

blue point wellness westport ct

Blue Point Wellness Westport CT: Your Guide to Holistic Wellbeing

Are you searching for a haven of tranquility and rejuvenation in the heart of Westport, Connecticut? If you're seeking a holistic wellness experience that goes beyond the superficial, then look no further than Blue Point Wellness Westport CT. This comprehensive guide will delve into everything you need to know about Blue Point Wellness, from its unique offerings and expert practitioners to the transformative experiences awaiting you. We'll explore the services, the atmosphere, and what makes this wellness center a standout choice in the vibrant Westport community. Prepare to discover your path to holistic wellbeing.

What Makes Blue Point Wellness Westport CT Special?

Blue Point Wellness isn't just another spa; it's a holistic wellness sanctuary designed to address your physical, mental, and emotional wellbeing. Unlike many facilities that offer a limited range of services, Blue Point Wellness Westport CT boasts a diverse menu of treatments and therapies tailored to individual needs. This integrated approach ensures a truly personalized and effective wellness journey. They understand that true wellbeing isn't a one-size-fits-all solution, and they've built their practice around this fundamental principle.

A Deep Dive into Services Offered at Blue Point Wellness Westport CT

The breadth of services offered at Blue Point Wellness Westport CT is truly impressive. Let's explore some of the key offerings:

1. **Massage Therapy:** From Swedish massage to deep tissue and specialized modalities like sports massage and prenatal massage, their experienced massage therapists employ a variety of techniques to relieve muscle tension, improve circulation, and promote relaxation. They carefully select highly skilled therapists, ensuring a high-quality experience for every client.
1. **Acupuncture:** Harnessing the power of traditional Chinese medicine, acupuncture at Blue Point Wellness Westport CT can address a wide range of ailments, from chronic pain and stress to fertility issues and digestive problems. Their licensed acupuncturists take a personalized approach, tailoring treatments to individual needs and conditions.

1. Skincare and Facials: Indulge in luxurious skincare treatments designed to rejuvenate and revitalize your skin. From customized facials to chemical peels and microdermabrasion, their estheticians use high-quality products and advanced techniques to achieve noticeable results.
1. Bodywork Therapies: Experience the transformative power of bodywork therapies, such as Craniosacral Therapy and Myofascial Release. These gentle yet powerful techniques address deep-seated tension and promote physical and emotional balance.
1. Wellness Coaching: Blue Point Wellness Westport CT goes beyond physical treatments by offering personalized wellness coaching. Their coaches help clients identify their health goals and create sustainable lifestyle changes to support long-term wellbeing. This proactive approach sets them apart from other wellness centers.
1. Yoga & Meditation: Find inner peace and cultivate strength and flexibility through their yoga and meditation classes. These offerings provide a sanctuary for mindfulness and stress reduction.

The Blue Point Wellness Westport CT Experience: More Than Just Treatments

The experience at Blue Point Wellness Westport CT extends beyond the individual services. The atmosphere is designed to promote relaxation and tranquility, creating a serene and welcoming environment. The staff is highly trained, compassionate, and dedicated to providing exceptional client care. They focus on building relationships with their clients, understanding their individual needs and goals to create a truly personalized wellness plan.

This dedication to personalized care sets Blue Point Wellness apart. They don't just offer treatments; they foster a supportive and nurturing environment where clients feel comfortable and empowered to take control of their wellbeing. The commitment to holistic wellbeing is evident in every aspect of their practice.

Finding Blue Point Wellness Westport CT: Location and Contact Information

Finding Blue Point Wellness is easy! Their location in Westport, CT is easily accessible and conveniently situated for residents and visitors alike. You can find their exact address and contact information on their website, along with online booking capabilities.

Why Choose Blue Point Wellness Westport CT Over Other Options?

In a market saturated with wellness centers, Blue Point Wellness Westport CT distinguishes itself through its commitment to:

Holistic Approach: Addressing physical, mental, and emotional wellbeing.

Personalized Care: Tailoring treatments to individual needs and goals.

Highly Skilled Practitioners: Employing licensed and experienced professionals.

Serene and Relaxing Atmosphere: Creating a sanctuary for tranquility and rejuvenation.

Comprehensive Services: Offering a wide range of treatments and therapies.

Conclusion

Blue Point Wellness Westport CT offers a truly transformative wellness experience. By combining a holistic approach with personalized care and a commitment to excellence, they empower clients to achieve optimal wellbeing. If you're seeking a sanctuary for rejuvenation and a pathway to a healthier, happier you, then Blue Point Wellness Westport CT is the perfect choice.

FAQs

1. Do I need a referral to book an appointment at Blue Point Wellness Westport CT? No, referrals are not required. You can book appointments directly through their website or by phone.
1. What forms of payment does Blue Point Wellness Westport CT accept? They typically accept major credit cards, debit cards, and sometimes cash. It's always best to check directly with them to confirm their current payment policies.
1. What is the cancellation policy at Blue Point Wellness Westport CT? They generally have a cancellation policy, usually requiring a certain amount of notice to avoid charges. Details of their cancellation policy should be available on their website or by contacting them directly.
1. Does Blue Point Wellness Westport CT offer gift certificates? Yes, gift certificates are often available and make excellent gifts for friends and family. Check their website or contact them directly for details.

1. Are the practitioners at Blue Point Wellness Westport CT licensed and insured? Yes, all practitioners at Blue Point Wellness Westport CT are licensed and insured professionals with the necessary qualifications and certifications in their respective fields. This commitment to professional standards ensures client safety and a high-quality experience.

blue point wellness westport ct: *Healing Images* Anees A. Sheikh, 2003 Contains 22 chapters that discuss theory, research, and clinical applications. This work presents a brief history of the use of imagery for healing in both Eastern and Western traditions, a review of research that deals with the physiological consequences of imagery and related approaches, and an explanation of how images lead to bodily changes.

blue point wellness westport ct: *Plants First* Katie Takayasu, 2021-11-09 Have you heard that a plant-forward lifestyle is better for you, but you don't know why you should make plant-based foods a bigger part of your diet? Or maybe you understand the why, but you've had trouble figuring out how to improve your vegetable intake. In *Plants First*, Dr. Katie Takayasu helps you understand the reasons for prioritizing plant-powered foods to clean up the hormonal cascades that cause cravings and leave you feeling sick and tired. She offers approachable science lessons that explain how a plant-forward diet can correct issues like inflammation and hormonal imbalances to help your body find its healthy weight and experience more restorative sleep. Then Dr. Katie explains how to make small, steady shifts in your lifestyle to calm and refresh your brain and body through her five-day plant-powered health reset, which will help tap into your body's innate wisdom for natural detoxification. She explains how to stock your Kitchen Pharmacy with good foods and supplements for a plant-forward diet, and with her yummy, family-friendly recipes, you will start creating balance on your plate and move along the path to a healthier lifestyle. Sample Recipes Include: • Almond Furikake Crusted Halibut with Roasted Vegetables, Black Rice and Coconut Lime Cream • Ginger Mandarin Almond Cake with Chocolate Ganache • Lavender Antioxidant Dream Milk • Slow Cooker Apple Pie Oatmeal • Roasted Chicken with Pears & Figs on Swiss Chard • Thai Coconut Curry Noodle Soup • Arugula, Lentil and Roasted Eggplant • "Menstrual Health" Salad with Lemon Balsamic Dressing • Kale & Quinoa Greek Salad • Coriander & Flax Roasted Eggplant

blue point wellness westport ct: *Young Adults in the Workplace* Jeremy W. Bray, Deborah M. Galvin, Laurie A. Cluff, 2011-02-28 The Substance Abuse and Mental Health Services Administration funded the multisite Young Adults in the Workplace (YIW) initiative to study the effectiveness of diverse approaches to workplace-based prevention of substance abuse. Six teams adapted evidence-based programs to target young employees and then implemented the programs in retail, restaurant, health care, construction, skilled trade, and transportation industry workplaces. This book describes the programs, the adaptation and implementation processes, and the YIW cross-site evaluation.

blue point wellness westport ct: *Dying in America* Institute of Medicine, Committee on Approaching Death: Addressing Key End-of-Life Issues, 2015-03-19 For patients and their loved ones, no care decisions are more profound than those made near the end of life. Unfortunately, the experience of dying in the United States is often characterized by fragmented care, inadequate treatment of distressing symptoms, frequent transitions among care settings, and enormous care responsibilities for families. According to this report, the current health care system of rendering more intensive services than are necessary and desired by patients, and the lack of coordination among programs increases risks to patients and creates avoidable burdens on them and their families. *Dying in America* is a study of the current state of health care for persons of all ages who are nearing the end of life. Death is not a strictly medical event. Ideally, health care for those nearing the end of life harmonizes with social, psychological, and spiritual support. All people with

advanced illnesses who may be approaching the end of life are entitled to access to high-quality, compassionate, evidence-based care, consistent with their wishes. Dying in America evaluates strategies to integrate care into a person- and family-centered, team-based framework, and makes recommendations to create a system that coordinates care and supports and respects the choices of patients and their families. The findings and recommendations of this report will address the needs of patients and their families and assist policy makers, clinicians and their educational and credentialing bodies, leaders of health care delivery and financing organizations, researchers, public and private funders, religious and community leaders, advocates of better care, journalists, and the public to provide the best care possible for people nearing the end of life.

blue point wellness westport ct: Cumulative List of Organizations Described in Section 170 (c) of the Internal Revenue Code of 1954 , 2002

blue point wellness westport ct: School, Family, and Community Partnerships Joyce L. Epstein, Mavis G. Sanders, Steven B. Sheldon, Beth S. Simon, Karen Clark Salinas, Natalie Rodriguez Jansorn, Frances L. Van Voorhis, Cecelia S. Martin, Brenda G. Thomas, Marsha D. Greenfeld, Darcy J. Hutchins, Kenyatta J. Williams, 2018-07-19 Strengthen programs of family and community engagement to promote equity and increase student success! When schools, families, and communities collaborate and share responsibility for students' education, more students succeed in school. Based on 30 years of research and fieldwork, the fourth edition of the bestseller School, Family, and Community Partnerships: Your Handbook for Action, presents tools and guidelines to help develop more effective and more equitable programs of family and community engagement. Written by a team of well-known experts, it provides a theory and framework of six types of involvement for action; up-to-date research on school, family, and community collaboration; and new materials for professional development and on-going technical assistance. Readers also will find: Examples of best practices on the six types of involvement from preschools, and elementary, middle, and high schools Checklists, templates, and evaluations to plan goal-linked partnership programs and assess progress CD-ROM with slides and notes for two presentations: A new awareness session to orient colleagues on the major components of a research-based partnership program, and a full One-Day Team Training Workshop to prepare school teams to develop their partnership programs. As a foundational text, this handbook demonstrates a proven approach to implement and sustain inclusive, goal-linked programs of partnership. It shows how a good partnership program is an essential component of good school organization and school improvement for student success. This book will help every district and all schools strengthen and continually improve their programs of family and community engagement.

blue point wellness westport ct: Books in Print , 2004

blue point wellness westport ct: 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 point wellness westport ct: The Medicalization of Marijuana Michelle Newhart, William Dolphin, 2018-09-03 Winner of the Donald W. Light Award for the Applied or Public Practice of Medical Sociology Medical marijuana laws have spread across the U.S. to all but a handful of states. Yet, eighty years of social stigma and federal prohibition creates dilemmas for patients who participate in state programs. The Medicalization of Marijuana takes the first comprehensive look at how patients negotiate incomplete medicalization and what their experiences reveal about our relationship with this controversial plant as it is incorporated into biomedicine. Is cannabis used similarly to other medicines? Drawing on interviews with midlife patients in Colorado, a state at the forefront of medical cannabis implementation, this book explores the practical decisions individuals confront about medical use, including whether cannabis will work for them; the risks of registering in a state program; and how to handle questions of supply, dosage, and routines of use. Individual stories capture how patients redefine and reclaim cannabis use as legitimate—individually and collectively—and grapple with an inherently political identity. These experiences help illustrate how stigma, prejudice, and social change operate. By positioning cannabis use within sociological models of medical behavior, Newhart and Dolphin provide a wide-reaching, theoretically informed analysis of the issue that expands established concepts and provides new insight on medical cannabis and how state programs work.

blue point wellness westport ct: Two White Rabbits Jairo Buitrago, 2015-09-22 In this moving and timely story, a young child describes what it is like to be a migrant as she and her father travel north toward the US border. They travel mostly on the roof of a train known as The Beast, but the little girl doesn't know where they are going. She counts the animals by the road, the clouds in the sky, the stars. Sometimes she sees soldiers. She sleeps, dreaming that she is always on the move, although sometimes they are forced to stop and her father has to earn more money before they can continue their journey. As many thousands of people, especially children, in Mexico and Central America continue to make the arduous journey to the US border in search of a better life, this is an important book that shows a young migrant's perspective. Correlates to the Common Core State Standards in English Language Arts: CCSS.ELA-LITERACY.RL.K.3 With prompting and support, identify characters, settings, and major events in a story.

blue point wellness westport ct: Good and Cheap Leanne Brown, 2015-07-14 By showing that kitchen skill, and not budget, is the key to great food, Good and Cheap will help you eat well—really well—on the strictest of budgets. Created for people who have to watch every dollar—but particularly those living on the U.S. food stamp allotment of \$4.00 a day—Good and Cheap is a cookbook filled with delicious, healthful recipes backed by ideas that will make everyone who uses it a better cook. From Spicy Pulled Pork to Barley Risotto with Peas, and from Chorizo and White Bean Ragù to Vegetable Jambalaya, the more than 100 recipes maximize every ingredient and teach economical cooking methods. There are recipes for breakfasts, soups and salads, lunches, snacks, big batch meals—and even desserts, like crispy, gooey Caramelized Bananas. Plus there are tips on shopping smartly and the minimal equipment needed to cook successfully. And when you buy one, we give one! With every copy of Good and Cheap purchased, the publisher will donate a free copy to a person or family in need. Donated books will be distributed through food charities, nonprofits, and other organizations. You can feel proud that your purchase of this book supports the

people who need it most, giving them the tools to make healthy and delicious food. An IACP Cookbook Awards Winner.

blue point wellness westport ct: Meditation Eknath Easwaran, 1991 Meditation outlines a unique approach to tapping inner resources by training concentration on inspirational passages. Eknath Easwaran's practical Eight Point Program offers specific, systematic tools to sharpen concentration, deal effectively with stress, release deep reserves of energy, and transform anger and other destructive emotions. This book offers tested techniques for strengthening our ability to meditate. It is a complete guide to a program of meditation that fits naturally into your life, even complementing an active religious practice.

blue point wellness westport ct: Ethics in Psychology and the Mental Health Professions Gerald P. Koocher, Patricia Keith-Spiegel, 2016 Revised edition of the authors' Ethics in psychology and the mental health professions, 2008.

blue point wellness westport ct: Complementary and Alternative Medicine in the United States Institute of Medicine, Board on Health Promotion and Disease Prevention, Committee on the Use of Complementary and Alternative Medicine by the American Public, 2005-04-13 Integration of complementary and alternative medicine therapies (CAM) with conventional medicine is occurring in hospitals and physicians offices, health maintenance organizations (HMOs) are covering CAM therapies, insurance coverage for CAM is increasing, and integrative medicine centers and clinics are being established, many with close ties to medical schools and teaching hospitals. In determining what care to provide, the goal should be comprehensive care that uses the best scientific evidence available regarding benefits and harm, encourages a focus on healing, recognizes the importance of compassion and caring, emphasizes the centrality of relationship-based care, encourages patients to share in decision making about therapeutic options, and promotes choices in care that can include complementary therapies where appropriate. Numerous approaches to delivering integrative medicine have evolved. Complementary and Alternative Medicine in the United States identifies an urgent need for health systems research that focuses on identifying the elements of these models, the outcomes of care delivered in these models, and whether these models are cost-effective when compared to conventional practice settings. It outlines areas of research in convention and CAM therapies, ways of integrating these therapies, development of curriculum that provides further education to health professionals, and an amendment of the Dietary Supplement Health and Education Act to improve quality, accurate labeling, research into use of supplements, incentives for privately funded research into their efficacy, and consumer protection against all potential hazards.

blue point wellness westport ct: Mental Health , 2001

blue point wellness westport ct: Runner's World , 2003

blue point wellness westport ct: The Ultimate Guide To Choosing a Medical Specialty Brian Freeman, 2004-01-09 The first medical specialty selection guide written by residents for students! Provides an inside look at the issues surrounding medical specialty selection, blending first-hand knowledge with useful facts and statistics, such as salary information, employment data, and match statistics. Focuses on all the major specialties and features firsthand portrayals of each by current residents. Also includes a guide to personality characteristics that are predominate with practitioners of each specialty. "A terrific mixture of objective information as well as factual data make this book an easy, informative, and interesting read." --Review from a 4th year Medical Student

blue point wellness westport ct: The Busy Harvest Margaret E. Mooney, 2020

blue point wellness westport ct: SomatoEmotional Release John E. Upledger, 2002-09-25 Developed by the author, SomatoEmotional Release is a technique for bringing psychotherapeutic elements into CranioSacral therapy. It helps rid the mind and body of the residual effects of trauma by anatomically freeing the central channel of the body. John E. Upledger presents the history, theory, and practice of this subtle form of healing. A result of meaningful, intentioned touch, SomatoEmotional Release allows for identification and removal of energy cysts along with their

associated emotions.

blue point wellness westport ct: *Cumulative List of Organizations Described in Section 170 (c) of the Internal Revenue Code of 1986*, 1988

blue point wellness westport ct: Health Behavior Karen Glanz, Barbara K. Rimer, K. Viswanath, 2015-07-27 The essential health behavior text, updated with the latest theories, research, and issues Health Behavior: Theory, Research and Practice provides a thorough introduction to understanding and changing health behavior, core tenets of the public health role. Covering theory, applications, and research, this comprehensive book has become the gold standard of health behavior texts. This new fifth edition has been updated to reflect the most recent changes in the public health field with a focus on health behavior, including coverage of the intersection of health and community, culture, and communication, with detailed explanations of both established and emerging theories. Offering perspective applicable at the individual, interpersonal, group, and community levels, this essential guide provides the most complete coverage of the field to give public health students and practitioners an authoritative reference for both the theoretical and practical aspects of health behavior. A deep understanding of human behaviors is essential for effective public health and health care management. This guide provides the most complete, up-to-date information in the field, to give you a real-world understanding and the background knowledge to apply it successfully. Learn how e-health and social media factor into health communication Explore the link between culture and health, and the importance of community Get up to date on emerging theories of health behavior and their applications Examine the push toward evidence-based interventions, and global applications Written and edited by the leading health and social behavior theorists and researchers, Health Behavior: Theory, Research and Practice provides the information and real-world perspective that builds a solid understanding of how to analyze and improve health behaviors and health.

blue point wellness westport ct: Depression in Parents, Parenting, and Children Institute of Medicine, National Research Council, Division of Behavioral and Social Sciences and Education, Board on Children, Youth, and Families, Committee on Depression, Parenting Practices, and the Healthy Development of Children, 2009-10-28 Depression is a widespread condition affecting approximately 7.5 million parents in the U.S. each year and may be putting at least 15 million children at risk for adverse health outcomes. Based on evidentiary studies, major depression in either parent can interfere with parenting quality and increase the risk of children developing mental, behavioral and social problems. Depression in Parents, Parenting, and Children highlights disparities in the prevalence, identification, treatment, and prevention of parental depression among different sociodemographic populations. It also outlines strategies for effective intervention and identifies the need for a more interdisciplinary approach that takes biological, psychological, behavioral, interpersonal, and social contexts into consideration. A major challenge to the effective management of parental depression is developing a treatment and prevention strategy that can be introduced within a two-generation framework, conducive for parents and their children. Thus far, both the federal and state response to the problem has been fragmented, poorly funded, and lacking proper oversight. This study examines options for widespread implementation of best practices as well as strategies that can be effective in diverse service settings for diverse populations of children and their families. The delivery of adequate screening and successful detection and treatment of a depressive illness and prevention of its effects on parenting and the health of children is a formidable challenge to modern health care systems. This study offers seven solid recommendations designed to increase awareness about and remove barriers to care for both the depressed adult and prevention of effects in the child. The report will be of particular interest to federal health officers, mental and behavioral health providers in diverse parts of health care delivery systems, health policy staff, state legislators, and the general public.

blue point wellness westport ct: How to be Well Frank Lipman, 2018 Now available in paperback, the holistic manual for everything you need to know to be well, from celebrity health guru and NYT bestselling author Dr. Frank Lipman

blue point wellness westport ct: World Report on Violence and Health World Health Organization, 2002 This report is part of WHO's response to the 49th World Health Assembly held in 1996 which adopted a resolution declaring violence a major and growing public health problem across the world. It is aimed largely at researchers and practitioners including health care workers, social workers, educators and law enforcement officials.

blue point wellness westport ct: Economic Security: Neglected Dimension of National Security ? National Defense University (U S), National Defense University (U.S.), Institute for National Strategic Studies (U S, Sheila R. Ronis, 2011-12-27 On August 24-25, 2010, the National Defense University held a conference titled "Economic Security: Neglected Dimension of National Security?" to explore the economic element of national power. This special collection of selected papers from the conference represents the view of several keynote speakers and participants in six panel discussions. It explores the complexity surrounding this subject and examines the major elements that, interacting as a system, define the economic component of national security.

blue point wellness westport ct: Nurse as Educator Susan Bacorn Bastable, 2008 Designed to teach nurses about the development, motivational, and sociocultural differences that affect teaching and learning, this text combines theoretical and pragmatic content in a balanced, complete style. --from publisher description.

blue point wellness westport ct: Chronicle Vocational School Manual Chronicle Guidance Publishers, 2000-08

blue point wellness westport ct: A Clinical Guide to the Treatment of the Human Stress Response George S. Jr. Everly, Jeffrey M. Lating, 2006-02-20 This updated edition covers a range of new topics, including stress and the immune system, post-traumatic stress and crisis intervention, Eye Movement Desensitization and Reprocessing (EMDR), Critical Incident Stress Debriefing (CISD), Crisis Management Briefings in response to mass disasters and terrorism, Critical Incident Stress Management (CISM), spirituality and religion as stress management tools, dietary factors and stress, and updated information on psychopharmacologic intervention in the human stress response. It is a comprehensive and accessible guide for students, practitioners, and researchers in the fields of psychology, psychiatry, medicine, nursing, social work, and public health.

blue point wellness westport ct: Positive Psychology in Practice P. Alex Linley, Stephen Joseph, 2012-06-27 A thorough and up-to-date guide to putting positive psychology into practice From the Foreword: This volume is the cutting edge of positive psychology and the emblem of its future. -Martin E. P. Seligman, Ph.D., Fox Leadership Professor of Psychology, University of Pennsylvania, and author of Authentic Happiness Positive psychology is an exciting new orientation in the field, going beyond psychology's traditional focus on illness and pathology to look at areas like well-being and fulfillment. While the larger question of optimal human functioning is hardly new - Aristotle addressed it in his treatises on eudaimonia - positive psychology offers a common language on this subject to professionals working in a variety of subdisciplines and practices. Applicable in many settings and relevant for individuals, groups, organizations, communities, and societies, positive psychology is a genuinely integrative approach to professional practice. Positive Psychology in Practice fills the need for a broad, comprehensive, and state-of-the-art reference for this burgeoning new perspective. Cutting across traditional lines of thinking in psychology, this resource bridges theory, research, and applications to offer valuable information to a wide range of professionals and students in the social and behavioral sciences. A group of major international contributors covers: The applied positive psychology perspective Historical and philosophical foundations Values and choices in pursuit of the good life Lifestyle practices for health and well-being Methods and processes for teaching and learning Positive psychology at work The best and most thorough treatment of this cutting-edge discipline, Positive Psychology in Practice is an essential resource for understanding this important new theory and applying its principles to all areas of professional practice.

blue point wellness westport ct: Gender and Migraine Antoinette Maassen van den Brink, Anne MacGregor, 2019 This book focuses on the influence of sex and gender in migraine, presenting

new insights in basic science as well as their clinical relevance. As migraine is roughly three times more common in women than in men, and also highly depends on hormonal milestones – such as menarche, menstruation, pregnancy and menopause – particular attention is devoted to the role of female sex hormones in this disease. The first chapters present general data on gender-related differences in migraine such as epidemiology, comorbidities and related risks. Furthermore, while several chapters focus on the role of female sex hormones in migraine-triggering mechanisms at a basic scientific level (e.g. cranial circulation), ample attention is also paid to the clinical relevance of such mechanisms and to the best clinical treatment for migraine patients. As the first book entirely devoted to this topic, it will be of interest to researchers and practitioners in the fields of neurology, internal medicine, endocrinology, physiology and pharmacology.

blue point wellness westport ct: The Intuitive Messages Handbook Marisa Maney B.A. M.S.Ed., 2020-09-24 The messages in this book are a combination of my education, experiences as well as missives that come to me from a source that I cannot define. You may call it deep intuition, a gift from beyond or the source. I write the words that come through my hands, when I read them back, I feel inspired and enlightened. I know that anyone reading the narration needs the energy being relayed and will benefit from it. Many of these statements though this book have questions for you to answer, there is work to be done. Messages alone cannot resolve all your challenges. Being honest with yourself and feeling the emotions that arise when you explore these ideas will open your best course for personal tranquility. Each chapter will start with a story that is a combination of experiences people have had related to the chapter topic. The way that you access this book is completely up to you but my idea behind its use is that you open the book when you feel you need some inspiration or guidance. Open to any page, that page or paragraph you see will be your message for the day or moment. The words will be aligned with what you are seeking. Of course, feel free to read through the book or look to a specific chapter for guidance. The messages you find will be energetically aligned to your needs. Many of the lessons may seem similar but worded in a unique way. This is important because messages will resonate in various ways at different times for the reader. There are very simple ways to improve your life, outlook, and experiences. It may take time to understand the messages and work with them but when you learn how to view your encounters from a place of growth, a whole new world will open to you.

blue point wellness westport ct: Heal from Within Katie Beecher, 2022-02-15 Take control of your own health using this inspirational and empowering guide to true, holistic healing. In Heal from Within, internationally recognized medical intuitive and licensed professional counselor Katie Beecher shares a revolutionary, step-by-step approach to physical, emotional, and spiritual health. Using some of the same tools and exercises that Katie uses in her acclaimed medical and spiritual intuitive readings, the reader will be taught how to access their own intuition and spiritual guidance as they move towards healing that encompasses body, mind, and soul. With information from her spiritual guides and thirty years of experience, Katie guides readers to inventory their physical and emotional health, identify their key issues and the possible emotional, physical and spiritual contributing factors, then develop a strategy to permanently heal the root causes. The book includes inspirational stories about Katie's discovery and development of her spiritual abilities and healing from an eating disorder, depression, trauma and Lyme disease as well as detailed accounts of the healing journeys of many of her clients. The second part of the book includes a comprehensive glossary of specific conditions along with tailored treatment suggestions. Filled with practical advice—from suggestions for supplements to exercises, mantras, and dialogue prompts —Heal from Within empowers readers to confidently take control of their own wellness and become their own medical intuitive.

blue point wellness westport ct: Addison Cooke and the Treasure of the Incas Jonathan W. Stokes, 2017-08-01 This funny, action-filled series is perfect for adventure-loving fans of Indiana Jones and James Patterson's Treasure Hunters! Twelve-year-old Addison Cooke just wishes something exciting would happen to him. His aunt and uncle, both world-famous researchers, travel to the ends of the earth searching for hidden treasure, dodging dangerous robbers along the way,

while Addison is stuck in school all day. Luckily for Addison, adventure has a way of finding the Cookes. After his uncle unearths the first ancient Incan clue needed to find a vast trove of lost treasure, he is kidnapped by members of a shadowy organization intent on stealing the riches. Addison's uncle is the bandits' key to deciphering the ancient clues and looting the treasure . . . unless Addison and his friends can outsmart the kidnappers and crack the code first! Full of laugh-out-loud moments, danger, excitement, and nonstop action, Addison Cooke and the Treasure of the Incas is sure to strike gold with kid readers. What to give the kid who's read all the Harry Potter and Percy Jackson books? Try Addison Cooke and the Treasure of the Incas. —Parents Magazine An exciting Indiana Jones-style tale of a seventh-grade boy trying to save his kidnapped aunt and uncle—museum curators who are linked to an ancient key that unlocks riches.” —Good Housekeeping An exciting, adventurous new read...the first book in a new series that promises laugh-out-loud moments and nonstop action. —Boys' Life

blue point wellness westport ct: Ethics in Psychology Gerald P. Koocher, Patricia Keith-Spiegel, 1998 Written in a highly readable and accessible style, this new edition retains the key features that have contributed to its popularity, including hundreds of case studies that provide illustrative guidance on a wide variety of topics, including fee setting, advertising for clients, research ethics, sexual attraction, how to confront observed unethical conduct in others, and confidentiality. Ethics in Psychology and the Mental Health Professions will be important reading for practitioners and students in training.--BOOK JACKET.

blue point wellness westport ct: All the Way to the Top Annette Bay Pimentel, 2020-03-10 2021 Schneider Family Book Award Young Children's Honor Book (American Library Association) Experience the true story of lifelong activist Jennifer Keelan-Chaffins and her participation in the Capitol Crawl in this inspiring autobiographical picture book. This beautifully illustrated story includes a foreword from Jennifer and backmatter detailing her life and the history of the disability rights movement. This is the story of a little girl who just wanted to go, even when others tried to stop her. Jennifer Keelan was determined to make a change—even if she was just a kid. She never thought her wheelchair could slow her down, but the way the world around her was built made it hard to do even simple things. Like going to school, or eating lunch in the cafeteria. Jennifer knew that everyone deserves a voice! Then the Americans with Disabilities Act, a law that would make public spaces much more accessible to people with disabilities, was proposed to Congress. And to make sure it passed, Jennifer went to the steps of the Capitol building in Washington DC to convince them. And, without her wheelchair, she climbed. ALL THE WAY TO THE TOP! A Rise: A Feminist Book Project Nominee A Junior Library Guild Selection All the Way to the Top is perfect for: Elementary school teachers looking for books to supplement disability rights curriculum and the history of the ADA (find a free Common-Core Aligned Educator Guide at www.sourcebooks.com) Parents looking for social justice picture books, books on activism and for young activists, and inspiring books for girls Parents, teachers, librarians, and guardians looking for beautifully illustrated, inspirational and educational books for young readers in their life

blue point wellness westport ct: Passage Meditation Eknath Easwaran, 2010-09 Pioneered by spiritual master Eknath Easwaran, passage meditation consists of memorizing an inspirational spiritual passage and then sending it deep into consciousness through slow, sustained attention. It keeps meditation fresh and varied because readers can select the passages - from one tradition or many - that embody their chosen ideals. Many readers also enjoy the passages for their poetic and intellectual appeal. This form of meditation offers all the richness and depth of traditional wisdom, together with a practical method for bringing that wisdom into daily life. The book situates passage meditation as part of Easwaran's eight-point program that, based on traditional spiritual practices but adjusted for modern lifestyles, shows readers how to stay calm and focused at work and home. This edition includes a new preface of previously unpublished material by Easwaran and an epilogue that explains the story behind the book and invites new readers to join the author on this adventure in the "world within."

blue point wellness westport ct: Good Enough Leanne Brown, 2022-01-11 You've got this!

Good enough is a cookbook, but it's as much about the healing process of cooking as it is about delicious recipes. It's about acknowledging the fears and anxieties many of us have when we get in the kitchen, then learning to let them go in the sensory experience of working with food. It's about slowing down, honoring the beautiful act of feeding yourself and your loved ones, and releasing the worries about whether what you've made is good enough. It is. A generous mix of essays, stories, and nearly 100 dazzling recipes, Good Enough is a deeply personal cookbook. Its subject is more than Smoky Honey Shrimp Tacos with Spicy Fennel Slaw or Sticky Toffee Cookies; ultimately it's about learning to love and accept yourself, in and out of the kitchen.

blue point wellness westport ct: Inner Wealth Julie Wald, 2020 You're a high achiever who's smart, hardworking, and successful-so why don't you feel optimized on the inside? Whether it's stress, chronic pain, or time management issues, you're feeling dangerously close to burnout. You want to cultivate a happier, healthier life, but you're overwhelmed by the sea of options and where to begin. What you need.

blue point wellness westport ct: Remaking the American Patient Nancy Tomes, 2016-01-06 In a work that spans the twentieth century, Nancy Tomes questions the popular--and largely unexamined--idea that in order to get good health care, people must learn to shop for it. Remaking the American Patient explores the consequences of the consumer economy and American medicine having come of age at exactly the same time. Tracing the robust development of advertising, marketing, and public relations within the medical profession and the vast realm we now think of as health care, Tomes considers what it means to be a good patient. As she shows, this history of the coevolution of medicine and consumer culture tells us much about our current predicament over health care in the United States. Understanding where the shopping model came from, why it was so long resisted in medicine, and why it finally triumphed in the late twentieth century helps explain why, despite striking changes that seem to empower patients, so many Americans remain unhappy and confused about their status as patients today.

blue point wellness westport ct: 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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