

blue ocean wellness mclean va

Blue Ocean Wellness McLean VA: Your Guide to Holistic Wellbeing

Are you searching for a sanctuary of calm amidst the hustle of McLean, VA? Feeling overwhelmed, stressed, or simply in need of a revitalizing boost to your wellbeing? Then look no further than Blue Ocean Wellness McLean VA. This comprehensive guide dives deep into what makes Blue Ocean Wellness unique, exploring its services, philosophy, and the overall experience you can expect. We'll cover everything you need to know to determine if Blue Ocean Wellness is the perfect fit for your wellness journey. Let's embark on this exploration together!

Understanding Blue Ocean Wellness's Holistic Approach

Blue Ocean Wellness McLean VA isn't just another spa; it's a holistic wellness center committed to addressing the mind, body, and spirit. Their approach moves beyond superficial treatments, focusing on the root causes of imbalance and offering personalized plans to help you achieve lasting wellbeing. This isn't a quick fix; it's an investment in your long-term health and happiness. They believe that true wellness is a journey, not a destination, and their services are designed to support you every step of the way.

The Range of Services Offered at Blue Ocean Wellness McLean VA

Blue Ocean Wellness boasts a diverse menu of services designed to cater to a wide range of needs. From traditional massage therapies like Swedish, deep tissue, and hot stone massage, to more specialized treatments such as acupuncture, cupping, and aromatherapy, there's something for everyone. They also offer specialized programs focusing on stress reduction, pain management, and improving overall energy levels.

Specific Services to Highlight:

Massage Therapy: Experience the therapeutic benefits of various massage techniques tailored to your individual needs and preferences. Whether you're seeking relaxation or targeted pain relief, their skilled therapists will provide a customized experience.

Acupuncture: This ancient Chinese medicine practice involves inserting thin needles into specific points on the body to stimulate energy flow and promote

healing. Acupuncture can effectively address a wide range of health concerns, from chronic pain to stress and anxiety.

Cupping Therapy: This involves placing cups on the skin to create suction, which helps to improve blood flow, reduce muscle tension, and promote detoxification.

Aromatherapy: Experience the power of essential oils to enhance relaxation, reduce stress, and improve overall wellbeing. Aromatherapy is often incorporated into other treatments to enhance their therapeutic effects.

Stress Reduction Programs: Blue Ocean Wellness offers comprehensive programs designed to help you manage stress and cultivate inner peace. These programs may include a combination of massage, acupuncture, meditation, and other holistic therapies.

The Experience: What to Expect at Your Appointment

From the moment you step into Blue Ocean Wellness McLean VA, you'll be enveloped in a calming and tranquil atmosphere designed to promote relaxation and rejuvenation. The staff is highly trained, professional, and dedicated to providing exceptional customer service. Before your treatment, you'll have a consultation to discuss your needs and goals, ensuring a personalized and effective experience. The emphasis is on creating a safe, comfortable, and judgment-free space where you can truly unwind and reconnect with yourself.

Finding Blue Ocean Wellness McLean VA: Location and Accessibility

Finding Blue Ocean Wellness is easy. Their McLean, VA location is strategically situated for easy access from various parts of the region, making it a convenient choice for those seeking holistic wellness services. You can easily find their exact address and contact information on their website. Checking for parking availability and accessibility options before your visit is always a good idea, ensuring a smooth and stress-free arrival.

Booking Your Appointment: A Seamless Process

Booking your appointment at Blue Ocean Wellness McLean VA is straightforward. Their website usually features an online booking system, allowing you to choose your preferred service, therapist, and appointment time with ease. If you prefer a more personal touch, you can also contact them directly via phone or email. Their friendly staff will be happy to assist you in scheduling your appointment and answering any questions you may have.

Investment in Yourself: The Value of Holistic Wellness

Investing in your wellbeing is not a luxury; it's a necessity. The services offered at Blue Ocean Wellness McLean VA are designed to help you not only

feel better physically but also mentally and emotionally. By addressing the root causes of imbalance, you're taking proactive steps towards a healthier and happier life. The long-term benefits of holistic wellness far outweigh the initial investment.

Conclusion

Blue Ocean Wellness McLean VA offers a comprehensive and personalized approach to holistic wellness, providing a sanctuary of calm and rejuvenation in the heart of McLean. With a diverse range of services, a commitment to exceptional customer service, and a tranquil atmosphere, Blue Ocean Wellness is an excellent choice for those seeking to invest in their overall wellbeing. Take the first step towards a healthier, happier you – schedule your appointment today!

FAQs

1. Does Blue Ocean Wellness McLean VA accept insurance? It's best to contact Blue Ocean Wellness directly to inquire about insurance coverage as policies vary.
1. What are the cancellation policies? Cancellation policies are typically outlined on their website or during the booking process. Contact them directly for specifics.
1. Do they offer gift certificates? Many wellness centers offer gift certificates; check their website or call to confirm.
1. What forms of payment do they accept? Most wellness centers accept major credit cards and sometimes cash. Check with Blue Ocean Wellness for their specific payment options.
1. Is there a minimum age requirement for services? This varies by service. Contact Blue Ocean Wellness to confirm age requirements for specific treatments.

blue ocean wellness mclean va: The 71F Advantage National Defense University Press, 2010-09 Includes a foreword by Major General David A. Rubenstein. From the editor: 71F, or 71 Foxtrot, is the AOC (area of concentration) code assigned by the U.S. Army to the specialty of Research Psychology. Qualifying as an Army research psychologist requires, first of all, a Ph.D. from a research (not clinical) intensive graduate psychology program. Due to their advanced education, research psychologists receive a direct commission as Army officers in the Medical Service Corps at the rank of captain. In terms of numbers, the 71F AOC is a small one, with only 25 to 30 officers serving in any given year. However, the 71F impact is much bigger than this small cadre suggests. Army research psychologists apply their extensive training and expertise in the science of psychology and social behavior toward understanding, preserving, and enhancing the health, well being, morale, and performance of Soldiers and military families. As is clear throughout the pages of this book, they do this in many ways and in many areas, but always with a scientific approach. This is the 71F advantage: applying the science of psychology to understand the human dimension, and developing programs, policies, and products to benefit the person in military operations. This book grew out of the April 2008 biennial conference of U.S. Army Research Psychologists, held in Bethesda, Maryland. This meeting was to be my last as Consultant to the Surgeon General for Research Psychology, and I thought it would be a good idea to publish proceedings, which had not been done before. As Consultant, I'd often wished for such a document to help explain to people what it is that Army Research Psychologists do for a living. In addition to our core group of 71Fs, at the Bethesda 2008 meeting we had several brand-new members, and a number of distinguished retirees, the grey-beards of the 71F clan. Together with longtime 71F colleagues Ross Pastel and Mark Vaitkus, I also saw an unusual opportunity to capture some of the history of the Army Research Psychology specialty while providing a representative sample of current 71F research and activities. It seemed to us especially important to do this at a time when the operational demands on the Army and the total force were reaching unprecedented levels, with no sign of easing, and with the Army in turn relying more heavily on research psychology to inform its programs for protecting the health, well being, and performance of Soldiers and their families.

blue ocean wellness mclean va: Joan Garry's Guide to Nonprofit Leadership Joan Garry, 2017-03-06 Nonprofit leadership is messy Nonprofits leaders are optimistic by nature. They believe with time, energy, smarts, strategy and sheer will, they can change the world. But as staff or board leader, you know nonprofits present unique challenges. Too many cooks, not enough money, an abundance of passion. It's enough to make you feel overwhelmed and alone. The people you help need you to be successful. But there are so many obstacles: a micromanaging board that doesn't understand its true role; insufficient fundraising and donors who make unreasonable demands; unclear and inconsistent messaging and marketing; a leader who's a star in her sector but a difficult boss... And yet, many nonprofits do thrive. Joan Garry's Guide to Nonprofit Leadership will show you how to do just that. Funny, honest, intensely actionable, and based on her decades of experience, this is the book Joan Garry wishes she had when she led GLAAD out of a financial crisis in 1997. Joan will teach you how to: Build a powerhouse board Create an impressive and sustainable fundraising program Become seen as a 'workplace of choice' Be a compelling public face of your nonprofit This book will renew your passion for your mission and organization, and help you make a bigger difference in the world.

blue ocean wellness mclean va: The Financial Crisis Inquiry Report Financial Crisis Inquiry Commission, 2011-05-01 The Financial Crisis Inquiry Report, published by the U.S. Government and the Financial Crisis Inquiry Commission in early 2011, is the official government report on the United States financial collapse and the review of major financial institutions that bankrupted and failed, or would have without help from the government. The commission and the report were implemented after Congress passed an act in 2009 to review and prevent fraudulent activity. The report details, among other things, the periods before, during, and after the crisis, what led up to it, and analyses of subprime mortgage lending, credit expansion and banking policies, the collapse of companies like Fannie Mae and Freddie Mac, and the federal bailouts of Lehman and AIG. It also

discusses the aftermath of the fallout and our current state. This report should be of interest to anyone concerned about the financial situation in the U.S. and around the world. THE FINANCIAL CRISIS INQUIRY COMMISSION is an independent, bi-partisan, government-appointed panel of 10 people that was created to examine the causes, domestic and global, of the current financial and economic crisis in the United States. It was established as part of the Fraud Enforcement and Recovery Act of 2009. The commission consisted of private citizens with expertise in economics and finance, banking, housing, market regulation, and consumer protection. They examined and reported on the collapse of major financial institutions that failed or would have failed if not for exceptional assistance from the government. News Dissector DANNY SCHECHTER is a journalist, blogger and filmmaker. He has been reporting on economic crises since the 1980's when he was with ABC News. His film In Debt We Trust warned of the economic meltdown in 2006. He has since written three books on the subject including Plunder: Investigating Our Economic Calamity (Cosimo Books, 2008), and The Crime Of Our Time: Why Wall Street Is Not Too Big to Jail (Disinfo Books, 2011), a companion to his latest film Plunder The Crime Of Our Time. He can be reached online at www.newsdissector.com.

blue ocean wellness mclean va: Climate Change and Indigenous Peoples in the United States Julie Koppel Maldonado, Benedict Colombi, Rajul Pandya, 2014-04-05 With a long history and deep connection to the Earth's resources, indigenous peoples have an intimate understanding and ability to observe the impacts linked to climate change. Traditional ecological knowledge and tribal experience play a key role in developing future scientific solutions for adaptation to the impacts. The book explores climate-related issues for indigenous communities in the United States, including loss of traditional knowledge, forests and ecosystems, food security and traditional foods, as well as water, Arctic sea ice loss, permafrost thaw and relocation. The book also highlights how tribal communities and programs are responding to the changing environments. Fifty authors from tribal communities, academia, government agencies and NGOs contributed to the book. Previously published in Climatic Change, Volume 120, Issue 3, 2013.

blue ocean wellness mclean va: Impacts of Climate Change on Human Health in the United States US Global Change Research Program, 2018-02-06 As global climate change proliferates, so too do the health risks associated with the changing world around us. Called for in the President's Climate Action Plan and put together by experts from eight different Federal agencies, The Impacts of Climate Change on Human Health: A Scientific Assessment is a comprehensive report on these evolving health risks, including: Temperature-related death and illness Air quality deterioration Impacts of extreme events on human health Vector-borne diseases Climate impacts on water-related Illness Food safety, nutrition, and distribution Mental health and well-being This report summarizes scientific data in a concise and accessible fashion for the general public, providing executive summaries, key takeaways, and full-color diagrams and charts. Learn what health risks face you and your family as a result of global climate change and start preparing now with The Impacts of Climate Change on Human Health.

blue ocean wellness mclean va: Roll Models Richard Holicky, 2004 I thought life was pretty much over. Paul Herman I was afraid people wouldn't see me for who I still was. Cathy Green I didn't need this to be a better person. Susan Douglas I wasn't sure I wanted to live "this way." Kevin Wolitzky The above four people and 49 more just like them went on to find high levels of success and lead satisfying lives. Together they tell 53 stories of moving forward to meet all the challenges, fears, obstacles, and problems common to the life-altering circumstances after spinal cord injury, and doing it without benefit of wealth, large settlements or solid health coverage. Ranging in age from 21 to 67, disabled from three to 48 years they share 931 years of disability experience. Roll Models is a valuable new resource for recently injured people and their families, and for nurses, therapists, psychologists and all other professionals who treat, work with and care for people with spinal cord injury. Straight from the horse's mouth, survivors explore their experiences with disability and answer many questions those in rehab are asking: Early Thoughts What were your thoughts immediately following injury? What were your initial thoughts and

reactions regarding SCI and the future? The First Years What were your biggest fears during that first year or so? How did you get past those early fears? Changes, Obstacles and Solutions How much different are you now, compared to how you were before injury? What's been the biggest obstacle? How did you address these obstacles? Finding What Works What have been the most difficult things for you to deal with since injury? What's the worst thing about having an SCI and using a chair? What's been your biggest loss due to injury? Is SCI the worst thing that ever happened to you? Tell me something about your problem solving skills. How do you deal with stress? What do you do to relieve stress? Salvations, Turning Points and More Was there any one thing that was your salvation or key to your success? Was there a turning point for you when you began to feel things were going to get better? What personal factors, habits and beliefs have helped you the most? SCI and Meaning Do you find any meaning, purpose or lessons in your disability? Did any positive opportunities come your way because of your injury? What's your greatest accomplishment? What are you most proud of? A wonderful roadmap with many alternate routes to living and thriving with SCI. Minna Hong, SCI survivor and Peer Support Coordinator/Vocational Liaison, Shepherd Center Avoids the trap of providing a "one size fits all mentality" and provides solutions as varied as the individuals used as examples. Accentuates the positives while not sugar coating the difficulties. Essential reading. Jeff Cressy SCI survivor and Director of Consumer and Community Affairs, SCI Project, Rancho Los Amigos A great resource for people as they venture out into the world, or search for meaning and a deeper, richer life. Filled with examples of real people and their real experiences. Terry Chase, ND, RN; SCI survivor; Patient & Family Education Program Coordinator, Craig Hospital A wonderful tool for the newly spinal cord injured individual, as well as the therapists and counselors working with them. This certainly hits the mark in capturing important survival strategies. Jack Dahlberg, SCI survivor, Past President of the National Spinal Cord Injury Association Artfully crafted and organized, Roll Models sensitively portrays life following spinal cord injury. Informative, creative, sensitive, as well as infused with humor and a kind heart. Recommended with my highest accolades. Lester Butt, Ph.D., ABPP, Director of the Department of Psychology, Craig Hospital

blue ocean wellness mclean va: Healthy, Resilient, and Sustainable Communities After Disasters Institute of Medicine, Board on Health Sciences Policy, Committee on Post-Disaster Recovery of a Community's Public Health, Medical, and Social Services, 2015-09-10 In the devastation that follows a major disaster, there is a need for multiple sectors to unite and devote new resources to support the rebuilding of infrastructure, the provision of health and social services, the restoration of care delivery systems, and other critical recovery needs. In some cases, billions of dollars from public, private and charitable sources are invested to help communities recover. National rhetoric often characterizes these efforts as a return to normal. But for many American communities, pre-disaster conditions are far from optimal. Large segments of the U.S. population suffer from preventable health problems, experience inequitable access to services, and rely on overburdened health systems. A return to pre-event conditions in such cases may be short-sighted given the high costs - both economic and social - of poor health. Instead, it is important to understand that the disaster recovery process offers a series of unique and valuable opportunities to improve on the status quo. Capitalizing on these opportunities can advance the long-term health, resilience, and sustainability of communities - thereby better preparing them for future challenges. Healthy, Resilient, and Sustainable Communities After Disasters identifies and recommends recovery practices and novel programs most likely to impact overall community public health and contribute to resiliency for future incidents. This book makes the case that disaster recovery should be guided by a healthy community vision, where health considerations are integrated into all aspects of recovery planning before and after a disaster, and funding streams are leveraged in a coordinated manner and applied to health improvement priorities in order to meet human recovery needs and create healthy built and natural environments. The conceptual framework presented in Healthy, Resilient, and Sustainable Communities After Disasters lays the groundwork to achieve this goal and provides operational guidance for multiple sectors involved in community planning and disaster

recovery. Healthy, Resilient, and Sustainable Communities After Disasters calls for actions at multiple levels to facilitate recovery strategies that optimize community health. With a shared healthy community vision, strategic planning that prioritizes health, and coordinated implementation, disaster recovery can result in a communities that are healthier, more livable places for current and future generations to grow and thrive - communities that are better prepared for future adversities.

blue ocean wellness mclean va: Wisconsin Model Early Learning Standards 5th Edition
Wisconsin Department of Public Instruction, 2017

blue ocean wellness mclean va: **A Coach for Christ** La Vonne Earl, 2021-03-05 "Proven strategies to help one gain the rapport necessary to lead anyone to the Lord" (Brian Simmons, The Passion Translation). Often people don't understand how to gain the empathy necessary to lead others, A Coach for Christ solves that problem. In it, believers discover how to relate to others so they can lead them on the right path. It is a great resource for parents desiring to help their children get into a true relationship with Jesus and transform their lives. With A Coach for Christ, believers learn the proper communication tools to help others listen to what they have to say. Once accomplished, believers will notice others are being drawn to them as they learn how to bless them in a way that satiates their true desires. A Coach for Christ is very innovative and unique in its approach to bring others into a saving relationship with the Lord. No longer will people be turned off by Christian dialogue as believers will discover new tools that work. In A Coach for Christ, believers will gain: Proven strategies to help one gain the rapport necessary to lead anyone to the Lord
Secular tools with a Biblical foundation to help bring others to the Lord
Solid Biblical truth with real tools to help train disciples to bring others to the Lord
An understanding of others and the ability to relate to ALL people in order to lead
A new inner narration that brings peace and love "La Vonne's Christ-centered coaching method brings wholeness through biblical based tools to transform our body, mind, and spirit through the Holy Spirit. Through these practices our true godly identity is revealed. She will help you to experience a healthy and blessed LIFE through coming to know Jesus our number one LIFE COACH!" —Rev. Julie Scott, founder of South Pacific Women Empowered Ministry "A fabulous book! La Vonne Earl has written a clear, well-organized guide to assist in gaining confidence as a life coach, or for anyone wanting to speak truth into their own lives or the lives of others." —Ginger Lehr, certified professional coach

blue ocean wellness mclean va: **Loud in the House of Myself: Memoir of a Strange Girl**
Stacy Pershall, 2011-12-20 After her 2001 suicide attempt, broadcast live on a Webcam, Pershall realized the need to heal her mind and body. She found a revolutionary cure, met a tattoo artist, and discovered the healing power of body modification.

blue ocean wellness mclean va: **Next Medicine** Walter Bortz, MD, 2011-01-03 Every year, the average American spends about \$7,300 on medical expenses. The typical Canadian pays \$2,700, the Briton only \$2,000. And yet, according to the World Health Organization, our healthcare system, in terms of total quality, ranks thirty-eighth in the world, right between Costa Rica and Slovenia. Not only do 40 million Americans lack health insurance, but more than 200,000 die each year because of medical mistakes. Our average life expectancy is lower than Cuba's. In Next Medicine, Dr. Walter Bortz zeroes in on why the American medicine is spiraling toward disaster. A physician with fifty years of experience and a leading authority on aging, Bortz argues that the financial interests of biotech and drug companies have distorted the healthcare system. Thanks to them, medicine today is economically motivated to treat disease rather than to prevent it. Heart disease, for example, is widely treated with drug interventions and invasive surgery--both of which are extravagantly profitable for pharmaceutical giants and hospitals. Daily exercise and a healthy diet, on the other hand, can prevent heart disease, and can be obtained by patients essentially for free--but there's no money in that. The medical-industrial complex has a vested interest in keeping us sick, and until that changes medicine will fail to effectively address the leading cause of disability and mortality today: chronic diseases like diabetes that are largely preventable. Bortz proposes a medical system that emphasizes personal responsibility and provides incentives for healthy lifestyle choices, along with

new training for medical professionals. Through a lively narrative full of personal anecdotes and jarring statistics, Bortz makes a powerful case for a radically new medical system--one that is based on rigorous science and loosens the strangle hold of corporate interests on American health.

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

blue ocean wellness mclean va: Winning Against All Odds Kevin Parker, 2021-04-14 If you were given a second chance at life, what would you do with it? Kevin Parker got that chance when he nearly died from a drug overdose, losing his leg in the ordeal. He made the decision to fight back against addiction, beginning a spiritual journey of self-development. Along the way, he became a coach and a public speaker to inspire others to overcome their own struggles. In *Winning Against All Odds*, you will discover the secret to unlocking the true warrior within: If you can turn your biggest weakness into your greatest strength, you will become truly unstoppable.

blue ocean wellness mclean va: Bringing Up the Boss Rachel Pacheco, 2021-08-10 AXIOM BUSINESS BOOK AWARD SILVER MEDALIST — HUMAN RESOURCES / EMPLOYEE TRAINING Managing is hard. Managing for the first time is even harder. First-timers want to quickly learn what it takes to be a successful manager—like they learned how to code, how to design, how to sell—and put those learnings into practice. But what does it mean to manage, and how do you teach someone to be a good manager? Enter Rachel Pacheco, an expert at helping start-ups solve their management and culture challenges. Pacheco, a former chief people officer and founding team executive at multiple start-ups, conducts research on management and works with CEOs and their managers to build the skills necessary to navigate a rapidly scaling organization. In *Bringing Up the Boss: Practical Lessons for New Managers*, you'll learn how to give effective feedback, how to motivate your team members, and how to hire and fire well, among many other critical management skills. You'll also learn what it means to manage yourself in this new role, and how to navigate the often awkward and sometimes challenging situations that arise in this new position. Pacheco shares what makes a manager great, along with anecdotes, research, tools, and how-to's that help overwhelmed employees become expert managers fast.

blue ocean wellness mclean va: Weather Central Ted Kooser, 1994-09-27 Ted Kooser's third book in the Pitt Poetry Series is a selection of poems published in literary journals over a ten year period by a writer whose work has been praised for its clarity and accessibility, its mastery of figurative language, and its warmth and charm.

blue ocean wellness mclean va: What the Road Said Cleo Wade, 2021-03-23 *What the Road Said* is the New York Times-bestselling comforting and uplifting picture book from bestselling poet and activist Cleo Wade. Which way do I go? That is your choice to make, said the Road. But what if I go the wrong way? The Road curved a little, almost as if it was giving me a hug, and said, Do not worry. Sometimes we go the wrong way on our way to the right way. It's okay to be afraid or to sometimes wander down the wrong path. Bestselling poet and activist Cleo Wade's *What the Road Said* features illustrations by Lucie de Moyencourt and encourages us to lead with kindness and curiosity, remembering that the most important thing we can do in life is to keep going.

blue ocean wellness mclean va: The Aggregates Handbook, Second Edition National Stone, Sand & Gravel Association, 2013-03-20

blue ocean wellness mclean va: 50 After 50 Maria Leonard Olsen, 2019-10-16 Middle age blues have an antidote. How about trying 50 new things when you turn 50? Maria Leonard Olsen's 50 After 50: Fifty New Things I Tried After Turning 50 and What I Learned From Them is a blueprint for turning midlife into the most invigorating chapter yet.

blue ocean wellness mclean va: Transportation in an Aging Society , 2004

blue ocean wellness mclean va: Art of Murder Joe DiPietro, 2007 THE STORY: In a remote estate in the countryside of Connecticut, Jack Brooks, one of the most accomplished and eccentric painters of his generation, awaits the imminent arrival of his art dealer. But the visit is not a standard one, for Jack feels

blue ocean wellness mclean va: Consultants and Consulting Organizations Directory , 2006

blue ocean wellness mclean va: From the Ground Up Daniel Stoffman, Tony Van Leersum, 2007-01-01

blue ocean wellness mclean va: Local Wonders Ted Kooser, 2004-03-01 In the quietest magnificent book I've ever read (Jim Harrison, author of *Legends of the Fall*) Ted Kooser describes with exquisite detail and humor the place he calls home in the rolling hills of southeastern Nebraska--an area known as the Bohemian Alps--where nothing is too big or too small for his attention.

blue ocean wellness mclean va: Where to Begin Cleo Wade, 2019-10-08 "Author and poet Cleo Wade will make your day with her inspiring and uplifting outlook on life" (People) and she returns with another moving collection of poems, mantras, and illustrations encouraging you to remain hopeful and harness your inner power and create change through self-care and social justice. If you are ready to be a part of building a society rooted in love, acceptance, justice, and equality, *Where to Begin* is the ultimate inspirational guide. Building on the wisdom of Cleo Wade's national bestseller *Heart Talk*, this heartfelt collection will help you stay connected to hope during difficult moments and remind you that no matter what, you still have the power to show up and effect positive change. Remember, your big life is made up of a collection of all of your small moments. Our big world is a made up of a collection of all of our small actions. This book is about where to begin.

blue ocean wellness mclean va: Heart Talk Cleo Wade, 2018-03-06 A beautifully illustrated book from Cleo Wade—the artist, poet, and speaker who has been called “the Millennial Oprah” by *New York Magazine*—that offers creative inspiration and life lessons through poetry, mantras, and affirmations, perfect for fans of the bestseller *Milk & Honey*. True to her hugely popular Instagram account, Cleo Wade brings her moving life lessons to *Heart Talk*, an inspiring, accessible, and spiritual book of wisdom for the new generation. Featuring over one hundred and twenty of Cleo's original poems, mantras, and affirmations, including fan favorites and never before seen ones, this book is a daily pep talk to keep you feeling empowered and motivated. With relatable, practical, and digestible advice, including “Hearts break. That’s how the magic gets in,” and “Baby, you are the strongest flower that ever grew, remember that when the weather changes,” this is a portable, replenishing pause for your daily life. Keep *Heart Talk* by your bedside table or in your bag for an empowering boost of spiritual adrenaline that can help you discover and unlock what is blocking you from thriving emotionally and spiritually.

blue ocean wellness mclean va: Seagrasses: Biology, Ecology and Conservation Anthony Larkum, Robert J. Orth, Carlos Duarte, 2007-02-22 Seagrasses are unique plants; the only group of flowering plants to recolonise the sea. They occur on every continental margin, except Antarctica, and form ecosystems which have important roles in fisheries, fish nursery grounds, prawn fisheries, habitat diversity and sediment stabilisation. Over the last two decades there has been an explosion of research and information on all aspects of seagrass biology. However the compilation of all this work into one book has not been attempted previously. In this book experts in 26 areas of seagrass biology present their work in chapters which are state-of-the-art and designed to be useful to

students and researchers alike. The book not only focuses on what has been discovered but what exciting areas are left to discover. The book is divided into sections on taxonomy, anatomy, reproduction, ecology, physiology, fisheries, management, conservation and landscape ecology. It is destined to become the chosen text on seagrasses for any marine biology course.

blue ocean wellness mclean va: *Augie's Quest* Augie Nieto, T.R. Pearson, 2011-01-15 What happens to orphan diseases that aren't big enough profit centers for the pharmaceutical industry or get caught in the web of government funding and academic research? Augie Nieto found out in the spring of 2005: At forty-seven years old he was diagnosed with ALS. Devastated, Augie struggled with depression and attempted suicide. When he awoke from a coma, with friends and family surrounding him, his sense of faith and mission were renewed. Fast-forward one year: Augie and his wife, Lynne, were profiled as Real Heroes on the Today show. Their determination to beat the disease had already led to major overhauls in the way ALS research was conducted. In partnership with the Muscular Dystrophy Association, Augie had set up a foundation and lab to coordinate and oversee ALS research and testing across the globe. By centralizing operations and championing an entrepreneurial approach to medical research, Augie and his team accomplished remarkable results in less than two years. Part inspiration, part business innovation, *Augie's Quest* illustrates how one person can make a meaningful difference. Praise for Augie Nieto: George H. W. Bush, former U.S. president: Your contributions to the fitness industry are well known, and your dedication an inspiration. Lance Armstrong, seven-time Le Tour de France champion: I think it says a lot about Augie, the fact that everybody came together regardless of whether or not it's for competing gyms or competing companies that make equipment. They all say, this is one of our own; this is a guy who's committed his life to our industry and has been dealt a serious blow. We're going to be there for him, we're going to say, we're here for you and we're part of the Quest. Arnold Schwarzenegger, governor of California: Your success has been incredible. But you are so much more than just a successful businessman. You are the greatest husband, a great father, and a terrific friend. So,

blue ocean wellness mclean va: *Official Congressional Directory* United States. Congress, 2012-01-18 Contains biographies of Senators, members of Congress, and the Judiciary. Also includes committee assignments, maps of Congressional districts, a directory of officials of executive agencies, addresses, telephone and fax numbers, web addresses, and other information.

blue ocean wellness mclean va: *Life Without A Centre* Jeff Foster, 2006-12-01 We try to escape from the play of life and the suffering that being a person in the world entails. Our efforts to find spiritual enlightenment have the opposite effect and reinforce an underlying feeling of lack, of separation. In *Life Without a Centre*, Jeff Foster suggests that there is only ever the present appearance of life, with no individual at its core who could ever escape even if they wanted to. The entire spiritual search is nothing more than a game we play with ourselves, the cosmic entertainment. Jeff cuts through the confusion and frustration surrounding the search for escape through spiritual enlightenment, by pointing to the utterly obvious: This moment, and everything that arises in it, is already the liberation that is sought. Life, just as it is, is already what we've been searching for our entire lives. Jeff Foster graduated in astrophysics from Cambridge University. Soon after graduation, life events propelled him onto an intense two-year spiritual search, culminating in the realisation that there was never anything to find in the first place. He currently writes and talks on what some people have called non-duality, but which he just refers to as the utterly, utterly obvious.

blue ocean wellness mclean va: *Redesigning America's Community Colleges* Thomas R. Bailey, Shanna Smith Jaggars, Davis Jenkins, 2015-04-09 In the United States, 1,200 community colleges enroll over ten million students each year—nearly half of the nation's undergraduates. Yet fewer than 40 percent of entrants complete an undergraduate degree within six years. This fact has put pressure on community colleges to improve academic outcomes for their students. *Redesigning America's Community Colleges* is a concise, evidence-based guide for educational leaders whose institutions typically receive short shrift in academic and policy discussions. It makes a compelling case that two-year colleges can substantially increase their rates of student success, if they are

willing to rethink the ways in which they organize programs of study, support services, and instruction. Community colleges were originally designed to expand college enrollments at low cost, not to maximize completion of high-quality programs of study. The result was a cafeteria-style model in which students pick courses from a bewildering array of choices, with little guidance. The authors urge administrators and faculty to reject this traditional model in favor of “guided pathways”—clearer, more educationally coherent programs of study that simplify students’ choices without limiting their options and that enable them to complete credentials and advance to further education and the labor market more quickly and at less cost. Distilling a wealth of data amassed from the Community College Research Center (Teachers College, Columbia University), *Redesigning America’s Community Colleges* offers a fundamental redesign of the way two-year colleges operate, stressing the integration of services and instruction into more clearly structured programs of study that support every student’s goals.

blue ocean wellness mclean va: Pathways to Illness, Pathways to Health Angele McGrady, Donald Moss, 2013-03-12 This book, designed for professionals, introduces a psychobiological model for understanding the paths that lead people to illness and provides recommendations for alterations of maladaptive pathways so that health is regained. Research findings are incorporated to identify causal variables for illness that can be targets for change. Evidence based recommendations for healthy behaviors and therapies are described. Throughout the book, the authors emphasize recognition of turning points on the path to illness that, through informed decision making and implementation of behavioral change, can be re-directed to pathways to health. This book presents case material to illustrate the directions that lead people to illness or to health. The pathways metaphor provides an organizing force, both in addressing variables contributing to illness onset, and in identifying interventions to restore health. This approach will guide the clinician to understanding how people become ill and the types of interventions that are appropriate for stress related illnesses. The clinician will also become better informed about ways to help clients make better decisions, mobilize clients’ survival skills, and implement an interactive model of care. The book includes chapters on stress-related illnesses with high prevalence in today’s society. For each illness, the genetic-psychobiological etiology is explored with enough detail so that the clinician understands the best method of patient assessment and treatment. One of the strengths of the book is the step-wise system of interventions that are applied to the stress-related illnesses. Beginning with re-establishment of normal daily psychobiological rhythms and continuing to evidence based state of the art interventions, the professional is presented with detailed intervention plans. For example, the section on Applications to common illnesses: metabolic disorders of behavior: diabetes, hypertension, and hyperlipidemia considers the confluence of genetics, behavior, and maladaptive mind body interactions to produce the metabolic syndrome. Then the personal and professional assessments are described to establish the baseline for recommending treatment while fully engaging the patient. Finally, multilevel interventions are formulated for these disorders. The plan begins with clinician guided self care recommendations to re-establish the normal rhythm of appetite and satiety. The next level of interventions consists of skill building techniques, such as relaxation and imagery. Lastly, psychotherapy and advanced applied psychophysiological interventions are detailed. Case examples are used throughout to illustrate the pathways to illness, the turning points, and the pathways to health. From the patients’ viewpoints, the pathways metaphor is a motivator. The patient is guided to understand the paths that led to illness. Subsequently, the patient becomes empowered by the pathways framework to begin to make choices that lead to health.

blue ocean wellness mclean va: 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.

blue ocean wellness mclean va: Borderline Personality Disorder Camh, 2009 This booklet is designed for people who have someone in their lives who has borderline personality disorder (BPD). The first three sections include information about the symptoms and causes and treatment of BPD. Section four talks about how to support someone who has BPD and the last section discusses self-care for family and friends. Contents: - about personality disorders - about borderline personality disorder - treatment for people with BPD - supporting the family member who has BPD - self-care - recovery and hope - family crisis information sheet.

blue ocean wellness mclean va: Livestock & Seed Division United States. Agricultural Marketing Service, 1993

blue ocean wellness mclean va: Downtown Newport News William A. Fox, 2010 Newport News has the oldest English place name of any city in the New World, and through vivid images, maps and reminiscences, an illustrated history tells the story of the city's once popular and thriving downtown commercial, social and entertainment area, which met its end from flight to the suburbs after World War II. Original.

blue ocean wellness mclean va: NIOSH Pocket Guide to Chemical Hazards , 1985
Abstract: This pocket guide was developed to present technical information and data taken partly from the NIOSH/OSHA Occupational Health Guidelines for Chemical Hazards in ready reference tables for workers, employers and occupational health professionals. Chemical names and synonyms, exposure limits, chemical and physical properties, recommended protective clothing and respirators, exposure routes, signs and symptoms, target organs, and first aid procedures are supplied for 397 federally regulated chemicals or types of chemicals found in work environments.

blue ocean wellness mclean va: Who's who in Finance and Industry , 1995

blue ocean wellness mclean va: Eating On The Go Roxanne Edrington, 2019-09-28 The #1 obstacle I see with my patients who travel is eating on-the-go. Most of them do well with their eating plan at home, but as soon as they pack their bags and head out the door...the wheels fall off. Their biggest struggle? They don't know what to eat -- or what to order -- when they're on the road. After years of practice, I've found a solution that works. If you're someone who travels, and you struggle to eat healthy on-the-go, this book is for you! No more excuses -- the time is now!

blue ocean wellness mclean va: European Psychiatric/Mental Health Nursing in the 21st Century José Carlos Santos, John R. Cutcliffe, 2018-02-01 This groundbreaking first volume of the Series has a number of features that set it apart from other books on this subject: Firstly, it focuses on interpersonal, humanistic and ecological views and approaches to P/MH nursing. Secondly, it highlights patient/client-centered approaches and mental-health-service user involvement. Lastly, it is a genuinely European P/MH nursing textbook - the first of its kind - largely written by mental health scholars from Europe, although it also includes contributions from North America and Australia/New Zealand. Focusing on clinical/practical issues, theory and empirical findings, it adopts an evidence-based or evidence-informed approach. Each contribution presents the state-of-the-art of P/MH nursing in Europe so that it can be transferred to and implemented by P/MH nurses and the broader mental health care community around the globe. As such, it will be the first genuinely 21st century European Psychiatric Mental Health Nursing book.

blue ocean wellness mclean va: Making Healthy Places Andrew L. Dannenberg, Howard Frumkin, Richard J. Jackson, 2012-09-18 The environment that we construct affects both humans and our natural world in myriad ways. There is a pressing need to create healthy places and to reduce the health threats inherent in places already built. However, there has been little awareness

of the adverse effects of what we have constructed-or the positive benefits of well designed built environments. This book provides a far-reaching follow-up to the pathbreaking *Urban Sprawl and Public Health*, published in 2004. That book sparked a range of inquiries into the connections between constructed environments, particularly cities and suburbs, and the health of residents, especially humans. Since then, numerous studies have extended and refined the book's research and reporting. *Making Healthy Places* offers a fresh and comprehensive look at this vital subject today. There is no other book with the depth, breadth, vision, and accessibility that this book offers. In addition to being of particular interest to undergraduate and graduate students in public health and urban planning, it will be essential reading for public health officials, planners, architects, landscape architects, environmentalists, and all those who care about the design of their communities. Like a well-trained doctor, *Making Healthy Places* presents a diagnosis of--and offers treatment for--problems related to the built environment. Drawing on the latest scientific evidence, with contributions from experts in a range of fields, it imparts a wealth of practical information, with an emphasis on demonstrated and promising solutions to commonly occurring problems.

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