

A **Canadian Living** Health Book
IN COLLABORATION WITH THE COLLEGE OF FAMILY PHYSICIANS OF CANADA

Healthy Together

A couple's guide to midlife wellness



By **Christine Langlois**, Health and Family Editor, **Canadian Living**

Healthy Together A Couples Guide To Midlife Wellness

Tasha R. Howe



Healthy Together A Couples Guide To Midlife Wellness:

Healthy Together Christine Anne Langlois,2000 Quill & Quire ,2000 **Canadian Books in Print 2002** Marian Butler,2002-02 *Canadian Books in Print* ,2003 **The World Leadership Opportunity** Douglas John Thom,2001

Two Jobs, No Life Peter Marshall,2001 A practical approach to the dilemmas of balancing work and home from setting priorities renegotiating roles to cutting corners and learning to say no Tried tested and true strategies for coping with the challenges of day to day life *Midlife Is Not a Crisis* Virginia Bell,2025-09-12 Midlife Is Not a Crisis combines astrology inspiration and wisdom about aging to empower people to live more fully in the second half of life It is based on the generational life cycles we all share at certain ages from the Saturn Return at 29 and Midlife which peaks at 42 all the way to the Uranus Return at 84 These cycles are the great crossroads of life and each cycle is a journey in itself Strung together they offer a road map to life s most challenging and rewarding passages In every decade there are trials lessons and losses in this we have no choice Our freedom lies in how we respond consciously or unconsciously awake or asleep The planet that governs each cycle acts as a wise elder or guide and holds the key to navigating the cycle successfully This book tells the story of these cycles and provides a guide to living consciously and well We are aging differently from the way we did in the past we are not only living longer we are staying healthy and vital longer as well Midlife Is Not a Crisis motivates people to grow and prosper at any age Ultimately it is a practical guidebook for our later years that shows us what to expect as we age and helps us make the most of our journey to becoming whole **Prime Time** Marilyn Hughes Gaston,Gayle K. Porter,2003 Today seven million African American women are living in their prime experiencing the joys and challenges of middle age Now at last here is the book that addresses our total health needs physical emotional and spiritual Written by a distinguished physician and a clinical psychologist Prime Time is the first complete guide that empowers us to take charge of our lives and attain the well being we deserve In many ways it s true that we are better off today than our foremothers were We earn more money command more respect Yet in spite of these advances we still experience more chronic health problems endure more stress and live shorter lives than women of other races That s why Prime Time is both urgent and essential This groundbreaking book not only lays out a detailed practical plan for overall healing and for maintaining wellness it also addresses the underlying attitudes and assumptions that lead so many of us to neglect ourselves and undermine our own health Prime Time will help you Reframe priorities to put yourself and your own health needs first Interpret the latest medical findings on the Big Four killers and how they affect black women in middle age Profile your current health with worksheets quizzes and assessment tools Renew sex at midlife by eliminating restricting myths and taboos and finding new paths to pleasure Reduce anger and attitude that block you from attaining good health Identify the nontraditional signs of depression and anxiety common to African American women Comprehensive straight talking and grounded in science and spiritual truth Prime Time is at once a guide to total health in middle age and a celebration of the strength wisdom and beauty of African

American women in their second half of life **Geriatric Mental Health Care** Gary J. Kennedy, 2012-02-29 This essential guide is designed for mental health practitioners and primary care providers without advanced training in geriatric psychiatry Gary J Kennedy sets forth a clear framework for understanding the interplay of medical psychological and social factors in frequently encountered problems among older adults Clear guidelines are delineated for assessing and treating such conditions as depression and anxiety dementia psychosis and mania sleep disturbances personality and somatoform disorders substance abuse and suicidality Throughout the book focuses on ways to sustain seniors independence and overall quality of life while enhancing their adaptive capacities Winner American Journal of Nursing Book of the Year Award 2000 See also the author s Geriatric Depression A Clinical Guide which distills the best available interventions for depression in older adults in a highly accessible format *The Publishers Weekly* ,2002 Official Guide to Mastering DSST Exams Peterson's, 2012-07-15 The only official prep guide from the makers of the DSSTs Peterson s Official Guide to Mastering DSST Exams includes full length DANTES Subject Standardized Tests DSSTs on a variety of subjects to help non traditional students earn college credits for life and learning experiences Full length DSSTs with detailed answer explanations Reviews of verbal clerical math and memory skills you ll need to score high Expert tips and strategies from the editorial team that writes and prepares actual DSSTs Offers students a cost effective time saving way to use the knowledge they ve acquired outside of the classroom to accomplish their education goals **Sex after Service** Drew A. Helmer, 2014-12-11 Military service members and veterans are perhaps particularly vulnerable to sexual dysfunction given some common experiences in the military and during combat deployments Deployment to a combat theater is an inherently stressful experience made worse with actual combat exposure and other physical and psychological hardships and trauma This in turn contributes to higher rates of physical damage including traumatic brain injury and amputations post traumatic stress disorder and unhealthy coping mechanisms alcohol and substance abuse Medications commonly prescribed to treat or manage these conditions can also contribute to sexual dysfunction Perhaps worst of all the most intense period of experiencing these complications is likely to occur in the service member s or veteran s 20s and early 30s the life stage at which most Americans are dating selecting a partner and creating a family Sexual dysfunction can have significant impacts on all of those important activities This book serves as an authoritative resource for military service members veterans and those who love them on all manner of sexual health issues Starting with an introduction to the basic concepts of sexual health Helmer then goes on to discuss the effects of combat on overall health sexual health and function and differences in those effects on men and women Including Veterans stories throughout the book illustrates some of the challenges and complex situations empathically and in nonjudgmental terms While many service members join and experience combat before the age of 30 the author also considers the effects of aging and life stage on sexual health and function in military personnel Finally Helmer clearly articulates a process for determining if there is a sexual health issue that rises to the level of a problem and what can be

done about it This is handled with a positive hopeful tone and general yet effective suggestions on where and how to seek assistance Womenopause: Stop Pausing & Start Living Lovera Miller,2010-05-11 WOMENOPAUSE presents a clear fresh voice to the controversy of hormone therapy for menopausal symptoms Over the past thirty years Dr Lovera Wolf Miller has witnessed public fascination swing from one trend to the next Through it all women have benefited and at times suffered whenever new treatment strategies have come into vogue WOMENOPAUSE invites readers into the intimate conversation that takes place between a woman and her female gynecologist Marriages and Families in the 21st Century Tasha R. Howe,2023-05-12 In Marriages and Families in the Twenty First Century A Bioecological Approach Tasha R Howe s unique micro to macro perspective invites all readers to explore the full complexity of contemporary relationships and family structures within their ever changing social cultural psychological and biological frameworks The illuminating narrative leads students into the future of the field by uniting the latest developmental science with everyday examples that place the individual within the context of family peers neighbors teachers schools media religious institutions and culture The Third Edition encourages students to analyze and apply the material with abundant self reflection exercises self assessments case studies and critical thinking questions providing them with a firm grasp of the research as well as concrete tools to use in their own lives relationships and careers Retirement Counseling Jane E. Myers,Harold C. Riker,2014-07-22 This portrays retirement as an exceptional opportunity for individuals to create new lifestyles for themselves The authors encourage professionals in various fields to assist pre retirees as well as retirees in planning for a stimulating retirement future

Wong's Nursing Care of Infants and Children Australia and New Zealand Edition - For Professionals Lisa Speedie,Andrea Middleton,2021-11-09 This new text has been adapted from the highly trusted Wong s Nursing Care of Infants and Children to provide a reference for professional nurses working in paediatric and child and family health settings in Australia and New Zealand The content covers all aspects of infant child and adolescent care including anatomy and physiology child and adolescent mental health nursing care guidelines critical thinking family centred care rural and remote health cultural and psychosocial considerations common presenting conditions and therapeutic management With input from leading local expert paediatric clinicians and academics and carefully curated for practising paediatric nurses and nurses newly entering paediatrics the text aligns with local professional standards health policies legal and ethical considerations and population data Well established comprehensive text that focuses on clinical relevance for professional nurses Covers all aspects of infant child and adolescent health through an assessment and management approach Foundational information builds a solid knowledge base in paediatric nursing Written to help nurses develop a deeper understanding of the psychosocial needs of infants children adolescents and their families Case studies and research questions to build critical thinking skills Aligned to National Safety and Quality Health Service NSQHS Standards User friendly accessible content suitable for practising paediatric nurses across a variety of clinical settings and geographic locations **Gerontologic**

Nursing Annette Giesler Lueckenotte, 2000 GERONTOLOGIC NURSING provides comprehensive coverage of health promotion gerontologic concepts and issues and medical surgical problems associated with the older adult Divided into seven parts each chapter follows a consistent organization including learning objectives emergency boxes client and family teaching boxes research boxes key points special insights and new health promotion and nutrition boxes The second edition also includes a new chapter on health promotion expanded chapters on nutrition and functional assessment and a dedicated MERLIN which provides the student and instructor with additional up to date tools and resources to enhance and expand their content knowledge Includes a FREE MERLIN website at www.harcourthealth.com MERLIN Lueckenotte **Library Journal** ,1980 Paperbound Books in Print ,1991 The Times Index ,2003 Indexes the Times Sunday times and magazine Times literary supplement Times educational supplement Times educational supplement Scotland and the Times higher education supplement

Healthy Together A Couples Guide To Midlife Wellness: Bestsellers in 2023 The year 2023 has witnessed a remarkable surge in literary brilliance, with numerous engrossing novels captivating the hearts of readers worldwide. Lets delve into the realm of bestselling books, exploring the engaging narratives that have enthralled audiences this year. The Must-Read : Colleen Hoover's "It Ends with Us" This heartfelt tale of love, loss, and resilience has captivated readers with its raw and emotional exploration of domestic abuse. Hoover skillfully weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can prevail. Uncover the Best : Taylor Jenkins Reids "The Seven Husbands of Evelyn Hugo" This spellbinding historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reids absorbing storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Healthy Together A Couples Guide To Midlife Wellness : Delia Owens "Where the Crawdads Sing" This mesmerizing coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens crafts a tale of resilience, survival, and the transformative power of nature, entrancing readers with its evocative prose and mesmerizing setting. These top-selling novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of engaging stories waiting to be discovered. The novel begins with Richard Pape, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is an exceptional and thrilling novel that will keep you speculating until the very end. The novel is a warning tale about the dangers of obsession and the power of evil.

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dr george chambers engaged in disreputable conduct hearing - Apr 08 2022

web aug 30 2023 dr george chambers speaks on the second day of a hearing regarding a sexual misconduct complaint against him at the nevada state board of medical examiners office in las vegas on may 3 2023

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web nevada state board of medical examiners at dccnsbme medboard nv gov or by calling 775 688 2559 board members benjamin j rodriguez m d president theodore b berndt m d vice president valerie j clark bsn rhu lutcf secretary treasurer michael j fischer m d sue lowden bashir chowdhry m d wayne hardwick m d

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web oct 19 2022 nevada state board of medical examiners 9600 gateway drive reno nv 89521 phone 775 688 2559 toll free 888 890 8210 fax 775 688 2321 email nsbme medboard nv gov the board is open monday through friday 8 00 am to 5 00 pm and is closed on all legal holidays thinking about buying a home in nevada

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web the nevada state board of medical examiners is a state agency of nevada that regulates and administers licenses to physicians practitioners of respiratory care physician assistants and perfusionists who wish to practice in nevada 1 the agency is headed by a board with its current president being rachakonda d prabhu 2

nevada state board of medical examiners - Oct 14 2022

web edward o cousineau j d executive director the nevada state board of medical examiners nsbme is a title 54 licensing board consisting of nine members appointed by the governor six members are physicians licensed in this state and the remaining three members are public members

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web the nevada state board of medical examiners protects the public and serves the state of nevada by ensuring that only well qualified competent physicians physician assistants practitioners of respiratory care and perfusionists receive licenses to practice in nevada the board responds with expediency to com

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web mission statement the state board of health shares a vision and commitment to assuring that all nevada residents have the highest attainable level of individual and community health chapter 439 150 1 of the nevada revised statutes nrs states the state board of health is hereby declared to be supreme in all non administrative health matters