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Self-care tips to boost your mental health



Mental Health Tips Near Me

RM Cervero



Mental Health Tips Near Me:

A Nurse's Guide to Women's Mental Health Michele R. Davidson, 2012-05-22 Named a 2013 Doody's Core Title 2012 Third Place AJN Book of the Year Award Winner in Psychiatric Mental Health Nursing This is a great resource for any nurse working with women Score 94 4 Stars Doody's Medical Reviews This is a quick access clinical guide to the range of mental health issues and diagnoses that commonly affect women across the life span It focuses on the unique biopsychosocial factors that make women especially vulnerable to psychological disorders and emphasizes key stressors specific to women that are precursors to mental illness Frequent headings and bulleted concise presentation of information facilitates reading In addition to discussing mental health issues specific to women the guide covers unique populations such as disabled women lesbian and transgendered women female veterans women with forensic health concerns and women who have been the object of violence Chapters also address childbearing issues including menstruation related problems infertility and its psychological implications and antepartum intrapartum and postpartum psychological disorders Developmental milestones the impact of culture on mental illness and global health issues are covered as well Tables and charts present key facts in an easy to read format Key Features Provides a concise easy to use guide to women's mental health issues across the life span for new and seasoned nurse practitioners Focuses on stressors unique to women as precursors of mental illness Delivers commonly occurring DSM IV disorders in women using a consistent format that includes etiology assessment and drug and behavioral therapeutic approaches Discusses preconception and childbearing issues the impact of violence female veterans disabled women lesbian women and transgendered women

Manifest Joy: Happiness Affirmations to Transform Your Life Shu Chen Hou, Introducing Manifest Joy Happiness Affirmations to Transform Your Life a powerful tool to help you unlock the power of positivity and happiness in your life This book is designed to guide you through the journey towards a more joyful and fulfilling life by providing you with 100 powerful affirmations that will help you shift your mindset towards positivity and abundance Do you struggle with negative thoughts and emotions that hold you back from achieving your dreams Do you find yourself feeling unhappy unfulfilled and stuck in a rut Do you wish you could unlock the power of positivity and manifest the life of your dreams If so Manifest Joy Happiness Affirmations to Transform Your Life is the perfect book for you This comprehensive guide is filled with practical tips techniques and affirmations that will help you cultivate a positive mindset overcome limiting beliefs and achieve your goals Manifest Joy Happiness Affirmations to Transform Your Life is the ultimate guide to happiness designed to help you achieve the life you've always dreamed of Whether you're looking to improve your mental health cultivate more joy in your relationships or attract abundance and prosperity into your life this book has everything you need to transform your mindset and manifest your dreams So what are you waiting for Start your journey towards happiness today with Manifest Joy Happiness Affirmations to Transform Your Life Get your copy now and discover the power of positivity and joy in your life

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