

Health And Wellness Gordon Edlin

Right here, we have countless books **health and wellness gordon edlin** and collections to check out. We additionally meet the expense of variant types and furthermore type of the books to browse. The conventional book, fiction, history, novel, scientific research, as well as various extra sorts of books are readily manageable here.

As this health and wellness gordon edlin, it ends in the works brute one of the favored book health and wellness gordon edlin collections that we have. This is why you remain in the best website to see the unbelievable ebook to have.

[The Science of Yoga](#) - William J Broad 2012-02-07

Examines the health claims of modern yoga, drawing on scientific and cultural research to offer advice on how to recognize authentic yoga practice and gain actual benefits.

Health & Wellness - Gordon Edlin 2023

"Health & Wellness courses are typically elective in nature, with no standard curriculum in 4YR and 2YR institutions. The courses most often pertain to a major or minor in a Health Care area of interest. The healthcare field encompasses numerous professions, including but not limited to nursing, dentistry, physical therapy, optometry, and podiatry. Degrees in healthcare include courses in biology, psychology, anatomy, and other physical and social sciences. Health education is a social science that draws from the biological, environmental, psychological, physical and medical sciences to promote health and prevent disease, disability and premature death through education-driven voluntary behavior change activities. Health education is the development of individual, group, institutional, community and systemic strategies to improve health knowledge, attitudes, skills and behavior"--

Foundations of Professional Coaching - James Gavin 2021-08-25

Foundations of Professional Coaching With HKPropel Access is the essential guide to developing coaching skills and creating influential coaching relationships. Offering foundational concepts and underlying principles of coaching, this text will help all types of coaches cultivate a growth environment that encourages lasting change and maximizes each client's potential in their personal and professional lives. Grounded in the International Coaching Federation's eight core competencies, the text covers the theoretical basis of professional coaching models and the application of those models in modern coaching. Whether readers are looking for effective methods for client motivation, exercise adherence, or performance improvement, they will enrich their coaching skills in these ways: Understanding the journey of behavior change with key models on the change process Employing inclusive frameworks for working with clients to set and pursue goals and overcome challenges Adhering to ethical protocols, such as how to appropriately respond to clients' identity, environment, values, and beliefs Cultivating trust and safety in the coaching relationship with respect to power and relationship dynamics Establishing presence as a coach and developing a coach's voice Communicating effectively, with active listening and appropriate areas of inquiry Throughout the text, personal stories offer insights into meaningful coaching engagements, providing context for the concepts and their application to a wide variety of coaching professions, including personal trainers, fitness instructors, health and lifestyle wellness coaches, and sport coaches. Additionally, downloadable resources, delivered through HKPropel, include practical tools—such as forms and checklists—for a successful coaching practice. Foundations of Professional Coaching provides a pathway to excellence in coaching practice, with practical guidance on how to develop partnerships and address the physical and mental needs of clients to enact effective change. Note: A code for accessing HKPropel is not included with this ebook but may be purchased separately.

Ending Discrimination Against People with Mental and Substance Use Disorders - National Academies of Sciences, Engineering, and Medicine 2016-09-03

Estimates indicate that as many as 1 in 4 Americans will experience a mental health problem or will misuse alcohol or drugs in their lifetimes. These disorders are among the most highly stigmatized health conditions in the United States, and they remain barriers to full participation in society in areas as basic as education, housing, and employment. Improving the lives of people with mental health and substance abuse disorders has been a priority in the United States for more than 50 years. The Community Mental Health Act of 1963 is considered a major turning point in America's efforts to improve behavioral healthcare. It ushered in an era of optimism and hope and laid the groundwork for the consumer

movement and new models of recovery. The consumer movement gave voice to people with mental and substance use disorders and brought their perspectives and experience into national discussions about mental health. However over the same 50-year period, positive change in American public attitudes and beliefs about mental and substance use disorders has lagged behind these advances. Stigma is a complex social phenomenon based on a relationship between an attribute and a stereotype that assigns undesirable labels, qualities, and behaviors to a person with that attribute. Labeled individuals are then socially devalued, which leads to inequality and discrimination. This report contributes to national efforts to understand and change attitudes, beliefs and behaviors that can lead to stigma and discrimination. Changing stigma in a lasting way will require coordinated efforts, which are based on the best possible evidence, supported at the national level with multiyear funding, and planned and implemented by an effective coalition of representative stakeholders. Ending Discrimination Against People with Mental and Substance Use Disorders: The Evidence for Stigma Change explores stigma and discrimination faced by individuals with mental or substance use disorders and recommends effective strategies for reducing stigma and encouraging people to seek treatment and other supportive services. It offers a set of conclusions and recommendations about successful stigma change strategies and the research needed to inform and evaluate these efforts in the United States.

Anybody's Guide to Total Fitness Kravitz 2000-10

Human Sexuality - Eric Golanty 2011-03-02

Human Sexuality: The Basics presents the core information underlying the vast subject of human sexuality in a concise, no-frills manner that is easy for students to read and comprehend. Emphasis on the biological basis of sexuality provides students with a structure to understand the important aspects of sexuality presented in other chapters. This approach also provides the basis for encouraging tolerance, acceptance, and understanding of different sexual preferences and behaviors. Critical thinking questions at the end of each chapter along with learning objectives, summaries, and definitions of terms facilitate learning for students.

Population Health - David B. Nash 2015-03-16

Practicing population based care is a central focus of the Affordable Care Act and a key component of implementing health reform. Wellness and Prevention, Accountable Care Organizations, Patient Centered Medical Homes, Comparative Effectiveness Research, and Patient Engagement have become common terms in the healthcare lexicon. Aimed at students and practitioners in health care settings, the Second Edition of Population Health: Creating a Culture of Wellness, conveys the key concepts of concepts of population health management and strategies for creating a culture of health and wellness in the context of health care reform. Beginning with a new opening chapter, entitled, "Building Cultures of Health and Wellness", the Second Edition takes a comprehensive, forward-looking approach to population health with an emphasis on creating a culture of wellness. The revised text takes into consideration the Affordable Care Act and its substantial impact on how health science is taught, how health care is delivered and how health care services are compensated in the United States. Key Features: - Study and discussion questions are provided at the conclusion of each chapter to highlight key learning objectives and readings. - Case studies highlight real world applications of concepts and strategies, and links to web sites provide additional opportunities for expanding knowledge. - Each chapter can stand alone to highlight key population health issues and provide strategies to address them, allowing educators to choose specific chapters or sections that meet the learning objectives of the course. - Each new print copy includes Navigate 2 Advantage Access that unlocks a comprehensive and interactive eBook, student practice

activities and assessments, a full suite of instructor resources, and learning analytics reporting tools.

The Illustrated Encyclopedia of Body-mind Disciplines - Nancy Allison 1999

Introduces various programs and activities designed to awaken the links between mind, body, and spirit, including sensory therapies, subtle energy practices, massage, movement therapy methods, martial arts, yoga, meditation, and creative arts therapies

The Bible - Jerry L. Sumney 2021-01-05

What is the Bible? How did it get to us? Why are translations so different? And what influence has the Bible had on culture? From its very first pages, *The Bible: An Introduction*, Third Edition, offers clear answers to the most basic questions that first-time students and curious inquirers bring to the Bible. Without presuming either prior knowledge of the Bible or a particular attitude toward it, Jerry L. Sumney uses straightforward language to lead the reader on an exploration of the Bible's contents and the history of its writings, showing how critical methods help readers understand what they find in the Bible. Filled with maps, charts, illustrations, and color photographs to enhance the student's experience with the text. This third edition offers a number of revisions and a new section on the deuterocanonical books. Neither polemical nor apologetic, *The Bible* presents the biblical writings as the efforts of men and women in the past to understand their lives and their world in light of the ways they understood the divine.

NSC Advanced First Aid, CPR & AED National Safety Council 2011-08-25

Part of a series of titles authored by the National Safety Council, *First Aid: Taking Action* covers the material required for a semester long Advanced First Aid course. The focus is teaching how to recognize and act in any emergency and to sustain life until professional help can arrive. Other information includes bleeding control, and first aid for sudden illnesses and injuries. Information is presented in a concise easy-to-read manner that works as a handy reference after the course. National Safety Council programs and products are designed to benefit all types of learning styles by combining lectures, video presentations, group discussions, and hands-on training.

Listen - Joseph Kerman 2011-01-06

DVD contains 30 minutes of video excerpts and 16 audio tracks, keyed to the text.

Cancer - Craig A. Almeida 2011-08-26

"... Useful background information is displayed in blue boxes, and good use is made of numerous tables and diagrams... a useful book for the undergraduate medical or allied health professional..." -Oncology News, May/June 2010 This forward looking cancer biology book appeals to a wide ranging audience. Introductory chapters that provide the molecular, cellular, and genetic information needed to comprehend the material of the subsequent chapters bring unprepared students up to speed for the rest of the book and serve as a useful refresher for those with previous biology background. The second set of chapters focuses on the main cancers in terms of risk factors, diagnostic and treatment methods and relevant current research. The final section encompasses the immune system's role in the prevention and development of cancer and the impact that the Human Genome Project will have on future approaches to cancer care. While best suited to non-majors cancer biology courses, the depth provided satisfies courses that combine both majors and non-majors. Also, and deliberately, the authors have incorporated relevant information on diagnosis and treatment options that lend appeal to the lay reader.

Practical Healthcare Epidemiology - Ebbing Lautenbach 2018-04-19

Practical Healthcare Epidemiology takes a hands-on approach to infection prevention for physicians, healthcare epidemiologists, infection preventionists, microbiologists, nurses, and other healthcare professionals. Increased regulatory requirements and patient knowledge and involvement has elevated patient safety, healthcare-associated infections, antibiotic stewardship and quality-of-care to healthcare wide issues. This fully updated new edition brings together the expertise of leaders in healthcare epidemiology to provide best practice expert guidance on infection prevention for adult and pediatric patients in all types of healthcare facilities, from community hospitals and academic institutions, to long-term care and resource limited settings. Written in clear, straightforward terms to address prevention planning and immediate responses to specific situations, this is the go-to resource for any practitioners in medicine or public health involved in infection prevention, regardless of their current expertise in the field.

American Passages - Edward L. Ayers 2002-07

AMERICAN PASSAGES, Brief Edition is a survey of U.S. History that uses online resources and a fully integrated, text-specific Web site to heighten students' awareness and understanding of the past. Crafted from the comprehensive text of the same title, this concise text follows the chronological contours of U.S. history. Each of its 32 chapters focuses on a discrete set of years--allowing the authors to weave events, movements, and groups of people into a unified narrative. The narrative helps students see the ways that different themes and issues in American history have interacted, and allows them to make connections between those themes and issues. Integrated references to the book's Web site and to *AMERICAN JOURNEYS ONLINE*--a cross-referenced, hyperlinked library of primary sources that are organized by topic--allow students to experience history from the vantage of those who lived it. *AMERICAN PASSAGES: A HISTORY OF THE UNITED STATES, Brief Edition* is available in the following split options: *American Passages, Comprehensive, Brief Edition, First Edition* (Chapters 1-32), ISBN: 0155049518; *American Passages, Volume I: To 1877, Brief Edition, First Edition* (Chapters 1-16), ISBN: 0155051172; *American Passages, Volume II: Since 1863, Brief Edition, First Edition* (Chapters 15-32), ISBN: 0155051237.

Exploring the Dimensions of Human Sexuality - Jerrold S. Greenberg 2007

Exploring The Dimensions Of Human Sexuality, Third Edition, Has Been Extensively Updated To Include Information And Statistics About Recent Developments. This Text Continues To Encourage Students To Explore The Varied Dimensions Of Sexuality And To See How Each Affects Their Personal Sexuality, Sexual Health, And Sexual Responsibility. All Aspects Of Sexuality--Biological, Spiritual, Psychological, And Sociocultural--Are Presented Factually And Impartially.

Nursing for Wellness in Older Adults - Carol A. Miller 2018-01-10

Publisher's Note: Products purchased from 3rd Party sellers are not guaranteed by the Publisher for quality, authenticity, or access to any online entitlements included with the product. This text covers the theory and practice of wellness-oriented gerontological nursing, addressing both physiologic and psychosocial aspects of aging. Organized around the author's unique Functional Consequences Theory, the book explores age-related changes as well as the risk factors that often interfere with optimal health and functioning. Key features include: NEW! Technology to Promote Wellness in Older Adults boxes describe examples of technology-based interventions that can be effective for promoting wellness for older adults. NEW! Interprofessional Collaboration (IPC) material, which is found in boxes or is highlighted with orange bars in the margins, indicates the responsibilities of nurses to collaborate with other professionals and paraprofessionals in health care and community-based settings when caring for older adults. NEW! Global Perspective boxes provide examples of the various ways in which health care professionals in other countries provide care for older adults. NEW! Unfolding Patient Stories, written by the National League for Nursing, are an engaging way to begin meaningful conversations in the classroom. These vignettes, which open each unit, feature patients from Wolters Kluwer's vSim for Nursing | Gerontology (co-developed with Laerdal Medical) and DocuCare products; however, each Unfolding Patient Story in the book stands alone, not requiring purchase of these products. For your convenience, a list of these case studies, along with their location in the book, appears in the "Case Studies in This Book" section later in this frontmatter. NEW! Transitional Care Unfolding Case Studies, which unfold across Chapters 27 through 29, to illustrate ways in which nurses can provide effective transitional care to an older adult whose progressively worsening condition requires that her needs be met in several settings. For your convenience, a list of these case studies, along with their location in the book, appears in the "Case Studies in This Book" section later in this frontmatter. Updated unfolding case studies illustrate common experiences of older adults as they progress from young-old to old-old and are affected by combinations of age-related changes and risk factors. Evidence-based information is threaded through the content and summarized in boxes in clinically oriented chapters. Assessment and intervention guidelines help nurses identify and address factors that affect the functioning and quality of life of older adults. Nursing interventions focus on teaching older adults and their caregivers about actions they can take to promote wellness. Case studies include content on transitional care, interprofessional collaboration, and QSEN!

Essentials of Managing Stress - Brian Luke Seaward 2016-01-07

The fourth edition of *Essentials of Managing Stress* teaches readers practical skills and techniques on how to best handle daily stressors and

empowers them with the tools needed to live a balanced life. The Fourth Edition is a highly accessible and student-friendly text that is designed to promote personal growth along with content retention. Students are guided through a series of more than 80 exercises and questionnaires that encourage them to adopt effective stress management practices into their personal health behaviors. A new chapter on Ecotherapy rounds out the text and provides insight into the healing powers of nature.

LGBTQ Cultures - Michele J. Eliason 2017-10-16

Drawn from real-world experience and current research, the fully updated LGBTQ Cultures, 3rd Edition paves the way for healthcare professionals to provide well-informed, culturally sensitive healthcare to lesbian, gay, bisexual, transgender, and queer (LGBTQ) patients. This vital guide fills the LGBTQ awareness gaps, including replacing myths and stereotypes with facts, and measuring the effects of social stigma on health. Vital for all nursing specialties, this is the seminal guide to actively providing appropriate, culturally sensitive care to persons of all sexual orientations and gender identities.

Introduction to Recreation and Leisure Services - Karla A. Henderson 2001-01-01

Essentials for Health and Wellness - Gordon Edlin 1997-01-01

Textbook for undergraduates covering the core information necessary for making responsible, positive decisions about personal health. Based on the more extensive textbook by the same author: Health and Wellness (c1996; 5th ed.). Includes a built-in study guide.

Saplingplus for the Practice of Statistics in the Life Sciences, Six Month Access -

Assessing Competence in Professional Performance across Disciplines and Professions - Paul F. Wimmers 2016-04-19

This book examines the challenges of cross-professional comparisons and proposes new forms of performance assessment to be used in professions education. It addresses how complex issues are learned and assessed across and within different disciplines and professions in order to move the process of "performance assessment for learning" to the next level. In order to be better equipped to cope with increasing complexity, change and diversity in professional education and performance assessment, administrators and educators will engage in crucial systems thinking. The main question discussed by the book is how the required competence in the performance of students can be assessed during their professional education at both undergraduate and graduate levels. To answer this question, the book identifies unresolved issues and clarifies conceptual elements for performance assessment. It reviews the development of constructs that cross disciplines and professions such as critical thinking, clinical reasoning, and problem solving. It discusses what it means to instruct and assess students within their own domain of study and across various roles in multiple contexts, but also what it means to instruct and assess students across domains of study in order to judge integration and transfer of learning outcomes. Finally, the book examines what it takes for administrators and educators to develop competence in assessment, such as reliably judging student work in relation to criteria from multiple sources. "... the co-editors of this volume, Marcia Mentkowski and Paul F. Wimmers, are associated with two institutions whose characters are so intimately associated with the insight that assessment must be integrated with curriculum and instructional program if it is to become a powerful influence on the educational process ..." Lee Shulman, Stanford University

Sensor Technologies - Michael J. McGrath 2014-01-23

Sensor Technologies: Healthcare, Wellness and Environmental Applications explores the key aspects of sensor technologies, covering wired, wireless, and discrete sensors for the specific application domains of healthcare, wellness and environmental sensing. It discusses the social, regulatory, and design considerations specific to these domains. The book provides an application-based approach using real-world examples to illustrate the application of sensor technologies in a practical and experiential manner. The book guides the reader from the formulation of the research question, through the design and validation process, to the deployment and management phase of sensor applications. The processes and examples used in the book are primarily based on research carried out by Intel or joint academic research programs. "Sensor Technologies: Healthcare, Wellness and Environmental Applications provides an extensive overview of sensing technologies and their applications in healthcare, wellness, and environmental monitoring. From sensor hardware to system applications and case studies, this book gives readers an in-depth understanding of

the technologies and how they can be applied. I would highly recommend it to students or researchers who are interested in wireless sensing technologies and the associated applications." Dr. Benny Lo Lecturer, The Hamlyn Centre, Imperial College of London "This timely addition to the literature on sensors covers the broad complexity of sensing, sensor types, and the vast range of existing and emerging applications in a very clearly written and accessible manner. It is particularly good at capturing the exciting possibilities that will occur as sensor networks merge with cloud-based 'big data' analytics to provide a host of new applications that will impact directly on the individual in ways we cannot fully predict at present. It really brings this home through the use of carefully chosen case studies that bring the overwhelming concept of 'big data' down to the personal level of individual life and health." Dermot Diamond Director, National Centre for Sensor Research, Principal Investigator, CLARITY Centre for Sensor Web Technologies, Dublin City University "Sensor Technologies: Healthcare, Wellness and Environmental Applications takes the reader on an end-to-end journey of sensor technologies, covering the fundamentals from an engineering perspective, introducing how the data gleaned can be both processed and visualized, in addition to offering exemplar case studies in a number of application domains. It is a must-read for those studying any undergraduate course that involves sensor technologies. It also provides a thorough foundation for those involved in the research and development of applied sensor systems. I highly recommend it to any engineer who wishes to broaden their knowledge in this area!" Chris Nugent Professor of Biomedical Engineering, University of Ulster

Studyguide for Health and Wellness by Gordon Edlin, ISBN 9780763765934 - Cram101 Textbook Reviews 2013-01-01

Never HIGHLIGHT a Book Again! Virtually all of the testable terms, concepts, persons, places, and events from the textbook are included. Cram101 Just the FACTS101 studyguides give all of the outlines, highlights, notes, and quizzes for your textbook with optional online comprehensive practice tests. Only Cram101 is Textbook Specific. Accompanys: 9780763765934 .

Health and Wellness Gordon Edlin 2009-09-29

Health and Wellness, Tenth Edition is written in a personal and engaging style with specific tips and aids to help students improve their health habits. This text encourages students to learn the skills they need to enhance the quality and longevity of life. Health and Wellness covers the many perspectives of personal health, including physical, emotional, mental, social, environmental, and spiritual perspectives, with a central theme of self-responsibility for one's behavior.

Body in Balance Maria Noel Groves 2016-04-02

Silver Nautilus Book Award Winner for Health & Healing An antacid or an aspirin may soothe your pain, but it doesn't cure the cause of your symptoms. Headaches, indigestion, fatigue, allergies, anxiety, eczema, high blood pressure, and other conditions are clues to a deeper imbalance in your body, and learning to read those clues is a key step in maintaining optimal health. Herbalist Maria Noël Groves shows you how to read your body's signals and support your own wellness with herbal remedies and other natural treatments. You'll learn how each of your major body systems — respiratory, digestive, immune, nervous, memory, reproductive, circulatory, and more — optimally functions, and you'll discover how to use natural remedies to nourish and repair problem areas, restore lost vitality, support your body as a whole, and prevent future problems. Groves includes in-depth instructions, with step-by-step photographs, for making your own herbal remedies, as well as expert guidance on buying and effectively using commercial preparations.

Health & Wellness - Mark Finley 2014

Health and Wellness: Secrets That Will Change Your Life shows you spectacularly simple ways to avoid such chronic killers as cancer, diabetes, heart disease, and obesity You'll learn how good nutrition heals the body and boosts the mind; how purpose increases resilience; how love and forgiveness mend the heart! Health and Wellness caught the attention of award-winning documentary filmmaker Martin Doblmeier. "While there are countless self-help books on the market today, Health and Wellness: Secrets That Will Change Your Life stands apart because it speaks from proven success. Contained in these insightful chapters is an emphasis on making wise choices about the riches entrusted to each of us—a body that has the potential to heal itself, a mind capable of the extraordinary, and a spirit that longs to be reunited with the Creator. This book not only offers a road map for a healthier, more productive life—it provides the greatest gift of all: the reason for the journey." Book jacket.

Cities and the Health of the Public - Nicholas Freudenberg 2006

The essays commissioned for this book analyze the impact of city living on health, focusing primarily on conditions in the United States. With 16 chapters by 24 internationally recognized experts, the book introduces an ecological approach to the study of the health of urban populations. This book assesses the primary determinants of well-being in cities, including the social and physical environments, diet, and health care and social services. The book includes chapters on the history of public health in cities, the impact of urban sprawl and urban renewal on health, and the challenges facing cities in the developing world. It also examines conditions such as infectious diseases, violence and disasters, and mental illness.

Mutating Concepts, Evolving Disciplines: Genetics, Medicine, and Society - L.S. Parker 2012-12-06

This volume employs philosophical and historical perspectives to shed light on classic social, ethical, and philosophical issues raised with renewed urgency against the backdrop of the mapping of the human genome. Philosophers and historians of science and medicine, ethicists, and those interested in the reciprocal influence of science and other cultural practices will find the arguments and observations offered fascinating and indispensable.

Sexuality Education - Clint E. Bruess 2004

Sexuality Education: Theory and Practice, Fourth Edition is designed to prepare future sexuality educators and administrators, as well as seasoned teachers about sexuality and also aims to clarify the false assumptions related to sexuality education. This one-of-a-kind resource provides comprehensive coverage of information and issues related to sexuality education and the skills needed to prepare sexuality educators. *Understanding the Bi* - Stephen L. Harris 1980

Essentials for Health and Wellness - Gordon Edlin 2000

Health & Wellness

Becoming a Health Care Professional - Sherry Makely 2013-01-14

This text is designed for students who are interested in exploring, planning, and preparing for a career in health care. The information provided applies to all health occupations and health care settings, including hospitals, outpatient clinics, physician offices, dental practices, nursing homes, rehabilitation facilities, and biotechnology research and development labs.

Computers Helping People with Special Needs - Klaus Miesenberger 2020-09-09

The two-volume set LNCS 12376 and 12377 constitutes the refereed proceedings of the 17th International Conference on Computers Helping People with Special Needs, ICCHP 2020, held in Lecco, Italy, in September 2020. The conference was held virtually due to the COVID-19 pandemic. The 104 papers presented were carefully reviewed and selected from 206 submissions. Included also are 13 introductions. The papers are organized in the following topical sections: Part I: user centred design and user participation in inclusive R&D; artificial intelligence, accessible and assistive technologies; XR accessibility - learning from the past, addressing real user needs and the technical architecture for inclusive immersive environments; serious and fun games; large-scale web accessibility observatories; accessible and inclusive digital publishing; AT and accessibility for blind and low vision users; Art Karshmer lectures in access to mathematics, science and engineering; tactile graphics and models for blind people and recognition of shapes by touch; and environmental sensing technologies for visual impairment Part II: accessibility of non-verbal communication: making spatial information accessible to people with disabilities; cognitive disabilities and accessibility - pushing the boundaries of inclusion using digital technologies and accessible eLearning environments; ICT to support inclusive education - universal learning design (ULD); hearing systems and accessories for people with hearing loss; mobile health and mobile rehabilitation for people with disabilities: current state, challenges and opportunities; innovation and implementation in the area of independent mobility through digital technologies; how to improve interaction with a text input system; human movement analysis for the design and evaluation of interactive systems and assistive devices; and service and care provision in assistive environments 11 chapters are available open access under a Creative Commons Attribution 4.0 International License via link.springer.com.

Eat and Stay Thin - Joyce Meyer 2008-11-15

Effective October 1, 2002, Joyce Meyer's bestselling backlist is available exclusively from Warner Faith. And look for the first of several new major books from Joyce beginning in April 2003.

Investigating Social Problems - A. Javier Treviño 2017-12-21

A. Javier Treviño, working with a panel of experts, thoroughly examines all aspects of social problems, providing a contemporary and authoritative introduction to the field. Each chapter is written by a specialist on that particular topic and the unique, contributed format ensures that the research and examples provided are the most current and relevant available. The text is framed around three major themes: intersectionality (the interplay of race, ethnicity, class, and gender), the global scope of many problems, and how researchers take an evidence-based approach to studying problems.

Health and Wellness - Gordon Edlin 2015-08-04

Preceded by Health and wellness / Gordon Edlin and Eric Golanty. c2014.

Promoting Human Wellness - Margaret Schneider Jamner 2000

"This very important work calls for research and policy-making that is proactive, multi-level, multi-method, and interdisciplinary—not disease-driven. It synthesizes perspectives on wellness that have the potential to produce a paradigm shift in research and policy planning, implementation, and evaluation." — Lené Levy-Storms, University of California, Los Angeles, Department of Medicine/Geriatrics "[This book] helps broaden the field of inquiry and legitimates the social and political perspectives in health care research and planning." —Ellen R. Shaffer, University of California, San Francisco, Program in Medical Ethics *Opportunities to Improve Opioid Use Disorder and Infectious Disease Services* - National Academies of Sciences, Engineering, and Medicine 2020-04-30

Opioid use and infectious diseases are intertwined epidemics. Despite the fact that the United States is more than two decades into the opioid crisis - the cause of tens of thousands of deaths every year on its own - the health system has not sufficiently addressed the morbidity and mortality of drug use coupled with infectious diseases. This is at least in part due to traditional models of substance use disorder care wherein substance use disorder treatment is delivered independently of other medical care, thereby inhibiting the delivery of comprehensive care. As a result, the United States is experiencing a drastic increase in infectious diseases that spread with drug use. *Opportunities to Improve Opioid Use Disorder and Infectious Disease Services* examines current efforts to integrate care and describes barriers, such as inadequate workforce and training; lack of data integration and sharing; and stigma among people who use drugs and have also been diagnosed with an infectious disease. The conclusions and recommendations of this report will help to promote patient-centered, integrated programs to address this dual epidemic.

Undo It! - Dean Ornish, M.D. 2022-01-04

NATIONAL BESTSELLER • By the pioneer of lifestyle medicine, a simple, scientifically program proven to often reverse the progression of the most common and costly chronic diseases and even begin reversing aging at a cellular level! Long rated “#1 for Heart Health” by U.S. News & World Report, Dr. Ornish’s Program is now covered by Medicare when offered virtually at home. Dean Ornish, M.D., has directed revolutionary research proving, for the first time, that lifestyle changes can often reverse—undo!—the progression of many of the most common and costly chronic diseases and even begin reversing aging at a cellular level. Medicare and many insurance companies now cover Dr. Ornish’s lifestyle medicine program for reversing chronic disease because it consistently achieves bigger changes in lifestyle, better clinical outcomes, larger cost savings, and greater adherence than have ever been reported—based on forty years of research published in the leading peer-reviewed medical and scientific journals. Now, in this landmark book, he and Anne Ornish present a simple yet powerful new unifying theory explaining why these same lifestyle changes can reverse so many different chronic diseases and how quickly these benefits occur. They describe what it is, why it works, and how you can do it: • Eat well: a whole foods, plant-based diet naturally low in fat and sugar and high in flavor. The “Ornish diet” has been rated “#1 for Heart Health” by U.S. News & World Report for eleven years since 2011. • Move more: moderate exercise such as walking • Stress less: including meditation and gentle yoga practices • Love more: how love and intimacy transform loneliness into healing With seventy recipes, easy-to-follow meal plans, tips for stocking your kitchen and eating out, recommended exercises, stress-reduction advice, and inspiring patient stories of life-transforming benefits—for example, several people improved so much after only nine weeks they were able to avoid a heart transplant—Undo It! empowers readers with new hope and new choices. Praise for Undo It! “The Ornishes’ work is elegant and simple and deserving of a Nobel Prize, since it can change the world!”—Richard Carmona, M.D., MPH, FACS, seventeenth Surgeon General of the United States “If you want to see what medicine will be like ten years from now, read this book today.”—Rita F. Redberg, M.D.,

editor in chief, JAMA Internal Medicine “This is one of the most

important books on health ever written.”—John Mackey, CEO, Whole Foods Market