness Program to take charge and experience the liberation that comes from feeling your best.

wellness and balance llc: *The Future of Happiness* Amy Blankson, 2017-04-11 Technology, at least in theory, is improving our productivity, efficiency, and communication. The one thing it's not doing is making us happier. We are experiencing historically high levels of depression and dissatisfaction. But we can change that. Knowing that technology is here to stay and will continue to evolve in form and function, we need to know how to navigate the future to achieve a better balance between technology, productivity, and well-being. Technology can drive—not diminish—human happiness. In *The Future of Happiness*, author Amy Blankson, cofounder of the global positive psychology consulting firm GoodThink, unveils five strategies successful individuals can use, not just to survive—but actually thrive—in the Digital Age: • Stay Grounded to focus your energy and increase productivity • Know Thyself through app-driven data to strive toward your potential • Train Your Brain to develop and sustain an optimistic mindset • Create a Habitat for Happiness to maximize the spaces where you live, work, and learn • Be a Conscious Innovator to help make the world a better place By rethinking when, where, why, and how you use technology, you will not only influence your own well-being but also help shape the future of your community. Discover how technologies can transform the idea of I'll be happy when . . . to being happy now.

wellness and balance llc: *Mood Magick* Ora North, 2022-02-01 Easy, evocative.... The useful spells and rituals of Mood Magick are designed to help people improve their overall mental health.” —Foreword Reviews Discover a deeper connection with the earth, yourself, and the life you want with this witchy wellness guide—from the author of *I Don't Want to Be an Empath Anymore*. There is a prevalence of helplessness, hopelessness, and disconnection in the world right now. Certainty has fallen away, and it's unclear what tomorrow will bring. Modern technology has caused us to feel isolated, and more removed from nature than ever before. As a result, our mental health suffers. While many find solace in the tried-and-true methods of mental health management, these unprecedented times may call for an extra bit of magick to achieve the stability and healing we deserve. If you seek answers off the beaten path, this book may just be the soothing balm your soul needs. Chock-full of simple rituals and spells rooted in the elements, Mood Magick will help you navigate an ever-changing world with more ease and confidence. By employing the basic tenets of witchcraft—which rely heavily on connecting with nature—this unique guide will help you tap into your own self-knowledge and the power of your moods, bringing clarity and peace amidst the chaos of modern life. Whether you identify as a witch, are “witch curious,” or simply seeking ways to connect more deeply with nature—Mood Magick will help you create a sense of profound peace and the ability to ride the unpredictable waves of your moods and life with confidence.

wellness and balance llc: *Wellness Counseling* Paul F Granello, 2013-04-09 This is the eBook of the printed book and may not include any media, website access codes, or print supplements that may come packaged with the bound book. Developed by a professor who has been teaching a popular and innovative wellness counseling course for over a decade, this new text is organized into

a format specifically designed to meet the needs of both counselor education graduate students and their teachers — making both teaching and learning the material easier and more intuitive. Giving a general but comprehensive overview of the subject of wellness, *Wellness Counseling* offers students a compelling balance of the science and research in the field, the theories that have emerged from this research, and the practical applications that we can take away from practicing these theories. Holistic, scientific, and ultimately concerned with the humanity of counseling, this text strives to be inclusive — especially of the psychological and social aspects of wellness that have gained more attention in recent years. The book is organized in three main sections. While Section One is concerned with the background of wellness as a healthcare paradigm in the United States and major theories of wellness, and historical context for wellness, Section Two contains specific information on the social, physical, emotional, and cognitive domains of wellness. The last main section of the book synthesizes the first two sections of the book to extract practical applications of wellness in behavioral healthcare intervention counseling.

wellness and balance llc: *Health and Wellness Tourism* Melanie K. Smith, László Puczkó, 2009 Health and Wellness Tourism takes an innovative look at this rapidly growing sector of today's thriving tourism industry. This book examines the range of motivations that drive this diverse sector of tourists, the products that are being developed to meet their needs and the management implications of these developments. A wide range of international case studies illustrate the multiple aspects of the industry and new and emerging trends including spas, medical wellness, life-coaching, meditation, festivals, pilgrimage and yoga retreats. The authors also evaluate marketing and promotional strategies and assess operational and management issues in the context of health and wellness tourism. This text includes a number of features to reinforce theory for advanced students of hospitality, leisure and tourism and related disciplines.

wellness and balance llc: *I Am Fabulous* Desiree Mangandog, 2016-09-11

wellness and balance llc: *How to Heal with Singing Bowls* Suren Shrestha, 2009 Book & CD. Over the centuries many people have found relief from pain, stress, negative energy, and a variety of physical ailments through the sound and vibrations of Tibetan singing bowls, whose use has become increasingly popular in the West. This book offers step-by-step techniques for using the bowls for meditation, relaxation, and healing ailments such as insomnia, headache, stress-related intestinal disorders, and high blood pressure. A CD demonstrating the methods accompanies the book.

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Review is proud to introduce The Campus Wellness Guide, an innovative new book that provides a mix of information, resources, and self-assessment activities to help students reach and maintain their overall health. The book includes: Information on how to assess your college fit academically and socio-emotionally Self-assessment activities that students can use to ID their specific stressors and ways to alleviate those issues Sections on physical, mental, and social wellness, each with data-backed insights and research to help define the issues and strategies for handling Proactive activities for student use, with reflection prompts to help develop roadmaps toward a healthier status quo Wellness highlights, e.g., information on colleges with exceptional track records in specific wellness issues Resources for national and college-specific help

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Apple Pie Oatmeal • Roasted Chicken with Pears & Figs on Swiss Chard • Thai Coconut Curry Noodle Soup • Arugula, Lentil and Roasted Eggplant • “Menstrual Health” Salad with Lemon Balsamic Dressing • Kale & Quinoa Greek Salad • Coriander & Flax Roasted Eggplant

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automotive and telecommunications industries, and then as a Hollywood producer, she knew that she had to find a radical solution to her health issues. Extensive research led her into the world of frequency medicine and light and sound technologies. After just a weekend of sessions with a non-invasive sound and light chamber, her Heart Rate Variability medical test showed the stress on her heart had significantly decreased. Unable to believe it could have been that easy, she continued sessions periodically for three years, during which a lifelong condition of chronic asthma disappeared, along with severe migraines that had been plaguing her for 23 years. Determined to help others and open her own healing Center in Denver, Colorado, Gail simultaneously set out to uncover the ancient history and the modern science behind light and sound as healing therapies. Following a series of extraordinary synchronicities, which guided her to combine light and sound technologies with sacred geometry and Tesla mathematics, she developed a revolutionary immersive, resonance healing chamber called the Harmonic Egg, which is advancing frequency healing to an unimagined level. To find out more visit: www.harmonicegg.com

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