

awaken wellness fayetteville nc

Awaken Wellness Fayetteville NC: Your Path to Holistic Wellbeing

Are you searching for a sanctuary of wellness in the heart of Fayetteville, NC? Feeling overwhelmed, stressed, or simply seeking a deeper connection to your physical and mental wellbeing? Then look no further! This comprehensive guide dives deep into Awaken Wellness Fayetteville NC, exploring its offerings, philosophy, and how it can help you achieve your health goals. We'll cover everything from the unique services offered to client testimonials and frequently asked questions, providing you with all the information you need to decide if Awaken Wellness is the right fit for your journey to a healthier, happier you.

Understanding Awaken Wellness Fayetteville NC: More Than Just a Spa

Awaken Wellness Fayetteville NC isn't your typical spa or wellness center. It's a holistic haven designed to address the interconnectedness of your physical, mental, and emotional well-being. They believe that true wellness stems from a balanced approach, integrating various therapies and modalities to create a personalized experience tailored to each individual's unique needs. This isn't just about relaxation; it's about transformation.

A Spectrum of Services: Finding Your Perfect Wellness Match

Awaken Wellness boasts a diverse range of services designed to cater to a wide array of needs. Let's explore some of their core offerings:

1. **Massage Therapy:** From deep tissue massage to Swedish massage, aromatherapy massage, and prenatal massage, Awaken Wellness employs highly skilled and certified massage therapists who utilize various techniques to alleviate muscle tension, improve circulation, and promote relaxation. They understand that different massage styles address different needs and work with each client to determine the most suitable approach.
1. **Acupuncture:** This ancient Chinese healing art involves inserting thin needles into specific points on the body to stimulate energy flow and promote healing. Awaken Wellness's licensed acupuncturists can help alleviate pain, reduce stress, and improve overall well-being. They often incorporate acupuncture as part of a comprehensive wellness plan.

1. **Yoga & Meditation:** Awaken Wellness provides a tranquil space for yoga and meditation practices. Classes cater to various experience levels, from beginner-friendly sessions to more advanced flows. These practices promote flexibility, strength, stress reduction, and mindfulness, contributing to a balanced mind and body.
1. **Reiki:** This energy healing technique involves channeling universal life force energy to promote relaxation, reduce stress, and accelerate the body's natural healing processes. Reiki is a gentle and non-invasive therapy suitable for individuals of all ages and backgrounds.
1. **Nutritional Counseling:** Understanding the connection between diet and overall health is crucial. Awaken Wellness may offer nutritional counseling services (check their website for current offerings) to guide clients towards making informed food choices that support their wellness goals. This can involve personalized meal planning and dietary recommendations tailored to individual needs.

The Awaken Wellness Experience: What Clients Are Saying

The true testament to any wellness center lies in its client testimonials. Numerous reviews consistently praise Awaken Wellness Fayetteville NC for its:

Welcoming and serene atmosphere: Clients frequently describe the environment as peaceful, calming, and conducive to relaxation and self-reflection.

Highly skilled and compassionate practitioners: The therapists and practitioners are lauded for their professionalism, expertise, and genuine care for their clients.

Personalized approach: Awaken Wellness takes the time to understand each individual's needs, creating customized treatment plans that address specific concerns.

Visible results: Many clients report significant improvements in pain management, stress reduction, and overall well-being after undergoing treatments at Awaken Wellness.

Finding Your Path to Wellness: How to Get Started

Ready to embark on your wellness journey with Awaken Wellness Fayetteville NC? Here's how to get started:

1. **Visit their website:** Check their official website for a detailed list of services, pricing, practitioner profiles, and appointment scheduling options.
2. **Browse their service menu:** Carefully review the different services offered to find the ones that best align with your needs and goals.
3. **Schedule a consultation:** Many wellness centers offer initial consultations to discuss your

health concerns and create a personalized treatment plan.

4. Book your appointment: Once you've determined the services you'd like to try, schedule your appointment through their online booking system or by phone.

Conclusion: Invest in Your Wellbeing

Awaken Wellness Fayetteville NC offers a holistic approach to wellness, providing a sanctuary where you can nurture your mind, body, and spirit. By integrating various therapies and prioritizing personalized care, they empower individuals to achieve lasting well-being. Take the first step towards a healthier, happier you – schedule your appointment at Awaken Wellness today!

Frequently Asked Questions (FAQs)

1. What are Awaken Wellness's hours of operation? This information is best found on their official website or by calling them directly. Hours may vary depending on the day of the week.
1. Do you accept insurance? It's crucial to contact Awaken Wellness directly to inquire about insurance coverage. Many wellness centers have specific policies regarding insurance acceptance.
1. What forms of payment do you accept? Again, check their website or contact them directly to learn about accepted payment methods (credit cards, debit cards, cash, etc.).
1. What should I wear to my appointment? Comfortable clothing is usually recommended for most treatments. Specific instructions may be provided depending on the type of service you've booked.
1. Is there parking available? Most likely, yes, but it's advisable to check their website or call ahead to confirm parking availability and any specific instructions. This ensures a smooth and stress-free arrival for your appointment.

awaken wellness fayetteville nc: Dark Light Consciousness Edward Bruce Bynum, 2012-06-19 How to awaken the Ureaus--the serpent power of spiritual transcendence within each of us--and connect to the superconscious of the universe • Reveals the biochemistry of how the body's melanin provides the template for the subtle energy body or light body • Shows how embracing the dark light consciousness of the awakened Ureaus opens a portal to the sacred darkness of the superconscious • Provides illustrated instructions for meditation practices, breathing exercises, and yoga postures to safely awaken Ureaus/Kundalini energy Within each of us lies the potential to activate a personal connection to the superconscious. Called "Ureaus" in ancient Egyptian texts and "Kundalini" in ancient Hindu yoga traditions, our innate serpent power of spiritual transcendence inhabits the base of the spine in its dormant state. When awakened, it unfurls along the spinal column to the brain, connecting individual consciousness to the consciousness of the universe enfolded within the dark matter of space. At the root of creativity and spiritual genius across innumerable cultures and civilizations, this intelligent force reveals portals that enfold time, space, and the luminous matrix of reality itself. Combining physics, neuroscience, and biochemistry with ancient traditions from Africa and India, Edward Bruce Bynum, Ph.D., explores the ancient Egyptian science of the Ureaus and reveals how it is intimately connected to dark matter and to melanin, a light-sensitive, energy-conducting substance found in the brain, nervous system, and organs of all higher life-forms. He explains how the dark light of melanin serves as the biochemical infrastructure for the subtle energy body, just as dark matter, together with gravity, holds the galaxies and constellations together. With illustrated instructions, he shows how to safely awaken and stabilize the spiritual energy of the Ureaus through meditation practices, breathing exercises, and yoga postures as well as how to prepare the subtle body for transdimensional soul travel. By embracing the dark light of the shining serpent within, we overcome our collective fear of the vast living darkness without. By embracing the dark, we transcend reality to the dimension of light.

awaken wellness fayetteville nc: Intuitive Eating, 2nd Edition Evelyn Tribole, M.S., R.D., Elyse Resch, M.S., R.D., F.A.D.A., 2007-04-01 We've all been there--angry with ourselves for overeating, for our lack of willpower, for failing at yet another diet that was supposed to be the last one. But the problem is not you, it's that dieting, with its emphasis on rules and regulations, has stopped you from listening to your body. Written by two prominent nutritionists, Intuitive Eating focuses on nurturing your body rather than starving it, encourages natural weight loss, and helps you find the weight you were meant to be. Learn: *How to reject diet mentality forever *How our three Eating Personalities define our eating difficulties *How to feel your feelings without using food *How to honor hunger and feel fullness *How to follow the ten principles of Intuitive Eating, step-by-step *How to achieve a new and safe relationship with food and, ultimately, your body With much more compassionate, thoughtful advice on satisfying, healthy living, this newly revised edition also includes a chapter on how the Intuitive Eating philosophy can be a safe and effective model on the path to recovery from an eating disorder.

awaken wellness fayetteville nc: The Minister's MBA George S. Babbes, Michael Zigarelli, 2006 Equips ministers with essential business tools to manage and grow their churches and organizations.

awaken wellness fayetteville nc: A Historical Review and Analysis of Army Physical Readiness Training and Assessment Whitfield East, 2013-12 The Drillmaster of Valley Forge-Baron Von Steuben-correctly noted in his Blue Book how physical conditioning and health (which he found woefully missing when he joined Washington's camp) would always be directly linked to individual and unit discipline, courage in the fight, and victory on the battlefield. That remains true today. Even an amateur historian, choosing any study on the performance of units in combat, quickly discovers how the levels of conditioning and physical performance of Soldiers is directly proportional to success or failure in the field. In this monograph, Dr. Whitfield Chip East provides a pragmatic history of physical readiness training in our Army. He tells us we initially mirrored the professional Armies of Europe as they prepared their forces for war on the continent. Then he introduces us to some master trainers, and shows us how they initiated an American brand of physical conditioning

when our forces were found lacking in the early wars of the last century. Finally, he shows us how we have and must incorporate science (even when there exists considerable debate!) to contribute to what we do-and how we do it-in shaping today's Army. Dr. East provides the history, the analysis, and the pragmatism, and all of it is geared to understanding how our Army has and must train Soldiers for the physical demands of combat. Our culture is becoming increasingly "unfit, due to poor nutrition, a lack of adequate and formal exercise, and too much technology. Still, the Soldiers who come to our Army from our society will be asked to fight in increasingly complex and demanding conflicts, and they must be prepared through new, unique, and scientifically based techniques. So while Dr. East's monograph is a fascinating history, it is also a required call for all leaders to better understand the science and the art of physical preparation for the battlefield. It was and is important for us to get this area of training right, because getting it right means a better chance for success in combat.

awaken wellness fayetteville nc: *Intellectual Shamans* Sandra Waddock, 2015-01-08 Based on the lives of 28 well-known management academics, this book describes what it means to be an intellectual shaman.

awaken wellness fayetteville nc: *Life Force* Tony Robbins, Peter H. Diamandis, 2022-02-08
INSTANT #1 NEW YORK TIMES BESTSELLER Transform your life or the life of someone you love with Life Force—the newest breakthroughs in health technology to help maximize your energy and strength, prevent disease, and extend your health span—from Tony Robbins, author of the #1 New York Times bestseller *Money: Master the Game*. What if there were scientific solutions that could wipe out your deepest fears of falling ill, receiving a life-threatening diagnosis, or feeling the effects of aging? What if you had access to the same cutting-edge tools and technology used by peak performers and the world's greatest athletes? In a world full of fear and uncertainty about our health, it can be difficult to know where to turn for actionable advice you can trust. Today, leading scientists and doctors in the field of regenerative medicine are developing diagnostic tools and safe and effective therapies that can free you from fear. In this book, Tony Robbins, the world's #1 life and business strategist who has coached more than fifty million people, brings you more than 100 of the world's top medical minds and the latest research, inspiring comeback stories, and amazing advancements in precision medicine that you can apply today to help extend the length and quality of your life. This book is the result of Robbins going on his own life-changing journey. After being told that his health challenges were irreversible, he experienced firsthand how new regenerative technology not only helped him heal but made him stronger than ever before. Life Force will show you how you can wake up every day with increased energy, a more bulletproof immune system, and the know-how to help turn back your biological clock. This is a book for everyone, from peak performance athletes, to the average person who wants to increase their energy and strength, to those looking for healing. Life Force provides answers that can transform and even save your life, or that of someone you love.

awaken wellness fayetteville nc: *Clinical Guidelines in Primary Care* Amelie Hollier, 2016

awaken wellness fayetteville nc: *Finding God in North Carolina* Randy Wasserstrom, Zuzanna Vee, 2008 Collection of personal narratives about how current and former North Carolinians became followers of Meher Baba.

awaken wellness fayetteville nc: *Awaken the Giant Within* Anthony Robbins, 2013 Shows readers how to clarify their personal values, resolve internal conflicts, master emotions, and overcome debilitating habits.

awaken wellness fayetteville nc: *The Politics of Panem* Sean P. Connors, 2014-09-24 The Hunger Games trilogy is a popular culture success. Embraced by adults as well as adolescents, Suzanne Collins's bestselling books have inspired an equally popular film franchise. But what, if anything, can reading the Hunger Games tell us about what it means to be human in the world today? What complex social and political issues does the trilogy invite readers to explore? Does it merely entertain, or does it also instruct? Bringing together scholars in literacy education and the humanities, *The Politics of Panem: Challenging Genres* examines how the Hunger Games books and

films, when approached from the standpoint of theory, can challenge readers and viewers intellectually. At the same time, by subjecting Collins's trilogy to literary criticism, this collection of essays challenges its complexity as an example of dystopian literature for adolescents. How can applying philosophic frameworks such as those attributable to Socrates and Foucault to the Hunger Games trilogy deepen our appreciation for the issues it raises? What, if anything, can we learn from considering fan responses to the Hunger Games? How might adapting the trilogy for film complicate its ability to engage in sharp-edged social criticism? By exploring these and other questions, *The Politics of Panem: Challenging Genres* invites teachers, students, and fans of the Hunger Games to consider how Collins's trilogy, as a representative of young adult dystopian fiction, functions as a complex narrative. In doing so, it highlights questions and issues that lend themselves to critical exploration in secondary and college classrooms.

awaken wellness fayetteville nc: The Cambridge Handbook of the International Psychology of Women Fanny M. Cheung, Diane F. Halpern, 2020-08-06 There is a growing knowledge base in understanding the differences and similarities between women and men, as well as the diversities among women and sexualities. Although genetic and biological characteristics define human beings conventionally as women and men, their experiences are contextualized in multiple dimensions in terms of gender, sexuality, class, age, ethnicity, and other social dimensions. Beyond the biological and genetic basis of gender differences, gender intersects with culture and other social locations which affect the socialization and development of women across their life span. This handbook provides a comprehensive and up-to-date resource to understand the intersectionality of gender differences, to dispel myths, and to examine gender-relevant as well as culturally relevant implications and appropriate interventions. Featuring a truly international mix of contributors, and incorporating cross-cultural research and comparative perspectives, this handbook will inform mainstream psychology of the international literature on the psychology of women and gender.

awaken wellness fayetteville nc: The Library Screen Scene Renee Hobbs, Liz Deslauriers, Pam Steager, 2019-06-07 In the past two decades, several U.S. states have explored ways to mainstream media literacy in school curriculum. However one of the best and most accessible places to learn this necessary skill has not been the traditional classroom but rather the library. In an increasing number of school, public, and academic libraries, shared media experiences such as film screening, learning to computer animate, and video editing promote community and a sense of civic engagement. *The Library Screen Scene* reveals five core practices used by librarians who work with film and media: viewing, creating, learning, collecting, and connecting. With examples from more than 170 libraries throughout the United States, the book shows how film and media literacy education programs, library services, and media collections teach patrons to critically analyze moving image media, uniting generations, cultures, and communities in the process.

awaken wellness fayetteville nc: Our African Unconscious Edward Bruce Bynum, 2021-09-07 • Examines the Oldawan, the Ancient Soul of Africa, and its correlation with what modern psychologists have defined as the collective unconscious • Draws on archaeology, DNA research, history, and depth psychology to reveal how the biological and spiritual roots of religion and science came out of Africa • Explores the reflections of our African unconscious in the present confrontation in the Americas, in the work of the Founding Fathers, and in modern psychospirituality The fossil record confirms that humanity originated in Africa. Yet somehow we have overlooked that Africa is also at the root of all that makes us human--our spirituality, civilization, arts, sciences, philosophy, and our conscious and unconscious minds. In this extensive look at the unfolding of human history and culture, Edward Bruce Bynum reveals how our collective unconscious is African. Drawing on archaeology, DNA research, depth psychology, and the biological and spiritual roots of religion and science, he demonstrates how all modern human beings, regardless of ethnic or racial categorizations, share a common deeper identity, both psychically and genetically--a primordial African unconscious. Exploring the beginning of early religions and mysticism in Africa, the author looks at the Egyptian Nubian role in the rise of civilization, the emergence of Kemetic Egypt, and the Oldawan, the Ancient Soul, and its correlation with what

modern psychologists have defined as the collective unconscious. Revealing the spiritual and psychological ramifications of our shared African ancestry, the author examines its reflections in the present confrontation in the Americas, in the work of the Founding Fathers, and in modern Black spirituality, which arose from African diaspora religion and philosophy. By recognizing our shared African unconscious--the matrix that forms the deepest luminous core of human identity--we learn that the differences between one person and another are merely superficial and ultimately there is no real separation between the material and the spiritual.

awaken wellness fayetteville nc: The Farm Bill Daniel Imhoff, Christina Badaracco, 2019 Daniel Imhoffs recently-published *The Farm Bill: A Citizens Guide* [is] a welcome and much-needed source for translating farm bill legalese ... [it is] a thorough and navigable history of the farm bill ... [that] hands readers the tools to take action. Foodprint Dan Imhoff does an extraordinary job of explaining an impenetrable bill with such clarity that we can't ignore the facts: that our current Farm Bill profoundly damages our organic farms, our environment, and our health. Just as extraordinary are the practical solutions Imhoff proposes for fixing the bill--humane policies that would support regenerative agriculture and our local farmers instead of tearing them down. Alice Waters, Executive Chef, Founder, and Owner, Chez Panisse Cuts to the core of dozens of issues Congress wrestles with every four years, and gives citizens sage advice for making their voices heard in a debate too often dominated by Big Ag, Big Food, and Big Money. Ken Cook, President and Cofounder, Environmental Working Group A must-read for those who truly care about how they feed themselves and their families. Michel Nischan, Founder and CEO, Wholesome Wave Readers will gain deep insight into the big barriers to Farm Bill reform, but also into the ripening opportunities for major change. Imhoff makes a strong case for why we should care and what it will take to transform policy. Ferd Hoefner, Strategic Senior Advisor, National Sustainable Agriculture Coalition Dan Imhoff is the go-to person if you want to know both details and the full sweep of the Farm Bill. Wes Jackson, President Emeritus, The Land Institute.

awaken wellness fayetteville nc: *Cancer Proof* Heather Paulson, 2017-09-02 Did you know that cancer proofing your life can be easy and practical? In this book, Dr. Heather Paulson will cover the 7 areas of your health that need to be addressed to live cancer free and reduce the risk of cancer coming back.

awaken wellness fayetteville nc: *Collective Courage* Jessica Gordon Nembhard, 2015-06-13 In *Collective Courage*, Jessica Gordon Nembhard chronicles African American cooperative business ownership and its place in the movements for Black civil rights and economic equality. Not since W. E. B. Du Bois's 1907 *Economic Co-operation Among Negro Americans* has there been a full-length, nationwide study of African American cooperatives. *Collective Courage* extends that story into the twenty-first century. Many of the players are well known in the history of the African American experience: Du Bois, A. Philip Randolph and the Ladies' Auxiliary to the Brotherhood of Sleeping Car Porters, Nannie Helen Burroughs, Fannie Lou Hamer, Ella Jo Baker, George Schuyler and the Young Negroes' Co-operative League, the Nation of Islam, and the Black Panther Party. Adding the cooperative movement to Black history results in a retelling of the African American experience, with an increased understanding of African American collective economic agency and grassroots economic organizing. To tell the story, Gordon Nembhard uses a variety of newspapers, period magazines, and journals; co-ops' articles of incorporation, minutes from annual meetings, newsletters, budgets, and income statements; and scholarly books, memoirs, and biographies. These sources reveal the achievements and challenges of Black co-ops, collective economic action, and social entrepreneurship. Gordon Nembhard finds that African Americans, as well as other people of color and low-income people, have benefitted greatly from cooperative ownership and democratic economic participation throughout the nation's history.

awaken wellness fayetteville nc: Re-Imagining the End of Life Janet Booth, 2019-04-18 What does it mean to be prepared for the last part of our lives? One of the many lessons author and end-of-life nurse coach Janet Booth learned at the bedside of dying people is how painful it is to come unprepared to the end of life, whether it is our own or that of our loved ones. Much of the

suffering we experience seems to come from our unfamiliarity with the journey at end of life and our not knowing how to prepare for it. So there is a need for a different kind of conversation about serious illness and dying in our country. Nurses are trusted professionals who are present with people through all of life's transitions. How might they take more leadership in these conversations? The purpose of this handbook is to provide nurses, coaches, and other health care professionals with opportunities for reflection and inspiration in their work. As nurses and health care professionals, many of us have seen firsthand that the process of navigating serious illness and death within our complex health care system is often confusing, isolating, crisis-driven, and disheartening. What outcomes might be possible if instead: * we reimagined the end of life as a vital, purposeful stage of human development? * practices of healing - forgiveness, gratitude, and letting go - became essential parts of our care plans? * wisdom instead of fear informed our challenging decision points? * we prepared for death in order to live more fully the time that we have? * the hard work of caregiving was sustainable and meaningful for both family and professional caregivers? In this book you will find fresh ideas, tools, and reflective practices that encourage you to explore your personal beliefs and values about aging, advanced illness, and dying. It is intended to inspire you to reimagine the end of life as a vital part of how we become fully human - a time of life that holds value, meaning, and purpose.

awaken wellness fayetteville nc: *Integrative and Functional Medical Nutrition Therapy* Diana Noland, Jeanne A. Drisko, Leigh Wagner, 2020-03-27 This textbook is a practical guide to the application of the philosophy and principles of Integrative and Functional Medical Nutrition Therapy (IFMNT) in the practice of medicine, and the key role nutrition plays in restoring and maintaining wellness. The textbook provides an overview of recent reviews and studies of physiological and biochemical contributions to IFMNT and address nutritional influences in human health overall, including poor nutrition, genomics, environmental toxicant exposures, fractured human interactions, limited physical movement, stress, sleep deprivation, and other lifestyle factors. Ultimately, this textbook serves to help practitioners, healthcare systems, and policy makers better understand this different and novel approach to complex chronic disorders. It provides the reader with real world examples of applications of the underlying principles and practices of integrative/functional nutrition therapies and presents the most up-to-date intervention strategies and clinical tools to help the reader keep abreast of developments in this emerging specialty field. Many chapters include comprehensive coverage of the topic and clinical applications with supplementary learning features such as case studies, take-home messages, patient and practitioner handouts, algorithms, and suggested readings. Integrative and Functional Medical Nutrition Therapy: Principles and Practices will serve as an invaluable guide for healthcare professionals in their clinical application of nutrition, lifestyle assessment, and intervention for each unique, individual patient.

awaken wellness fayetteville nc: *Treatment Planning in Dentistry - E-Book* Stephen J. Stefanac, Samuel P. Nesbit, 2006-08-29 This book provides essential knowledge for creating treatment plans for adult dental patients. Treatment planning strategies are presented to help with balancing the ideal with the practical, with emphasis placed on the central role of the patient — whose needs should drive the treatment planning process. The focus is on planning of treatment, not on the comprehensive details of every treatment modality in dentistry. CD-ROM bound into book presents five cases of varying difficulty with interactive exercises that allow users to plan treatment. What's the Evidence? boxes link clinical decision-making and treatment planning strategies to current research. In Clinical Practice boxes highlight specific clinical situations faced by the general dentist. Review Questions and Suggested Projects, located at the end of each chapter, summarize and reinforce important concepts presented in the book. Key Terms and Glossary highlights the terms that are most important to the reader. Suggested Readings lists included at the end of most chapters provide supplemental resources. Chapter on Treatment Planning for Smokers and Patients with Oral Cancer addresses the dentist's role in managing patients with oral cancer, recognizing oral cancer and differential diagnosis of oral lesions, planning treatment for patients undergoing cancer therapy, and smoking cessation strategies. Chapter on Treatment Planning for the Special

Care/Special Needs Patient examines the role of the general dentist in the management of patients with a variety of conditions including physical handicaps, mental handicaps, head trauma, hemophilia, and patients' needs before, during, or after major surgery. Chapter on Treatment Planning for the Alcohol and Substance Abuser discusses the challenges of treating this patient population, as well as how to recognize the problem, delivery of care, scope of treatment, and behavioral/compliance issues. Expanded content on Ethical and Legal Issues in Treatment Planning reflects new accreditation guidelines. Dental Team Focus boxes highlight the relevance of chapter content to the dental team. Ethics Topics boxes emphasize the ethical topics found within each chapter. International Tooth Numbering is listed alongside the U.S. tooth numbers in examples and illustrations.

awaken wellness fayetteville nc: The Cult of Pharmacology Richard DeGrandpre, 2006-11-27 America had a radically different relationship with drugs a century ago. Drug prohibitions were few, and while alcohol was considered a menace, the public regularly consumed substances that are widely demonized today. Heroin was marketed by Bayer Pharmaceuticals, and marijuana was available as a tincture of cannabis sold by Parke Davis and Company. Exploring how this rather benign relationship with psychoactive drugs was transformed into one of confusion and chaos, *The Cult of Pharmacology* tells the dramatic story of how, as one legal drug after another fell from grace, new pharmaceutical substances took their place. Whether Valium or OxyContin at the pharmacy, cocaine or meth purchased on the street, or alcohol and tobacco from the corner store, drugs and drug use proliferated in twentieth-century America despite an escalating war on “drugs.” Richard DeGrandpre, a past fellow of the National Institute on Drug Abuse and author of the best-selling book *Ritalin Nation*, delivers a remarkably original interpretation of drugs by examining the seductive but ill-fated belief that they are chemically predestined to be either good or evil. He argues that the determination to treat the medically sanctioned use of drugs such as Miltown or Seconal separately from the illicit use of substances like heroin or ecstasy has blinded America to how drugs are transformed by the manner in which a culture deals with them. Bringing forth a wealth of scientific research showing the powerful influence of social and psychological factors on how the brain is affected by drugs, DeGrandpre demonstrates that psychoactive substances are not angels or demons irrespective of why, how, or by whom they are used. *The Cult of Pharmacology* is a bold and necessary new account of America’s complex relationship with drugs.

awaken wellness fayetteville nc: Anti-Diet Christy Harrison, 2019-12-24 Reclaim your time, money, health, and happiness from our toxic diet culture with groundbreaking strategies from a registered dietitian, journalist, and host of the Food Psych podcast. 68 percent of Americans have dieted at some point in their lives. But upwards of 90% of people who intentionally lose weight gain it back within five years. And as many as 66% of people who embark on weight-loss efforts end up gaining more weight than they lost. If dieting is so clearly ineffective, why are we so obsessed with it? The culprit is diet culture, a system of beliefs that equates thinness to health and moral virtue, promotes weight loss as a means of attaining higher status, and demonizes certain ways of eating while elevating others. It's sexist, racist, and classist, yet this way of thinking about food and bodies is so embedded in the fabric of our society that it can be hard to recognize. It masquerades as health, wellness, and fitness, and for some, it is all-consuming. In *Anti-Diet*, Christy Harrison takes on diet culture and the multi-billion-dollar industries that profit from it, exposing all the ways it robs people of their time, money, health, and happiness. It will turn what you think you know about health and wellness upside down, as Harrison explores the history of diet culture, how it's infiltrated the health and wellness world, how to recognize it in all its sneaky forms, and how letting go of efforts to lose weight or eat perfectly actually helps to improve people's health—no matter their size. Drawing on scientific research, personal experience, and stories from patients and colleagues, *Anti-Diet* provides a radical alternative to diet culture, and helps readers reclaim their bodies, minds, and lives so they can focus on the things that truly matter.

awaken wellness fayetteville nc: Courageous Dreaming Alberto Villoldo, Ph.D., 2008-03-01 Modern physics tells us that we’re dreaming the world into being with every thought. *Courageous*

Dreaming tells us how to dream our world with power and grace. The ancient shamans of the Americas understood that we're not only creating our experience of the world, but are dreaming up the very nature of reality itself—that is, life is but a dream. When you don't dream your life, you have to settle for the nightmare being dreamed by others. This book shows how to wake up from the collective nightmare and begin to dream a life of courage and grace, a sacred dream that shamans throughout time have known and served. Alberto Villoldo reveals ancient wisdom teachings that explain how to birth reality from the invisible matrix of creation; and reveals how we can interact with this matrix to dream a life of peace, health, and abundance. He shows us that courage is all that is required to create the joy we desire!

awaken wellness fayetteville nc: Edgewalkers Judi Neal, 2006-10-30 In ancient cultures, each village had a shaman or medicine man who would visit the invisible world to obtain vital information, guidance, and healing for members of the tribe. These edgewalkers have contemporary counterparts in today's organizations—those individuals who don't fit squarely into any one box; in their metaphorical travels they interpret trends from the marketplace, translate messages across departments, and envision the future impact of today's decisions and actions. Edgewalking doesn't come without its own risks and challenges; these unconventional people often clash with more traditional, rule-bound colleagues, and they are often frustrated by organizational systems that emphasize quantitative results over creative impulses. And yet in today's fast-changing, diverse, and globalized business environment, organizations must recruit and support these people in order to stay competitive. Featuring colorful interviews and practical tools to gauge and manage your own edgewalking skills, *Edgewalkers* explores the opportunities that are created by defying formal boundaries and fostering creativity at every level of the organization. They're the first people to volunteer to head up a new business unit, lead a cross-company initiative, or take on an overseas assignment. They're the glass half-full folks, who are constantly thinking out of the box, forging alliances with colleagues in other departments, seeking out new solutions to old problems, and anticipating challenges on the horizon. And in today's increasingly diverse workplaces, they are often people who have pursued unusual educational and career paths, traveled widely, and speak more than one language. Judi Neal has a term for these people: Edgewalkers. Literally, an edgewalker is someone who walks between two worlds. In ancient cultures, each village had a shaman or medicine man who would visit the invisible world to obtain vital information, guidance, and healing for members of the tribe. Today's corporate edgewalkers serve a similar function, interpreting trends from the marketplace, translating messages across departments, and envisioning the future impact of today's decisions and actions. Edgewalking doesn't come without its own risks and challenges; these unconventional people often clash with more traditional, rule-bound colleagues, and they are often frustrated by organizational systems that emphasize quantitative results over creative impulses. And yet in today's fast-changing, globalized business environment, organizations must recruit and support these people in order to stay competitive. Featuring colorful interviews with edgewalkers from a variety of fields and practical tools to gauge and manage your own edgewalking skills, *Edgewalkers* explores the opportunities that are created by defying formal boundaries and fostering creativity at every level of the organization.

awaken wellness fayetteville nc: The Dreamlife of Families Edward Bruce Bynum, 2017-07-11 How our unconscious minds connect with our families through dreams • Shows how the connected dreamlife of families reveals itself in nightmares and unusual dreams, during critical times such as pregnancy, conflicts, and medical emergencies, and in shared, telepathic, and precognitive dreams • Explains how dreamwork can help heal our psychospiritual selves and aid in both family and couples therapy • Examines ancient dream traditions from Africa, Europe, Asia, South America, Australia, and the ancient Egyptian Mystery Schools Our dreams, the most intimate part of us, form the truest expressions of our feelings and emotional beliefs about the world. Our dreams also reflect the complex connections of our unconscious minds with those of our families and close friends, connecting us through our dreams to loved ones near and far, living and passed on. Integrating traditional dream analysis with family psychology, clinical science, and parapsychology,

Edward Bruce Bynum, Ph.D., ABPP, details how our personal unconscious is interwoven into our larger family unconscious. He shows how these dreamlife connections and patterns are as old as humanity itself, exploring ancient dream traditions from around the world. He explains how the dreamlife of a family can be viewed as a shared field or hologram, where each family member is enfolded into the dreams of the other members. This shared reality reveals itself in family and personal illnesses, in nightmares and unusual dreams, and during critical times such as crisis, pregnancy, conflicts, and medical emergencies. It also reveals itself in cases of simultaneous shared dreams and telepathic and precognitive dreams, explaining why so many people have dreams in which a family member appears to say good-bye, waking the next day to discover the same loved one has passed away. Sharing clinical case studies from his Family Dream Research Project, the author shows how the intimate labyrinth of our dream lives is always flowing beneath the surface of our waking lives, shaping and influencing our relationships and our deep core experiences. He reveals how dreams can be healing factors as well as diagnostic signals, detailing how dreamwork can aid in both family and couples therapy. Showing how our family's dreamlife connects us to our ancestors and weaves us into the messages we send to our children's children, the author offers an opportunity to identify personal and family patterns, heal our psychospiritual selves, and grow our understanding of our own minds.

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