



Feeling Great

Illinois State University



Feeling Great:

The Feeling Great! Wellness Program for Older Adults Jules C Weiss, 2014-06-17 The Feeling Great Wellness Program is an inspirational book describing a successful health care program for older adults Created for people who desire a richer life Feeling Great is a program of everyday miracles the regaining of body strength and movement and the expanding of physical abilities Participants learn to improve their physical emotional and psychological health through a comprehensive wellness program A training manual and self help guide this motivational volume looks at an effective program that allows older adults to learn about their health care needs and options practice a daily exercise program suited to their abilities develop supportive new friendships increase their self esteem and overcome barriers of ill health poor diet sedentary lifestyles and physical and emotional difficulties The Feeling Great Wellness Program for Older Adults offers a comprehensive view of a quality program through the eyes of both participant and instructor The text can be used for personal interest as well as a training manual for professionals who work with older adults Features Offered in The Feeling Great Wellness Program for Older Adults Over 40 photographs The interaction of medication nutrition and exercise Attitude and exercise guidelines Liability concerns Step by step program description Sample health care lectures covering topics such as diet and nutrition Exercise pointers for people with arthritis Contraindicative exercises Cardiovascular fitness routines Minimizing the risks of exercise Addressing the emotional and physical fears of exercise Handling diverse abilities within a group setting Nine different exercise activity routines Relaxation techniques Sample program materials including a participant activity profile and health history

Feeling GREAT Regardless Eduard Marais, 2023-02-14 Feeling GREAT Regardless contains strong motivation to believe in yourself and that you can courageously rise above any challenge as it provides profound food for thought principles and tools that leave you grounded confident to face any day regardless of your struggles and obstacles This easy read book is refreshingly practical in its application of specific principles The liberation and enlightenment are powerful as it expounds on how fleeing from or folding under emotional pressures can be averted by deliberately focusing on a few important aspects that deliver healthy rewarding habits Fundamental support is discussed which forms a stable basis for growth Methods to control and alter one's mindset are shared that provide a positive core leading to progress Applying any advice or counsel received or affirming personal resolves becomes possible through specific techniques and growth is facilitated through clear guidance on how to curb procrastination and how to focus on the positive without negative ruminations Examples demonstrate how through deliberate choices a positive disposition benefits growth and helps to achieve goals Empathy is displayed throughout this self help aid as the author too endured many debilitating challenges and fought an intense battle to rise from an extremely low point in his life Using this book immediate positive results were achieved through a simple yet effective structured framework creating the needed traction and momentum to develop and sustain important habits You will discover empowering inner strength feeling truly loved valued in control and fulfilled If you

ve reached a crossroads feel low stuck despondent depressed or guilty about past mistakes or if you just want to grow further this book is for you Proceedings ,1928 **The Conservative** Julius Sterling Morton,1900 A journal devoted to the discussion of political economic and sociological questions *The World Today* ,1927 **The Houghton Line** ,1917 **His Family-letters** ,1895 The Robert Evans Collection (Enhanced Edition) Robert Evans,2014-01-14 A sequel better than any one could have anticipated even readers who ve never heard of Evans will find this to be both entertaining and inspiring Publishers Weekly starred review In this innovative digital edition legendary Hollywood producer Robert Evans s story is brought to life like never before The Robert Evans Collection includes the full texts of his two memoirs the classic *The Kid Stays in the Picture* and *The Fat Lady Sang* along with rare and exclusive video and audio clips and never before seen photos and memorabilia from Evans s personal collection American Journal of Education and College Review ,1872 Vol 25 is the report of the commissioner of education for 1880 v 29 report for 1877 **The Alumni Quarterly** Illinois State University,1914 **Autobiography and Personal Recollections of John Lemley, Editor of the Zion's Watchman** John Lemley,1886 **Desmos of Delta Sigma Delta** Delta Sigma Delta (Fraternity),1914 Feeling Great David D. Burns,2020 Do you sometimes feel Down depressed or unhappy Anxious panicky or insecure Guilty or ashamed Inferior inadequate or worthless Lonely unwanted or alone For decades we ve been told that negative feelings like depression and anxiety are the result of what s wrong with us like a personality defect a mental disorder or a chemical imbalance in your brain These messages create feelings of shame and make it sound like we re broken and need to be fixed Now Dr David Burns author of the best selling and highly acclaimed *Feeling Good* The New Mood Therapy reveals that our negative moods do not result from what s wrong with us but rather what s right with us And when you listen and suddenly hear what your negative thoughts and feelings are trying to tell you suddenly you won t need them anymore and recovery will be just a stone s throw away In his innovative book *Feeling Great* Dr Burns describes a new and revolutionary high speed treatment for depression and anxiety based on 40 years of research and more than 40 000 hours treating individuals with severe mood problems The goal is not just a rapid and complete elimination of negative feelings but the development of feelings of joy and enlightenment Dr Burns will provide you with inspiring and mind blowing case studies along with more than 50 amazing tools to crush the negative thoughts that rob you of happiness and self esteem You can change the way you feel You owe it to yourself to FEEL GREAT **The Encyclopaedia Britannica** ,1910 New York State Journal of Medicine ,1912 **The Critic** ,1893 **The Theosophical Path** ,1913 **The British Drama** ,1871 The Fifth Reader Lewis Baxter Monroe,1871 **The Household Book of Poetry** Charles Anderson Dana,1873

Unveiling the Power of Verbal Artistry: An Mental Sojourn through **Feeling Great**

In a world inundated with screens and the cacophony of fast transmission, the profound energy and psychological resonance of verbal art frequently disappear in to obscurity, eclipsed by the constant barrage of noise and distractions. Yet, located within the lyrical pages of **Feeling Great**, a fascinating perform of fictional splendor that impulses with natural feelings, lies an wonderful trip waiting to be embarked upon. Penned by a virtuoso wordsmith, that enchanting opus courses viewers on a mental odyssey, delicately exposing the latent potential and profound influence stuck within the complex internet of language. Within the heart-wrenching expanse of this evocative examination, we shall embark upon an introspective exploration of the book is main styles, dissect its interesting publishing style, and immerse ourselves in the indelible effect it leaves upon the depths of readers souls.

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