

backroad wellness lima ohio

Backroad Wellness Lima Ohio: Your Guide to Holistic Healing

Are you searching for a path to better health and well-being in Lima, Ohio? Tired of the typical medical model and yearning for a more holistic approach? Then you're in the right place! This comprehensive guide dives deep into Backroad Wellness in Lima, Ohio, exploring its unique offerings, philosophies, and the benefits it provides to the community. We'll cover everything from the services offered to what makes this wellness center stand out from the crowd, helping you decide if it's the perfect fit for your wellness journey.

Understanding Backroad Wellness's Holistic Approach

Backroad Wellness, unlike many traditional clinics, focuses on a holistic approach to health. This means they don't just treat symptoms; they address the root causes of imbalances within the body and mind. They believe that true wellness comes from a harmonious balance of physical, mental, and emotional well-being. This integrated approach considers various factors, including lifestyle, diet, stress levels, and environmental influences, to create a personalized wellness plan for each individual.

This isn't just about quick fixes; it's about empowering you to take control of your health and make sustainable lifestyle changes. This philosophy sets Backroad Wellness apart and is a key reason why so many people are finding success with their programs.

Services Offered at Backroad Wellness Lima Ohio

Backroad Wellness offers a comprehensive range of services designed to support your overall well-being. While the exact offerings might change, expect to find a selection of treatments and therapies, including but not limited to:

Massage Therapy: From deep tissue to Swedish massage, skilled therapists help relieve muscle tension, improve circulation, and promote relaxation. The focus is often on addressing specific pain points and improving overall body function.

Acupuncture: This ancient Chinese medicine technique involves inserting thin needles into specific points on the body to stimulate energy flow and promote healing. It's often used to treat pain, reduce stress, and improve overall health.

Chiropractic Care: Chiropractors at Backroad Wellness focus on spinal alignment and its impact on the nervous system. Through adjustments and other therapies, they aim to alleviate pain, improve posture, and enhance overall body function.

Nutritional Counseling: A registered dietitian or nutritionist can guide you towards a balanced diet tailored to your specific needs and health goals. They help you understand the connection between

food and well-being, empowering you to make informed food choices.

Yoga and Meditation Classes: These classes provide opportunities to reduce stress, increase flexibility, and improve mindfulness. They often complement other therapies, fostering a sense of inner peace and balance.

Other Complementary Therapies: Depending on the specific practitioners and the clinic's development, you might find other services such as aromatherapy, energy healing, or other holistic modalities offered. It's always best to contact Backroad Wellness directly to confirm the current availability of services.

The Benefits of Choosing Backroad Wellness

Choosing Backroad Wellness in Lima, Ohio offers several key benefits:

Personalized Approach: They prioritize understanding your unique needs and creating a customized plan, rather than a one-size-fits-all solution.

Holistic Perspective: They address the root causes of health issues, not just the symptoms, leading to more sustainable and lasting results.

Experienced Practitioners: The wellness center likely employs qualified and experienced professionals in their respective fields, ensuring high-quality care.

Supportive Community: Backroad Wellness often fosters a supportive and nurturing environment, making the healing process more comfortable and encouraging.

Convenience: Located in Lima, Ohio, it offers convenient access for residents of the area.

Finding Backroad Wellness and Getting Started

To find Backroad Wellness in Lima, Ohio, a simple online search should provide their address, phone number, and website. Their website is typically the best place to find their hours of operation, service menu, and pricing information. You can usually schedule appointments online or by phone. Before your first visit, it's a good idea to contact them to discuss your health concerns and see if their services align with your needs. Many wellness centers offer a free consultation to allow you to discuss your goals and determine the best course of action.

Conclusion

Backroad Wellness in Lima, Ohio, represents a refreshing alternative to traditional healthcare. Their holistic approach, personalized care, and range of services make them a valuable resource for anyone seeking to improve their overall health and well-being. By addressing the root causes of imbalances and empowering individuals to make sustainable lifestyle changes, Backroad Wellness helps people achieve lasting health and happiness. Taking the first step towards a healthier you begins with a simple phone call or online inquiry.

Frequently Asked Questions (FAQs)

Q1: Does Backroad Wellness accept insurance?

A1: This varies from clinic to clinic. It's essential to contact Backroad Wellness directly to inquire about their insurance policies and whether they accept your specific provider.

Q2: What should I wear to my appointment?

A2: Comfortable, loose-fitting clothing is usually recommended, particularly for massage therapy, acupuncture, or yoga.

Q3: What is the average cost of a treatment?

A3: Pricing varies widely depending on the type of service and the duration of the session. Check their website or contact them for specific pricing information.

Q4: Is Backroad Wellness suitable for all ages and health conditions?

A4: While Backroad Wellness offers treatments for a wide range of individuals, it's crucial to discuss your specific health conditions with a practitioner before starting any treatment program to ensure its suitability for you.

Q5: How can I book an appointment?

A5: Most often, appointments can be booked online through their website, or by calling their office directly. Check their website for the preferred method.

backroad wellness lima ohio: Lydia's Open Door Patty Kelly, 2008-04-02 "This exceptional book makes several key contributions to the field and shows how freedom and anxiety, and the market and morality, tensely coexist in the business of sex. . . . Kelly's analysis is conveyed through vivid portraits of the lives of sex workers, showing that the women involved are neither victims nor heroines but something else: actors caught between agency and constraint."—Roger N. Lancaster, author of *The Trouble with Nature* "In this tour de force of feminist anthropology, Patty Kelly gives her heart to the remarkable women who toil in the bawdy sweatshops of the Zona Galactica, a 'reformed' red-light district in the Chiapas capital of Tuxtla Gutiérrez. In fact, as Kelly shows, it is just the ultimate low-wage industrial district."—Mike Davis, author of *Planet of Slums* and *In Praise of Barbarians* "The clarity of Kelly's perspective is neither apologetic, nor presumptive (as is usually the case); her focus is always on the political context of these women's lives. Patty Kelly writes like a poet and novelist, so much so that this work begs to be a movie."—Carol Leigh, a.k.a. "Scarlot Harlot," author of *Unrepentant Whore*

backroad wellness lima ohio: The Harmony of Bill Evans Jack Reilly, Bill Evans, 1994-05-01 (Keyboard Instruction). Bill Evans, the pianist, is a towering figure acknowledged by the jazz world, fans, musicians and critics. However Bill Evans, the composer, has yet to take his place alongside

the great masters of composition. Therein lies the sole purpose of this book. A compilation of articles now revised and expanded that originally appeared in the quarterly newsletter Letter from Evans , this unique folio features extensive analysis of Evans' work. Pieces examined include: B Minor Waltz * Funny Man * How Deep Is the Ocean * I Fall in Love Too Easily * I Should Care * Peri's Scope * Time Remembered * and Twelve Tone Tune.

backroad wellness lima ohio: Caring for School Age Children Phyllis Click, 2006 The activities promote fun and learning in the areas of fine arts, language arts, math, movement, science, and social studies.

backroad wellness lima ohio: Duty and Desire Pamela Aidan, 2006-10-03 ³There was little danger of encountering the Bennet sisters ever again.² Jane Austen's classic novel *Pride and Prejudice* is beloved by millions, but little is revealed in the book about the mysterious and handsome hero, Mr. Darcy. And so the question has long remained: Who is Fitzwilliam Darcy? Pamela Aidan's trilogy finally answers that long-standing question, creating a rich parallel story that follows Darcy as he meets and falls in love with Elizabeth Bennet. *Duty and Desire*, the second book in the trilogy, covers the silent time of Austen's novel, revealing Darcy's private struggle to overcome his attraction to Elizabeth while fulfilling his roles as landlord, master, brother, and friend. When Darcy pays a visit to an old classmate in Oxford in an attempt to shake Elizabeth from his mind, he is set upon by husband-hunting society ladies and ne'er-do-well friends from his university days, all with designs on him -- some for good and some for ill. He and his sartorial genius of a valet, Fletcher, must match wits with them all, but especially with the curious Lady Sylvania. Irresistibly authentic and entertaining, *Duty and Desire* remains true to the spirit and events of *Pride and Prejudice* while incorporating fascinating new characters, and is sure to dazzle Austen fans and newcomers alike.

backroad wellness lima ohio: Famous Father Girl Jamie Bernstein, 2018-06-12 The intimate memoir of Leonard Bernstein and his family, that helped inspire the new movie *Maestro* The oldest daughter of revered composer/conductor Leonard Bernstein offers a rare look at her father on the centennial of his birth in a deeply intimate and broadly evocative memoir The composer of *On the Town* and *West Side Story*, chief conductor of the New York Philharmonic, television star, humanitarian, friend of the powerful and influential, and the life of every party, Leonard Bernstein was an enormous celebrity during one of the headiest periods of American cultural life, as well as the most protean musician in twentieth century America. But to his eldest daughter, Jamie, he was above all the man in the scratchy brown bathrobe who smelled of cigarettes; the jokester and compulsive teacher who enthused about Beethoven and the Beatles; the insomniac whose 4 a.m. composing breaks involved spooning baby food out of the jar. He taught his daughter to love the world in all its beauty and complexity. In public and private, Lenny was larger than life. In *Famous Father Girl*, Bernstein mines the emotional depths of her childhood and invites us into her family's private world. A fantastic set of characters populates the Bernsteins' lives, including: the Kennedys, Mike Nichols, John Lennon, Richard Avedon, Stephen Sondheim, Jerome Robbins, and Betty (Lauren) Bacall. An intoxicating tale, *Famous Father Girl* is an intimate meditation on a complex and sometimes troubled man, the family he raised, and the music he composed that became the soundtrack to their entwined lives. Deeply moving and often hilarious, Bernstein's beautifully written memoir is a great American story about one of the greatest Americans of the modern age.

backroad wellness lima ohio: Van Rijn Sarah Emily Miano, 2013-08-15 When young publisher Pieter Blaeu meets the aged and destitute painter Rembrandt van Rijn, he is quickly enticed into his theatre of life through a strange mixture of admiration and repulsion. But as Pieter delves into this shadowy world, he crosses paths with a fanciful troupe of characters, both living and dead.

backroad wellness lima ohio: American Horticulturist , 1885

backroad wellness lima ohio: *Zen Without Zen Masters* Camden Benares, 1993 This is the first -- and still the best -- collection of truly contemporary Zen parables. For the novice, this is an outstanding introduction to the baffling world of meditation, Eastern thought and the galaxy of philosophies that make up the expanding horizon of human awareness. For the veteran, Benares

integrates the inner quest with the experience of daily life. And if that weren't enough, the section on Meditations and Exercises focuses the inner experience into an accessible form. Marked by clarity and simplicity, they demystify the growth process through practical application.

backroad wellness lima ohio: Incorrigible Velma Demerson, 2009-10-22 On a May morning in 1939, eighteen-year-old Velma Demerson and her lover were having breakfast when two police officers arrived to take her away. Her crime was loving a Chinese man, a “crime” that was compounded by her pregnancy and subsequent mixed-race child. Sentenced to a home for wayward girls, Demerson was then transferred (along with forty-six other girls) to Torontos Mercer Reformatory for Females. The girls were locked in their cells for twelve hours a day and required to work in the on-site laundry and factory. They also endured suspect medical examinations. When Demerson was finally released after ten months’ incarceration weeks of solitary confinement, abusive medical treatments, and the state’s apprehension of her child, her marriage to her lover resulted in the loss of her citizenship status. This is the story of how Demerson, and so many other girls, were treated as criminals or mentally defective individuals, even though their worst crime might have been only their choice of lover. *Incorrigible* is a survivor’s narrative. In a period that saw the rise of psychiatry, legislation against interracial marriage, and a populist movement that believed in eradicating disease and sin by improving the purity of Anglo-Saxon stock, Velma Demerson, like many young women, found herself confronted by powerful social forces. This is a history of some of those who fell through the cracks of the criminal code, told in a powerful first-person voice.

backroad wellness lima ohio: Jackie's Girl Kathy McKeon, 2017-05-09 A coming-of-age memoir by a young woman who spent thirteen years as Jackie Kennedy's personal assistant and occasional nanny--and the lessons about life and love she learned from the glamorous [former] first lady--Amazon.com.

backroad wellness lima ohio: Seasons of Purgatory Shahriar Mandanipour, 2022-01-25 NATIONAL BOOK AWARD LONGLIST The first English-language story collection from “one of Iran’s most important living fiction writers” (Guardian), “a playful, whip-smart literary conjuror: a Kundera or Rushdie of post-Khomeini Iran” (Wall Street Journal) In *Seasons of Purgatory*, the fantastical and the visceral merge in tales of tender desire and collective violence, the boredom and brutality of war, and the clash of modern urban life and rural traditions. Mandanipour, banned from publication in his native Iran, vividly renders the individual consciousness in extremis from a variety of perspectives: young and old, man and woman, conscript and prisoner. While delivering a ferocious social critique, these stories are steeped in the poetry and stark beauty of an ancient land and culture.

backroad wellness lima ohio: Whom Shall I Fear? Ewart Brown, 2022-02-22 Outspoken, accomplished, and frequently controversial, physician and political leader Ewart F. Brown has been a longtime champion of racial equality, human rights, and economic and social justice. In this event-filled memoir, the former Premier of Bermuda shares the experiences that shaped him as a physician-politician committed to progressive change and that defined his often tumultuous time in office. Brown's journey began with a childhood in a politically engaged family in a Bermuda then still legally segregated. He spent his pivotal high school years in Jamaica, where he excelled in both academics and athletics, then rose to national U.S. media attention as a leader of civil rights-based student activism at Howard University in the late 1960s and early 1970s. After practicing as a physician in inner-city Los Angeles in the 1970s and 1980s, Brown entered electoral politics in Bermuda in the 1990s as a member of the Progressive Labour Party (PLP) and served as Premier from 2006 to 2010. Brown explains how he fought for human rights and racial equality in the face of intense push-back from racist forces of entrenched financial and political power. These conflicts made global headlines in June 2009, when Brown's administration gave asylum to four innocent Uighurs being released from the U.S. military prison at Guantánamo Bay. Brown's account of that decision includes his secret negotiations with President Barack Obama's White House as well as the opposition campaign to discredit him that followed. Enlivened by memorable interactions with

figures as varied as activists Stokely Carmichael, Cleve Sellers, Minister Louis Farrakhan, and Rev. Al Sharpton, music legend Bob Marley, leading members of the U.S. Congressional Black Caucus, senior officials in the administrations of Presidents George W. Bush and Barack Obama and the U.K. governments of Prime Ministers Tony Blair, Gordon Brown, and David Cameron, as well as a vividly drawn cast of Bermudians from all walks of life, *Whom Shall I Fear?* tells a story rich in human and political insight that will fascinate readers interested in the global African diaspora and its continuing quest for racial justice and equality.

backroad wellness lima ohio: The Psychology of Teen Violence and Victimization Michele A. Paludi, 2011-10-20 This compilation of original essays does more than just illuminate the serious problem of teen violence and victimization; it also provides resources that parents and teachers can use to address issues of violence with their teens and make a difference. While it's widely known that hate crimes represent a serious issue among today's adolescent population, most parents—and perhaps even some educators—may be unaware that gender-based violence is the most prevalent type of hate crime committed by and experienced by teens, and that adolescent girls are exposed to more violence than boys. A complete understanding of the nature of the problem is fundamental to curtailing problems like cyberbullying and sexual harassment. *The Psychology of Teen Violence and Victimization* is a two-volume set that fills a gap in the current literature on teen violence by addressing the incidence, psychological explanations, and impact of all forms of teen violence. The author—a psychologist who has focused upon interpersonal problems centered on violence, harassment, and gender—provides in-depth discussion of the various types of violence committed by and against teens. The set offers actionable prevention strategies for parents and teachers as well as individuals involved in community programs. Special attention is given to the impact of violence on adolescents' emotional and physical health, interpersonal relationships, career development, and self-concept.

backroad wellness lima ohio: The Making of an Ink-stained Wretch Jules Witcover, 2005 Wherever politics has been happening in the past half-century, Jules Witcover has been on the scene -- watching, interviewing, reporting. -- David S. Broder, *The Washington Post*

backroad wellness lima ohio: The Woodland Book Tessa Wardley, 2014-06-05 From an author passionate about reconnecting both adults and children with nature, *The Woodland Book* aims to show anyone with an interest in nature and the great outdoors how to make the most of the unique environments provided by a canopy of trees. Packed with fascinating facts about woodlands including ancient rituals and the wildlife and flora that make it special. You'll learn how to identify different kinds of woodland, assess the age of a tree from a stump, recognise the birds that nest in the canopy by their song and meet other creatures such as bats, badgers and even the odd wild boar. Other activities include learning ancient woodland arts such as coppicing, searching for woodland fruits and building your own shelter and mythical 'green man'. Perfect for adults and children who enjoy climbing, investigating, den building, camping and generally having fun, this book will encourage readers to have fun with nature.

backroad wellness lima ohio: French Dirt Richard Goodman, 2012-02-13 A story about dirt--and about sun, water, work, elation, and defeat. And about the sublime pleasure of having a little piece of French land all to oneself to till. Richard Goodman saw the ad in the paper: SOUTHERN FRANCE: Stone house in Village near Nimes/Avignon/Uzes. 4 BR, 2 baths, fireplace, books, desk, bikes. Perfect for writing, painting, exploring & experiencing la France profonde. \$450 mo. plus utilities. And, with his girlfriend, he left New York City to spend a year in Southern France. The village was small--no shops, no gas station, no post office, only a café and a school. St. Sebastien de Caisson was home to farmers and vintners. Every evening Goodman watched the villagers congregate and longed to be a part of their camaraderie. But they weren't interested in him: he was just another American, come to visit and soon to leave. So Goodman laced up his work boots and ventured out into the vineyards to work among them. He met them first as a hired worker, and then as a farmer of his own small plot of land. *French Dirt* is a love story between a man and his garden. It's about plowing, planting, watering, and tending. It's about cabbage, tomatoes, parsley, and

eggplant. Most of all, it's about the growing friendship between an American outsider and a close-knit community of French farmers. There's a genuine sweetness about the way the cucumbers and tomatoes bridge the divide of nationality.--The New York Times Book Review One of the most charming, perceptive and subtle books ever written about the French by an American.--San Francisco Chronicle

backroad wellness lima ohio: *The Healing Power of Garlic* Paul Bergner, 1998 Garlic is nature's wonder drug. Its medicinal value has been understood by herbalists for at least 2000 years. Garlic contains hundreds of minerals and nutrients. It is an antibiotic against colds and infections; an anti-inflammatory against arthritis; an immune stimulant against cancer; an aid to remove cholesterol, toxic metals, and radiation; a relaxant to relieve stress and hypertension; and a nutrient against anemia. Whether it's crushed or finely chopped and eaten raw or added to cooked food just before serving or taken as an odorless supplement is down to individual preference. What is clear is that garlic offers tremendous health benefits. *The Healing Power of Garlic* discusses the historical uses of garlic, current research findings, and how to prepare and apply it for various ailments. Garlic has powerful antibiotic, antiviral and antifungal characteristics. Garlic is as effective as many modern antibiotics, without the dangerous side effects.

backroad wellness lima ohio: *The Earth, Thy Great Exchequer, Ready Lies* Jo Lloyd, 2022-04-07 'Jo Lloyd does more with single sentences than a lot of people do in entire novels' - Sara Taylor

backroad wellness lima ohio: *The Sacred Maya Smoking Shell* Manuel M. Novelo, 2012-03 This is a story of the great Maya city of Lamanai [circa 650 A. D.] its ruins are located in present day southern Orange Walk District, Belize. The story of its ruler who was determined to help defend its sister city Chac'temal from invading armies of the Far North cities at all cost necessary..... Also of a young peasant boy whose name was Box Belam [Bosh Blam] he was born and raised in the magnificent Maya City of Lamanai in the west banks of a beautiful lagoon. By the age of fourteen, he had his mind well made up. He would become a member of the famous widely loved Lamanai's Royal Pok-A-Tok team. [Ball game] Nothing or nobody would stop him. After the sacred ceremony that initiated him into manhood to better prepare him in becoming a soldier and a member of Lamanai's royal ball team, he was sent on a mission that almost caused him his life..... Box's friends and mentor had been killed in an ambush attack by spies of the Far North cities, near the city of Altun-Ha. Having been inflicted with the sever wound, Box had fled into the inhospitable and dangerous rainforest but... it was only his refuge. He had been wandering lost, sick, and weak in the jungle for days but his determination to survive and return to his beloved city of Lamanai, his people and the girl he had fallen in love with, was great..... Moreover, he was also determined to survive so that one day he could find and eliminate the people responsible for the death of his friends and mentor. For many days he walked through the rainforest, looking out for the enemy, and surviving on wild fruits when he came across two men who.... A story of adventure, war, courage, treachery, love and rise to greatness in an ancient civilization.

backroad wellness lima ohio: *The Allagash Abductions* Raymond E. Fowler, 1993 Describes the abduction in 1976 of four men by alien beings.

backroad wellness lima ohio: *The Taming of the Screw* Dave Barry, 2000-05-05 Barry concentrates on the popular topic of home repair.

backroad wellness lima ohio: *Grieved Loss* Adelaide Forrest, 2020-07-22 This shadow always follows his Sunshine. Her life is a carefully crafted lie. For years, I only watch my Sunshine from the shadows; my loyalty to the Bellandis demands nothing less. When her husband is killed, the path is clear for me to step in and claim her for myself. I'll give her a glimpse into the truth. I give Calla and her kids one year to grieve their loss. When the year is over, I pluck them from the grey world she clings to and insert them into the vivid color of my Bellandi life. Even when it hurts, and she rails against me. Rising tensions in my world threaten to steal her away from me, but I won't let anyone take what is mine. Instead, I'll demand every piece of her: her heart, her body. Her soul. And I won't stop until I've taken everything. *Grieved Loss* is a full-length standalone novel with an HEA, but the

series presents a better reading experience when following the suggested reading order. This series contains dark elements, including an over-the-top antihero who does as he pleases. Please read at your own discretion.

backroad wellness lima ohio: *Party Girls Die in Pearls* Plum Sykes, 2017-05-09 "A rollicking murder mystery. . . . a wildly entertaining romp. . . . Laugh? I died."—Vogue The New York Times bestselling author of *Bergdorf Blondes* takes us back to the decadent 1980s in this comic murder mystery set in the tony world of Oxford University. It's 1985, and at Oxford University, Pimm's, punting, and ball gowns are de rigeur. Ursula Flowerbutton, a studious country girl, arrives for her first term anticipating nothing more sinister than days spent poring over history books in gilded libraries—and, if she's lucky, an invitation to a ball. But when she discovers a glamorous classmate on a chaise longue with her throat cut, Ursula is catapulted into a murder investigation. Determined to bag her first scoop for the famous student newspaper *Cherwell*, Ursula enlists the help of trend-setting American exchange student Nancy Feingold to unravel the case. While navigating a whirl of black-tie parties and secret dining societies, the girls discover a surfeit of suspects. From broken-hearted boyfriends to snobby Sloane Rangers, lovelorn librarians to dishy dons, none can be presumed innocent—and Ursula's investigations mean that she may be next on the murderer's list. Clueless meets Agatha Christie in this wickedly funny tale of high society and low morals, the first book in Plum Sykes' irresistible new series.

backroad wellness lima ohio: *Gardens of the World* Penelope Hobhouse, Elvin McDonald, 1991 Roses and rose gardens / Elvin McDonald -- Formal gardens / Penelope Hobhouse -- Tulips and the spring bulbs / Allen Paterson -- Japanese gardens : an accretionary approach / Teiji Itoh, translated by Lynne E. Riggs -- Flowers and flower gardens / Ann Lovejoy -- Tropical gardens / Katherine Whiteside -- Country gardens / John Brookes -- Public gardens / Madison Cox.

backroad wellness lima ohio: *After the Bombs* Heidemarie Sieg, 2011 This recollection begins with a German family's lives at the beginning of World War I. It is leading into memories of growing up in Berlin after World War II, when times were different. The war was over, Berlin was mostly rubble and the Cold War period began. The Berlin Blockade and the construction of The Wall placed the city in the center of the Cold War. A difficult place to be. Read through hardships, challenging conditions and the strict society of the times. Eventually Heidi's adventurous spirit emerges, reminding us that we are stewards of our own destiny.

backroad wellness lima ohio: *The Disowned Self* Nathaniel Branden, 1984-05-01

backroad wellness lima ohio: *A Week to Remember* Esther Campion, 2021-02-23 A converted stone farmhouse on the Irish coast is about to receive its first guests in this warmly captivating story for fans of Maeve Binchy and Monica McInerney With its brightly painted front door, white-sash windows and garden path sweeping down toward the sea, Lizzie O's guesthouse promises a welcome escape from the world. Aisling and Mick Fitzgerald are travelling all the way from Tasmania to celebrate their wedding anniversary, but Aisling is burdened with a secret that could ruin their marriage. Declan Byrne, exhausted from an unhealthy routine of long hours, takeaway and too much red wine, has spontaneously taken the week off to visit the village of his childhood summers. Katie Daly returns to West Cork after an absence of 35 years to care for her ageing mother only to find she must confront her painful past. Finally, Mia Montgomery is taking this holiday without telling her husband. Each of this group of strangers is at a crossroads. And one week in the middle of winter may change all of their lives. 'A profoundly moving read... a skilled storyteller possessed of a supreme ability for building characters about whom we care and whose words are a balm. I look forward to reading more of Esther Campion' Living Arts Canberra 'Warm, wise and full of humour... a wonderful new voice in Australian fiction' CATHY KELLY 'Joins the captivating Maeve Binchy in the pantheon of popular Irish novelists' Irish Scene **Contains BONUS extract from Esther's enchanting bestselling novel *The House of Second Chances***

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