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# Rx For A Liberated Childhood

**Maurice Vautrin-Gardinier MD**



## **Rx For A Liberated Childhood:**

**Rx for Life and Laughter** Maurice Vautrin-Gardinier MD,2021-10-25 Dr Vautrin as he was commonly addressed retired on January 1 2001 He did not know what he would do to occupy his time He briefly considered a new hobby painting until he realized the space it would require and the messy environment it would create In 2002 his astute wife Thecla registered them both in the Taproot workshop at their community library Half Hollow Hills New York Taproot is a nonprofit organization for senior writers where the craft of writing is learned practiced and critiqued among the group Maurice was not sure where to begin Thanks to Thecla who suggested he write short stories about his life and reflections his enthusiasm took off and he wrote his memoirs Here he leaves his legacy spanning nearly nine decades for his French and American families his patients and all his descendants He wishes every family would leave to their loved ones such testimonies so rich for us all The Holistic Rx for Kids Madiha Saeed, MD,2021-11-11 Holistic functional integrative medicine meets the parenting world Board certified holistic family physician and author of The Holistic Rx Madiha M Saeed MD shifts the focus from adults to children in her timely new book The Holistic Rx for Kids offers holistic parenting guidelines for raising the whole child healthy brain body and soul in a changing world As chronic physical and mental health conditions and destructive behaviors are on the rise we need to shift the way we parent our children to address these concerns Based on the latest science Dr Saeed uncovers how our children s brains bodies and behaviors are being hijacked and presents real life actionable steps parents can take to help their children make better decisions build resilience and heal and prevent acute and chronic conditions at any age The Holistic Rx for Kids gives readers parents and their children everything they need to know without overwhelming them As a physician mom of four young boys Dr Saeed offers evidence based easy time and cost effective recommendations Accompanied by the author s clinical and personal experience this book also features easy action plans based on age weaning guides shopping lists and kids brain and body friendly recipes for any busy parent s lifestyle Rx for Resilience Dr. Saroj Dubey,2024-03-26 Driven by a poignant incident that shattered the author s world Rx for Resilience uncovers the extraordinary power of embracing life s darkest moments as catalysts for profound growth In the heart of despair the author finds an unshakeable source of resilience and joy Through thirteen illuminating chapters the author guides the reader to accept life s uncertainties stay in the present moment navigate turbulent times and tap into the magic of mindfulness and meditation Immerse yourself in the exploration of emotions as pathways to serenity and discover the key to your authentic self a vast expanse that beckons beyond the confines of the self Unravel the complexity of your thoughts allowing your mind to flow freely and creatively Enriched with practical exercises this book serves as a guiding light for those seeking solace and yearning to live with more vibrancy and purpose Whether you re facing unexpected challenges or treading the demanding corridors of high pressure careers Rx for Resilience offers a roadmap to joy fortitude self discovery and the gift of presence Anxiety Rx Russell Kennedy,2024-09-17 From physician and neuroscientist Russell Kennedy MD comes an award winning

book that offers a revolutionary life changing approach to healing anxiety Break the cycle of anxiety with the newly upgraded and expanded second edition After years of trying different therapies for his debilitating anxiety without success Dr Russell Kennedy had an epiphany anxiety does not start in the brain Anxiety starts in the body where trauma is stored and physical and emotional perception begin Alarm bells originating in the body are what trigger those anxious thoughts that we call anxiety and Russ realized that true healing starts only when we learn not to conflate the two He understood that existing therapies focused only on the mind would never get to the root of the problem at best they could help manage symptoms but they d never truly heal anxiety Wanting to make a difference for the millions who suffer from anxiety disorder Russ created Anxiety Rx a book that blends his personal story with medical science neuroscience and developmental psychology Readers learn how to sever the connection between the somatic alarm and the flood of anxious thoughts in the process they begin to heal old trauma and gain a sense of control previously unknown Russ offers techniques not only for our thinking minds but for our feeling bodies changing not just our mindset but our body set Unraveling the intricate relationship between anxiety the body and the mind Anxiety Rx offers a profound path toward healing and growth **Rx Hollywood** Michael

DeAngelis,2018-01-01 How films of the 1960s and early 1970s framed therapeutic issues as problems of human communication and individual psychological problems as social ones Rx Hollywood investigates how therapy surfaced in the themes representations and narrative strategies of a changing film industry In the 1960s and early 1970s American cinema was struggling to address adult audiences who were increasingly demanding films that confronted contemporary issues Focusing upon five fields of therapeutic inquiry therapist patient dynamics female frigidity and male impotence marital discord hallucinogenic drug use and the dynamics of confession Michael DeAngelis argues that the films of this period reveal an emergent common tendency of therapy to work toward the formation of a stronger sense of interpersonal community social and political engagement counteracting alienation and social division in the spirit of connection and community Prior to the 1960s therapy had been considered an introspective process one that emphasized contemplation and insight and prompted the patient to investigate memories and past traumas In the 1960s however therapy would move toward more humanistic client centered community group and encounter models that deemphasized the there and then of past feelings and experiences and embraced the here and now of the present These kinds of therapy promised to heal the self through a process of reaching out helping individuals to connect with communities support networks and other like minded individuals who shared a needed sense of belonging Drawing on a wide range of films including Marnie The Boston Strangler The Chapman Report Carnal Knowledge Divorce American Style Diary of a Mad Housewife Guess Who s Coming to Dinner and Five Easy Pieces DeAngelis shows how American culture framed therapeutic issues as problems of human communication developing treatment strategies that addressed individual psychological problems as social problems **The Great Physician's Rx for Heartburn and Acid Reflux** Jordan Rubin,Joseph Brasco, **Generation Rx** Erin Marie

Daly,2014-08-12 What had happened to my baby brother How did a tiny little pill shatter our family When did we first begin losing Pat These are the harrowing questions that plagued Erin Marie Daly after her youngest brother Pat an OxyContin addict was found dead of a heroin overdose at the age of twenty In just a few short years the powerful prescription painkiller had transformed him from a fun loving ball of energy to a heroin addict hell bent on getting his next fix Yet even as Pat s addiction destroyed his external life his internal struggle with opiates was far more heart wrenching Erin set out on a painful personal journey turning a journalistic eye on her brother s addiction in the process she was startled to discover a new twist to the ongoing prescription drug epidemic That kids are hooked on prescription drugs is nothing new what is new is the rising number of young heroin addicts whose addiction began with pills in suburban bedrooms and how a generation of young people playing around with today s increasingly powerful opioids are finding themselves in the frightening grip of heroin While many books a have tackled the topic of Big Pharma drug addiction and our increasingly over medicated society Generation Rx offers an entirely new look at what the prescription pill epidemic means for today s youth and the world around them

Childhood Bipolar Disorder Answer Book Tracy Anglada,Sheryl M. Hakala,2008 How does bipolar disorder affect learning Is there a cure Is this a fad diagnosis How do I handle manipulation How can I prevent relapses Should I use alternative treatments How can I parent effectively We are certain that all parents whose children struggle with bipolar disorder will find this book indispensable Demitri F Papolos MD and Janice Papolos authors of The Bipolar Child Co written by a doctor and a mother whose children live with bipolar disorder The Childhood Bipolar Disorder Answer Book explains confusing medical lingo and provides straightforward answers to all your pressing questions about treatment parenting strategies and everything else How is childhood bipolar disorder different from an adult onset What are the earliest symptoms Why is my child so irritable How young can these symptoms manifest Should all family members be evaluated for bipolar disorder Will my child lead a normal life Written in an easy to read Q A format The Childhood Bipolar Disorder Answer Book helps you understand and accept your child and develop a plan for success

**Medical Books and Serials in Print, 1979** R. R. Bowker LLC,1979-05

**Liver Disease in Children** Frederick J. Suchy,Ronald J. Sokol,William F. Balistreri,Jorge A. Bezerra,Cara L. Mack,Benjamin L. Shneider,2021-03-18 Liver disease in children is increasing in prevalence placing a huge burden on healthcare systems and often requiring long term management Offering an integrative approach to the science and clinical practice of pediatric hepatology this is the definitive reference text for improved diagnosis and treatment strategies In the new edition of this authoritative text chapters have been thoroughly revised in line with major advances in the field such as recognizing the increased frequency of fatty liver disease and how genetic testing has the potential to establish earlier diagnoses for a variety of diseases Disorders covered include cholestasis metabolic disorders and hepatitis with their presentation across the spectrum of infancy childhood and adolescence discussed The indications and surgical aspects of liver transplant are explained and post transplant care is described in detail This is a

valuable resource for pediatricians hepatologists gastroenterologists and all clinicians involved in the care of children with liver diseases Medical and Health Care Books and Serials in Print ,1997 *The Cumulative Book Index* ,1979 A world list of books in the English language **Congressional Record** United States. Congress,2004 *American Druggist* ,1959 *Provincial Medical & Surgical Journal* ,1852 *Provincial Medical and Surgical Journal* ,1852 Cumulated Index Medicus ,1971 **Current Bibliography of Epidemiology** ,1969 Monthly with annual cumulations Comprehensive current index to periodical medical literature intended for use of practitioners investigators and other workers in community medicine who are concerned with the etiology prevention and control of disease Citations are derived from MEDLARS tapes for Index medicus of corresponding date Arrangement by 2 sections i e Selected subject headings and Diseases organisms vaccines No author index *Blackwood's Edinburgh Magazine* ,1822 *Blue Eyes on the Yellow Sea* Tad Miller,2015-10-29 *Blue Eyes On The Yellow Sea Welcome To Red China* This book is fun yet serious a true courageous entertaining adventure in which the author comes to China initially on a mission to teach Wide ranging in scope it addresses culture history people politics art interesting facts traditions economics philosophies visa issues in addition to his experiences with work travel and of course romance A Featurettes section includes a China time line relative to world events Mandarin language guide conversion chart among other things Pictures help to tell the tale Tad Miller offers the world a fresh honest access to this ancient though modernizing place in a humorous style a really great start for getting to know China and human nature

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