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Wellness Planner Readers Choice

Donald B. Ardell, Mark Tager



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Nathalie Spencer,2018-10-11 Using a unique visual approach Nathalie Spencer uncovers the science behind how we think about use and manage money to guide you to a wiser and more enjoyable relationship with your finances From examining how cashless transactions affect our spending and decoding the principles of why a bargain draws you in through to exposing what it really means to be an effective forecaster Good Money reveals how you can be motivated to be better with money and provides you with essential tools to boost your financial well being At BUILD BECOME we believe in building knowledge that

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Choice ,1987 Mindful Choices for Well-Being William C. Shearer, Robin L. Shearer, 2017-09-23 Mindful Choices for Well Being offers a holistic action oriented process of choosing and creating well being using proven methods for transformational change The Shearers developed Mindful Choices Therapy during three decades of clinical practice A cornerstone of their method is the systematic mastery of 10 interrelated Mindful Choices Breath awareness and retraining Begin and end days peacefully Mindful eating Cultivating mindfulness Self reflection Living your values Intentional relating Mindful movement Mindful Choices tools Self acceptance Self compassion Their how to manual for life planning features fictional characters going through real life struggles and changes providing examples of a powerful therapy that blends neuroscience Buddhist psychology contemplative traditions and mindfulness based behavioral therapies The tools described in the book will help you move from a life of too much stress and anxiety what the authors call dis ease to a life of well being balance and a deep sense of purpose Instead of acting on autopilot falling back on habits learned over a lifetime you can learn how to mindfully make clear choices aimed at creating the life you truly want Mindful awareness is the starting point for making great choices Mindful Choices Therapy provides the tools for transforming those great choices into powerful and effective habits The Retiree's Wellness Guide Barrett Williams, ChatGPT, 2024-12-10 Discover a transformative journey through The Retiree s Wellness Guide your ultimate companion to embracing the golden years with vitality and joy Designed to empower retirees this insightful eBook delves into every aspect of wellness offering practical advice and actionable strategies to enrich your life Begin your journey with an understanding of both the physical and emotional facets of aging Learn the crucial steps to set meaningful intentions for a fulfilling retirement and explore the science behind aging gracefully Uncover the secrets of maintaining emotional resilience and mental agility ensuring you remain vibrant and sharp Find the perfect exercise routine tailored to your needs with low impact workouts aimed at maintaining joint health strength training for enhancing bone density and techniques to improve flexibility and balance keys to longevity and independence Nourish your body with expert guidance on heart healthy diets essential vitamins and the often overlooked importance of hydration Embrace mindfulness with simple meditation practices that boost emotional health and cultivate social connections that enrich your life and bolster your well being Navigate healthcare with confidence as you master Medicare find the right healthcare providers and implement stress management techniques to welcome each day with calm Prioritize sleep with tips for creating a restful environment and addressing common disturbances Feed your curiosity with lifelong learning rediscovering old passions and engaging in new educational endeavors Maintain your financial wellness on a fixed income plan for healthcare costs and learn how to travel smartly and safely in retirement Deepen intergenerational relationships

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Teresa Cremin,Sarah McGeown,2025-03-19 Growing evidence of the vital role reading for pleasure plays in children and young people s academic outcomes and socio emotional wellbeing has placed it high on the agenda in both educational policy and practice This valuable collection draws upon a range of disciplinary perspectives and methodological approaches to explore how reading for pleasure is experienced and enacted and highlights the implications and benefits of such volitional reading in the lives and learning of children and young people It offers contributions from leading international researchers on current evidence and literature within the field identifying the causes and consequences of reading for pleasure and framing this within the context of understanding readers and applying this to developing effective pedagogical practices With chapters examining how we may shape the reading experience this book is divided into four sections Understanding readers including factors such as motivation gender and identity The nature of texts including fiction sensory and digital texts Pedagogies and practices exploring agency book talk and reading aloud Environments conducive to reading for pleasure including homes school libraries classrooms and communities Presenting diverse and interdisciplinary perspectives this will be a key text for researchers teacher educators and policy makers who wish to become better informed in their thinking discourse and practice when supporting children and young people in learning to read for pleasure

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