

POETRY ON PRESCRIPTION

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Poetry Prescription: First Aid Deborah Alma, 2025-07-10

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Poetry Prescription: Inspiration Deborah Alma, 2025-11-04

A small but significant inspiring anthology from Deborah Alma the founder of the Poetry Pharmacy

Composing Health Literacies Michael Madson, 2023-03-31 This edited collection examines engagements between health literacies and undergraduate writing instruction providing research case studies and practical guidance on developing an interdisciplinary writing pedagogy Bringing together works from scholars in rhetoric and composition technical communication UX public health nursing and writing center administration this collection showcases a range of evidence based practices for composing teaching and assessing health literacies which the readers can apply to their own contexts Using non specialist language accessible to instructors from a variety of backgrounds the chapters consider the use of writing assignments including image analyses public service announcements podcasts health education materials illness narratives public presentations research proposals and journal articles The book offers a holistic overview by profiling entire writing programs both online and face to face that teach health literacies across their curricula This evidence based collection is essential reading for scholars and instructors in rhetoric and composition writing in the health professions technical communication and health humanities and can be used as a supplemental textbook for pedagogy courses in these fields

The Connection

Cure Julia Hotz, 2025-06-17 In this combination of diligent science reporting moving patient success stories and surprising self discovery journalist Julia Hotz helps us discover the lasting and life changing power of social prescribing Traditionally when we get sick health care professionals ask What's the matter with you But around the world teams of doctors nurses therapists and social workers have started to flip the script asking What matters to you Instead of solely pharmaceutical prescriptions they offer social prescriptions referrals to community activities and resources like photography classes gardening groups and volunteering gigs The results speak for themselves Science shows that social prescribing is effective for treating symptoms of the modern world's most common ailments depression ADHD addiction trauma anxiety chronic pain

dementia diabetes and loneliness As health care's de facto cycle of diagnose treat repeat reaches a breaking point social prescribing has also proven to reduce patient wait times lower hospitalization rates save money and reverse health worker burnout And as a general sense of unwellness plagues more of us social prescriptions can help us feel healthier than we've felt in years As the first book on social prescribing *The Connection Cure* empowers you to find experience and implement this revolutionary medicine in your own community While touring the globe to investigate the spread of social prescribing to over thirty countries Hotz meets people personifying its revolutionary potential an aspiring novelist whose art workshop helps her cope with trauma symptoms and rediscover her joy a policy researcher whose swimming course helps her taper off antidepressants and feel excited to wake up in the morning an army vet whose phone conversations help him form his only true friendship and dozens more The success stories she finds bring a long known theory to life if we can change our environment we can change our health By reconnecting to what matters to us we can all start to feel better [The Rumi Prescription](#) Melody Moezzi, 2021-03-02 A powerful personal journey to find meaning and life lessons in the words of a wildly popular 13th century poet Rumi's inspiring and deceptively simple poems have been called ecstatic mystical and devotional To writer and activist Melody Moezzi they became a lifeline In *The Rumi Prescription* we follow her path of discovery as she translates Rumi's works for herself to gain wisdom and insight in the face of a creative and spiritual roadblock With the help of her father who is a lifelong fan of Rumi's poetry she immerses herself in this rich body of work and discovers a 13th century prescription for modern life Addressing isolation distraction depression fear and other everyday challenges we face the book offers a roadmap for living with intention and ease and embracing love at every turn despite our deeply divided and chaotic times Most of all it presents a vivid reminder that we already have the answers we seek if we can just slow down to honor them You went out in search of gold far and wide but all along you were gold on the inside Become the sky and the clouds that create the rain not the gutter that carries it to the drain You already own all the sustenance you seek If only you'd wake up and take a peek Quit being a drop Make yourself an ocean

Reading Literature and Chronic Pain

Josie Billington, 2025-05-15 This valuable and insightful study into chronic pain and its treatment advances a striking analysis of the complex phenomenon of chronic pain also attesting to the importance of the medical humanities in addressing urgent questions that medical science alone cannot resolve The primary purpose of this book is twofold First to demonstrate empirically against a conceptual background drawn from multiple disciplines and knowledge bases historical medical neurobiological psychological socio anthropological how an apparently soft intervention such as literary reading can effectively combat symptoms of a condition as intractable as chronic pain Second to explore what this evidence tells us about pain as a lived experience as well as a condition in urgent need of new treatment options and about literature and the reading of fiction and poetry as therapeutic influences in contemporary health and healthcare most particularly in alleviating the often severe mental health difficulties with which chronic pain is almost universally associated Based on unique empirical

research with people who are living with chronic pain this book is the first of its kind to demonstrate the value of literature and literary reading both as a discourse for understanding and finding pain and as an intervention in its treatment

Library of Congress Subject Headings Library of Congress, Library of Congress. Subject Cataloging Division, Library of Congress. Office for Subject Cataloging Policy, 2013 Lessons on Prescriptions and the Art of Prescribing William Handsel Griffiths, 1875

The Dramaturgy of Performing Science Jules Odendahl-James, 2024-09-02 This is a concise survey of new play projects that bring together the worlds of science and performance and the benefits that dramaturgical praxis can bring to both disciplines Three approaches common to both performance and science collaboration experimentation and interpretation are reflected in a series of case studies that demonstrate the ways in which dramaturgical tools can inform the wider public about scientific knowledge and practice provide a truly reciprocal model of co operation in collaboration that happens early on in the research process and inspire the creation of new dramatic forms that enact rather than translate the dynamics of scientific research Part of the Routledge Focus on Dramaturgy series this is a vital account of collaborative work for scholars and practitioners of theatre and performance as well as readers across the sciences **Poetry Prescription:**

Wild Remedy Deborah Alma, 2025-04-03 This beautiful pocket sized hardback gift book contains carefully curated prescriptions in verse compiled by Deborah Alma the founder of the Poetry Pharmacy Life is lived with feeling these poems will bring you tranquility Poems to take you outside for finding solace and tranquility in wild spaces poems of earth and sea and weather Includes poems by W B Yeats Walt Whitman William Shakespeare Edna St Vincent Millay D H Lawrence and many more No bitter pills No adverse reactions The Poetry Prescription series compiled by Deborah Alma is the perfect antidote for life's ailments Inspired by the achingly cool Poetry Pharmacy shops in London and Shropshire social media favourites with a clear focus on promoting wellbeing through the written and spoken word Each of the 8 themed titles offers an array of poems to inspire heal and comfort Whether readers are looking to find solace for times of ill health loss and grief cope with matters of the heart need poetic inspiration for courage and confidence or want to find peace and tranquillity in wild spaces there is a collection for everyone Perfect for reading aloud or for quiet contemplation these books are a much needed balm for our busy lives Other books in the series include Poetry Prescription Comfort Poetry Prescription Words for Love and Poetry Prescription Becoming Creating Community Health Simon Lennane, 2023-05-05 This important book explores how community based interventions can bridge the gap between health services and the voluntary sector to create more sustainable healthy communities Moving beyond a technologically driven medicalised approach to healthcare the book shows how social prescribing can provide a direct pathway to improving community health embracing connection and challenging inequality Written by a practicing GP and illustrated through practical guidance it demonstrates how this can offer a cost effective preventative means to improving health outcomes enabling communities to be more resilient when confronting major issues such as climate change or pandemics Building to a case study of how these methods were used in

one town Ross on Wye the book will be invaluable reading for those working in healthcare public health local authorities and the voluntary sector as well as students and researchers interested in these areas **Prescriptions for Choral Excellence** Shirlee Emmons, Constance Chase, 2006-02-02 In shaping choral tone directors often wish to improve the sound of their choir but are challenged to pinpoint underlying problems or to guide singers toward solutions Now in **Prescriptions for Choral Excellence** skilled vocal pedagogue Shirlee Emmons and leading choral director Constance Chase equip choral directors with the practical tools they need to help singers achieve peak choral performance Drawing on years of experience Emmons and Chase help choral directors and singers effectively diagnose and resolve problems They cover topics ranging from breath management and diction to range and intonation and much more Beyond describing vocal difficulties the book provides concrete instructions on how to apply the concepts in day to day rehearsal and performance The numerous practical exercises and planning aides allow directors to maximize both time and talent to elicit the highest potential from their singers While grounded in the most up to date research in voice science the discussion of vocal anatomy and function is accessible to readers with no previous knowledge of voice science Going beyond other vocal and choral guidebooks the authors also apply the most current theories in leadership principles and group dynamics to choral settings helping directors translate their natural musicality and charisma into inspiring and motivational leadership A comprehensive and unique blend of practical expertise voice science and leadership psychology **Prescriptions for Choral Excellence** is an invaluable guide for all choral directors seeking to create memorable and remarkable performances **The Collegian and Progress of India** ,1920 **Mental Health, Psychiatry and the Arts** Victoria Tischler, 2018-10-08 Medicine and psychiatry both based on science require the art of caring using the principles of art in learning and teaching Sitting with a patient making sense of their distress being empathetic in understanding both the symptoms and the person and alleviating suffering needs a human touch For that doctors need the soul of an artist and must be aware of the value that arts have for society and the individual from the Foreword by Dinesh Bhugra This comprehensive book explores how visual art cinema music poetry literature and drama can inform the teaching and practice of psychiatrists and mental health professionals Edited and written by a team of expert practitioners teachers and researchers including both clinicians and users of mental health services this comprehensive book will provide valuable insights for undergraduate and postgraduate educators with teaching responsibilities in psychiatry and mental health Students of the medical humanities art music and drama therapists and educators in occupational therapy and psychology will also find this a valuable and insightful handbook The authors of this wonderful handbook provide a convincing argument that the arts are good for what ails us They have each used a preferred artistic medium to deepen personal reflection and to enhance their own creativity as physicians teachers and therapists Their models are clear their suggestions practical but none of the approaches you ll find here is reductive or simplistic Try some of the reflective exercises and teaching strategies You will be sure to rediscover something you have always cherished about

the art of healing from the Foreword by Allan D Peterkin **Journal of the House of Representatives of the United States** United States. Congress. House, 2006 Some vols include supplemental journals of such proceedings of the sessions as during the time they were depending were ordered to be kept secret and respecting which the injunction of secrecy was afterwards taken off by the order of the House *The Medical Formulary: Being a Collection of Prescriptions Derived from the Writings and Practice of Many of the Most Eminent Physicians in America and Europe* Benjamin Ellis, 1846 Writers' & Artists' Yearbook 2025 Bloomsbury Publishing, 2024-08-29 What is your best investment Buying a copy of the Writers Artists Yearbook Kimberley Chambers This bestselling Writers Artists Yearbook contains a wealth of information on all aspects of writing and becoming a published author plus a comprehensive directory of media contacts Packed with practical tips it includes expert advice from renowned authors and industry insiders on submitting to agents and publishers writing non fiction and fiction across different genres and formats poetry plays broadcast media and illustration marketing and self publishing legal and financial information writing prizes and festivals Revised and updated annually the Yearbook includes thousands of industry contacts and over 80 articles from writers of all forms and genres including award winning novelists poets and playwrights scriptwriters for TV radio and videogames If you want to find a literary or illustration agent or publisher would like to self publish or to crowdfund your creative idea then this Yearbook will help you New content for this edition includes articles on If at first you don t succeed by Jessica Irena Smith The importance of story development by Greg Mosse Writing for readers by Rachel McLean Creating a poetry comic by Chrissy Williams Ghosting writing other people s stories by Gillian Stern Romantic motifs by Sue Moorcroft How a publicist can help you by Hannah Hargrave Writing across forms by Rob Gittins Pitching your travel ideas by Jen Sim Benson The hybrid author by Simon McLeave The wealth of information is staggering The Times **Diet: a Prescribed Way of Life** Barbara Rubin, 2019-03-13 Based on solid science and research Diet A Prescribed Way of Life by author Barbara Rubin builds a cohesive tested concept for healthy eating that will keep you looking great and give you true vitality and a real appetite for life Through Rubin s personal experiences and observations examples humorous anecdotes and practical advice you ll discover the power of food as a tool for healing and learn how to translate this power to your plate She offers clear explanations and full analyses of the issues which not only focuses on educating but also on ensuring you enjoy the best life possible She discusses that food isn t just medicine It s the life source and it s important to understand every part of the process from the soil your food is grown in to the way it s cared for and how it is processed Diet A Prescribed Way of Life presents a transformed perspective on food and nutrition giving you the knowledge you need to make well informed choices about your diet It shows how everything is the result of a consciously selected and consistently practiced lifestyle the best way to keep your body working as it should *Family Therapy as an Alternative to Medication* Phoebe S. Prosky, David V. Keith, 2004-03-01 Family Therapy as an Alternative to Medication critically and passionately explores the concepts and practices that constitute the interface between family systems based

psychotherapy and modern biological psychiatry This diverse collection of essays eight by psychiatrists is neither for nor against medication but takes a skeptical view of the unquestioned dominance that medication based treatments have achieved among mental health practitioners Its viewpoint is that therapeutic attention to context and relationships regularly diminished when medications are prescribed interferes with the development of psychiatric disorders adds to maturity and expands consciousness Clinical examples by both practitioners and patients are used to define potential problems that arise from trying to combine a medical model with family systems work and also illustrate the decision making processes and methods for applying family systems based therapies This book will stimulate thoughtful conversation among students and practitioners of all mental health disciplines

The Top Books of the Year The Health Poetry Prescription The year 2023 has witnessed a noteworthy surge in literary brilliance, with numerous engrossing novels captivating the hearts of readers worldwide. Lets delve into the realm of top-selling books, exploring the fascinating narratives that have captivated audiences this year. The Must-Read : Colleen Hoover's "It Ends with Us" This poignant 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 captivating storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. The Health Poetry Prescription : Delia Owens "Where the Crawdads Sing" This captivating 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, captivating readers with its evocative prose and mesmerizing setting. These popular 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 Papen, 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 a exceptional and gripping novel that will keep you guessing until the very end. The novel is a cautionary tale about the dangers of obsession and the power of evil.

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