





WELLNESS WORKS LENDING LIBRARY

Maine Municipal Employees Health Trust
60 Community Drive, Augusta, ME 04330
Call Us! 1-800-452-8786



 For your convenience, the last page of this listing is a [Request for Materials](#) form 

AGING

Aging well : the complete guide to physical and emotional health / Wei, Jeanne Y. 2000.
Book : 373 pages: includes index.

This guide offers a complete and highly accessible reference focused on the physical and emotional issues that affect seniors and their loved ones. It offers invaluable advice on a range of topics, from lifestyle choices to retirement and insurance options to coping with loss and other life concerns.

The new ourselves, growing older: women aging with knowledge and power : a book for women over forty / Doress-Worters, Paula B. and Siegal, Diana Laskin. 1994. Book : 531 pages: illustrated; includes index.

The authors address the needs of the growing number of women over the age of forty. This new and revised edition of the bestselling *Ourselves, Growing Older* includes new chapters on menopause and reform of the medical care system as well as extensive updates on housing issues, HIV/AIDS, cosmetic surgery, and breast cancer. *The New Ourselves, Growing Older* takes a positive, empowering approach to the physical and emotional health and social well-being of midlife and older women by providing frank and complete information on personal health. Emphasizing the positive potential of the second half of life, this book focuses on a vast array of topics, including: aging & well-being; reassessing our body image; contraception & childbearing at midlife; sexuality in the middle and later years; menopause: experiencing our change of life; reform of the medical care system; hypertension, diabetes, hysterectomy, osteoporosis, arthritis, cancer, housing alternatives, work & retirement, money matters.

Not your mother's midlife : a ten-step guide to fearless aging / Alspaugh, Nancy. 2003.
Book : 218 pp, CD-Rom.

This book provides practical recommendations to help you face middle age with confidence and a positive attitude, along with personal growth exercises, riveting real-life stories, and visualizations to inspire new ways of thinking. The enclosed CD features guided visualizations and meditations from the text.

Should Mom be left alone? Should Dad be driving? : your q & a companion for caregiving / Rhodes, Dr. Linda. 2005. Book : 234 pages: includes index.

In this accessible and reassuring guide, you'll find answers to the most pressing questions about the welfare of your aging parents. Dr. Linda Rhodes offers straightforward advice, sensible strategies, and beneficial resources on caregiving concerns. Some topics: health care, staying well and managing disease, money matters, and lifestyle.

Strength training past 50 / Westcott, Wayne L. 2000. Book : viii, 231 p. : ill., ; 23 cm. - paper. Includes index.

Strength training can be valuable for the aging human body. This book goes step-by-step through what most adults can do safely and sanely to follow an effective strength training program.

ALCOHOL

Media sharp : analyzing tobacco & alcohol messages / Centers for Disease Control and Prevention. not dated. Video : VHS tape, running time 14 min. includes User's Guide.

Program consists of two parts: Pervasiveness of alcohol and tobacco media messages in our lives & youth in action. Target audience is young adults.

WELLNESS WORKS LENDING LIBRARY

ALCOHOLISM

Beyond the influence : understanding and defeating alcoholism / Ketcham, Katherine. 2000. Book : 357 pp, paper, illus.

Based on the latest scientific research, this book clearly explains the neurological nature of the disease and reveals why some people drink addictively and others do not. It also spells out what needs to be done to treat alcoholism including: steps to take for an intervention; how to find the right treatment program; which psychological approaches work best; why spirituality is essential to recovery; new insights into relapse prevention; and what you should know about diet, exercise, and nontraditional treatments such as acupuncture.

ALZHEIMERS DISEASE

Learning to speak Alzheimer's : a groundbreaking approach for everyone dealing with the disease / Coste, Joanne Koenig. 2003. Book : 228 pp, paper. Includes index.

The word Alzheimer's has long suggested a tremendous emotional burden for patients and those caring for them. That does not necessarily need to be so. This book offers a groundbreaking approach to dealing with the disease so that both parties thrive. In a friendly, knowledgeable style, the author offers five tenets in what she calls the "habilitation" approach to caring for people with progressive dementia.

Losing my mind : an intimate look at life with Alzheimer's / DeBaggio, Thomas. 2002. Book : 207 pp, paper.

This is an extraordinary first-person account of early onset Alzheimer's -- the form of the disease that ravages younger, more alert minds. DeBaggio started writing on the first day of his diagnosis and has continued despite his slipping grasp on one of life's greatest treasures, memory.

What's happening to Grandpa? / Shriver, Maria. 2004. Book : ill.

The aging of loved ones is a difficult transition that nearly all children must face. But when aging includes an illness like Alzheimer's, the challenge to a family is profound. Target audience is children.

ARTHRITIS

Arthritis for dummies / Fox, Barry PhD, Taylor, Nadine MS and Yazdany, Jinoos MD. 2004. Book : xx, 360 p. : ill., includes index; paper.

This guide walks you through the latest medications, diagnostic procedures, surgical advances, and dietary findings to help you manage arthritis, slow down its progression, and enjoy life. It provides tips on keeping your joints in shape, dealing with chronic pain, and assembling a top-notch healthcare team.

The arthritis helpbook : A tested self-management program for coping with arthritis and fibromyalgia / Lorig, Kate R.N., Fries, James F. MD. 2000. Book : xiii, 367p. : ill., bl & wh photos; Includes index.

This is the world's leading guide to coping with joint pain. It succeeds because of its tested advice, hundreds of useful hints, and emphasis on self-management. The chapters allow you to understand the different kinds of arthritis and fibromyalgia, learn proven techniques to reduce pain and increase dexterity, build a calcium-rich diet and maintain a healthy weight, design an exercise program that matches your needs, and more.

Guide to good living with osteoarthritis / Morrow, Shelly. 2000. Book : xi, 207 p. : ill., includes index; paper.

This book will help you understand osteoarthritis and provide you with the tools you need not only to participate in your own care but to play a leading role in it. It looks at how the disease may affect you, as well as successful ways to manage its symptoms so you can take control of your health and your life. In the book you'll see the term self-manager often. Self-managers are people who take control of their own situations. A disease like osteoarthritis can make you feel as if you're not in complete control of your life. You may not be able to do some activities as easily as you used to and you may need more help with

WELLNESS WORKS LENDING LIBRARY

certain tasks. But you are in charge of your life. Discover some simple exercises many with osteoarthritis can do; a handy guide to the latest osteoarthritis drugs; which herbs and supplements really work; effective ways to relieve your pain; and keys to successful weight loss.

Guide to good living with rheumatoid arthritis / Theodore Pincus, MD, medical editor. 2000. Book : xi, 207 p. : ill., includes index; paper.

This guide gives you the tools you need to live a healthy, abundant life. From clear explanations of causes and symptoms to an illustrated exercise guide, you'll get sound advice on how to live life to its fullest. Discover tips for keeping tabs on your rheumatoid arthritis; an "ask the doctor" worksheet; pain-relief pointers; 27 questions to ask before surgery; a handy guide to the latest RA drugs; energy boosters and stress busters; self-help resources.

Strong women and men beat arthritis : the scientifically proven program that allows people with arthritis to take charge of their disease / Nelson, Miriam E. 2002. Book : xiii, 298 p. : ill. ; 24 cm - paper.

Cutting-edge strategies for the relief of rheumatoid and osteoarthritis. The scientifically proven program that allows people with arthritis to reduce pain and disability, increase strength and physical function, improve mood and boost self-confidence. This book offers all the tools you need and more!

ASTHMA

The Children's Hospital of Philadelphia guide to asthma : how to help your child live a healthier life / Allen, Julian Lewis, editor. 2004. Book : 244 pp, paper, ill.

Treatment advice from the experts at the top-ranked children's hospital in the U.S. Nearly five million North American children have asthma, and the numbers are growing worldwide. This book clearly explains the keys to optimal treatment: controlling environmental conditions that trigger symptoms, making a medical treatment plan, and putting it into effect.

Living a healthy life with chronic conditions : self-management of heart disease, arthritis, diabetes, asthma, bronchitis, emphysema & others / Lorig, Kate. 2000. Book : vi, 330 p. : ill. ; 28 cm. Includes bibliographical references and index.

People with long-term conditions such as heart disease, diabetes, emphysema, asthma, and arthritis face challenges every day. Not only must they manage their condition(s) medically, they must also maintain the ability to do the simple things life requires of them each day. At the same time, they often need to deal with the frustration, anger and depression that can accompany any chronic health problem. The simple goal of this book is to help people live the best possible life with a long-term condition.

BALLS - EXERCISE/STABILITY

Balance ball beginners workout / Deason, Suzanne, Instructor. 2006. DVD : Color DVD, program 45-min, full running time: 1 hour, 30 min.

BalanceBall Beginners Workout, filmed in Maui with renowned yoga and Pilates instructor Suzanne Deason, effectively integrates the principles of muscle control and core toning from Pilates with deep breathing and easy-to-do postures from yoga. The deluxe DVD edition includes the complete practice, bonus daily stretches, on-screen instruction, and an in-depth interview with Suzanne Deason. No matter what your fitness level, this fun, efficient workout can help you stretch, get in shape and enjoy renewed vitality.

Balance ball for weight loss : get back in balance inside and reshape your body outside / Deason, Suzanne, Instructor. 2004. DVD : Color DVD, running time: 55 min.

This program is different because it's about fitness and food that rebalance your body's fat-burning body chemistry, lean muscle mass and self-image from within as it reshapes your body on the outside. With this program you'll get Custom Workouts and nutrition that work with your schedule and your life. You'll learn motivating Pilates-infused routines using the BalanceBall to engage more muscles and boost calorie burn as you sculpt abs, glutes, thighs and upper arms. Gaiam's signature attention to body mechanics and

WELLNESS WORKS LENDING LIBRARY

breathing tune you in to your body more than other workouts - so your mind and muscles work in sync to get you strong and confident from the inside out.

Body Management : total strength for the total body / Muse, Trish. 2002. Video : Color video, running time: 60 min.

With Trish Muse as your instructor you'll get: a time-saving total body workout; systematic strength training for the whole body for every body, modifications for prenatal and postnatal exercisers and knee and back conditions; an exciting new way to challenge the abdominal muscles using the stability ball for strength and dynamic stabilization; an intense strength training workout designed to keep you moving to burn more calories by eliminating rest breaks. This will be accomplished by doing the strength segment in a super set format consisting of exercises for all major muscle groups.

Middle management is the first 30-minute segment, which includes 30 minutes of abdominal exercise using the stability ball. The second 30-minute workout is Muscle management entailing strengthening exercises for all major muscle groups by using weights.

Core secrets 25 minute full body workout / Peterson, Gunnar. 2003. Video : running time: 27 min.

Learn the moves that keep Gunnar Peterson's celebrity clients in shape and camera ready. He trains you using his one-of-a-kind 1-2-3-Core technique. He developed the technique to increase heart rate and burn more calories. He'll introduce you to the fitness ball - a favorite and most effective tool for strengthening your core muscles and shaping your entire body. The 25 minute workout leaves no room for excuses. Now you don't have to skip a workout and slow-down your results. Gunnar developed this time-sensitive workout especially for when you're short on time. This workout hits all your major muscle groups, helping to work your muscles and build your strength.

Core secrets accelerated core training / Peterson, Gunnar. 2003. Video : running time: 46 min.

Learn the moves that keep Gunnar Peterson's celebrity clients in shape and camera ready. He trains you using his one-of-a-kind 1-2-3-Core technique. He developed the technique to increase heart rate and burn more calories. He'll introduce you to the fitness ball - a favorite and most effective tool for strengthening your core muscles and shaping your entire body. Using his 1-2-3 Core technique, Gunnar delivers an intensive workout that will help work and challenge your entire body. Tighten your abs, firm your arms, strengthen your legs - all in a 45-minute session.

Core secrets FUNDamentals / Peterson, Gunnar. 2003. Video : Color video, running time: 28 min.

Featuring Brooke Burke. Learn the moves that keep Gunnar Peterson's celebrity clients in shape and camera ready. He'll introduce you to the fitness ball - a favorite and most effective tool to strengthening your core muscles and shaping your entire body. In Core Secrets FUNDamentals Brooke and Gunnar demonstrate 10 of Gunnar's best basic exercises to work your body from head to toe. Hit every major muscle group in this sequence of strength training moves. FUNDamentals is where to start if you're new to Core Secrets or just beginning a fitness regimen.

Strength ball training / Goldenberg, Lorne and Twist, Peter. 2002. Book : 191 pages: illustrated.

Develop sport-specific strength, power, and flexibility with strength ball training. Used by elite athletes in all major sports, Swiss and medicine ball exercises develop balance and stability while stimulating muscle growth for fitness and performance. This book presents 69 exercises including core stabilization, flexibility, and strength exercises that target all the major muscle groups. More than 140 photos show the precise steps to perform each exercise.

WELLNESS WORKS LENDING LIBRARY

Swiss ball for strength, tone, and posture / Flett, Maureen. 2003. Book : 128 pages; includes index; photos.

This book is a complete guide to this new exercise phenomenon that is becoming as popular as it is effective. Each section focuses on different parts of the body, to allow a comprehensive workout. Step-by-step photographs guide you through every part of the exercise. The Swiss ball is great for increasing muscle strength, flexibility, and balance. It also encourages proper posture as the curved surface helps support the back during stretching. This book provides a comprehensive range of exercises to practice with the Swiss ball, which has long been in use by physiotherapists and practitioners for treating neurological problems.

Weights on the ball workbook : Step-by-step guide with over 350 photos / Stiefel, Steven. 2004. Book : 172 pages, over 350 photos; includes index.

Follow the step-by-step exercises in this book to sculpt and strengthen your entire body. Combining the fat-burning and muscle-building benefits of lifting weights with the core-strengthening and shaping effects of balancing on a ball, this workbook offers the ultimate time-saving, full-body workout. Achieve the specific results you want with nine specially designed programs that: tone and firm muscles, shed weight and reshape your body, and build strong, defined muscle mass.

Equally effective for men and women, weight-ball training is surprisingly fun, and produces noticeable results - fast. From basic moves to advanced variations, the exercises in this workbook are explained with clear captions and easy-to-follow photo sequences.

BEHAVIOR CHANGES

Emotional discipline : The power to choose how you feel / Manz, Charles C. 2003. Book : 213 pp. Includes index.

Do you want to feel great and be effective? The choice is yours. Emotions sometimes get the better of us all, but you can learn how to analyze and manage your emotional reactions in any situation. This book details 5 easy-to-learn steps and 25 specific strategies for responding to your feelings in the present and preparing for emotional challenges in the future. This remarkable approach combines mind, body, and spirit to help you deal with arguably the most challenging part of the human condition: the constant fluctuations in how you feel that color your experience of life and limit your personal effectiveness. With this book you can gain the power to choose how you feel.

Law of attraction : the science of attracting more of what you want and less of what you don't / Losier, Michael. 2006. Book : 142 pages.

This complete how-to reference will teach you how to make the Law of Attraction work for you by helping you eliminate the unwanted from your life and filling it up with the things that give you energy, prosperity and joy. You can use the Law of Attraction to make a few changes in your life or do a complete overhaul. You'll find all the directions right here. Discover how easy it is to use the Law of Attraction to:

- *Stop attracting things that you don't want
- *Increase wealth and abundance in your life
- *Attract your ideal mate and ideal relationships
- *Increase your business - customers, clients and referrals
- *Discover your ideal job, true calling or career

Living the simple life : a guide to scaling down and enjoying more / St. James, Elaine. 1996. Book : 350 pages; 5 1/2 " x 6 ".

Living the Simple Life provides the blueprint you need. If you've already begun simplifying, it will give you new insights and ideas for what to do next on your journey to a more balanced, peaceful life.

The book will show you how simplifying your life will: give you more time to play and relax, make you more productive at work, unleash your creativity and open up new possibilities, and free up time for you to face challenges you've been avoiding.

WELLNESS WORKS LENDING LIBRARY

Organized to be your best! : transforming how you work / Silver, Susan. 2006. Book : 324 p., index.

This is the one book you need to get control over your desk, your computer and your demanding work life. Rely on the "bible of organization" and you'll see how to:

- *Control multiple, ever-changing projects and priorities, 24 x 7 work schedules and information overload
- * Manage email, instant and text messages, phone calls and other communications
- * Devise a time and information system just for you
- * Work more collaboratively with others in person and online
- * Master a messy desk as you learn to turn piles into files
- *Maximize all your work spaces wherever they're located
- * Get the most from your computer and mobile devices and protect yourself in the process

Three minute therapy : change your thinking change your life / Edelstein, Michael R., Ph.D. 1997. Book : 218 pp. Includes index.

This book is based upon Rational Emotive Behavior Therapy, originated by Albert Ellis. The principles have been simplified and explained in a way designed to assist you to take charge of your life and to give you the maximum benefit without spending undue time and money in a therapist's office.

Rational Emotive Behavior Therapy shows you, clearly and simply, how you needlessly upset yourself, and it gives you many thinking, feeling, and action methods of reducing your disturbances while still retaining your main goals, values, and preferences.

BLOOD PRESSURE

The blood pressure book : how to get it down and keep it down / Fortmann, Stephen P. 2001. Book : ix, 147 p. : ill. ; 23 cm. - paper. Includes bibliographical references and index.

This book was written for people who have been told their blood pressure is too high, and also for those who want to keep their blood pressure healthily low. It has been updated to reflect new methods of treatment and new approaches to self-help. The book explains the risk factors for high blood pressure, what it does to your body, how it is monitored, and how it is treated.

BODY WEIGHT

Practical guide on the identification, evaluation, and treatment of overweight and obesity in adults / Pi-Sunyer, F. Xavier, M.D., chair of expert panel. 2002. Report : 77 pp, ill, paper.

This guide provides the basic tools needed to appropriately assess and manage overweight and obesity. It includes practical information on dietary therapy, physical activity, and behavior therapy, while also providing guidance on the appropriate use of pharmacotherapy and surgery as treatment options. These clinical guidelines were developed in response to the increasing prevalence of overweight and obesity in the United States, and the need to alert practitioners to accompanying health risks.

CANCER

American Cancer Society's complementary and alternative cancer methods handbook / Bruss, Katherine PsyD, Managing Editor. 2002. Book : 278 pp, paper, includes index.

Reliable advice on what works and what doesn't! At least one out of every two people with cancer uses some form of complementary or alternative method. This easy-to-read guide sorts out the benefits and risks of each method based on current scientific research.

American Cancer Society's complete guide to prostate cancer / Bostwick, David G., et al. 2005. Book : 394 pp, paper, includes bibliographical references and index.

Count on this book to answer your questions about prostate cancer. Written by a team of leading experts in the field, this comprehensive, easy-to-read guide delivers the facts everyone should know about prostate cancer.

WELLNESS WORKS LENDING LIBRARY

A breast cancer journey : your personal guidebook 2004. Book : 368 pp, ill, includes index.

Whether you've just been diagnosed or have a loved one with breast cancer, this book will supply you with invaluable, up-to-date information on diagnosis, treatment options, and the path ahead.

Cancer in the family : helping children cope with a parent's illness / Heiney, Sue P. 2001. Book : 218 pp, ill, paper, includes bibliographical references and index.

This book outlines valuable steps necessary to help children understand what happens when a parent has been diagnosed with cancer. A special illustrated workbook, designed just for kids, helps even the youngest children record their thoughts and feelings, so they can learn how to navigate through this emotional time.

Couples confronting cancer : keeping your relationship strong / Fincannon, Joy L. 2003. Book : 266 pp, paper, includes bibliographical references and index.

This book explores cancer's impact on the couple, including the caregiver's role; evaluating your relationship; what it takes to create a good relationship; emotions, relationships, and cancer; couples in conflict; lifestyle factors; improving communication; creating emotional intimacy; strengthening physical intimacy; solutions for specific problems; and support services. The book includes a workbook for couples and a resource guide.

CAREGIVING

Should Mom be left alone? Should Dad be driving? : your q & a companion for caregiving / Rhodes, Dr. Linda. 2005. Book : 234 pages: includes index.

In this accessible and reassuring guide, you'll find answers to the most pressing questions about the welfare of your aging parents. Dr. Linda Rhodes offers straightforward advice, sensible strategies, and beneficial resources on caregiving concerns. Some topics: health care, staying well and managing disease, money matters, and lifestyle.

When someone you love has a mental illness : a handbook for family, friends, and caregivers / Woolis, Rebecca. 2003. Book : 308 p. Includes Resource Directory, index - (pbk.: alk. paper)

Exciting and vital current information about recovery from mental illness and substance abuse while addressing the short-term, daily problems of living with someone who has mental illness and long-term planning and care.

CHILD HEALTH AND WELL-BEING

The American Dietetic Association guide to healthy eating for kids : how your children can eat smart from five to twelve / Shield, Jo Ellen. 2002. Book : xi, 228 p. : ill. ; 22 cm. - paper. Includes index.

The grade-school years are nutritionally a very important time for children, and getting your child to eat healthy and make smart choices can be a challenge. This book arms you with practical skills to make sure your kids are eating right even when they're not under your roof.

The blue ribbon day / Couric, Katie. 2004. Book : pp, illus.

When Carrie is disappointed not to make the school soccer team, she turns her attention to creating a science fair project. Discuss success and failure by focusing on a child's strengths and weaknesses.

The brand new kid / Couric, Katie. 2000. Book : pp, illus.

Lazlo, who has just moved to the United States from Hungary, is ostracized at school until two girls have the courage to befriend him. Focuses on celebrating differences and making friends.

WELLNESS WORKS LENDING LIBRARY

Building Better Families (Vol. 1) Communication : Guidelines For Raising Happy Healthy Children / Schott, Fred. Video : running time (part 130 min) (part 230 min)
Parenting is a special and demanding job. Raising conscientious kids is a responsibility that is both challenging and rewarding. Cooperative, stable kids with high self-esteem are more fun to be around and are more successful throughout their lives. Video is filled with parenting enhancement skills you will use throughout your child's life. Focus of the video is on improving your communication skills.

Building Better Families (Vol. 2) Discipline : Guidelines For Raising Happy Healthy Children / Schott, Fred. Video : running time (part 127 min) (part 247 min)
Parenting is a special and demanding job. Raising conscientious kids is a responsibility that is both challenging and rewarding. Cooperative, stable kids with high self-esteem are more fun to be around and are more successful throughout their lives. Video is filled with parenting enhancement skills you will use throughout your child's life. Focus of the video is on offering a new approach to discipline.

Building Better Families (Vol. 3) Self Esteem : Guidelines For Raising Happy Healthy Children / Schott, Fred. Video : running time (part 123 min) (part 237 min)
Parenting is a special and demanding job. Raising conscientious kids is a responsibility that is both challenging and rewarding. Cooperative, stable kids with high self-esteem are more fun to be around and are more successful throughout their lives. Video is filled with parenting enhancement skills you will use throughout your impressionable child's life. Focus of the video is on raising your child's self esteem.

Building Better Families (Vol. 4) Teens : Guidelines For Raising Happy Healthy Children / Schott, Fred. Video : running time (part 130 min) (part 230 min)
Parenting is a special and demanding job. Raising conscientious kids is a responsibility that is both challenging and rewarding. Cooperative, stable kids with high self-esteem are more fun to be around and are more successful throughout their lives. Video is filled with parenting enhancement skills you will use throughout your child's life. Focus of the video is on understanding your teen.

Cancer in the family : helping children cope with a parent's illness / Heiney, Sue P. 2001.
Book : 218 pp, ill, paper, includes bibliographical references and index.
This book outlines valuable steps necessary to help children understand what happens when a parent has been diagnosed with cancer. A special illustrated workbook, designed just for kids, helps even the youngest children record their thoughts and feelings, so they can learn how to navigate through this emotional time.

The Children's Hospital of Philadelphia guide to asthma : how to help your child live a healthier life / Allen, Julian Lewis, editor. 2004. Book : 244 pp, paper, ill.
Treatment advice from the experts at the top-ranked children's hospital in the U.S. Nearly five million North American children have asthma, and the numbers are growing worldwide. This book clearly explains the keys to optimal treatment: controlling environmental conditions that trigger symptoms, making a medical treatment plan, and putting it into effect.

Coping with a picky eater : a guide for the perplexed parent / Wilkoff, William G. 1998.
Book : 192 pp, ill. Includes index.
This practical and realistic guide explains to parents how they can avoid mealtime battles with kids aged one to six years, using sensible strategies that will establish a lifetime of healthful eating habits.

The day I saw my father cry / Cosby, Bill. 2000. Book : no page numbering, illus.
Although Little Bill is sad when a friend of the family dies, he remembers the friend's lesson of saying "Merry Christmas" to get people to stop fighting. A children's book on death, dying, and remembering.

WELLNESS WORKS LENDING LIBRARY

Healthy treats and super snacks for kids / Warner, Penny. 1994. Book : xii, 260 p, ill.; 18 cm. - paper. Includes index.

More than 200 quick, easy recipes for nutritious meals, beverages, treats, and munchies that kids will love!

I'm gonna like me : letting off a little self-esteem / Curtis, Jamie Lee. 2002. Book : 9" x 10 1/2" hardcover.

A young girl learns to like herself every single day, no matter what.

It's so amazing! : a book about eggs, sperm, birth, babies, and families / Harris, Robie H. 1999. Book : 81 pp, illus.

Uses bird and bee cartoon characters to present straightforward explanations of topics related to sexual development, love, reproduction, adoption, sexually transmitted diseases, and more.

Kick to get fit Jr. [for kids] : featuring self-defense techniques and safety tips / Grogan's Martial Arts. 2003. DVD : running time: 35 min.

This is an exercise program designed specifically for kids. This program involves some of the same movements found in Martial Arts and fitness classes but uses a non-violent approach.

Media sharp : analyzing tobacco & alcohol messages / Centers for Disease Control and Prevention. not dated. Video : VHS tape, running time 14 min. includes User's Guide.

Program consists of two parts: Pervasiveness of alcohol and tobacco media messages in our lives & youth in action. Target audience is young adults.

Medications and mothers' milk / Hale, Thomas W. Ph.D. 1992-2004. Book : 938 p.; paper. Includes Index.

Written by renowned Clinical Pharmacologist, Dr. Thomas W. Hale, this book provides the reader with easy-to-understand explanations of how drugs enter milk, their problems if any, and the relative safety of their use in breastfeeding mothers. This reference book contains all the current science known about this field and provides the reader with exact data on the degree of transfer of medications into human milk, the effect on mother and infant, and the relative risks to the infant. This book is the pinnacle of achievement in its field and the only source healthcare clinicians and mothers alike need use as their personal advisor for the concerns of their patients and children.

Quilt of dreams / Dwyer, Mindy. 2000. Book : 32 pp, illus.

While working on a quilt that her grandmother had started before she died, Katy discovers the special memories and meanings that are part of every quilt. This is a children's book.

The savvy mom's guide to medical care : everything you need to know to get top quality care for your child from one of the nation's leading physicians / Gallin, Pamela F. 1999. Book : 259 pp, paper.

This book informs parents about resources that will prepare them to handle medical situations ranging from routine well-child visits to emergency care.

Scene smoking : cigarettes, cinema & the myth of cool / Moloney, Terry. 2002. Video : running time 59 min, Instructors Guide for College, and Teachers Guide for High School.

Smoking in film and television: Hollywood insiders speak out about artists' rights, social responsibility, and the First Amendment. An insightful view into media images for young adults.

WELLNESS WORKS LENDING LIBRARY

Secrets through the smoke : an educational video featuring Dr. Jeffrey Wigand 2001.

Video : 55 min; Teacher's Guide, and Facilitator's Guide for use with community health leaders and policy makers.

Dr. Wigand, highest-ranking industry executive to speak out about the effects of smoking, shares his experiences about the tobacco industry's manipulation of the truth. This video contains "compelling and sometimes graphic" supporting footage. Intended primarily for use with middle and high school students, it can also be used with community leaders and policymakers.

SLAM! no publish date listed. Video : running time: 15 min. includes Facilitator's Guide.

A group of musicians, music industry professionals, and community activists responding to Philip Morris' record label, WomanThing Music. An insightful view into media images for young adults.

Smoke Screeners : an educational program to help young people decode smoking in the movies / Centers for Disease Control & Prevention (CDC) 2000. Video : Moderator's Guide & VHS tape [estimated time for viewing and discussion - 45min.]

Designed to be used in a classroom or youth group setting, this program invites youth to become critical movie and TV viewers. It is designed by students in middle and early high school.

Tear soup : a recipe for healing after loss / Schwiebert, Pat and DeKlyen, Chuck. 2004.

Book : 53 pp, illus.

A children's book about dealing with loss.

What's happening to Grandpa? / Shriver, Maria. 2004. Book : ill.

The aging of loved ones is a difficult transition that nearly all children must face. But when aging includes an illness like Alzheimer's, the challenge to a family is profound. Target audience is children.

What to expect the first year / Eisenberg, Arlene and Murkoff, Heidi and Hathaway, Sandee. 1998. Book : 671 pgs.; includes index.

To help you become the best-equipped parents possible, this book presents a complete, first-year childcare manual from the authors of What to Expect When You're Expecting. This book on parenting includes thorough information on baby's monthly growth and development, feeding, sleeping habits, infant illnesses, and safety.

YogaKids 2 : ABC's for ages 3-6 / Marsha Wenig. 2003. DVD : running time: 40 min.

Kid's yoga expert Marsha Wenig uses ABC play that teaches kids about nature and more, kid-friendly ways to build physical fitness & self confidence, and activities to build coordination in this program.

YogaKids 3 : silly to calm for ages 3-6 / Marsha Wenig. 2003. DVD : running time: 40 min.

Kid's yoga expert Marsha Wenig meets youngsters where they are - in high gear- and expertly shifts their frame of mind from silly to steady, restless to relaxed, boisterous to balanced.

Your baby, your child : a parents' guide to pregnancy and early childhood / Webster, Judith and R. Michael Morse. 2000. Book : 202 pages: charts & illustrated; includes index.

Offers information about practicing healthy lifestyle habits during pregnancy, seeking appropriate prenatal and well-child care, monitoring your child's development compared to what's expected for a given age, knowing when to alert a healthcare provider to potential problems, and handling common childhood medical problems at home.

WELLNESS WORKS LENDING LIBRARY

CHOLESTEROL

Low-cholesterol cookbook for dummies : discover culinary tips and tempting recipes to help get your cholesterol under control / Siple, Molly MS, RD. 2005. Book : 364 pages: illustrated; includes index.

The first step in controlling cholesterol and lowering your risk of heart disease is in changing and improving on what you eat. Nutrients in food go to work in amazing ways to restore normal body function. The vitamins and minerals contained in the foods, discussed in the book, help your body lower the bad cholesterol, and raise the good cholesterol. They protect your arteries from damage. This book gives you a good overview of an effective way to control cholesterol, backed up by the author's experience as a nutritionist and findings of scientific studies.

The new 8-week cholesterol cure : the ultimate program for preventing heart disease / Kowalski, Robert E. 1997. Book : 283 pp, paper. Includes bibliographical references and index.

This book provides information on how to combat all the newly discovered risk factors, from homocysteine to the deadly cholesterol Lp(a). Kowalski offers special recommendations for women, children, and the elderly and describes the latest thinking on exercise. Included as well are wonderful up-to-date recipes, new information on cholesterol-testing methods, and new heart-healthy products.

CHRONIC CONDITIONS

Fibromyalgia & chronic myofascial pain: a survival manual / Starlanyl, Devin and Copeland, Mary Ellen. 2004. Book : 398 pages.

If you are reading this book, you are probably part of the world of fibromyalgia (FMS) and chronic myofascial pain (CMP). You may have lived in this world for some time without knowing its name, and you may have felt lost and confused. You may be experiencing many symptoms for which you don't have an explanation, and for which you have not found relief. This is about to change. Many of the answers you seek are found inside the covers of this book.

Life and breath : preventing, treating, and reversing chronic obstructive pulmonary disease / Schachter, Neil. 2003. Book : x, 336 p. : ill. ; 22 cm., Includes bibliographical references (p. 305-321) and index.

The breakthrough guide to the latest strategies for fighting asthma, emphysema, and chronic bronchitis - at any age.

Living a healthy life with chronic conditions : self-management of heart disease, arthritis, diabetes, asthma, bronchitis, emphysema & others / Lorig, Kate. 2000. Book : vi, 330 p. : ill. ; 28 cm. Includes bibliographical references and index.

People with long-term conditions such as heart disease, diabetes, emphysema, asthma, and arthritis face challenges every day. Not only must they manage their condition(s) medically, they must also maintain the ability to do the simple things life requires of them each day. At the same time, they often need to deal with the frustration, anger and depression that can accompany any chronic health problem. The simple goal of this book is to help people live the best possible life with a long-term condition.

Mayo Clinic on osteoporosis : keeping bones healthy and strong and reducing the risk of fracture / Hodgson, Stephen M. D., Editor in Chief. 2003. Book : 209 pages; includes Index.

This book provides a clear explanation of osteoporosis and fracturing, and practical advice on your prevention and treatment options.

How your bones stay healthy; The effects of osteoporosis on bone structure;

Secondary causes of osteoporosis; Risks of fracture due to osteoporosis;

Bone density testing and making sense of test results; Recovering from a fracture; Developing action plans to prevent or treat osteoporosis; Bone-healthy menus and recipes; Exercise programs for those with osteoporosis

WELLNESS WORKS LENDING LIBRARY

The pain-free back : 6 simple steps to end pain and reclaim your active life / McIlwain, Harris H. M.D. 2004. Book : 298 pages, includes index.

Back pain is a highly common cause of serious discomfort that can weaken your efforts to maintain an active lifestyle. Board-certified rheumatologist Dr. McIlwain shares his clinically proven six-step program for achieving and maintaining a healthy back. This resource provides various means by which to eliminate your back pain without expensive medical procedures: resistance exercises, tips for losing weight, a guide to specific "healing" foods that decrease inflammation, alternative therapies to ease pain naturally, lifestyle changes to reduce stress on your back, and touch therapies.

Seven steps to a pain-free life : how to rapidly relieve back and neck pain / McKenzie, Robin. 2000. Book : 208 pages, includes index.

Robin McKenzie discusses exercises for the back (seven exercises) and for the neck (seven exercises) that can save you from living with pain. Distortion, or changes in the shapes of, discs in the spine can effect or bring about pain in the back and neck. Exercises that Robin has developed allow the discs to return to normal shape. Once the discs are returned to their normal shape, the pain disappears.

The trigger point therapy workbook : your self-treatment guide for pain relief / Davies, Clair NCTMB, with Davies, Amber NCTMB. 2001. Book : 323 pages.

This workbook teaches you exactly what to look for when assessing trigger points. Its clear illustrations show you where on the body trigger points form and the corresponding areas to which they refer pain. Then, in step-by-step detail, it explains how you can treat these sources of chronic pain with unusually effective massage techniques you can do by yourself at any time.

The trigger point therapy workbook : Your self-treatment guide for pain relief / Davies, Clair NCTMB, with Davies, Amber NCTMB. 2004. Book : 298 pages, includes index.

Back pain is a highly common cause of serious discomfort that can weaken your efforts to maintain an active lifestyle. Board-certified rheumatologist Dr. McIlwain shares his clinically proven six-step program for achieving and maintaining a healthy back. This resource provides various means by which to eliminate your back pain without expensive medical procedures: resistance exercises, tips for losing weight, a guide to specific "healing" foods that decrease inflammation, alternative therapies to ease pain naturally, lifestyle changes to reduce stress on your back, and touch therapies.

COOKBOOKS

The American Heart Association low-fat, low-cholesterol cookbook : heart-healthy, easy-to-make recipes that taste great / Naegele, Pat Harmon, writer. 1997. Book : 374 pp, paper. Includes index.

With the American Heart Association dietary guidelines and information on cholesterol, this is an invaluable reference for the health-conscious consumer.

Cooking Light 1994. Book : 263 p.; illustrated.index.

Offers techniques to decrease cholesterol, fat, calories, and sodium.

The Cornell book of herbs and edible flowers / Mackin, Jeanne. 1993. Book : 345 pages: graphs, charts.

The herbs and edible flowers included in the book are described with suggested uses, charming notes on their history and legends over the centuries, and points unique to a particular plant. Their culture is discussed, including size and when and how to propagate and plant. Beautiful color photographs illustrate herbs growing, foods made with them, and more. Methods of harvesting, drying, and storing herbs along with tips are included.

WELLNESS WORKS LENDING LIBRARY

Fresh from the garden : cooking and gardening throughout the seasons with 250 recipes / Meyers, Perla. 1996. Book : 372 pages; includes index.

A winning combination of America's two best-loved pastimes - cooking and gardening - Fresh from the Garden - is the ultimate guide to making the most of fresh produce. One of the earliest proponents of seasonal cooking, award-winning author Perla Meyers celebrates the abundance of the garden throughout the year, from the planting of more than two dozen popular vegetables to harvesting and storing seasonal bounty, with guidelines on preparing each type of produce in ways that complement its unique flavors and the season in which it shines most brightly.

The garden-fresh vegetable cookbook / Chesman, Andrea. 2005. Book : 501 pages; includes index.

What to do with a basketful of luscious tomatoes? How to prepare an armload of summer squash? Where to turn for new sweet corn preparations? If you're one of the thousands of fresh-vegetable enthusiasts who finds yourself pondering these critical questions while returning from the farmers' market or produce department of your gourmet grocer, or harvesting the bounty from your own garden or CSA, this is the book with all the answers you'll need.

The good herb : recipes and remedies from nature / Hurley, Judith Benn. 1995. Book : 406 pages: illustrated.

Profiles a selection of nature's most useful herbs. 200 inventive recipes. Part 1 - Learn about herbs' lore and legend, healing properties, beauty uses, easy-to-grow at home instructions, kitchen possibilities. Part 2 - A treasury of time-tested herbal remedies, showing step-by-step how to unleash healing powers of herbs.

A healthier you : Everyday healthy eating and physical activity for life; based on the Dietary Guidelines for Americans / U.S. Department of Health and Human Services. 2005. Book : 345 pages: graphs, charts.

In A Healthier You, you'll get the straight story and the tools and resources you need to change your life for the better - to help reduce your risk for chronic diseases and live a longer, healthier life.

A Healthier You reflects the state of the science from the Dietary Guidelines for Americans - the gold standard in nutrition - plus:

healthy eating patterns; the food label; almost 100 easy, healthy, and tested recipes; physical activity advice; reproducible worksheets to track your progress; helpful Web sites to learn more; and tips to get you through the day.

Healthy homestyle cooking : 200 of Your Favorite Family Recipes - with a Fraction of the Fat / Tribble, Evelyn M.S., R.D. 1994. Book : 329 pages.

Healthy treats and super snacks for kids / Warner, Penny. 1994. Book : xii, 260 p, ill.; 18 cm. - paper. Includes index.

More than 200 quick, easy recipes for nutritious meals, beverages, treats, and munchies that kids will love!

Herbal soups, salads, breads and sweets : a fresh-from-the-garden cookbook / Bass, Ruth. 2000. Book : 229 pages: includes index.

If you think you know all there is to know about herbs, think again. In this elegant cookbook for gourmet and novice cooks alike, Ruth Bass assembles a captivating array of ideas and enticing recipes for using herbs in all types of dishes, in all seasons, and in appealing, succulent, and unusual ways that perhaps you hadn't considered.

Herbs love tomatoes, peppers, onions and zucchini : a fresh-from-the-garden cookbook / Bass, Ruth. 2000. Book : 231 pages: includes index.

Chef and culinary columnist Ruth Bass explores new ways to marry the rich and varied flavors of herbs

WELLNESS WORKS LENDING LIBRARY

with the ever-popular tomato, the multifaceted pepper, the versatile onion, and the ubiquitous zucchini and other squash. With recipes ranging from everyday to elegant, this deliciously imaginative collection is sure to be treasured by cooks, gardeners, and, of course, food lovers everywhere.

The long life cookbook : delectable recipes for two / Casale, Anne. 2002. Book : 245 pages.

This book incorporates the latest research in diet and nutrition. This book serves up 166 recipes: seductive soups, authentic Italian pastas and sauces, energy-building grains, hearty beef, poultry, veal, and lamb dishes, delicate fish and seafood entrees, healthy salads, quick breads and muffins, and desserts. The author provides the exact amount of fat, sodium, cholesterol, carbohydrates, and protein, as well as the number of calories for each recipe.

Low-cholesterol cookbook for dummies : discover culinary tips and tempting recipes to help get your cholesterol under control / Siple, Molly MS, RD. 2005. Book : 364 pages: illustrated; includes index.

The first step in controlling cholesterol and lowering your risk of heart disease is in changing and improving on what you eat. Nutrients in food go to work in amazing ways to restore normal body function. The vitamins and minerals contained in the foods, discussed in the book, help your body lower the bad cholesterol, and raise the good cholesterol. They protect your arteries from damage. This book gives you a good overview of an effective way to control cholesterol, backed up by the author's experience as a nutritionist and findings of scientific studies.

More vitality cooking : full-flavored, easy recipes brimming with fruits and vegetables / Rosenberg, Monda and Berkoff, F. 1997. Book : 144p. includes index.

Powerhouse fruits and vegetables are the stars of these easy, fast and great-tasting recipes. The authors encourage us to fill up on dishes full of good-for-you fruits and vegetables that offer front-line defense against heart disease and cancer.

Quick and healthy recipes and ideas: for people who say they don't have time to cook healthy meals / Ponichtera, Brenda J. 1994. Book : 255 pages.

Practical "how to" guide including menu ideas for no-cook meals, weight control suggestions, food products worth selecting, and even the shopping list. Wonderful recipes that can be prepared in minutes.

DEATH & DYING

The day I saw my father cry / Cosby, Bill. 2000. Book : no page numbering, illus.

Although Little Bill is sad when a friend of the family dies, he remembers the friend's lesson of saying "Merry Christmas" to get people to stop fighting. A children's book on death, dying, and remembering.

Life after loss : conquering grief and finding hope / Moody, Raymond Jr. 2001. Book : 212 pp, paper. Includes bibliography and index.

Provides the insight and skills needed to transcend our grief and find joy and wholeness once more.

Quilt of dreams / Dwyer, Mindy. 2000. Book : 32 pp, illus.

While working on a quilt that her grandmother had started before she died, Katy discovers the special memories and meanings that are part of every quilt. This is a children's book.

Tear soup : a recipe for healing after loss / Schwiebert, Pat and DeKlyen, Chuck. 2004. Book : 53 pp, illus.

A children's book about dealing with loss.

WELLNESS WORKS LENDING LIBRARY

DEPRESSION

The anxiety & phobia workbook / Bourne, Edmund J. 1995. Book : 428 pages.

This book is a practical and comprehensive guide offering help to anyone who is struggling with panic attacks, social fears, compulsive behaviors and other anxiety disorders.

Depression for dummies / Smith, Laura L. and Elliott, Charles H. 2003. Book : 362 pages: illustrated, includes index.

The authors seek to help readers understand the nature of depression. Once that understanding is established, dealing with depression is less frightening. The authors present how to overcome depression or help someone you love who has depression. The authors also turn to the new field of positive psychology for ideas on feeling not only "good" again, but feeling "even better."

Overcoming depression one step at a time : the new behavioral activation approach to getting your life back / Addis, Michael E. 2004. Book : 183 pp, illus. Includes bibliographical references.

Topics covered are "Understanding depression," "Ending depression," and "Activation as an approach to your daily life."

Winter blues : seasonal affective disorder : what it is and how to overcome it / Rosenthal, Norman E. 1998. Book : 354 pages.

Updated and expanded with the very latest information, this acclaimed guide is a veritable survival kit for anyone who suffers from the winter blues. The book includes a self-test to help you evaluate your own level of SAD; revised chapters on antidepressant medications, light therapy, St. John's wort and a helpful nutritional regimen.

Yoga for depression : a compassionate guide to relieve suffering through Yoga / Weintraub, Amy. 2004. Book : 285 pages; bl & wh photograph demonstrations.

Veteran yoga instructor Amy Weintraub offers a solution to depression which is better than prescription drugs. She brings light to the connection between yoga and emotional well-being. The book addresses diagnoses such as dysthymia, anxiety-based depression, and bipolar disorder. The author reveals why specific yoga postures, breathing practices, and meditation techniques can ease suffering.

DIABETES

101 tips for coping with diabetes / Rubin, Richard R. 1998. Book : 123 pp, ill. Includes index.

This book takes a new and improved approach to dealing with diabetes, steering readers clear of dangerous "coping" habits such as drinking, smoking, or eating too much. It also offers tips for increasing diabetes knowledge, building self-care, developing emotional coping skills, and more.

101 tips for simplifying diabetes / Schade, David S., Burge, Mark R., Adler, Leslie, Butler, Lisa, and Shey, Lynda are the Diabetes Care Team. 2001. Book : 116 pp, ill. Includes bibliographical references and index.

In 11 sections, this book covers monitoring diabetes, improving diet, preventing complications, interacting with healthcare teams, and much more.

Action plan for diabetes : your guide to controlling blood sugar / Barnes, Darryl E. MD. 2004. Book : 153 pg.; black/white photographs; charts; includes index.

This guide to managing and preventing complications associated with the disease can significantly decrease your chances of needing insulin injections. This exercise-based plan can be tailored to your body's needs to boost your energy level, help you lose weight, and make you feel stronger than you have in years.

WELLNESS WORKS LENDING LIBRARY

American Diabetes Association complete guide to diabetes : the ultimate home diabetes reference / Touchette, Nancy, PhD, writer. 2002. Book : 517 pages: illustrated. Includes index.

Whether you have Type I or Type II diabetes, whether you're newly diagnosed or you've had diabetes for several years, the American Diabetes Association has gathered a complete, thorough collection of self-care techniques into one book. Access to total self-care knowledge without having to turn to several different books. Covers nutrition, blood sugar control, exercise, complications, pregnancy, and so on.

American Dietetic Association guide to eating right when you have diabetes / Powers, Margaret A. 2003. Book : xii, 275 p. ; 22 cm. - (pbk. : alk. paper) Includes index.

This authoritative guide to choosing foods to control your blood sugar and maintain an active healthy lifestyle provides the basics of daily diabetes care - from designing a food plan and preventing low blood glucose levels to losing weight and carbohydrate counting - so you can personalize diabetes and food decisions to fit your needs. See how to manage blood fat levels and blood pressure and gain insight into making healthy food choices and planning tasty meals.

Diabetes A to Z : what you need to know about diabetes - simply put / Ogden, Abe, editor. 2003. Book : 204 pp, ill. Includes index.

This diabetes resource will clear up any confusion you've had over certain words or phrases related to diabetes. It will provide simple yet informative answers to all your questions, whether you're newly diagnosed or you've had diabetes for several years. It is filled with the latest information on diabetes self-care, including new medications and treatment guidelines, as well as alcohol, blood sugar, complications, diet, employment rights, exercise, foot care, gestational diabetes and more.

The first year - type 2 diabetes : an essential guide for the newly diagnosed / Becker, Gretchen. 2001. Book : 312 pg.; includes index.

A patient-expert walks you through everything you need to learn and do during the first year with type 2 diabetes. The author guides those newly diagnosed with type 2 diabetes through their first year. She covers a wide range of practical, medical, and lifestyle issues, beginning with coming to terms with your diagnosis and then moving on to choosing the diet that is best for you, the role of exercise, daily blood-glucose testing, medications and supplements, networking with others, insurance issues, and traveling.

Type 2 diabetes life plan : Carol Guber's type II diabetes life plan : take charge, take care and feel better than ever / Guber, Carol. 2002. Book : xvi, 234 p. : ill. ; 24 cm.

An inspiring guide to understanding and managing diabetes for patients and their families. Guber shows, through her own experience, how making lifestyle changes and learning the basics of self-care can lead to a healthier, more fulfilling life than before the diagnosis.

EATING DISORDERS

Breaking free from emotional eating / Roth, Geneen. 1984. Book : 216 pp. Includes index.

This supportive guide to developing new eating habits works without forbidding foods, calorie counting, or deprivation. You'll learn how to become more aware of both your physical and emotional needs, how to deal with the judgments of others, and finally, how to build a fulfilling life that revolves around something other than food.

Hope, help, & healing for eating disorders : new approach to treating anorexia, bulimia, & overeating / Jantz, Gregory L. 2002. Book : 257 pp, paper.

This book is for individuals who suffer from eating disorders and for those who want to help. Dr. Jantz looks at emotional, relational, physical, and spiritual dimensions of healing. You can do more than just survive - you can really live.

WELLNESS WORKS LENDING LIBRARY

ELDER CARE

Caring for yourself while caring for your aging parents : how to help, how to survive / Berman, Claire. 2001. Book : 241 pp, paper, includes bibliography and index.

This empathetic and practical book focuses on the emotional stresses and needs of caregivers while addressing all the practical issues that they are likely to confront.

A final farewell : your personal guide to end of life issues / Lawson, Nancy. 2002. Book : 234 pages, numerous sample forms, checklists.

This guide is designed to help you systematically plan and compile information on funeral/memorial service, burial, associated tasks, etc. The guide provides an area for questions that you will write down, and spaces are included to write your answers.

EMOTIONAL WELL-BEING

The anxiety & phobia workbook / Bourne, Edmund J. 1995. Book : 428 pages.

This book is a practical and comprehensive guide offering help to anyone who is struggling with panic attacks, social fears, compulsive behaviors and other anxiety disorders.

Breaking free from emotional eating / Roth, Geneen. 1984. Book : 216 pp. Includes index.

This supportive guide to developing new eating habits works without forbidding foods, calorie counting, or deprivation. You'll learn how to become more aware of both your physical and emotional needs, how to deal with the judgments of others, and finally, how to build a fulfilling life that revolves around something other than food.

Cancer in the family : helping children cope with a parent's illness / Heiney, Sue P. 2001. Book : 218 pp, ill, paper, includes bibliographical references and index.

This book outlines valuable steps necessary to help children understand what happens when a parent has been diagnosed with cancer. A special illustrated workbook, designed just for kids, helps even the youngest children record their thoughts and feelings, so they can learn how to navigate through this emotional time.

Conquer your critical inner voice : counter negative thoughts and live free from imagined limitations / Firestone, Robert. 2002. Book : xii, 214 p.

This program shows you how to change the way you think and behave. Identify your self-critical and hostile voices, develop good work habits, overcome sexual dysfunction, addiction, and depression, and learn how to have a more positive effect on your children.

Couples confronting cancer : keeping your relationship strong / Fincannon, Joy L. 2003. Book : 266 pp, paper, includes bibliographical references and index.

This book explores cancer's impact on the couple, including the caregiver's role; evaluating your relationship; what it takes to create a good relationship; emotions, relationships, and cancer; couples in conflict; lifestyle factors; improving communication; creating emotional intimacy; strengthening physical intimacy; solutions for specific problems; and support services. The book includes a workbook for couples and a resource guide.

Emotional discipline : The power to choose how you feel / Manz, Charles C. 2003. Book : 213 pp. Includes index.

Do you want to feel great and be effective? The choice is yours. Emotions sometimes get the better of us all, but you can learn how to analyze and manage your emotional reactions in any situation. This book details 5 easy-to-learn steps and 25 specific strategies for responding to your feelings in the present and preparing for emotional challenges in the future. This remarkable approach combines mind, body, and

WELLNESS WORKS LENDING LIBRARY

spirit to help you deal with arguably the most challenging part of the human condition: the constant fluctuations in how you feel that color your experience of life and limit your personal effectiveness. With this book you can gain the power to choose how you feel.

Getting unstuck : breaking through your barriers to change / Simon, Sidney B. 1996.

Book : 296 p; includes index; paper.

This book helps you to overcome self-defeating behavior. It is designed to help break down your stubborn resistance to change. It provides a "values grid" to clarify your goals and desires and to help you deal with indecisiveness. It provides techniques for building your self-esteem. It provides exercises to help you overcome fears.

Life after loss : conquering grief and finding hope / Moody, Raymond Jr. 2001. Book : 212 pp, paper. Includes bibliography and index.

Provides the insight and skills needed to transcend our grief and find joy and wholeness once more.

Overcoming depression one step at a time : the new behavioral activation approach to getting your life back / Addis, Michael E. 2004. Book : 183 pp, illus. Includes bibliographical references.

Topics covered are "Understanding depression," "Ending depression," and "Activation as an approach to your daily life."

Quilt of dreams / Dwyer, Mindy. 2000. Book : 32 pp, illus.

While working on a quilt that her grandmother had started before she died, Katy discovers the special memories and meanings that are part of every quilt. This is a children's book.

Tear soup : a recipe for healing after loss / Schwiebert, Pat and DeKlyen, Chuck. 2004.

Book : 53 pp, illus.

A children's book about dealing with loss.

Three minute therapy : change your thinking change your life / Edelstein, Michael R., Ph.D. 1997. Book : 218 pp. Includes index.

This book is based upon Rational Emotive Behavior Therapy, originated by Albert Ellis. The principles have been simplified and explained in a way designed to assist you to take charge of your life and to give you the maximum benefit without spending undue time and money in a therapist's office.

Rational Emotive Behavior Therapy shows you, clearly and simply, how you needlessly upset yourself, and it gives you many thinking, feeling, and action methods of reducing your disturbances while still retaining your main goals, values, and preferences.

When someone you love has a mental illness : a handbook for family, friends, and caregivers / Woolis, Rebecca. 2003. Book : 308 p. Includes Resource Directory, index - (pbk.: alk. paper)

Exciting and vital current information about recovery from mental illness and substance abuse while addressing the short-term, daily problems of living with someone who has mental illness and long-term planning and care.

EXERCISE

10 minute solution : target toning for beginners / Whitmarsh, Cindy. 2004. DVD : running time: approx. 50 min.

No time to exercise? We have the solution for you - the 10 minute solution! Instructor Cindy Whitmarsh has developed 5 truly targeted workouts for beginners, each one focused on a specific muscle group, and

WELLNESS WORKS LENDING LIBRARY

each one only 10 minutes. These compact, ultra-efficient workouts fit into even the busiest of schedules. Split them into 5 separate workouts, or mix and match to hit your own unique problem areas...or do all of them together for one total-body-50 minute workout! Abs, thighs, buns, arms & shoulders, and bonus powerstretch.

10 minute solution: fat blasting dance mix : 10 minute dance workouts to shape your body / Galardi, Jennifer. 2006. DVD : 55 min., color DVD.

No time to exercise?

We have the solution for you - the 10 minute solution! Everyone can find at least ten minutes in their day, and we've developed 5 fun and energetic dance routines that are just 10 minutes each. You'll get great cardio and toning benefits from the ten minute segments - designed to fit into even the busiest of schedules. Split them into 5 mini dance parties, or mix and match to hit your own unique problem areas... or do all of them together for an incredible 50-minute dance blast!

20 minute workout : total body sculpting with Winsor Pilates / Winsor, Mari. 2002. Video : Color video, running time: 27 min.

This program is designed for when you don't have a lot of time to work out. Now, there are no more excuses. In just 20 minutes a day, you'll tighten and tone your buttocks and thighs - all the while working your "powerhouse" and core muscles to get a flat, lean stomach. Plus, you'll improve your strength, coordination and posture. Your friends will want to know what you've been doing. A low intensity, calorie-burning workout that can help you lose unwanted pounds and inches, her dynamic sequencing technique firms, strengthens and tones more muscles than ordinary workouts. The result is a sleeker, more sculpted body in just minutes a day.

The 90-day fitness walking program / Fenton, Mark. 1995. Book : 188 p. : ill. ; 21 cm.. - (pbk)

This book will take you through a day-to-day progressive workout that helps you strengthen your heart, burn fat, feel healthier, and remain injury-free - all in 90 days. This will guide you to build a safe, healthy, effective exercise habit that will last a lifetime.

Accelerated body sculpting : total body sculpting with Winsor Pilates / Winsor, Mari. 2002. Video : Color video, running time: 57 min.

Winsor Pilates is a powerful new total body sculpting system for losing weight, sculpting lean, long muscles and reshaping your body from head-to-toe. Accelerated Body Sculpting is a complete, total body workout designed to work every area of the body. Shrink and firm your buns, hips and thighs. Tighten and flatten your tummy by working your center or "powerhouse." Increase energy, flexibility and improve overall health. Plus, sculpt long, lean muscles that will redefine your body.

AM & PM stretch / Lewis, Madeleine. 2002. DVD : Color, running time: 1 hour, 30 min.

This DVD invites you to begin and end each day with an invigorating stretch. This stretch technique can help you increase flexibility, restore your body's natural alignment and release tension and stress. It stretches your muscles, improves your posture and increases the range of motion in your joints.

Back pain relief : classical stretch, the Esmonde technique 2004. DVD : Color, running time: 60 min.

This DVD presents Classical Stretch, a technique that "unlocks" parts of the body that have been seemingly shut, what we call inflexibility. It also reduces inches while stretching and lengthening the body. The muscles being stretched are those that are effecting back pain. By stretching the muscles in the back and adjoining muscle groups, pain (caused by muscle imbalance and weakness) can be released.

Balance ball beginners workout / Deason, Suzanne, Instructor. 2006. DVD : Color DVD, program 45-min, full running time: 1 hour, 30 min.

BalanceBall Beginners Workout, filmed in Maui with renowned yoga and Pilates instructor Suzanne Deason, effectively integrates the principles of muscle control and core toning from Pilates with deep

WELLNESS WORKS LENDING LIBRARY

breathing and easy-to-do postures from yoga. The deluxe DVD edition includes the complete practice, bonus daily stretches, on-screen instruction, and an in-depth interview with Suzanne Deason. No matter what your fitness level, this fun, efficient workout can help you stretch, get in shape and enjoy renewed vitality.

Balance ball for weight loss : get back in balance inside and reshape your body outside / Deason, Suzanne, Instructor. 2004. DVD : Color DVD, running time: 55 min.

This program is different because it's about fitness and food that rebalance your body's fat-burning body chemistry, lean muscle mass and self-image from within as it reshapes your body on the outside. With this program you'll get Custom Workouts and nutrition that work with your schedule and your life. You'll learn motivating Pilates-infused routines using the BalanceBall to engage more muscles and boost calorie burn as you sculpt abs, glutes, thighs and upper arms. Gaiam's signature attention to body mechanics and breathing tune you in to your body more than other workouts - so your mind and muscles work in sync to get you strong and confident from the inside out.

Basic fitness on the ball : everything a beginner needs to know / Malcolm, Lorna Lee. 2004. Book : 160 pages: color photo illustrations.

Learn the background and principles of fitness on the ball. Follow step-by-step guidance through sitting, supine, and prone exercises. Discover correct breathing techniques, posture tips, and how to exercise your core. Follow the chapters to take you from beginner to intermediate exercises. Develop your individual routine, using the extended programs.

Basic yoga workout for dummies / Ivanhoe, Sara. 2000. Video : running time: 45 min.

This unintimidating video explains yoga in an easy-to-understand language. Not only can you change your body with this video - you may even change your mind about yoga. Discover how to master the twelve essential yoga postures, de-stress and relax through yoga practice, experience the benefits of proper yoga breathing techniques, and build strength and muscle tone using yoga postures.

Basics, step-by-step : total body sculpting with Winsor Pilates / Winsor, Mari. 2002. Video : Color video, running time: 30 min.

This Basics workout consists of seven exercises which are the foundation of all Pilates workouts, whether you are a beginner, intermediate or advanced. Mari breaks down the exercises step-by-step so you really understand where your powerhouse is, what role the frame of your body plays, the importance of body alignment, and how breathing will affect your performance. Plus, this video features our exclusive 3-D Training to put you in proper position and form. It's the next best thing to having a personal trainer right in the room with you.

Be bone wise exercise / Hoffman, Lisa. 1999. Video : Color video, running time: 33 min., and 13-pg pamphlet.

This is the official weight-bearing and strength-training exercise video of the National Osteoporosis Foundation. There are 5 sections in the video. The Warm Up and Aerobics sections focus on full-body, weight-bearing activity, while the Wall, Chair and Floor sections focus on specific exercises that strengthen muscles. This video is unique because the exercises and routines avoid movements that are unsafe for people with osteoporosis, such as twisting or jarring the spine or bending forward from the waist. Includes 13-page pamphlet, "Guidelines for Safe Movement."

Bellydance fitness for beginners : basic moves and fat burning / Bidasha, Veena and Neena. 2001. DVD :

Join Veena & Neena Bidasha for a wonderful introduction to the extraordinary benefits of bellydance. Once performed as entertainment for royalty and common people alike, these beautiful movements evolved with strong links to womanhood, sensuality and even fertility. But bellydance is also one of the safest, simplest and most effective ways to achieve lasting fitness. In this production, you will learn the basic moves needed to use bellydance for fitness. The program is easy to learn, will thoroughly exercise your body – from head to toes, but is low impact, relaxing, sensually stimulating and fun. This workout uses a variety of rhythms and tempos to raise your heart rate to the optimal level for burning calories. The

WELLNESS WORKS LENDING LIBRARY

variations in movement and speed will keep you at your target heart rate without excessive stress or exhaustion. You won't believe how quickly you can lose weight and your whole body will benefit from the wonderful cardio conditioning.

Blast away the pounds indoor walk / Austin, Denise. 2005. DVD : 55 min., color DVD.

Blast away the pounds indoor walk: 3 complete 1-mile programs turns up the caloric burn to shed pounds, trim inches and improve your overall health and stamina. This program offers 3 customized 1-mile 15-minute walking routines: easy walk, fat-blasting interval walk, and power walk and tone, plus a 10-minute stretch routine. Customize and combine the workouts to attain your fitness goal. And with Denise guiding your every step, you're sure to see results!

Body Management : total strength for the total body / Muse, Trish. 2002. Video : Color video, running time: 60 min.

With Trish Muse as your instructor you'll get: a time-saving total body workout; systematic strength training for the whole body for every body, modifications for prenatal and postnatal exercisers and knee and back conditions; an exciting new way to challenge the abdominal muscles using the stability ball for strength and dynamic stabilization; an intense strength training workout designed to keep you moving to burn more calories by eliminating rest breaks. This will be accomplished by doing the strength segment in a super set format consisting of exercises for all major muscle groups.

Middle management is the first 30-minute segment, which includes 30 minutes of abdominal exercise using the stability ball. The second 30-minute workout is Muscle management entailing strengthening exercises for all major muscle groups by using weights.

Breakthrough Pilates plus! / York, Tracy and Dozois, Michelle. 2002. Video : running time: 51 min.

If you're looking for a powerful workout that builds strength, grace and balance and gives you a long, lean bodyline – you've found it! Breakthrough Pilates Plus combines the best of Pilates with ballet and yoga to create an effective total-body workout.

Chair dancing : a new concept in aerobics fitness / Stolove, Jodi. 1991. Video : running time: 45 min.

A fun and convenient way to get aerobic exercise and improve muscle tone and flexibility. Dances include the cha-cha, the can-can, a tap dance, and much more while seated comfortably on a chair. Three exercise levels show you how to adapt the program to your current fitness ability. You'll continue to be challenged as your endurance improves.

The complete guide to rubberized resistance exercises / Cibrario, Mark. Book : 353 pages: illustrated.

Designed to show you how to maximize the use of the 'Exercise Bar,' 'Xertube,' 'Exercise Band,' etc. Each section highlights one of these tools. You will learn every conceivable, effective, and biomechanically safe exercise for each body region. Detailed exercise descriptions accompany the photos to aid you in teaching correct technique.

The complete idiot's guide to healthy stretching : for office slaves, internet addicts, and stressed-out students / Verna, Chris. 1998. Book : xvi, 316 p. : ill. ; 24 cm , paper.

This book gives you idiot-proof steps for improving your flexibility, quick and easy ways to stretch any time and anywhere, and helpful tips to prevent injuries at the workplace, at home, or at play.

Core secrets 25 minute full body workout / Peterson, Gunnar. 2003. Video : running time: 27 min.

Learn the moves that keep Gunnar Peterson's celebrity clients in shape and camera ready. He trains you using his one-of-a-kind 1-2-3-Core technique. He developed the technique to increase heart rate and burn more calories. He'll introduce you to the fitness ball - a favorite and most effective tool for strengthening your core muscles and shaping your entire body. The 25 minute workout leaves no room for excuses. Now

WELLNESS WORKS LENDING LIBRARY

you don't have to skip a workout and slow-down your results. Gunnar developed this time-sensitive workout especially for when you're short on time. This workout hits all your major muscle groups, helping to work your muscles and build your strength.

Core secrets accelerated core training / Peterson, Gunnar. 2003. Video : running time: 46 min.

Learn the moves that keep Gunnar Peterson's celebrity clients in shape and camera ready. He trains you using his one-of-a-kind 1-2-3-Core technique. He developed the technique to increase heart rate and burn more calories. He'll introduce you to the fitness ball - a favorite and most effective tool for strengthening your core muscles and shaping your entire body. Using his 1-2-3 Core technique, Gunnar delivers an intensive workout that will help work and challenge your entire body. Tighten your abs, firm your arms, strengthen your legs - all in a 45-minute session.

Core secrets FUNdamentals / Peterson, Gunnar. 2003. Video : Color video, running time: 28 min.

Featuring Brooke Burke. Learn the moves that keep Gunnar Peterson's celebrity clients in shape and camera ready. He'll introduce you to the fitness ball - a favorite and most effective tool to strengthening your core muscles and shaping your entire body. In Core Secrets FUNdamentals Brooke and Gunnar demonstrate 10 of Gunnar's best basic exercises to work your body from head to toe. Hit every major muscle group in this sequence of strength training moves. FUNdamentals is where to start if you're new to Core Secrets or just beginning a fitness regimen.

Desktop yoga : for office slaves, internet addicts, and stressed-out students / Lusk, Julie T. 1998. Book : 144 pages.

Desktop yoga is an invaluable workbook that helps you rejuvenate your tired body and mind, right there in the workplace - with simple, inconspicuous exercises that can be done in your desk chair.

Do-it-yourself relaxation yoga / Halpern, Steven. 1995. Audio tape : running time: 56 min.

As you breathe deeply and stretch with these exercises, you'll experience an increased oxygen supply, a release of muscle tension, and a centering of the mind. Combine the three routines on each side for a complete sequence, or try them individually as brief "yoga breaks" during the day.

The dyna-band challenge : a fabulous figure in only 10 minutes a day / Atkinson, Hilary and Deane, Andree. 1994. Book : 159 pages: b/w photo illustrations, charts.

A unique program using specially developed resistant fitness bands. The Dyna-Band Challenge allows an individually graded and adjustable workload to suit beginners and experienced exercisers alike with the considerable advantage of being able to work certain muscle groups which otherwise require special equipment and facilities.

Fat-burning dance mix / Austin, Denise. 2006. DVD : 55 min., color DVD.

Fat-burning dance mix blends the hottest body-slimming dance moves to help you lose weight and shape your body! With her infectious energy, Denise Austin will have you twisting, jumping and bumping your way to a leaner, more confident you. And with four exciting, fat-burning dance routines to choose from, you can mix and match for a fun and fresh workout every time!

fitmama : postnatal workout / Hart, Leisa. 2003. Video : running time: 52 min.

Leisa Hart continues to create dynamic programs that are safe, fun and effective to get you the results you deserve! Her warm, approachable personality and impeccable cuing have motivated millions to embrace exercise. This postnatal exercise will help you: improve circulation, increase energy levels, ease emotional highs and lows, speed recovery of the pelvic floor, ease back and shoulder tension from delivery, regain and improve your pre-pregnancy physique, and build strength to carry your new bundle of joy.

WELLNESS WORKS LENDING LIBRARY

Fitness for dummies / Schlosberg, Suzanne. 1996. Book : 326 pages: illustrated.

By cutting through fitness myths and jargon, this book provides you with tips, techniques, and suggestions on how to maintain a healthier lifestyle. Gives you a fun and easy way to get fit and stay fit (choosing a health club, buying exercise equipment, designing your workout, and much more).

Gentle Tai Chi : meditation in motion / Munn, Dagmar. 1998. Video :

Tai Chi is a popular form of fitness training that improves balance, muscle tone, and flexibility. This easy to learn video contains a warm-up routine, instruction of 12 traditional Tai chi movements, Gentle Tai Chi routine and a seated version of the Gentle Tai Chi routine.

Gym in a box : sleek in a week; my personal trainer / Hart, Leisa. 2004. DVD : DVD, running time 80 min; 31 pg nutritional guide pamphlet.

This DVD program is an innovative personal training system that can help get the body you want without going to a gym or spending lots of money on a personal trainer. International instructor Leisa Hart - best known for 14 of the popular Buns of Steel videos - is your very own personal trainer. She has created these routines to fit your personal fitness goals and your lifestyle. Sleek in a week: A concentrated fitness and nutrition regimen designed to help you shed a dress size in just one week! My personal trainer: A lifestyle fitness routine that guides you from start to finish including nutrition plans, how to calculate your target heart rate, weekly workout regimens to target your individual fitness goals, and motivational tips.

Healthy back exercises / Joyce, Heidi. 2002. Video : running time: 50 min., 45 sec.

This video was produced as a supplement to the Back Injury Prevention program. Participants can use the video at the beginning of their work day or at home. The video includes four parts: on the job; at home; computer workstation; and proper lifting techniques.

The healthy heart walking book / Carpenter, Ruth Ann and Mitchell, Brenda S., writers, and Kelling, Sara, contributor. 1995. Book : 139 pages.

Walk your way to health and well-being! Whether your idea of a walk is a stroll around the block or laps around the track, this book will start you on the road to a fit lifestyle. Includes tips on choosing the right walking shoe, eating right, trying new posture and breathing techniques, stretching to warm-up and cool down, keeping yourself motivated and more.

Hula Workout for Beginners / Kili. 2003. DVD : running time: approx 40 min.

Join Kili on the beautiful beaches of Maui and experience a creative Hula Workout for beginners. Kili has designed this program to allow the beginner to learn a choreographed hula dance while experiencing a fabulous aerobic workout at the same time. This uniquely designed program combines hula and fitness to help you burn calories and strengthen and tone the entire body. This program is fun, energetic and is a creative new way to work out that women of all ages can enjoy! Practice along with Kili and her innovative hula workout. The raw beauty of this traditional dance will charm you. Kili teaches Hula, Tahitian Dance, Yoga, Acrobatics and Aerobic classes on the island of Maui.

Introduction to yoga : yoga zone / Finger, Alan. 2002. DVD : running time: 55 min.

Discover the unique way to shape your body and your mind: Yoga Zone. Now getting started is easy, learn the basics of Yoga while completing a beginner's routine. In less than one hour, Yoga Master Alan Finger can put you on the path to experiencing the documented benefits of this timeless art: enhanced concentration and focus, increased energy, better toned muscles, and reduced tension.

Kick to get fit Jr. [for kids] : featuring self-defense techniques and safety tips / Grogan's Martial Arts. 2003. DVD : running time: 35 min.

This is an exercise program designed specifically for kids. This program involves some of the same movements found in Martial Arts and fitness classes but uses a non-violent approach.

WELLNESS WORKS LENDING LIBRARY

The official body control Pilates manual : the ultimate Pilates guide for fitness, family health, sport and at work / Robinson, Lynne, Fisher, Helge. 2000. Book : 272 pages: illustrations.

Pilates is the fitness phenomenon of recent years and has gained widespread support from the worlds of sport and medicine. No Pilates book has been as authoritative, practical, safe and geared towards solving your body's problems as this. You will master the fundamental 8 principles: Relaxation, Concentration, Co-ordination, Alignment, Breathing, Flowing movements, Centring, and Stamina.

The pain-free back : 6 simple steps to end pain and reclaim your active life / McIlwain, Harris H. M.D. 2004. Book : 298 pages, includes index.

Back pain is a highly common cause of serious discomfort that can weaken your efforts to maintain an active lifestyle. Board-certified rheumatologist Dr. McIlwain shares his clinically proven six-step program for achieving and maintaining a healthy back. This resource provides various means by which to eliminate your back pain without expensive medical procedures: resistance exercises, tips for losing weight, a guide to specific "healing" foods that decrease inflammation, alternative therapies to ease pain naturally, lifestyle changes to reduce stress on your back, and touch therapies.

People with arthritis can exercise (PACE) : a gentle exercise program with champion golfer Jan Stephenson 1993. Video : running time: approx 30 min., 12 pg. Program Guide included.

Level 1 is a program of sitting and standing exercises especially designed for people whose everyday activities are impaired by arthritis. The program consists of a gentle exercise routine led by champion golfer Jan Stephenson, a consultant on the dynamics of exercise to the LPGA (Ladies Pro Golfers Assn). Jan shows how to perform the program's easy, familiar movements and offers tips for better management of arthritis. The exercises are based on movements used in performing daily activities and are designed to help strengthen muscles and improve flexibility.

Pilates essential matwork : for beginners / Stott-Merrithew, Moira. 2001. Video : running time: 63 min.

The "first lady of Pilates," master instructor-trainer Moira Stott-Merrithew, brings you her progressive approach to Joseph Pilates' original exercise method. Essential Matwork introduces you to the principles and exercises that are fundamental to the Stott Pilates system. You'll feel strong, streamlined and invigorated after this thorough workout.

Pilates for dummies / Herman, Ellie. 2002. Book : 334 pages: illustrated, includes index.

This friendly guide helps you develop your own Pilates fitness program, perfect for home or the gym. Eight basic principles show you how to get the most out of your mat-based Pilates routines and become stronger, more in control, and less prone to injury.

Pilates workout for dummies / Dozois, Michelle. 2001. Video : running time: 40 min.

This unintimidating video explains Pilates mat techniques in easy-to-understand language. Not only can you tone and reshape your entire body by using this video - but you may even change your mind about exercise. Discover how to increase your flexibility as you tone your muscles, flatten your abs and improve your posture; improve your exercise technique by using the breath, and use correct form and alignment to help change your body forever.

Pilates workout for dummies / Dozois, Michelle. 2001. DVD : running time: 61 min.

This unintimidating video explains Pilates mat techniques in easy-to-understand language. Not only can you tone and reshape your entire body by using this DVD - but you may even change your mind about exercise. Discover how to: increase your flexibility as you tone your muscles, flatten your abs and improve your posture. Improve your exercise technique by using the breath, and use correct form and alignment to help change your body forever.

WELLNESS WORKS LENDING LIBRARY

Power zone : mind, body, soul / Austin, Denise. 2003. DVD : running time: 40.

Fitness expert Denise Austin has designed an exciting new blend of yoga, Pilates, and deep, focused breathing that will leave you feeling energized, strong and serene.

Pure & simple stretch : a 35-minute total-body stretch for all fitness levels / Voight, Karen. 1991. Video : running time: 35 min.

The beauty of this routine is that once you learn to relax into these stretches, your body's own natural wisdom takes over. Through a series of comprehensive flexibility moves you'll learn how to quiet the mind and sense how far your body wants to go.

Resistance band workout : a simple way to tone and strengthen your muscles / Milligan, James. 2004. Book : 128 pages: color photo illustrated; includes index.

This book is a complete guide to using resistance bands, an increasingly popular portable exercise tool. Each exercise can be practiced by either beginner or expert by varying the strength of the resistance band. Step-by-step photographs guide you through every exercise. Includes 30-min, 60-min, golf, and skiing workouts.

Sculpt your body with balls and bands : shed pounds and get firm in 12 minutes a day / Austin, Denise. 2004. Book : 310 pages: illustrations.

Fitness superstar Denise Austin's breakthrough system will help you achieve your best body ever in just 12 minutes a day. Two powerful fitness tools - the exercise ball and the resistance band - join forces in this brand-new, incredibly effective method of body shaping, muscle toning, and weight loss.

When used together, no other fitness equipment can beat the efficient results of the ball and the band. (Plus, they're light and portable, for maximum flexibility, so you can take them anywhere you go!)

Flatten and firm your belly
Trim and define your thighs
Shape and tone your arms
Lift and tighten your bottom

Seven steps to a pain-free life : how to rapidly relieve back and neck pain / McKenzie, Robin. 2000. Book : 208 pages, includes index.

Robin McKenzie discusses exercises for the back (seven exercises) and for the neck (seven exercises) that can save you from living with pain. Distortion, or changes in the shapes of, discs in the spine can effect or bring about pain in the back and neck. Exercises that Robin has developed allow the discs to return to normal shape. Once the discs are returned to their normal shape, the pain disappears.

Simply pilates exercise system / Pohlman, Jennifer. 2005. DVD : 26 Flash cards, DVD & Booklet; Running time: 42 min.

Borrowing principles from Eastern and Western exercise philosophies and endorsed by medical and fitness professionals, Pilates is not repetitions of meaningless exercises but a holistic approach to creating balance through engaging the body, breath, and mind. By working the body "smart" rather than "hard," exercising the Pilates way leaves you stimulated, not exhausted, and results in long, lean muscles rather than bulk.

Simply yoga exercise system / Pettinato, Yolanda. 2005. DVD : 26 Flash cards, DVD & Booklet, running time: 30 min.

While yoga releases strain and tiredness from the body, it also clears the mind and restores energy levels. Half an hour of yoga each day brings greater enthusiasm and more balanced energy into our lives. It has the capacity to improve sleep, increase concentration, and deepen our levels of awareness and contentment. Let Simply Yoga help you improve your physical, mental, spiritual, and emotional quality of life.

WELLNESS WORKS LENDING LIBRARY

Strength ball training / Goldenberg, Lorne and Twist, Peter. 2002. Book : 191 pages: illustrated.

Develop sport-specific strength, power, and flexibility with strength ball training. Used by elite athletes in all major sports, Swiss and medicine ball exercises develop balance and stability while stimulating muscle growth for fitness and performance. This book presents 69 exercises including core stabilization, flexibility, and strength exercises that target all the major muscle groups. More than 140 photos show the precise steps to perform each exercise.

Strength training for muscle development : a step-by-step guide / Hatfield, Mark. 2005. Book : 160 pages, includes index; full color photo illustrated.

This book provides exercises and workouts carefully structured for the maximum benefit in the minimum time. Ideal for anyone new to resistance training, but equally inspirational for the more experienced, this book provides precise, step-by-step instructions on how to increase muscle strength and endurance, and improve mobility and posture. Suitable for both men and women.

Strength training past 50 / Westcott, Wayne L. 2000. Book : viii, 231 p. : ill., ; 23 cm. - paper. Includes index.

Strength training can be valuable for the aging human body. This book goes step-by-step through what most adults can do safely and sanely to follow an effective strength training program.

Stress free with tai-chi / Inocalla, Shishir. 1995. Video : running time: 45 min.

With this video, you can easily learn, step-by-step, the Tai-Chi movements that will help you manage and possibly prevent stress in your daily life. The non-strenuous movements and breathing techniques will relax your body and inner feelings. The results - improved digestion, better blood circulation and increased efficiency of your body's internal organs.

Stretching in the office / Anderson, Bob. 2002. Book : xi, 99 p. : ill. ; 9 in x 7 in, paper.

The human body was not designed for long periods of sitting. Holding still for hours at a time is a relatively recent phenomenon in human history. For some two million years, our ancestors had to use their bodies and muscles daily. The electronic revolution has meant that increasing numbers of people must spend more and more time sitting very still, working with computers, and the resultant problems are multiplying. This book is for people who work at a computer and/or desk and want to do something to counteract the negative effects that fixed positions and sedentary office work have on their bodies. Stretching can be done almost anywhere and at any time. It requires no special equipment, no special clothes, no special skills.

Stretching & toning for flexibility & definition : a step-by-step guide / Cosby, Melissa. 2005. Book : 160 p. full color photograph illus.; includes index.

If there is one type of exercise that can provide the maximum physical benefit to the greatest number of people, it is stretching and toning. The "anti-body" lifestyle most of us lead today in offices and cars sees our muscles shorten and weaken, and our joints lose range of movement. By following the simple, step-by-step exercises in this guide, both men and women will gain a suppler, better defined body. The effects of the carefully structured 20-minute workouts will last a lifetime.

Strong women stay slim / Nelson, Miriam E. 1998. Book : 317 pages: illustrated; includes index.

Combines the extraordinary fat-fighting power of strength training with a safe, medically proven weight-loss program. Introduces six, simple, no-sweat exercises you can do at home or in the office. Includes: up-to-the minute information about weight, appetite, nutrition, and fitness - explains why this program works; illustrated exercises especially designed for weight loss; hunger-free food plan, including menus and delicious recipes. Filled with inspiring stories from women who became trim and fit through strength training.

WELLNESS WORKS LENDING LIBRARY

Strong women stay young / Nelson, Miriam E. 2000. Book : xiii, 270 p. : ill. ; 23 cm. (pbk) Includes index.

According to Miriam E. Nelson's research, after a year of strength training twice a week, women's bodies were 15 to 20 years more youthful. They had less fat and more muscle; bone loss was prevented or reversed; their strength and energy increased dramatically; they showed surprising gains in balance and flexibility. No other program, whether diet, medication, or aerobic exercise, has ever achieved comparable results. This strength-training program can be tailored to women's individual needs. This edition features updated scientific information about muscle, bone and balance; eight streamlined exercises with fully illustrated instructions; new supplemental moves for the back, abs and more; a complete program to do at the gym; and an all-new chapter for men.

Swiss ball for strength, tone, and posture / Flett, Maureen. 2003. Book : 128 pages; includes index; photos.

This book is a complete guide to this new exercise phenomenon that is becoming as popular as it is effective. Each section focuses on different parts of the body, to allow a comprehensive workout. Step-by-step photographs guide you through every part of the exercise.

The Swiss ball is great for increasing muscle strength, flexibility, and balance. It also encourages proper posture as the curved surface helps support the back during stretching. This book provides a comprehensive range of exercises to practice with the Swiss ball, which has long been in use by physiotherapists and practitioners for treating neurological problems.

Tae-Bo 8-minute workout : the ultimate total body workout for men & women / Billy Blanks. 1998. Video : running time: 14 min.

Energizing. Explosive. Powerful. Uplifting. That's how superstar athletes, Hollywood celebrities and thousands of people just like you from around the world describe Tae-Bo, the hottest workout in America. Personally developed by seven-time World Martial Arts Champion Billy Blanks, Tae-Bo blends your own hidden strength with the ancient arts of self-defense, dance, and boxing combined with today's great music. Tae-Bo is unlike any workout program you've ever tried before! See consistent, amazing results from your very first workout as Tae-Bo takes you to your next level of physical fitness.

Tai chi : the method / Hooten, Claire. 2002. DVD : 2 pack DVD set; running time 75 min, and 60 min.

Claire Hooten, a disciple of the late Grand master, Cheng Man Ch'ing, presents an easy and informative introduction to the art and practice of Tai Chi. The Tai chi beginner's level disk is an easy-to-follow and highly beneficial exercise program consisting of 60 short, simple movements known as the "Yang Style Short Form." The Tai Chi intermediate level disk continues where the beginner's level left off, completing the movements of the Yang style short form, and covering a few additional basic principles of breathing, moving in diagonal lines, and kicking from the body center.

The tai chi directory / Davies, Kim. 2004. Book : 208 p.; color photo illustrations; Includes index.

The popularity of tai chi is one manifestation of a growing interest in the wisdom of Eastern cultures. New students of this ancient practice find that tai chi meets a real and urgent need. Stress and anxiety have become endemic problems in our fast-driven society. About 80 percent of visits to the doctor can be ascribed to stress-related complaints. Eastern health practices seem to offer a route to inner peace as well as real health benefits. This book aims to explain all you need to know about establishing a tai chi practice at home. The heart of the book is devoted to tai chi exercises, called the form. Each movement is clearly explained, and there is a color illustration to show you what to do at every step. The final section of the book explains how to integrate tai chi into your daily life.

Tai chi, the empowering workout / John Saxon, Host and Narrator. 1996. Video : running time: 61 min.

Experience the beauty of nature and the power of Tai Chi. A rejuvenating workout to improve your strength, energy and health. The beauty and power of Tai Chi is created in the "way" one moves. The

WELLNESS WORKS LENDING LIBRARY

mastery of one move is superior to the learning of a hundred moves. The purpose of the program is to simplify and clarify the mental and physical dynamics that empower Tai Chi. The program combines nature footage with Tai Chi movements and exercises.

Total fitness for women : proven strategies to trim down, firm up, and get fit / Luxbacher, Joe. 2002. Book : viii, 180 p. : ill. ; 22 cm.

Exposes the myths and misconceptions surrounding fitness and weight loss, and demonstrates how each of us possesses the power to control and shape our physical destinies. The book is designed to benefit women of all ages and fitness levels who want to slim down, burn fat and tone muscles.

The trainer's edge: killer butt / Munoz, Dolores. 2004. DVD : running time: 44 min.

Killer Butt is a challenging, intensive workout created by fitness innovator Dolores Munoz. This workout is designed to firm and tone your butt through a series of exercises including lunges, squats, sprints and plie`s. The Trainer's Edge series brings you the benefits of one-on-one training with the masters of fitness. Bonus: 10 min Killer Abs & Back routine.

The trainer's edge with Baron Baptiste : long and lean yoga / Baptiste, Baron. 2004. DVD : running time: 52 min.

Improve flexibility and sculpt a lean total body with your very own personal trainer. Long and Lean Yoga is a challenging, yet relaxing Vinyasa yoga program created by fitness innovator and renowned Yogi Baron Baptiste. Baron will lead you through this easy-to-follow workout designed to sculpt your body, improve flexibility, coordination and muscle tone all while focusing on the breath as you move through the postures. Modification given throughout the program make it easy to adapt the postures to one's varying level of ability. This program was developed through Baron's years of study in India and America and will challenge you to attain the next level of fitness and strength.

The trigger point therapy workbook : Your self-treatment guide for pain relief / Davies, Clair NCTMB, with Davies, Amber NCTMB. 2004. Book : 298 pages, includes index.

Back pain is a highly common cause of serious discomfort that can weaken your efforts to maintain an active lifestyle. Board-certified rheumatologist Dr. McIlwain shares his clinically proven six-step program for achieving and maintaining a healthy back. This resource provides various means by which to eliminate your back pain without expensive medical procedures: resistance exercises, tips for losing weight, a guide to specific "healing" foods that decrease inflammation, alternative therapies to ease pain naturally, lifestyle changes to reduce stress on your back, and touch therapies.

Walk away the pounds express / Sansone, Leslie. 2003. Video : 30 min.

Get fit fast with this total-body walking program that gives you serious fat burning, muscle conditioning, and stretching - all in one powerful, energizing workout. You can get a powerful, highly effective cardio and body sculpting workout with your STRETCHIE in less than 30 minutes. The result? A lean, firm, powerful body that's as healthy as it is beautiful.

Walking through pregnancy and beyond : how expectant and new moms can walk their way through a happy and healthy pregnancy and first year / Fenton, Mark and Lisa; Teare, Tracy. 2004. Book : 225 pgs, color photos, charts; includes index.

Research from experts establishes how much you can and should be exercising while pregnant. You actually experience increased cardiovascular capacity during and immediately following pregnancy. Combine that with this exercise program postpartum, and you could reach your highest aerobic fitness ever. Answers that expectant and new moms need for all kinds of fitness questions.

Weight training for dummies / Schlosberg, Suzanne. 2000. Book : 404 pages: illustrated; includes index.

Whether you want to body build, sculpt your physique, or simply preserve bone density, this guide's for you. Loaded with step-by-step instructions and photos that show you proper techniques, this book will help you meet your fitness goals, from using free weights to buying the best equipment.

WELLNESS WORKS LENDING LIBRARY

Weights on the ball workbook : Step-by-step guide with over 350 photos / Stiefel, Steven. 2004. Book : 172 pages, over 350 photos; includes index.

Follow the step-by-step exercises in this book to sculpt and strengthen your entire body. Combining the fat-burning and muscle-building benefits of lifting weights with the core-strengthening and shaping effects of balancing on a ball, this workbook offers the ultimate time-saving, full-body workout. Achieve the specific results you want with nine specially designed programs that: tone and firm muscles, shed weight and reshape your body, and build strong, defined muscle mass.

Equally effective for men and women, weight-ball training is surprisingly fun, and produces noticeable results - fast. From basic moves to advanced variations, the exercises in this workbook are explained with clear captions and easy-to-follow photo sequences.

Yoga : workout series for beginners / Folan, Liliias. 1996. Video : running time: 120 min. total.

This video package combines four of Liliias' best PBS programs to provide beginners with a solid foundation in Yoga. Program one explains "What Is Yoga" and teaches viewers basic breathing, stretching and exercise techniques needed to get started. Program two introduces "Mindfulness" to maximize the benefits of every Yoga move. This program will show how to achieve lasting relaxation while still increasing your fitness level. Program three builds on the beginner's Yoga foundation and includes the ancient healing technique known as "The Inner Smile." Program four introduces "Meditation," which will help strengthen the mind and emotions as well as the body. With even more easy-to-learn exercises, this series will complete the basic knowledge needed to benefit from Yoga.

Yoga for dummies / Feuerstein, Georg and Payne, Larry. 1999. Book : 372 pages: illustrated, includes index.

Your reliable and down-to-earth guide to better health, flexibility, and peace of mind. How yoga can ease aches and pains while easing your mind - explained in plain English! Find helpful advice on how to design and follow your own personal yoga program, manage stress with yoga at home and on the road.

Yoga mama : prenatal yoga / Elkind, Sue. 2000. Video : running time: 45 min.

This unimimidating video explains yoga in an easy-to-understand language. Not only can you change your body with this video - you may even change your mind about yoga. Discover how to master the twelve essential yoga postures, de-stress and relax through yoga practice, experience the benefits of proper yoga breathing techniques, and build strength and muscle tone using yoga postures.

Yoga mama : prenatal yoga / Elkind, Sue. 2000. Video : running time: 45 min.

Welcome to CRUNCH Fitness! Expand your mind along with your body. During pregnancy is an incredible time to practice yoga to keep your body healthy, your mind stress-free, and to connect to your growing baby. Appropriate for any trimester, this gentle and effective program is designed to keep you toned as well as get you ready for the big day. You'll move through a series of poses that focus on breathing as well as strengthening and stretching muscles that will prepare you for the challenge of labor and birth. Yoga can also improve your circulation and digestion plus relieve common tensions related to pregnancy.

YogaKids 2 : ABC's for ages 3-6 / Marsha Wenig. 2003. DVD : running time: 40 min.

Kid's yoga expert Marsha Wenig uses ABC play that teaches kids about nature and more, kid-friendly ways to build physical fitness & self confidence, and activities to build coordination in this program.

YogaKids 3 : silly to calm for ages 3-6 / Marsha Wenig. 2003. DVD : running time: 40 min.

Kid's yoga expert Marsha Wenig meets youngsters where they are - in high gear- and expertly shifts their frame of mind from silly to steady, restless to relaxed, boisterous to balanced.

WELLNESS WORKS LENDING LIBRARY

FINANCE

Financial Peace University Workbook : Bringing control to your personal financial situation / Ramsey, Dave. 1996. Book : 272 pages. Includes eight audiocassette tapes; each lesson runs a duration of two hours.

Financial Peace University is the best service offered for personal financial control. Twelve informative sessions plus one "Free" bonus session meet every week for 13 weeks. This program shows everyone how to apply time-proven, common sense principles to eliminate debt and build wealth.

Each lesson addresses a different financial subject. Seminar lessons include: Savings, Investments, Insurance, Debt Elimination, Budgeting, Retirement, and College Planning.

Please note: May have religious references or connotations

More than enough : the 10 keys to changing your financial destiny / Ramsey, Dave. 1999. Book : 330 pages: includes financial work sheets.

Dave Ramsey gives us the keys to building wealth while also creating a successful, united family.

Drawing from his years of work with thousands of families and corporate employees, Ramsey presents the ten keys that show how to create a financial plan that fits your income and creates wealth, including: values, goals, patience, discipline and giving back to one's community.

Using the steps and work sheets provided, anyone can create prosperity, live debt-free, and achieve marital bliss around the issue of finances.

Please note: May have religious references or connotations.

Pay it down! : from debt to wealth on \$10 a day / Chatzky, Jean. 2004. Book : 238 pages.

Chatzky shares her advice on how to track your spending, consolidate debts, force credit card companies to give you their best rates, and plan ahead for those surprise expenses that crop up sometimes.

Managing debt properly is a crucial key to getting rich, and Chatzky is a great source for help.

This book shows how to save, how to make more money and how to stay ahead of the curve by bringing down your debt. Chatzky's charm is her non-judgmental, optimistic tone.

Personal finance for dummies / Tyson, Eric MBA. 2003. Book : 454 pages: illustrated, includes glossary and index.

This book helps connect your financial goals and problems to the rest of your life. You need a broad understanding of personal finance to include all areas of your financial life: spending, taxes, saving and investing, insurance, and planning for major goals like education, buying a home, and retirement.

This book provides up-to-date information and advice to help you make solid financial decisions, such as major tax law changes, mutual fund investment recommendations, savings options for college, and insurance deals. This book is basic enough to help novices get their arms around thorny financial issues.

Suze Orman's financial guidebook : put the 9 steps to work: overcome your fears, plan for your future and be financially free / Orman, Suze. 2002. Book : 179 pages: illustrated, charts.

This guidebook is full of self-tests, thought-provoking questions, and Suze's own brand of personal finance advice. It will encourage readers, regardless of their income, to rethink their approach to money. It is an essential step in gaining control of your money, so your money doesn't have control of you.

Suze Orman's protection portfolio : all you need to create your own will and revocable living trust, and many more essential forms and documents / Orman, Suze. 2002. CD-ROM : 160 pg guidebook, CD-ROM forms; instructional audio CDs; emergency contact cards.

The Protection Portfolio comes with more than 40 forms and website links that cover practically every important aspect of your financial life - whether you're married, single, in a domestic partnership, or just living together - from a will and a revocable trust to home ownership, credit card debt, and replacing your birth certificate.

WELLNESS WORKS LENDING LIBRARY

The total money makeover : a proven plan for financial fitness / Ramsey, Dave. 2003.

Book : 240 pages.

Please note: May have religious references or connotations

The total money makeover workbook : a proven plan for financial fitness / Ramsey, Dave. 2003. Book : 245 pages.

Best-selling author and radio host Dave Ramsey is your personal coach in this informative and interactive companion to the highly successful New York Times bestseller *The Total Money Makeover*.

With inspiring real-life stories and thought-provoking questionnaires, this workbook will help you achieve financial fitness as you daily work out those newly defined money muscles.

Ramsey will motivate you to immediate action, so you can: set up an emergency fund, pay off your home mortgage, prepare for college funding, maximize your retirement investing, build wealth.

Please note: may have religious references or connotations.

Worry-free family finances : three steps to building and maintaining your family's financial well-being / Staton, Bill and Mary. 2004. Book : 246 pages: illustrated, includes glossary and index.

This book concentrates not only on finance, but also on the family. It ignores elaborate formulas and techniques to outline a low-maintenance, step-by-step program you can use to eliminate debt, create a family budget, and become a millionaire by saving and investing \$50 a month.

FLEXIBILITY

Stretching & toning for flexibility & definition : a step-by-step guide / Cosby, Melissa. 2005. Book : 160 p. full color photograph illus.; includes index.

If there is one type of exercise that can provide the maximum physical benefit to the greatest number of people, it is stretching and toning. The "anti-body" lifestyle most of us lead today in offices and cars sees our muscles shorten and weaken, and our joints lose range of movement. By following the simple, step-by-step exercises in this guide, both men and women will gain a suppler, better defined body. The effects of the carefully structured 20-minute workouts will last a lifetime.

GARDENING

Lasagna Gardening : a new layering system for bountiful gardens: no digging, no tilling, no weeding, no kidding! / Lanza, Patricia. 1998. Book : 244 pages: illustrated; index included.

A gardening system that works - so you don't have to!

Turn in your tiller for a stack of old newspapers! Replace your shovel with a layer of grass clippings! Let Pat Lanza show you how you can create lush, successful, easy-care gardens in practically any location without hours of back-breaking digging or noisy tilling.

Practical, first-person advice from an experienced gardener

Great ideas to let you spend more time enjoying your gardens and less time working in them

Specific "lasagna" techniques for the most popular vegetables, flowers, herbs, fruits, and more

HEALTH

Stretching in the office / Anderson, Bob. 2002. Book : xi, 99 p. : ill. ; 9 in x 7 in, paper.

The human body was not designed for long periods of sitting. Holding still for hours at a time is a relatively recent phenomenon in human history. For some two million years, our ancestors had to use their bodies and muscles daily. The electronic revolution has meant that increasing numbers of people must spend more and more time sitting very still, working with computers, and the resultant problems are multiplying. This book is for people who work at a computer and/or desk and want to do something to counteract the negative effects that fixed positions and sedentary office work have on their bodies.

Stretching can be done almost anywhere and at any time. It requires no special equipment, no special clothes, no special skills.

WELLNESS WORKS LENDING LIBRARY

HEALTH CARE PROXIES

A final farewell : your personal guide to end of life issues / Lawson, Nancy. 2002. Book : 234 pages, numerous sample forms, checklists.

This guide is designed to help you systematically plan and compile information on funeral/memorial service, burial, associated tasks, etc. The guide provides an area for questions that you will write down, and spaces are included to write your answers.

A guide to living wills and healthcare proxies : how to protect your right to make crucial health care decisions / Junge, Christine. 2003. Report : 34 pp, paper.

Most people value their ability and freedom to make choices. And people most definitely want a say in the more important of life's decision - including the kind of medical treatment they receive. But what if you're unable to make your decisions or wishes known? Unless you have talked to your loved ones and taken certain legal actions, there may be confusion and stress over what those decisions will be and who can make them for you.

Suze Orman's protection portfolio : all you need to create your own will and revocable living trust, and many more essential forms and documents / Orman, Suze. 2002. CD-ROM : 160 pg guidebook, CD-ROM forms; instructional audio CDs; emergency contact cards.

The Protection Portfolio comes with more than 40 forms and website links that cover practically every important aspect of your financial life - whether you're married, single, in a domestic partnership, or just living together - from a will and a revocable trust to home ownership, credit card debt, and replacing your birth certificate.

HEALTH, DIET

No-fad diet : a personal plan for healthy weight loss / American Heart Association. 2005. Book : 445 pg.; includes index.

What's the only effective way to lose weight and keep it off? It's simple: Calories in must be less than calories out. But since the factors that contribute to this not-so-magic formula are different for everyone, a one-size diet plan does not fit all.

The no-fad diet includes: tips on turning negative thinking into positive rewards; simple quizzes to find the approach that's best for you; diary pages to record and monitor your eating and activity habits; strategies to reduce calories and increase your activity levels; guidelines to help you prepare your own nutritious meals; more than 190 delicious and healthful recipes; techniques to maintain your momentum

The ultimate weight solution : the 7 keys to weight loss freedom / McGraw, Dr. Phil C. 2003. Book : xiv, 320 p. : charts. 9 3/4 x 6 1/4 in.

This book is the product of thirty years of working with overweight patients and figuring out what really works. Dr. Phil gives you the real tools to permanent weight loss that will change your life and its quality. The materials are presented to help you get immediate results and do so in a way that will last a lifetime. Permanent weight loss is about changing numerous things in your life and this book will help you do just that - change yourself, change the way you think about dieting, change the way you think about food, change the way you think about your health.

The ultimate weight solution food guide / McGraw, Dr. Phil C. 2004. Book : xv, 710 p. : charts.

In his straight-talking, no-nonsense style, Dr. Phil helps you end excuse-making and start creating a no-fail environment for taking charge of your weight and your relationship with food - beginning with Dr. Phil's new Rapid Start Plan that will gear your body physically for accelerated weight loss. Dr. Phil takes his groundbreaking weight loss plan even further by giving you a wealth of handy, accessible advice for every food situation and decision that you face. This book is a tool for change, one that will help you take your nutrition, and your eating, to an entirely new level of self-control.

WELLNESS WORKS LENDING LIBRARY

HEART DISEASE

The new 8-week cholesterol cure : the ultimate program for preventing heart disease / Kowalski, Robert E. 1997. Book : 283 pp, paper. Includes bibliographical references and index.

This book provides information on how to combat all the newly discovered risk factors, from homocysteine to the deadly cholesterol Lp(a). Kowalski offers special recommendations for women, children, and the elderly and describes the latest thinking on exercise. Included as well are wonderful up-to-date recipes, new information on cholesterol-testing methods, and new heart-healthy products.

To your health : a guide to heart-smart living 2001. Book : 258 pp, paper. Includes index.

Assess and lower your risk factors for heart disease and stroke. Whether you're a couch potato, diet dropout, or heavy smoker, it's hard to change old habits. But with this step-by-step guide, you can do it! You'll learn how to set realistic goals and follow through on them, plus stick to your new healthful habits. Stories of how other real people overcame the same hurdles will motivate you. Find physical activities that are fun for you; create a personalized eating plan you can live with; learn how to identify your most common smoking triggers, found out how to get reliable information and become proactive about your health.

Women are not small men : life-saving strategies for preventing and healing heart disease in women / Goldberg, Nieca. 2002. Book : xxi, 453 p. : ill. ; 25 cm., biblio, & index.

The single greatest health risk for women today – more than stroke and all cancers combined – is heart disease. Yet despite this documented fact, heart disease is still considered primarily a “male problem,” with the result that far too many women go untreated by doctors and are misinformed by the existing literature. This groundbreaking new book presents detailed, age-specific programs that give women the facts and the guidance they need to recognize, treat, and prevent heart disease.

Your heart, an owner's manual : American Heart Association's complete guide to heart health / Starke, Rodman, Winston, Mary, et al. 1995. Book : 413 pp, paper. Includes index.

Tune up your heart for a healthful life. Take care of your heart and it will take care of you! Let the American Heart Association show you how - in this complete, up-to-the-minute owner's manual from the country's most respected authority on the heart. No matter what your year, make, or model - male, female, young or old - here is everything you need to know.

Learn how to evaluate your personal risk factors; recognize signs and symptoms of heart disease and stroke - what they are, what they mean, what to do; fuel up on heart-healthy nutrition and keep your motor humming with physical activity; clear the air and stop smoking for good; eliminate excess weight with a low-fat, low-calorie eating plan that works

HERBS

The Cornell book of herbs and edible flowers / Mackin, Jeanne. 1993. Book : 345 pages: graphs, charts.

The herbs and edible flowers included in the book are described with suggested uses, charming notes on their history and legends over the centuries, and points unique to a particular plant. Their culture is discussed, including size and when and how to propagate and plant. Beautiful color photographs illustrate herbs growing, foods made with them, and more. Methods of harvesting, drying, and storing herbs along with tips are included.

The good herb : recipes and remedies from nature / Hurley, Judith Benn. 1995. Book : 406 pages: illustrated.

Profiles a selection of nature's most useful herbs. 200 inventive recipes. Part 1 – Learn about herbs' lore and legend, healing properties, beauty uses, easy-to-grow at home instructions, kitchen possibilities. Part 2 – A treasury of time-tested herbal remedies, showing step-by-step how to unleash healing powers of herbs.

WELLNESS WORKS LENDING LIBRARY

Lasagna Gardening : a new layering system for bountiful gardens: no digging, no tilling, no weeding, no kidding! / Lanza, Patricia. 1998. Book : 244 pages: illustrated; index included.

A gardening system that works - so you don't have to!

Turn in your tiller for a stack of old newspapers! Replace your shovel with a layer of grass clippings! Let Pat Lanza show you how you can create lush, successful, easy-care gardens in practically any location without hours of back-breaking digging or noisy tilling.

Practical, first-person advice from an experienced gardener

Great ideas to let you spend more time enjoying your gardens and less time working in them

Specific "lasagna" techniques for the most popular vegetables, flowers, herbs, fruits, and more

A woman's book of herbs : the healing power of natural remedies / Soule, Deb. 1998.

Book : 306 pages: illustrated.

Takes you through the whole process of creating your own botanical medicine chest, from organic gardening and gathering, to step-by-step preparation, storage, and use.

HORMONES

Dr. Susan Love's menopause & hormone book : making informed choices / Love, Susan M. 2003. Book : 410 pp, paper. Includes index.

What is menopause? -- The medicalization of menopause -- "What does it feel like?" -- Prevention and risk: understanding research -- Osteoporosis: are we all going to crumble? -- Heart disease: what's your real risk? -- Breast cancer: every woman's fear? -- Endometrial cancer: the first problem with estrogen --

For better or worse: hormone therapy and other diseases -- Approaches to symptom relief -- From flashes to fuzzy thinking: what can you do right now? -- For prevention: look first to your lifestyle! -- Alternatives

from acupuncture to herbs -- Drugs: other means of prevention -- Hormones: the menu of options --

Decisions: what should I do?

INFERTILITY

The infertility survival handbook : everything you never thought you'd need to know / Falker, Elizabeth Swire. 2004. Book : 295 pp, ill, paper. Includes bibliographical references and index.

The truth about: the real success rate of fertility clinics, keeping your marriage intact, what kind of doctor you need, and not going broke.

When the cradle is empty : answering tough questions about infertility / Van Regenmorter, John and Sylvia. 2004. Book : 168 pp, ill, paper. Includes bibliographical references.

This book has answers for couples dealing with this deeply personal heartache. The authors share their experience and those of others to help you explore your options, get the medical help you need, deal with pressures from family and friends, and protect your marriage.

LIVING WILLS

A final farewell : your personal guide to end of life issues / Lawson, Nancy. 2002. Book : 234 pages, numerous sample forms, checklists.

This guide is designed to help you systematically plan and compile information on funeral/memorial service, burial, associated tasks, etc. The guide provides an area for questions that you will write down, and spaces are included to write your answers.

A guide to living wills and healthcare proxies : how to protect your right to make crucial health care decisions / Junge, Christine. 2003. Report : 34 pp, paper.

Most people value their ability and freedom to make choices. And people most definitely want a say in the more important of life's decision - including the kind of medical treatment they receive. But what if you're

WELLNESS WORKS LENDING LIBRARY

unable to make your decisions or wishes known? Unless you have talked to your loved ones and taken certain legal actions, there may be confusion and stress over what those decisions will be and who can make them for you.

Suze Orman's protection portfolio : all you need to create your own will and revocable living trust, and many more essential forms and documents / Orman, Suze. 2002. CD-ROM : 160 pg guidebook, CD-ROM forms; instructional audio CDs; emergency contact cards.

The Protection Portfolio comes with more than 40 forms and website links that cover practically every important aspect of your financial life - whether you're married, single, in a domestic partnership, or just living together - from a will and a revocable trust to home ownership, credit card debt, and replacing your birth certificate.

MEMORY

Age-proof your mind : Detect, delay, and prevent memory loss - before it's too late / Tan, Zaldy S., MD, MPH. 2005. Book : Features Dr. Tan's memory test and 60-minute brain workout; 287 pp; includes index.

This book is packed with the latest in cutting-edge research as well as practical tips for keeping your brain healthy. Learn: how you remember and why you forget; ten simple steps to a healthier mind; how controlling inflammation can help you prevent memory problems; the role of antioxidants like vitamin E in promoting your mind's health; the latest treatment for Alzheimer's and promising information on a vaccine for this disease; essential diet, exercise, and stress reduction programs that will help improve your mental fitness.

Before the change : taking charge of your perimenopause / Gittleman, Ann Louise. 1998. Book : 264 pp, paper. Includes index.

Learn how you can head off depression and mood swings, weight shifts, erratic sleep, memory loss, and other changes leading to menopause.

Losing my mind : an intimate look at life with Alzheimer's / DeBaggio, Thomas. 2002. Book : 207 pp, paper.

This is an extraordinary first-person account of early onset Alzheimer's -- the form of the disease that ravages younger, more alert minds. DeBaggio started writing on the first day of his diagnosis and has continued despite his slipping grasp on one of life's greatest treasures, memory.

The memory system : remember everything you need when you need it / Burg, Bob. 1992. Book : 201 pp, paper, includes index.

This book will give you a powerful new system to help you remember and recall anything you want... anytime you want. Names, dates, numbers, times, places ... everything. You'll be able to remember them all as easily and naturally as you remember your own name.

A powerful memory is not a gift that few are born with; it's a mental faculty you can develop and strengthen.

Total memory workout : 8 easy steps to maximum memory fitness / Green, Cynthia R., Ph.D. 1999. Book : 239 pp, paper; includes index.

How to remember what you don't want to forget. Frustrated by your forgetfulness? Don't be. Memory lapses aren't necessarily a sign of age - more often they are a sign of the times, as we're all inundated with important information to remember, from PINs and cell phone numbers to children's schedules and crucial business facts. Dr. Cynthia Green, founding director of The Memory Enhancement Program at Mount Sinai School of Medicine, shows you how to make the most of your memory, sharing her powerful yet practical eight-step program for improving your recall.

WELLNESS WORKS LENDING LIBRARY

MEN'S HEALTH ISSUES

American Cancer Society's complementary and alternative cancer methods

handbook / Bruss, Katherine PsyD, Managing Editor. 2002. Book : 278 pp, paper, includes index.

Reliable advice on what works and what doesn't! At least one out of every two people with cancer uses some form of complementary or alternative method. This easy-to-read guide sorts out the benefits and risks of each method based on current scientific research.

American Cancer Society's complete guide to prostate cancer / Bostwick, David G., et al. 2005. Book : 394 pp, paper, includes bibliographical references and index.

Count on this book to answer your questions about prostate cancer. Written by a team of leading experts in the field, this comprehensive, easy-to-read guide delivers the facts everyone should know about prostate cancer.

The Harvard Medical School guide to men's health / Simon, Harvey B. 2002. Book : 473 pp, includes index.

Part I: "In health and sickness: the unique attributes of men," Part II: "What keeps men healthy?," and Part III: "The maladies of men."

MENOPAUSE

Dr. Susan Love's menopause & hormone book : making informed choices / Love, Susan M. 2003. Book : 410 pp, paper. Includes index.

What is menopause? -- The medicalization of menopause -- "What does it feel like?" -- Prevention and risk: understanding research -- Osteoporosis: are we all going to crumble? -- Heart disease: what's your real risk? -- Breast cancer: every woman's fear? -- Endometrial cancer: the first problem with estrogen -- For better or worse: hormone therapy and other diseases -- Approaches to symptom relief -- From flashes to fuzzy thinking: what can you do right now? -- For prevention: look first to your lifestyle! -- Alternatives from acupuncture to herbs -- Drugs: other means of prevention -- Hormones: the menu of options -- Decisions: what should I do?

The new ourselves, growing older: women aging with knowledge and power : a book for women over forty / Doress-Worters, Paula B. and Siegal, Diana Laskin. 1994. Book : 531 pages: illustrated; includes index.

The authors address the needs of the growing number of women over the age of forty. This new and revised edition of the bestselling *Ourselves, Growing Older* includes new chapters on menopause and reform of the medical care system as well as extensive updates on housing issues, HIV/AIDS, cosmetic surgery, and breast cancer. *The New Ourselves, Growing Older* takes a positive, empowering approach to the physical and emotional health and social well-being of midlife and older women by providing frank and complete information on personal health. Emphasizing the positive potential of the second half of life, this book focuses on a vast array of topics, including: aging & well-being; reassessing our body image; contraception & childbearing at midlife; sexuality in the middle and later years; menopause: experiencing our change of life; reform of the medical care system; hypertension, diabetes, hysterectomy, osteoporosis, arthritis, cancer, housing alternatives, work & retirement, money matters.

Not your mother's midlife : a ten-step guide to fearless aging / Alspaugh, Nancy. 2003. Book : 218 pp, CD-Rom.

This book provides practical recommendations to help you face middle age with confidence and a positive attitude, along with personal growth exercises, riveting real-life stories, and visualizations to inspire new ways of thinking. The enclosed CD features guided visualizations and meditations from the text.

WELLNESS WORKS LENDING LIBRARY

MENTAL ILLNESS

When someone you love has a mental illness : a handbook for family, friends, and caregivers / Woolis, Rebecca. 2003. Book : 308 p. Includes Resource Directory, index - (pbk.: alk. paper)

Exciting and vital current information about recovery from mental illness and substance abuse while addressing the short-term, daily problems of living with someone who has mental illness and long-term planning and care.

MIGRAINES

Heal your headache : the 1-2-3 program for taking charge of your pain / Buchholz, David. 2002. Book : xxiv, 246 p. : ill., paper.

This book puts headache sufferers back in control of their lives with a simple transforming program. In three steps, you can turn your headache problems around.

Migraine and other headaches / Young, William B. and Silberstein, Stephen D. 2004. Book : 159 pp, paper, ill.

Just a headache" -- History of headache -- The causes of headache -- Serious headaches requiring medical attention -- Managing headaches: an overview -- Migraine: the big one -- Treating migraine with medication -- Alternative therapies for migraine -- Tension-type headache -- Cluster headaches -- Unusual headaches -- Nonheadache illnesses that frequently accompany headache -- Sinus headache and nasal disease -- Disorders of the neck -- Post-traumatic headache -- Atypical facial pain and trigeminal neuralgia.

MOTIVATION

The 7 habits of highly effective people : powerful lessons in personal change / Covey, Stephen R. 1999. Book : 372 pp, paper.

Presented is a holistic, integrated, principle-centered approach for solving personal and professional problems. The author reveals a step-by-step pathway for living with fairness, integrity, service, and human dignity -- principles that give us the security to adapt to change and the wisdom and power to take advantage of the opportunities that change creates.

The 8th habit : from effectiveness to greatness / Covey, Stephen R. 2004. Book : 387 pp. Includes bibliographical references and index and DVD.

So many people feel frustrated, discouraged, unappreciated, and undervalued -- with little or no sense of voice or unique contribution. The 8th Habit is the answer to the soul's yearning for greatness, the organization's imperative for significance and superior results, and humanity's search for its "voice." This book of next-level thinking gives a clear way to finally tap the limitless value-creation promise of the Knowledge Worker Age.

Don't sweat the small stuff... and it's all small stuff : simple ways to keep the little things from taking over your life / Carlson, Richard, Ph. D. 1997. Book : 6 1/2 x 5 1/2; 248 pgs.

Richard Carlson reveals ways to calm down in the midst of your incredibly hurried, stress-filled life. You can learn to put things in perspective by making the small daily changes he suggests, including advice such as, "Think of your problems as potential teachers," "Remember that when you die, your 'in' box won't be empty," and "Do one thing at a time." He suggests that you should try to live in the present moment. Dr. Carlson reveals ways to make your actions more peaceful and caring, with the added benefit of making your life more calm and stress-free.

Don't sweat the small stuff at work : simple ways to minimize stress and conflict while bringing out the best in yourself and others / Carlson, Richard, Ph. D. 1998. Book : 6 1/2 x 5 1/2; 284 pgs.

WELLNESS WORKS LENDING LIBRARY

Richard Carlson shows readers how to interact more peaceably and joyfully with colleagues, clients, and bosses. Spending forty hours or more a week in an office, along with rush deadlines, heavy workloads, and daily dilemmas, can make working a very stressful experience. Richard reveals tips that will transform your outlook at the office, easing stress there and also leading to a happier life at home.

Don't sweat the small stuff with your family : simple ways to keep daily responsibilities and household chaos from taking over your life / Carlson, Richard, Ph. D. 1998. Book : 6 1/2 x 5 1/2; 255 pgs.

Richard Carlson shows readers how not to let the small annoyances in our home lives get us down. From defusing kids who are whining or fighting, to working out issues with a spouse, to reducing the hassles over household chores. Richard Carlson shows us ways to make our relationships at home more peaceful and loving.

Getting unstuck : breaking through your barriers to change / Simon, Sidney B. 1996.
Book : 296 p; includes index; paper.

This book helps you to overcome self-defeating behavior. It is designed to help break down your stubborn resistance to change. It provides a "values grid" to clarify your goals and desires and to help you deal with indecisiveness. It provides techniques for building your self-esteem. It provides exercises to help you overcome fears.

NUTRITION

American Dietetic Association guide to eating right when you have diabetes / Powers, Margaret A. 2003. Book : xii, 275 p. ; 22 cm. - (pbk. : alk. paper) Includes index.

This authoritative guide to choosing foods to control your blood sugar and maintain an active healthy lifestyle provides the basics of daily diabetes care - from designing a food plan and preventing low blood glucose levels to losing weight and carbohydrate counting - so you can personalize diabetes and food decisions to fit your needs. See how to manage blood fat levels and blood pressure and gain insight into making healthy food choices and planning tasty meals.

The American Dietetic Association guide to healthy eating for kids : how your children can eat smart from five to twelve / Shield, Jo Ellen. 2002. Book : xi, 228 p. : ill. ; 22 cm. - paper. Includes index.

The grade-school years are nutritionally a very important time for children, and getting your child to eat healthy and make smart choices can be a challenge. This book arms you with practical skills to make sure your kids are eating right even when they're not under your roof.

The American Dietetic Association's complete food and nutrition guide / Duyff, Roberta Larson. 2002. Book : 658 pages includes index.

Comprehensive, easy-to-use book does more than list scientific facts – it shows how to translate them into healthy food choices that fit any lifestyle. Filled with practical tips for all ages from choosing healthiest baby food to eating well into the golden years.

The American Heart Association low-fat, low-cholesterol cookbook : heart-healthy, easy-to-make recipes that taste great / Naegele, Pat Harmon, writer. 1997. Book : 374 pp, paper. Includes index.

With the American Heart Association dietary guidelines and information on cholesterol, this is an invaluable reference for the health-conscious consumer.

The complete book of food counts / Netzer, Corinne T. 2003. Book : 911 pp.

The book that counts it all: calories, carbohydrates, protein, cholesterol, sodium, fat and fiber. This book is the ultimate one-volume reference, providing the latest, most accurate information on the

WELLNESS WORKS LENDING LIBRARY

largest possible variety of foods. You can depend on the accuracy and inclusiveness of this bestselling resource to provide all the essential counts for generic and brand-name foods, fresh, frozen, and fast-food items - even gourmet and health foods.

The complete idiot's guide to total nutrition / Bauer, Joy M.S., R.D., C.D.N. 2003. Book : 432 p. : ill, includes index.

This guide is full of recipes, food lists, and more. You'll get healthy-eating advice, foolproof facts about carbohydrates, protein and fat, and how they fit into a healthy diet, tasteful tips on cooking and shopping smart, and simple advice on how to eat right and get enough exercise.

Coping with a picky eater : a guide for the perplexed parent / Wilkoff, William G. 1998. Book : 192 pp, ill. Includes index.

This practical and realistic guide explains to parents how they can avoid mealtime battles with kids aged one to six years, using sensible strategies that will establish a lifetime of healthful eating habits.

The Cornell book of herbs and edible flowers / Mackin, Jeanne. 1993. Book : 345 pages: graphs, charts.

The herbs and edible flowers included in the book are described with suggested uses, charming notes on their history and legends over the centuries, and points unique to a particular plant. Their culture is discussed, including size and when and how to propagate and plant. Beautiful color photographs illustrate herbs growing, foods made with them, and more. Methods of harvesting, drying, and storing herbs along with tips are included.

The doctor's pocket calorie, fat & carb counter / Borushek, Allan. 2005. Book : 302 pp, paper. Includes index.

This National Health Information award-winning resource also offers diet guides & counters for cholesterol, protein, alcohol, fiber, iron and salt/sodium; also, a diabetes diet guide, plus information on 200 fast-food chains & restaurants.

Fast food nation : the dark side of the all-American meal / Schlosser, Eric. 2001. Book : 356 pages; photographs; includes photo credits, notes, bibliographical references, acknowledgments, and index.

This book is about fast food, the values it embodies, and the world it has made. Fast food has proven to be a revolutionary force in American life. What people eat (or don't eat) has always been determined by a complex interplay of social, economic and technological forces. On any given day in the U.S. about one-quarter of the adult population visits a fast food restaurant. During a brief period of time, the fast food industry has helped to transform not only the American diet, but also our landscape, economy, workforce, and popular culture. Most fast food is delivered to the restaurant already frozen, canned, dehydrated, or freeze-dried. A fast food kitchen is merely the final stage in a vast and highly complex system of mass production. People should know what lies behind the shiny, happy surface of every fast food transaction.

A healthier you : Everyday healthy eating and physical activity for life; based on the Dietary Guidelines for Americans / U.S. Department of Health and Human Services. 2005. Book : 345 pages: graphs, charts.

In *A Healthier You*, you'll get the straight story and the tools and resources you need to change your life for the better - to help reduce your risk for chronic diseases and live a longer, healthier life.

A Healthier You reflects the state of the science from the Dietary Guidelines for Americans - the gold standard in nutrition - plus:

healthy eating patterns; the food label; almost 100 easy, healthy, and tested recipes; physical activity advice; reproducible worksheets to track your progress; helpful Web sites to learn more; and tips to get you through the day.

WELLNESS WORKS LENDING LIBRARY

Healthy treats and super snacks for kids / Warner, Penny. 1994. Book : xii, 260 p, ill.; 18 cm. - paper. Includes index.

More than 200 quick, easy recipes for nutritious meals, beverages, treats, and munchies that kids will love!

Lasagna Gardening : a new layering system for bountiful gardens: no digging, no tilling, no weeding, no kidding! / Lanza, Patricia. 1998. Book : 244 pages: illustrated; index included.

A gardening system that works - so you don't have to!

Turn in your tiller for a stack of old newspapers! Replace your shovel with a layer of grass clippings! Let Pat Lanza show you how you can create lush, successful, easy-care gardens in practically any location without hours of back-breaking digging or noisy tilling.

Practical, first-person advice from an experienced gardener

Great ideas to let you spend more time enjoying your gardens and less time working in them

Specific "lasagna" techniques for the most popular vegetables, flowers, herbs, fruits, and more

The new 8-week cholesterol cure : the ultimate program for preventing heart disease / Kowalski, Robert E. 1997. Book : 283 pp, paper. Includes bibliographical references and index.

This book provides information on how to combat all the newly discovered risk factors, from homocysteine to the deadly cholesterol Lp(a). Kowalski offers special recommendations for women, children, and the elderly and describes the latest thinking on exercise. Included as well are wonderful up-to-date recipes, new information on cholesterol-testing methods, and new heart-healthy products.

No-fad diet : a personal plan for healthy weight loss / American Heart Association. 2005. Book : 445 pg.; includes index.

What's the only effective way to lose weight and keep it off? It's simple: Calories in must be less than calories out. But since the factors that contribute to this not-so-magic formula are different for everyone, a one-size diet plan does not fit all.

The no-fad diet includes: tips on turning negative thinking into positive rewards; simple quizzes to find the approach that's best for you; diary pages to record and monitor your eating and activity habits; strategies to reduce calories and increase your activity levels; guidelines to help you prepare your own nutritious meals; more than 190 delicious and healthful recipes; techniques to maintain your momentum

Nutrition for dummies / Rinzler, Carol Ann. 1999. Book : 404 pp, ill. Includes index.

The author gives you the important breakdowns on protein, fat, cholesterol, carbohydrates, and all the vitamins and minerals. You discover the foods to avoid, the items to stock up on, and the diet that can help clear your arteries, help prevent cancer, and keep your bones from turning brittle. With the simple suggestions and friendly advice offered here, you'll be on your way in no time to improving your health and loving the way that your new eating habits will make you feel.

Nutrition for life : The no-fad, no-nonsense approach to eating well and reaching your healthy weight / Hark, Lisa PhD, RD and Deen, Darwin, MD. 2005. Book : 336 p. : ill, includes index.

Nutrition for life gives you the facts about food, diets, and eating, providing clear, authoritative guidance on how good nutrition can improve your health.

No-nonsense reviews of the most widely used diet programs

Sound guidance on all aspects of nutrition, from food fundamentals to vitamin supplements.

Covers nutrition for all age groups, from infants to senior citizens

Hundreds of practical tips on healthy eating

Advice on using food as medicine for high cholesterol, osteoporosis, diabetes, migraine, and many other conditions

Real-life examples of health problems, and how improved nutrition can remedy them

WELLNESS WORKS LENDING LIBRARY

Practical guide on the identification, evaluation, and treatment of overweight and obesity in adults / Pi-Sunyer, F. Xavier, M.D., chair of expert panel. 2002. Report : 77 pp, ill, paper.

This guide provides the basic tools needed to appropriately assess and manage overweight and obesity. It includes practical information on dietary therapy, physical activity, and behavior therapy, while also providing guidance on the appropriate use of pharmacotherapy and surgery as treatment options. These clinical guidelines were developed in response to the increasing prevalence of overweight and obesity in the United States, and the need to alert practitioners to accompanying health risks.

Strong women eat well : nutritional strategies for a healthy body and mind / Nelson, Miriam E. 2001. Book : xiv, 268 p. : ill. ; 24 cm. Includes index.

This author tells women everything they need to know to make the right decisions about eating. Learn easy to follow strategies, about low-carbohydrate diets, how to decipher "Nutrition Facts," how to determine how much protein is needed, and much more.

Super size me : a film of epic portions 2004. DVD : running time: 100 min. PG-13 rating.

Filmmaker Morgan Spurlock unravels the American obesity epidemic by interviewing experts nationwide and by subjecting himself to a "McDonald's only" diet for thirty days straight. It dives into corporate responsibility, nutritional education, school lunch programs and how we as a nation are eating ourselves to death.

The ultimate weight solution : the 7 keys to weight loss freedom / McGraw, Dr. Phil C. 2003. Book : xiv, 320 p. : charts. 9 3/4 x 6 1/4 in.

This book is the product of thirty years of working with overweight patients and figuring out what really works. Dr. Phil gives you the real tools to permanent weight loss that will change your life and its quality. The materials are presented to help you get immediate results and do so in a way that will last a lifetime. Permanent weight loss is about changing numerous things in your life and this book will help you do just that - change yourself, change the way you think about dieting, change the way you think about food, change the way you think about your health.

The ultimate weight solution food guide / McGraw, Dr. Phil C. 2004. Book : xv, 710 p. : charts.

In his straight-talking, no-nonsense style, Dr. Phil helps you end excuse-making and start creating a no-fail environment for taking charge of your weight and your relationship with food - beginning with Dr. Phil's new Rapid Start Plan that will gear your body physically for accelerated weight loss. Dr. Phil takes his groundbreaking weight loss plan even further by giving you a wealth of handy, accessible advice for every food situation and decision that you face. This book is a tool for change, one that will help you take your nutrition, and your eating, to an entirely new level of self-control.

ORGANIZATION

The complete idiot's guide to organizing your life / Lockwood, Georgene Muller. 2003. Book : 434 p. : ill, index.

Simple strategies for straightening up all areas of your life. Easy ways to cut down on the amount of paper you shuffle every day. Creative tips on using your computer to conquer clutter.

The complete idiot's guide to overcoming procrastination / Tullier, L. Michelle Ph.D. 2000. Book : 362 p. : ill, includes index.

This guide helps you to reorganize your life, to get things done before they become a problem. Constructive techniques for unlearning unproductive work patterns. A game plan for eliminating clutter, a guide to overhauling your daily schedule into a get it done work plan.

WELLNESS WORKS LENDING LIBRARY

How to de-junk your life : keys to taking control, getting organized and getting it all done / Dwyer, Dawn. 1998. Video tape : 65 min, and Interactive Learning Guide pamphlet, 14 pg.

The video has been designed for one of 2 learning approaches - individual study and small group. Read the guide before beginning the videotape. You can regain control of your space, your time, your paperwork and your priorities, once and for all. Learn easy-to-apply techniques for eliminating the junk that clutters every area of your life.

How to de-junk your life : keys to taking control, getting organized and getting it all done / Dwyer, Dawn. 1998. Handbook : 128 pages; 9" x 7"

This handbook is full of powerful but easy-to-use strategies for ridding yourself of the junk that's cramping your space and your effectiveness. Organizational tips and time-saving shortcuts allow you to say goodbye to clutter, chaos and frustration, and move toward peak productivity.

Living the simple life : a guide to scaling down and enjoying more / St. James, Elaine. 1996. Book : 350 pages; 5 1/2 " x 6 ".

Living the Simple Life provides the blueprint you need. If you've already begun simplifying, it will give you new insights and ideas for what to do next on your journey to a more balanced, peaceful life.

The book will show you how simplifying your life will: give you more time to play and relax, make you more productive at work, unleash your creativity and open up new possibilities, and free up time for you to face challenges you've been avoiding.

Organized to be your best! : transforming how you work / Silver, Susan. 2006. Book : 324 p., index.

This is the one book you need to get control over your desk, your computer and your demanding work life. Rely on the "bible of organization" and you'll see how to:

- *Control multiple, ever-changing projects and priorities, 24 x 7 work schedules and information overload
- *Manage email, instant and text messages, phone calls and other communications
- *Devise a time and information system just for you
- *Work more collaboratively with others in person and online
- * Master a messy desk as you learn to turn piles into files
- * Maximize all your work spaces wherever they're located
- * Get the most from your computer and mobile devices and protect yourself in the process

Organizing from the inside out : the foolproof system for organizing your home, your office, and your life / Morgenstern, Julie. 1998. Book : 247 pages; includes index.

Getting organized is a skill that anyone can learn. The beauty of Julie's system, honed during her many years as a professional organizer, is that it enables you to design a unique organizing plan based on your individual goals, natural habits, and psychological needs - a plan that will work with your personality rather than against it.

A to Z home management : specializing in: organizational and time management skills for the home and office / Anctil, Judy. not dated. Workshop materials : 61 pages; 3-ring binder.

This binder is filled with instructional material, tips and ideas, and a list of additional organizing resources. The company (A to Z...) seeks to teach the organizing skills and techniques necessary to create and maintain organization in the home.

A woman's guide to balancing career & family : solutions for your job, your family and yourself / edited by National Press Publications. 2001. Book : 190 pp, paper, includes index.

Women are great multi-taskers. We take on a myriad of roles - employee, wife, mother, daughter, cook,

WELLNESS WORKS LENDING LIBRARY

housekeeper, chauffeur, financial manager - and perform many of them simultaneously. Ours is not an easy job. Sometimes it seems downright impossible! How many times have you wished for another pair of hands, another set of eyes and, of course, a few more hours in the day to get it all done? In the end, all the stress and endless responsibilities can make you feel inadequate and underappreciated. Don't despair! There is hope. You can regain your sanity and take control over your life again. In *Balancing Career & Family*, you'll learn tips and techniques for lessening the demands on your time and enlisting help from your co-workers and your family.

The zen of organizing : creating order and peace in your home, career and life / Leeds, Regina. 2002. Book : 230 pages; 9" x 6"; includes index.

One of the most powerful ways to shake up your life is to alter your physical environment. Ask yourself these questions; if you answer "yes" to any one of them, this book is for you... Does your life sometimes feel out of control? Do you have trouble finding the papers you need in your office? After a long day at work, does your home environment add to the static in your mind? Are you overcommitted and exhausted most of the time? This book will take you through Regina's three-step process, guaranteed to bring peace and calm to the most cluttered and chaotic environments.

OSTEOPOROSIS

Be bone wise exercise / Hoffman, Lisa. 1999. Video : Color video, running time: 33 min., and 13-pg pamphlet.

This is the official weight-bearing and strength-training exercise video of the National Osteoporosis Foundation. There are 5 sections in the video. The Warm Up and Aerobics sections focus on full-body, weight-bearing activity, while the Wall, Chair and Floor sections focus on specific exercises that strengthen muscles. This video is unique because the exercises and routines avoid movements that are unsafe for people with osteoporosis, such as twisting or jarring the spine or bending forward from the waist. Includes 13-page pamphlet, "Guidelines for Safe Movement."

Mayo Clinic on osteoporosis : keeping bones healthy and strong and reducing the risk of fracture / Hodgson, Stephen M. D., Editor in Chief. 2003. Book : 209 pages; includes Index.

This book provides a clear explanation of osteoporosis and fracturing, and practical advice on your prevention and treatment options.

How your bones stay healthy; The effects of osteoporosis on bone structure;

Secondary causes of osteoporosis; Risks of fracture due to osteoporosis;

Bone density testing and making sense of test results; Recovering from a fracture; Developing action plans to prevent or treat osteoporosis; Bone-healthy menus and recipes; Exercise programs for those with osteoporosis

Strong women, strong bones : everything you need to know to prevent, treat, and beat osteoporosis / Nelson, Miriam E. 2000. Book : 318 pages; includes Index.

Osteoporosis, a terrible disease which affects an estimated 28 million Americans, is preventable - and treatable. But calcium and walking aren't enough! The program in this book optimizes your bone health. Based on cutting-edge medical research and filled with inspiring stories, the book features: the one-hour-per-year plan for healthy bones, a questionnaire that reveals hidden risk factors, information on the most accurate bone-density tests, tips on supplements beyond calcium, recommended exercise beyond walking, facts on the latest medications, exercise logs, scientific info on bones and balance, and a chapter for men.

PANIC DISORDERS

The anxiety & phobia workbook / Bourne, Edmund J. 1995. Book : 428 pages.

This book is a practical and comprehensive guide offering help to anyone who is struggling with panic attacks, social fears, compulsive behaviors and other anxiety disorders.

WELLNESS WORKS LENDING LIBRARY

PARENTING

The blue ribbon day / Couric, Katie. 2004. Book : pp, illus.

When Carrie is disappointed not to make the school soccer team, she turns her attention to creating a science fair project. Discuss success and failure by focusing on a child's strengths and weaknesses.

The brand new kid / Couric, Katie. 2000. Book : pp, illus.

Lazlo, who has just moved to the United States from Hungary, is ostracized at school until two girls have the courage to befriend him. Focuses on celebrating differences and making friends.

Building Better Families (Vol. 1) Communication : Guidelines For Raising Happy Healthy Children / Schott, Fred. Video : running time (part 130 min) (part 230 min)

Parenting is a special and demanding job. Raising conscientious kids is a responsibility that is both challenging and rewarding. Cooperative, stable kids with high self-esteem are more fun to be around and are more successful throughout their lives. Video is filled with parenting enhancement skills you will use throughout your child's life. Focus of the video is on improving your communication skills.

Building Better Families (Vol. 2) Discipline : Guidelines For Raising Happy Healthy Children / Schott, Fred. Video : running time (part 127 min) (part 247 min)

Parenting is a special and demanding job. Raising conscientious kids is a responsibility that is both challenging and rewarding. Cooperative, stable kids with high self-esteem are more fun to be around and are more successful throughout their lives. Video is filled with parenting enhancement skills you will use throughout your child's life. Focus of the video is on offering a new approach to discipline.

Building Better Families (Vol. 3) Self Esteem : Guidelines For Raising Happy Healthy Children / Schott, Fred. Video : running time (part 123 min) (part 237 min)

Parenting is a special and demanding job. Raising conscientious kids is a responsibility that is both challenging and rewarding. Cooperative, stable kids with high self-esteem are more fun to be around and are more successful throughout their lives. Video is filled with parenting enhancement skills you will use throughout your impressionable child's life. Focus of the video is on raising your child's self esteem.

Building Better Families (Vol. 4) Teens : Guidelines For Raising Happy Healthy Children / Schott, Fred. Video : running time (part 130 min) (part 230 min)

Parenting is a special and demanding job. Raising conscientious kids is a responsibility that is both challenging and rewarding. Cooperative, stable kids with high self-esteem are more fun to be around and are more successful throughout their lives. Video is filled with parenting enhancement skills you will use throughout your child's life. Focus of the video is on understanding your teen.

Building Self-Esteem in Your Child : how to give your child a healthy foundation for life / Baile, Dr. Susan. CD : 4 audio CDs (4 hrs. 18 min. est.) Includes: 27-page workbook.

Like all parents, you want your children to have the opportunity to be anything they want ... to be confident in a variety of circumstances ... to feel that they are worthwhile and loved. In this program, acclaimed parenting pro Dr. Susan Baile focuses on an essential part of successful parenting -- building self-esteem in your child.

Cheap psychological tricks for parents : 62 sure-fire secrets and solutions for successful parenting / Buffington, Perry. 2004. Book : 180 pp, illus.

You, the parent, are the number one predictor of your child's success in life. This collection of 62 strategies and techniques will guide your kids through childhood. Based on psychological and behavioral research, each trick will help you become the kind of parent who is not only a teacher and friend but also a leader.

WELLNESS WORKS LENDING LIBRARY

The day I saw my father cry / Cosby, Bill. 2000. Book : no page numbering, illus.

Although Little Bill is sad when a friend of the family dies, he remembers the friend's lesson of saying "Merry Christmas" to get people to stop fighting. A children's book on death, dying, and remembering.

Everyday parenting solutions : practical solutions for day-to-day parenting dilemmas

2001. Book : 142 pp, includes index.

Kids don't come with a manual. And certainly no one makes you pass a test to become a parent. What seemed to work for one generation isn't tolerated by the next. Remember "spare the rod, spoil the child" and "children are to be seen and not heard?" Parenting techniques and practices change with the times, just as fashion and music change with each generation. So how do you learn to be loving, understanding, patient, and firm but a fair disciplinarian and a good role model? By watching other parents, through trial and error, and even by reading how-to books. Everyday Parenting Solutions contains proven, practical tips and techniques for raising children, especially for busy parents.

A good mother's guide to raising a good student / Poretta, Vicki, and Edelman Borden, Marian. 2002. Book : 175 pp, includes index.

Quick and easy ways to get your child to study, valuable tips on handling an unmotivated student, step-by-step instructions on monitoring your kid's progress.

The happiest baby on the block : the new way to calm crying and help your baby sleep longer / Karp, Dr. Harvey. 2002. Book : 267 pp, paper, illus. Includes index.

Dr. Harvey Karp reveals an extraordinary treasure sought by parents for centuries --an automatic "off-switch" for their baby's crying.

The happiest toddler on the block : the new way to stop the daily battle of wills and raise a secure and well-behaved one- to four-year-old / Karp, Dr. Harvey, with Spencer, Paula. 2004. Book : 312 pp, illus. Includes index.

Toddlers can drive you bonkers...so adorable and fun one minute...so stubborn and demanding the next! Yet, as unbelievable as it sounds, there is a way to turn the daily stream of "nos" and "don'ts" into "yeses" and hugs...if you know how to speak your toddler's language. In one of the most useful advances in parenting techniques of the past twenty-five years, Dr. Karp reveals that toddlers, with their immature brains and stormy outbursts, should be thought of not as pint-size people but as pintsize...cavemen.

I'm gonna like me : letting off a little self-esteem / Curtis, Jamie Lee. 2002. Book : 9" x 10 1/2" hardcover.

A young girl learns to like herself every single day, no matter what.

It's so amazing! : a book about eggs, sperm, birth, babies, and families / Harris, Robie H. 1999. Book : 81 pp, illus.

Uses bird and bee cartoon characters to present straightforward explanations of topics related to sexual development, love, reproduction, adoption, sexually transmitted diseases, and more.

Parenting children with ADHD : 10 lessons that medicine cannot teach / Monastra, Vincent J. 2005. Book : 263 pp, paper, illus. Includes bibliographical references and index.

Everybody doesn't have a little bit of ADHD! -- Lesson 2. Parenting doesn't cause ADHD, genes do! -- Lesson 3. Medicines can't cure ADHD, but they can help -- Lesson 4. Nutrition does matter -- Lesson 5. Failure does not breed school success -- Lesson 6. Kids need a reason to learn -- Lesson 7. Start small: you've got plenty of time to learn -- Lesson 8. Temperament may be inherited, but emotional control is learned -- Lesson 9. Yelling rarely solves anything -- Lesson 10. Parents are people too! -- Lesson 11. It don't come easy -- Final thoughts.

WELLNESS WORKS LENDING LIBRARY

Parenting the strong-willed child : the clinically proven five-week program for parents of two- to six-year-olds / Forehand, Rex, and Long, Nicholas. 2002. Book : 264 pp, paper, illus. Includes index.

This hands-on guide provides you with a step-by-step, five-week program toward improving your child's behavior as well as the entire family's relationship. Providing you with the necessary tools for successfully managing the difficult child, the book covers specific factors that cause or contribute to a child's disruptive behavior; ways to develop a more positive atmosphere in your family and home; actual reports by parents of difficult children; strategies for managing specific behavior problems; how to tell if your child might have ADHD; and more.

Parenting with dignity : the early years / Bledsoe, Mac. 2005. Book : 249 pp, paper, includes index.

Five rules for resolving the most common challenges with children two to six.

Parenting with dignity / Bledsoe, Mac. 2003. Book : xvi, 235 p. : ill, includes index.

Getting beyond crisis management - a five-point plan for raising responsible, independent kids.

The savvy mom's guide to medical care : everything you need to know to get top quality care for your child from one of the nation's leading physicians / Gallin, Pamela F. 1999. Book : 259 pp, paper.

This book informs parents about resources that will prepare them to handle medical situations ranging from routine well-child visits to emergency care.

Setting limits with your strong-willed child : eliminating conflict by establishing clear, firm, and respectful boundaries / MacKenzie, Robert J. 2001. Book : x, 273 p. : ill. ; 22 cm. - paper. Includes biblio. and index.

Proven techniques and procedures that provide a refreshing alternative to the ineffective extremes of punishment and permissiveness. Parents and teachers alike will discover how to effectively motivate the strong-willed child and achieve cooperation.

Stop negotiating with your teen : strategies for parenting your angry, manipulative, moody, or depressed adolescent / Edgette, Janet Sasson Psy.D. 2004. Book : 177 pp.

This book is written for the parents of teenagers who push the envelope and don't stop pushing until their parents throw up their hands. These teenagers assume privileges and dispensations. They feel entitled to burden family members with their demands or chronic irritability or bad tempers. They wreak havoc with family life and never hold themselves accountable for the trail of weariness, frustration, worry or sadness left in the wake of their behaviors. It's time to stop being held hostage to your adolescent's behavior. Begin effectively communicating with your teen.

Tear soup : a recipe for healing after loss / Schwiebert, Pat and DeKlyen, Chuck. 2004. Book : 53 pp, illus.

A children's book about dealing with loss.

What to expect the first year / Eisenberg, Arlene and Murkoff, Heidi and Hathaway, Sandee. 1998. Book : 671 pgs.; includes index.

To help you become the best-equipped parents possible, this book presents a complete, first-year childcare manual from the authors of *What to Expect When You're Expecting*. This book on parenting includes thorough information on baby's monthly growth and development, feeding, sleeping habits, infant illnesses, and safety.

WELLNESS WORKS LENDING LIBRARY

A woman's guide to balancing career & family : solutions for your job, your family and yourself / edited by National Press Publications. 2001. Book : 190 pp, paper, includes index.

Women are great multi-taskers. We take on a myriad of roles - employee, wife, mother, daughter, cook, housekeeper, chauffeur, financial manager - and perform many of them simultaneously. Ours is not an easy job. Sometimes it seems downright impossible! How many times have you wished for another pair of hands, another set of eyes and, of course, a few more hours in the day to get it all done? In the end, all the stress and endless responsibilities can make you feel inadequate and underappreciated. Don't despair! There is hope. You can regain your sanity and take control over your life again. In *Balancing Career & Family*, you'll learn tips and techniques for lessening the demands on your time and enlisting help from your co-workers and your family.

PILATES

Simply pilates exercise system / Pohlman, Jennifer. 2005. DVD : 26 Flash cards, DVD & Booklet; Running time: 42 min.

Borrowing principles from Eastern and Western exercise philosophies and endorsed by medical and fitness professionals, Pilates is not repetitions of meaningless exercises but a holistic approach to creating balance through engaging the body, breath, and mind. By working the body "smart" rather than "hard," exercising the Pilates way leaves you stimulated, not exhausted, and results in long, lean muscles rather than bulk.

PREGNANCY

Bouncing back after your pregnancy : what you need to know about recovering from labor and delivery and caring for your new family / Curtis, Glade B., and Schuler, Judith. 2002. Book : 176 pp, paper, illus.

The 8 to 12 weeks after the birth of your child can be exhausting and disorienting. With the right information and advice, however, this time of adjustment can be filled with great joy and wonderfully intimate moments between you, your partner, and your new baby.

fitmama : postnatal workout / Hart, Leisa. 2003. Video : running time: 52 min.

Leisa Hart continues to create dynamic programs that are safe, fun and effective to get you the results you deserve! Her warm, approachable personality and impeccable cuing have motivated millions to embrace exercise. This postnatal exercise will help you: improve circulation, increase energy levels, ease emotional highs and lows, speed recovery of the pelvic floor, ease back and shoulder tension from delivery, regain and improve your pre-pregnancy physique, and build strength to carry your new bundle of joy.

Mind over labor : A breakthrough guide to giving birth / Jones, Carl. 1988. Book : 192 pgs; includes index.

The fear and pain that many women expect from pregnancy can at last be overcome. Carl Jones, a certified childbirth educator, tells how using mental imagery can help you reduce the pain of labor by controlling the fear beforehand. His easy-to-follow, eight-step method, which teaches your mind to cooperate with your body, will help make your childbirth less stressful and more natural. His simple exercises will put you in touch with the best instrument of birth there is - yourself.

Walking through pregnancy and beyond : how expectant and new moms can walk their way through a happy and healthy pregnancy and first year / Fenton, Mark and Lisa; Teare, Tracy. 2004. Book : 225 pgs, color photos, charts; includes index.

Research from experts establishes how much you can and should be exercising while pregnant. You actually experience increased cardiovascular capacity during and immediately following pregnancy. Combine that with this exercise program postpartum, and you could reach your highest aerobic fitness ever. Answers that expectant and new moms need for all kinds of fitness questions.

WELLNESS WORKS LENDING LIBRARY

What to expect when you're expecting / Murkoff, Heidi et. al. 2002. Book : 597 pgs.; includes index.

Clear, comprehensive month-by-month format. A guide that answers the concerns of “mothers and fathers to be” from the planning stage to postpartum.

Yoga mama : prenatal yoga / Elkind, Sue. 2000. Video : running time: 45 min.

This unintimidating video explains yoga in an easy-to-understand language. Not only can you change your body with this video - you may even change your mind about yoga. Discover how to master the twelve essential yoga postures, de-stress and relax through yoga practice, experience the benefits of proper yoga breathing techniques, and build strength and muscle tone using yoga postures.

Yoga mama : prenatal yoga / Elkind, Sue. 2000. Video : running time: 45 min.

Welcome to CRUNCH Fitness! Expand your mind along with your body. During pregnancy is an incredible time to practice yoga to keep your body healthy, your mind stress-free, and to connect to your growing baby. Appropriate for any trimester, this gentle and effective program is designed to keep you toned as well as get you ready for the big day. You'll move through a series of poses that focus on breathing as well as strengthening and stretching muscles that will prepare you for the challenge of labor and birth. Yoga can also improve your circulation and digestion plus relieve common tensions related to pregnancy.

Your baby, your child : a parents' guide to pregnancy and early childhood / Webster, Judith and R. Michael Morse. 2000. Book : 202 pages: charts & illustrated; includes index.

Offers information about practicing healthy lifestyle habits during pregnancy, seeking appropriate prenatal and well-child care, monitoring your child's development compared to what's expected for a given age, knowing when to alert a healthcare provider to potential problems, and handling common childhood medical problems at home.

Your pregnancy month by month / Gillespie, Clark M.D. 1998. Book : 324 pgs, b & w photos, illustrations, sonogram photographs; includes index.

This book has provided more than 200,000 women with invaluable technical information and expert advice for a confident and comfortable pregnancy. Now completely updated and revised, it supplements your obstetrician's guidance by answering numerous common and uncommon questions on various topics. Dr. Gillespie doesn't shy away from tough subjects and he answers questions that you may not even have known to ask. He is also a compassionate and authoritative presence offering practical support at a time when many women feel especially vulnerable.

Your pregnancy questions and answers / Curtis, Glade B. and Schuler, Judith. 2001.

Book : 410 pgs.; illustrations; includes index.

With answers to more than 1,200 frequently-asked questions, this book is your ideal pregnancy and childbirth companion. Q & A's are arranged by subject and grouped logically within each chapter. Covers what you want and need to know before, during, and after your pregnancy.

Your pregnancy week by week / Curtis, Glade B. 2000. Book : 422 pgs.; includes index.

With this fact-filled book and your doctor's prenatal care, you can follow your baby's progress and confirm what's happening in your own body. This book provides the answers to your questions about all stages of pregnancy. Whether you are just planning your pregnancy or are already pregnant, you'll find advice for taking care of yourself and having a healthy baby.

PUBLIC SPEAKING

Powerful communication skills : how to communicate with confidence, clarity and credibility / McKenna, Colleen. 1997. Book : 89 pp, paper, includes index.

This book explores cancer's impact on the couple, including the caregiver's role; evaluating your

WELLNESS WORKS LENDING LIBRARY

relationship; what it takes to create a good relationship; emotions, relationships, and cancer; couples in conflict; lifestyle factors; improving communication; creating emotional intimacy; strengthening physical intimacy; solutions for specific problems; and support services. The book includes a workbook for couples and a resource guide.

PULMONARY DISEASE

Life and breath : preventing, treating, and reversing chronic obstructive pulmonary disease / Schachter, Neil. 2003. Book : x, 336 p. : ill. ; 22 cm., Includes bibliographical references (p. 305-321) and index.

The breakthrough guide to the latest strategies for fighting asthma, emphysema, and chronic bronchitis - at any age.

REFLEXOLOGY

The everything reflexology book : manipulate zones in the hands and feet to relieve stress, improve circulation, and promote good health / Voner, Valerie. 2003. Book : 289 pg.; includes index.

Instant relief for virtually any ache or pain - right at your fingertips! More and more people are turning to reflexology to alleviate symptoms of chronic pain, stress, and medical disorders. Reflexology therapy has been shown to be an effective treatment for innumerable health issues, ranging from headaches and insomnia to high blood pressure and PMS. This book provides easy-to-follow professional instruction that will bring you one step closer to good health.

Reflexology : the timeless art of self healing / Gillanders, Ann. 1997. Video : running time: 75 min.

Our feet are microcosms - or maps - of our entire bodies. They contain thousands of tiny nerves called reflexes which correspond to every organ and system within the body. Simply pressing on these reflex points can create amazing results. Reflexology reduces stress, revitalizes and balances energy and creates an overall sense of well-being.

Reflexology : health at your fingertips / Kunz, Barbara. 2003. Book : 160 p. : col. ill., paper. Includes bibliographical references and index.

Reflexology is the technique of applying pressure to specific reflex points on the hands and feet to stimulate the body's own healing powers. This book shows you how to perform both hand and foot sequences that will boost your health and reduce stress.

Reflexology : a gentle therapy for correcting and preventing ill health / Peeters, Joelle. 2001. Book : 96 pg, paper. Includes index.

Reflexology is a very effective form of foot massage that is increasing in popularity. It is a specific pressure technique that works on precise reflex points that are to be found in the feet (and hands) that correspond with the different parts of the body. This comprehensive introduction includes information on the following: foot and hand reflex maps, basic techniques, including self-treatment, and illnesses and diseases and their associated reflex areas.

RELAXATION

30 scripts for relaxation imagery & inner healing / Lusk, Julie T. 1992. Book : 176 pages.

Relaxation and visualization can heal the body, mind, and spirit. Julie Lusk has gathered these exercises from physicians, psychologists, therapists, and educators - leaders in the field of guided imagery - who have developed and fine-tuned each script. People just beginning to use imagery and visualization will find here the help they need to get started - a wide variety of scripts on a broad range of themes, plus helpful information on how to use guided imagery.

WELLNESS WORKS LENDING LIBRARY

The art of breath and relaxation, gift set : contains all you need to create a peaceful and relaxing experience / Yee, Rodney. 2000. Video : 60 min, CD music 60 min.

The gift set contains the videotape, "The Art of Breath and Relaxation," and a CD "Adagio: Music for Relaxation." The video takes you on a powerful visual journey to explore the relationship between breath and relaxation, reduce the harmful effects of stress, and bring vitality and peace to your life. The CD is a recording of ocean waves and summer winds, among other sounds that inspire peaceful rhythms.

The art of calm : relaxation through the five senses / Seaward, Brian Luke, Ph.D. 1999.
Book : 239 pgs.

In this dynamic exploration into the calming effect of tuning in to our five senses and the divine sense, noted stress-reduction expert Brian Luke Seaward sets you on the path to living a life of serene fulfillment. Through simple yet powerful suggestions, you will be consciously reminded to live in the present moment and relax.

Do-it-yourself relaxation yoga / Halpern, Steven. 1995. Audio tape : running time: 56 min.

As you breathe deeply and stretch with these exercises, you'll experience an increased oxygen supply, a release of muscle tension, and a centering of the mind. Combine the three routines on each side for a complete sequence, or try them individually as brief "yoga breaks" during the day.

Guided relaxation for sleep / Rouse, Dr. James. 2003. DVD : running time: 30 min.

This program offers quick relief to help you achieve a restorative, restful night's sleep. Through calm, soothing instruction, you'll learn to let go of the day's frustrations, quiet your mind and focus on the moment to fall into a deep, sound sleep. Food can be directly responsible for promoting restful sleep. Sleep-well foods list and meal plans create a nutritional balance that promotes nighttime rest and daytime vitality.

Guided relaxation for stress / Rouse, Dr. James, and Yee, Rodney. 2003. DVD : running time: 32 min.

This DVD helps you turn stress into a positive source of energy. Simple and calming breathing, yoga and meditation techniques quickly dispel stress physically, mentally and emotionally and restore your stress resilience. Stress management foods and meal plans assist in providing short-term feelings of calm and long-term support of your body's ability to manage stress.

Health solutions for sleep / Rouse, Dr. James. 2003. DVD : running time: 1 hour 50 min.

This is a complete program you can tailor to your individual lifestyle to help you get to sleep more easily and restore deep, restful sleep every night. Dr. Rouse guides you through relaxation and breathing techniques, self massage and other quick-relief remedies for times when you're having trouble sleeping.

Health solutions stress relief / Rouse, Dr. James, and Yee, Rodney. 2003. DVD : running time: 1 hour, 40 min.

This DVD helps you turn stress into a positive source of energy by giving your body what it needs for its natural stress-management processes. This in-depth DVD gives you a complete stress-management program you can tailor to your lifestyle, including both quick-relief remedies and lasting stress solutions. Dr. Rouse helps you identify sources of stress and use guided relaxation, breathing exercises, self-massage and other simple techniques to release tension in minutes when you're experiencing acute stress. Restorative yoga with Rodney Yee helps you feel more in control of stress every day. Dr. Rouse also shows you foods that help rebalance stress hormones. He provides stress-management menus & recipes.

Stress free with tai-chi / Inocalla, Shishir. 1995. Video : running time: 45 min.

With this video, you can easily learn, step-by-step, the Tai-Chi movements that will help you manage and possibly prevent stress in your daily life. The non-strenuous movements and breathing techniques will relax your body and inner feelings. The results - improved digestion, better blood circulation and increased efficiency of your body's internal organs.

WELLNESS WORKS LENDING LIBRARY

Tai chi : the method / Hooten, Claire. 2002. DVD : 2 pack DVD set; running time 75 min, and 60 min.

Claire Hooten, a disciple of the late Grand master, Cheng Man Ch'ing, presents an easy and informative introduction to the art and practice of T'ai Chi. The Tai chi beginner's level disk is an easy-to-follow and highly beneficial exercise program consisting of 60 short, simple movements known as the "Yang Style Short Form." The Tai Chi intermediate level disk continues where the beginner's level left off, completing the movements of the Yang style short form, and covering a few additional basic principles of breathing, moving in diagonal lines, and kicking from the body center.

Working wonders : 60 quick break techniques to beat burnout, boost productivity and revive your workday / Joseph, James. 1998. Book : 188 p., paper.

Human beings aren't built to sit at a desk for hours at a stretch - that is why the coffee break was invented. But there are better ways to use your breaks...quick, simple techniques that rejuvenate the body, mind, and spirit so you can return to work refreshed and ready to accomplish great things. This guide includes 60 breaks that can work wonders - featuring creative, effective approaches such as awakening the senses, breaks without breaking, skill builders, soothing stress with therapeutic breaks, using meditation and visualization, and getting physical (back-saving stretches, gentle aerobics, carpal-tunnel prevention, and more).

SEASONAL AFFECTIVE DISORDER

Winter blues : seasonal affective disorder : what it is and how to overcome it / Rosenthal, Norman E. 1998. Book : 354 pages.

Updated and expanded with the very latest information, this acclaimed guide is a veritable survival kit for anyone who suffers from the winter blues. The book includes a self-test to help you evaluate your own level of SAD; revised chapters on antidepressant medications, light therapy, St. John's wort and a helpful nutritional regimen.

SELF-ESTEEM

Getting unstuck : breaking through your barriers to change / Simon, Sidney B. 1996.

Book : 296 p; includes index; paper.

This book helps you to overcome self-defeating behavior. It is designed to help break down your stubborn resistance to change. It provides a "values grid" to clarify your goals and desires and to help you deal with indecisiveness. It provides techniques for building your self-esteem. It provides exercises to help you overcome fears.

I'm gonna like me : letting off a little self-esteem / Curtis, Jamie Lee. 2002. Book : 9" x 10 1/2" hardcover.

A young girl learns to like herself every single day, no matter what.

Optimal thinking : how to be your best self / Glickman, Rosalene. 2002. Book : v, 246 p. 23 cm - (pbk. : alk. paper) Includes bibliographical references and index.

Maximize your talents, resources, and time. Make the most of every opportunity and achieve optimal personal and professional satisfaction. Learn to ask the best questions and find the best solutions, make constructive decisions, maximize enjoyment of everyday activities, eliminate self-sabotage, master disturbing emotions and stop unwanted behaviors, function at your peak, bring out the best in others, and much more.

Self-esteem / McKay, Matthew and Patrick Fanning. 2000. Book : 316 pp.

A proven program of cognitive techniques for assessing, improving, and maintaining your self-esteem.

WELLNESS WORKS LENDING LIBRARY

The self-esteem companion : Simple exercises to help you challenge your inner critic and celebrate your personal strengths / McKay, Matthew, et al. 1999. Book : 165 p., paper, 7" x 7"

A personal guide to building your self-esteem to new levels and powerfully changing your life for the better. Positive self-esteem is crucial to a happy, fulfilling life. How we feel about ourselves affects virtually every aspect of our lives, from the way we function at work, in love, in sex, to the way we parent, to what we strive to achieve. This is a step-by-step guide filled with straightforward and effective techniques to help you dramatically improve the way you think and feel about yourself. Use a number of simple exercises and strategies to talk back to your inner critic, make a realistic assessment of yourself, and begin to celebrate your personal strengths.

The self-esteem workbook / Schiraldi, Glenn R. 2001. Book : 183 p.

A simple, effective program for mastery of liking yourself, conquering self-doubt, seeing your core worth, rational thinking, body appreciation, affirming thoughts, enlarging possibilities, flop inoculation, forgiving yourself, loving meditation, and liking the face in the mirror.

The self-esteem workout video / Envision Video. 1995. Video : running time: 30 min.

Created by a team of psychotherapists who have seen thousands of people struggling with issues of self-esteem. It has been designed as an easy, effective, and entertaining way to practice the ongoing skills that develop and reinforce self-love. Learn how to accept yourself, appreciate your body, develop a kind inner voice, set personal boundaries, nurture yourself, and more.

The self matters companion : helping you create your life from the inside out / McGraw, Phillip C., 2002. Book : xiii, 224 p. : ill. ; 25 cm.

With The Self Matters Companion, readers will have the chance to dig deeper into the questions, concepts, and exercises that empowered them in Self Matters. Self Matters created a new language and a new way of thinking. Now, The Self Matters Companion takes self-awareness to the next level with a variety of interactive exercises.

SEX EDUCATION FOR CHILDREN

Asking about sex and growing up : a question-and-answer book for boys and girls / Cole, Joanna. 1988. Book : 90 p. : ill. ; 24 cm., ill. - paper. Includes index.

Today's children hear about sex all the time—on television, in the movies, and from their friends. But what they hear and see does not always give a healthy or even an accurate view of sexuality. This unique book, the only one of its kind for preteens, uses a question-and-answer format to offer straightforward information on a wide variety of subjects that often concern and mystify young people.

It's so amazing! : a book about eggs, sperm, birth, babies, and families / Harris, Robie H. 1999. Book : 81 pp, illus.

Uses bird and bee cartoon characters to present straightforward explanations of topics related to sexual development, love, reproduction, adoption, sexually transmitted diseases, and more.

SLEEP

Guided relaxation for sleep / Rouse, Dr. James. 2003. DVD : running time: 30 min.

This program offers quick relief to help you achieve a restorative, restful night's sleep. Through calm, soothing instruction, you'll learn to let go of the day's frustrations, quiet your mind and focus on the moment to fall into a deep, sound sleep. Food can be directly responsible for promoting restful sleep. Sleep-well foods list and meal plans create a nutritional balance that promotes nighttime rest and daytime vitality.

WELLNESS WORKS LENDING LIBRARY

Health solutions for sleep / Rouse, Dr. James. 2003. DVD : running time: 1 hour 50 min.

This is a complete program you can tailor to your individual lifestyle to help you get to sleep more easily and restore deep, restful sleep every night. Dr. Rouse guides you through relaxation and breathing techniques, self massage and other quick-relief remedies for times when you're having trouble sleeping.

Sleep secrets for shift workers and people with off-beat schedules / Morgan, David.

1996. Book : 163 pages.

The first book to address the unique problems shift workers face - offers seven practical steps to improve the quality of your sleep and your life. Learn how to get a good night's sleep, how to become more productive, and how to make time for family and friends.

The well-rested woman : 60 soothing suggestions for getting a good night's sleep /

Kinosian, Janet. 2002. Book : xi, 212 pages, paper, 7 1/4 x 5 1/4 in.

Every woman's ultimate companion to a lifetime of rejuvenating, restful good nights. This is a book of sleep solutions. It is designed to help you, a woman, cultivate the seeds of better sleep. The wish is that better sleep will bring you expanded energy, spilling over and infusing your life. The book's main feature, sixty fun and informative essays on sleep, offers scores of sleep solutions. Divided into six main categories, each highlights your sleep from a different vantage point.

SMOKING

Media sharp : analyzing tobacco & alcohol messages / Centers for Disease Control and Prevention. not dated. Video : VHS tape, running time 14 min. includes User's Guide.

Program consists of two parts: Pervasiveness of alcohol and tobacco media messages in our lives & youth in action. Target audience is young adults.

Scene smoking : cigarettes, cinema & the myth of cool / Moloney, Terry. 2002. Video : running time 59 min, Instructors Guide for College, and Teachers Guide for High School.

Smoking in film and television: Hollywood insiders speak out about artists' rights, social responsibility, and the First Amendment. An insightful view into media images for young adults.

Secrets through the smoke : an educational video featuring Dr. Jeffrey Wigand 2001.

Video : 55 min; Teacher's Guide, and Facilitator's Guide for use with community health leaders and policy makers.

Dr. Wigand, highest-ranking industry executive to speak out about the effects of smoking, shares his experiences about the tobacco industry's manipulation of the truth. This video contains "compelling and sometimes graphic" supporting footage. Intended primarily for use with middle and high school students, it can also be used with community leaders and policymakers.

SLAM! no publish date listed. Video : running time: 15 min. includes Facilitator's Guide.

A group of musicians, music industry professionals, and community activists responding to Philip Morris' record label, WomanThing Music. An insightful view into media images for young adults.

Smoke Screeners : an educational program to help young people decode smoking in the movies / Centers for Disease Control & Prevention (CDC) 2000. Video : Moderator's Guide & VHS tape [estimated time for viewing and discussion - 45min.]

Designed to be used in a classroom or youth group setting, this program invites youth to become critical movie and TV viewers. It is designed by students in middle and early high school.

WELLNESS WORKS LENDING LIBRARY

STRESS

30 scripts for relaxation imagery & inner healing / Lusk, Julie T. 1992. Book : 176 pages.

Relaxation and visualization can heal the body, mind, and spirit. Julie Lusk has gathered these exercises from physicians, psychologists, therapists, and educators - leaders in the field of guided imagery - who have developed and fine-tuned each script. People just beginning to use imagery and visualization will find here the help they need to get started - a wide variety of scripts on a broad range of themes, plus helpful information on how to use guided imagery.

Dear job stressed : Answers for the overworked, overwrought, and overwhelmed / Dempcy, Mary H., Tihista, Rene. 1996. Book : 163 pgs.

If you're one of the millions of people feeling overwhelmed at work, chances are you may already have some physical symptoms - migraine, backaches, insomnia - or else you feel on the edge emotionally - you're anxious, exhausted, or depressed. What can you do about it? The only thing you can change if you are going to get any relief from your job stress is the way you respond to it.

Dear Job Stressed shows how you can identify yourself among seven common "stress personalities" - the pleaser, the striver, the critical judge, the internal timekeeper, the sabertooth, the worrier, and the inner con artist. It provides over 100 specific tips for handling the most frequently encountered stress situations on the job.

Don't sweat the small stuff... and it's all small stuff : simple ways to keep the little things from taking over your life / Carlson, Richard, Ph. D. 1997. Book : 6 1/2 x 5 1/2; 248 pgs.

Richard Carlson reveals ways to calm down in the midst of your incredibly hurried, stress-filled life. You can learn to put things in perspective by making the small daily changes he suggests, including advice such as, "Think of your problems as potential teachers," "Remember that when you die, your 'in' box won't be empty," and "Do one thing at a time." He suggests that you should try to live in the present moment. Dr. Carlson reveals ways to make your actions more peaceful and caring, with the added benefit of making your life more calm and stress-free.

Don't sweat the small stuff at work : simple ways to minimize stress and conflict while bringing out the best in yourself and others / Carlson, Richard, Ph. D. 1998. Book : 6 1/2 x 5 1/2; 284 pgs.

Richard Carlson shows readers how to interact more peaceably and joyfully with colleagues, clients, and bosses. Spending forty hours or more a week in an office, along with rush deadlines, heavy workloads, and daily dilemmas, can make working a very stressful experience. Richard reveals tips that will transform your outlook at the office, easing stress there and also leading to a happier life at home.

Don't sweat the small stuff with your family : simple ways to keep daily responsibilities and household chaos from taking over your life / Carlson, Richard, Ph. D. 1998. Book : 6 1/2 x 5 1/2; 255 pgs.

Richard Carlson shows readers how not to let the small annoyances in our home lives get us down. From defusing kids who are whining or fighting, to working out issues with a spouse, to reducing the hassles over household chores. Richard Carlson shows us ways to make our relationships at home more peaceful and loving.

Gray matters : stress and the brain explores the correlation between the mind and body connection / Dana Alliance for Brain Initiatives. 1999. Audio tape :

This audiotape explores the correlation between the mind and body connection. You will learn how reasonable doses of stress can be a good thing. But when stress itself becomes aggressive and goes too far, our brains, in effect, can rebel and our bodies and health can suffer. You'll hear how the immune system can succumb to chronic stress. Remedies for short circuiting stress are also the focus of this program.

WELLNESS WORKS LENDING LIBRARY

Guided relaxation for stress / Rouse, Dr. James, and Yee, Rodney. 2003. DVD : running time: 32 min.

This DVD helps you turn stress into a positive source of energy. Simple and calming breathing, yoga and meditation techniques quickly dispel stress physically, mentally and emotionally and restore your stress resilience. Stress management foods and meal plans assist in providing short-term feelings of calm and long-term support of your body's ability to manage stress.

Health solutions stress relief / Rouse, Dr. James, and Yee, Rodney. 2003. DVD : running time: 1 hour, 40 min.

This DVD helps you turn stress into a positive source of energy by giving your body what it needs for its natural stress-management processes. This in-depth DVD gives you a complete stress-management program you can tailor to your lifestyle, including both quick-relief remedies and lasting stress solutions. Dr. Rouse helps you identify sources of stress and use guided relaxation, breathing exercises, self-massage and other simple techniques to release tension in minutes when you're experiencing acute stress. Restorative yoga with Rodney Yee helps you feel more in control of stress every day. Dr. Rouse also shows you foods that help rebalance stress hormones. He provides stress-management menus & recipes.

Reflexology : the timeless art of self healing / Gillanders, Ann. 1997. Video : running time: 75 min.

Our feet are microcosms - or maps - of our entire bodies. They contain thousands of tiny nerves called reflexes which correspond to every organ and system within the body. Simply pressing on these reflex points can create amazing results. Reflexology reduces stress, revitalizes and balances energy and creates an overall sense of well-being.

Stress free with tai-chi / Inocalla, Shishir. 1995. Video : running time: 45 min.

With this video, you can easily learn, step-by-step, the Tai-Chi movements that will help you manage and possibly prevent stress in your daily life. The non-strenuous movements and breathing techniques will relax your body and inner feelings. The results - improved digestion, better blood circulation and increased efficiency of your body's internal organs.

The wellness book : the comprehensive guide to maintaining health and treating stress-related illness / Fries, James F. 1993. Book : 493 pages: illustrated.

Reflects the cutting edge of health care, giving you the opportunity to gain more control over your own well-being. The publication of this book is a project of the Mind/Body Medical Institute. Sections: Your health through the years, Staying well, First aid and emergency care, Human disease and disorders, and Modern medical care.

Working wonders : 60 quick break techniques to beat burnout, boost productivity and revive your workday / Joseph, James. 1998. Book : 188 p., paper.

Human beings aren't built to sit at a desk for hours at a stretch - that is why the coffee break was invented. But there are better ways to use your breaks...quick, simple techniques that rejuvenate the body, mind, and spirit so you can return to work refreshed and ready to accomplish great things. This guide includes 60 breaks that can work wonders - featuring creative, effective approaches such as awakening the senses, breaks without breaking, skill builders, soothing stress with therapeutic breaks, using meditation and visualization, and getting physical (back-saving stretches, gentle aerobics, carpal-tunnel prevention, and more).

WELLNESS WORKS LENDING LIBRARY

STRETCHING

Stretching & toning for flexibility & definition : a step-by-step guide / Cosby, Melissa. 2005. Book : 160 p. full color photograph illus.; includes index.

If there is one type of exercise that can provide the maximum physical benefit to the greatest number of people, it is stretching and toning. The "anti-body" lifestyle most of us lead today in offices and cars sees our muscles shorten and weaken, and our joints lose range of movement. By following the simple, step-by-step exercises in this guide, both men and women will gain a suppler, better defined body. The effects of the carefully structured 20-minute workouts will last a lifetime.

STROKE

Living with stroke : a guide for families; help and new hope for all those touched by stroke / Senelick, Richard, Rossi, Peter, Dougherty, Karla. 1999. Book : vii, 262p. : ill. ; 25 cm., biblio, & index.

Help and hope for the millions of families touched by stroke. Every year, stroke - the leading cause of adult disability in the United States - will forever change the lives of one out of every ten families. When stroke touches someone you love, you need the most current information to aid you and your family in understanding the nature of stroke and its ramifications. This book offers sound, practical information on the latest available medications and treatment and comforting advice to help you and your loved ones rebuild your spirits and your lives.

SUCCESS

The 7 habits of highly effective people : powerful lessons in personal change / Covey, Stephen R. 1999. Book : 372 pp, paper.

Presented is a holistic, integrated, principle-centered approach for solving personal and professional problems. The author reveals a step-by-step pathway for living with fairness, integrity, service, and human dignity -- principles that give us the security to adapt to change and the wisdom and power to take advantage of the opportunities that change creates.

The 8th habit : from effectiveness to greatness / Covey, Stephen R. 2004. Book : 387 pp. Includes bibliographical references and index and DVD.

So many people feel frustrated, discouraged, unappreciated, and undervalued -- with little or no sense of voice or unique contribution. The 8th Habit is the answer to the soul's yearning for greatness, the organization's imperative for significance and superior results, and humanity's search for its "voice." This book of next-level thinking gives a clear way to finally tap the limitless value-creation promise of the Knowledge Worker Age.

Optimal thinking : how to be your best self / Glickman, Rosalene. 2002. Book : v, 246 p. 23 cm - (pbk. : alk. paper) Includes bibliographical references and index.

Maximize your talents, resources, and time. Make the most of every opportunity and achieve optimal personal and professional satisfaction. Learn to ask the best questions and find the best solutions, make constructive decisions, maximize enjoyment of everyday activities, eliminate self-sabotage, master disturbing emotions and stop unwanted behaviors, function at your peak, bring out the best in others, and much more.

TAI-CHI

Stress free with tai-chi / Inocalla, Shishir. 1995. Video : running time: 45 min.

With this video, you can easily learn, step-by-step, the Tai-Chi movements that will help you manage and possibly prevent stress in your daily life. The non-strenuous movements and breathing techniques will relax your body and inner feelings. The results - improved digestion, better blood circulation and increased efficiency of your body's internal organs.

WELLNESS WORKS LENDING LIBRARY

Tai chi : the method / Hooten, Claire. 2002. DVD : 2 pack DVD set; running time 75 min, and 60 min.

Claire Hooten, a disciple of the late Grand master, Cheng Man Ch'ing, presents an easy and informative introduction to the art and practice of T'ai Chi. The Tai chi beginner's level disk is an easy-to-follow and highly beneficial exercise program consisting of 60 short, simple movements known as the "Yang Style Short Form." The Tai Chi intermediate level disk continues where the beginner's level left off, completing the movements of the Yang style short form, and covering a few additional basic principles of breathing, moving in diagonal lines, and kicking from the body center.

The tai chi directory / Davies, Kim. 2004. Book : 208 p.; color photo illustrations; Includes index.

The popularity of tai chi is one manifestation of a growing interest in the wisdom of Eastern cultures. New students of this ancient practice find that tai chi meets a real and urgent need. Stress and anxiety have become endemic problems in our fast-driven society. About 80 percent of visits to the doctor can be ascribed to stress-related complaints. Eastern health practices seem to offer a route to inner peace as well as real health benefits. This book aims to explain all you need to know about establishing a tai chi practice at home. The heart of the book is devoted to tai chi exercises, called the form. Each movement is clearly explained, and there is a color illustration to show you what to do at every step. The final section of the book explains how to integrate tai chi into your daily life.

TIME MANAGEMENT

The complete idiot's guide to organizing your life / Lockwood, Georgene Muller. 2003. Book : 434 p. : ill, index.

Simple strategies for straightening up all areas of your life. Easy ways to cut down on the amount of paper you shuffle every day. Creative tips on using your computer to conquer clutter.

The complete idiot's guide to overcoming procrastination / Tullier, L. Michelle Ph.D. 2000. Book : 362 p. : ill, includes index.

This guide helps you to reorganize your life, to get things done before they become a problem. Constructive techniques for unlearning unproductive work patterns. A game plan for eliminating clutter, a guide to overhauling your daily schedule into a get it done work plan.

How to get things done : An achiever's guide to better time management / Kraly, Paul. 1998. Book : 116 pgs, includes index.

The clock is ticking and your wheels are spinning! Do you wish you could be more focused on your goals... undistracted by the thousands of interruptions that compete for your time and attention? This easy-reading guide can literally add hours to your day, with smart tips and stress-erasing strategies. Learn to identify the trouble spots that keep you from achieving your goals...to juggle many projects successfully... to meet every deadline and follow through on all your promises. If you're paralyzed by perfectionism... put off by procrastination...here's how to turn your time into action!

Organized to be your best! : transforming how you work / Silver, Susan. 2006. Book : 324 p., index.

This is the one book you need to get control over your desk, your computer and your demanding work life. Rely on the "bible of organization" and you'll see how to:

- * Control multiple, ever-changing projects and priorities, 24 x 7 work schedules and information overload
- *Manage email, instant and text messages, phone calls and other communications
- *Devise a time and information system just for you
- * Work more collaboratively with others in person and online
- * Master a messy desk as you learn to turn piles into files
- * Maximize all your work spaces wherever they're located
- * Get the most from your computer and mobile devices and protect yourself in the process

WELLNESS WORKS LENDING LIBRARY

A to Z home management : specializing in: organizational and time management skills for the home and office / Ancitl, Judy. not dated. Workshop materials : 61 pages; 3-ring binder.

This binder is filled with instructional material, tips and ideas, and a list of additional organizing resources. The company (A to Z...) seeks to teach the organizing skills and techniques necessary to create and maintain organization in the home.

A woman's guide to balancing career & family : solutions for your job, your family and yourself / edited by National Press Publications. 2001. Book : 190 pp, paper, includes index.

Women are great multi-taskers. We take on a myriad of roles - employee, wife, mother, daughter, cook, housekeeper, chauffeur, financial manager - and perform many of them simultaneously. Ours is not an easy job. Sometimes it seems downright impossible! How many times have you wished for another pair of hands, another set of eyes and, of course, a few more hours in the day to get it all done? In the end, all the stress and endless responsibilities can make you feel inadequate and underappreciated. Don't despair! There is hope. You can regain your sanity and take control over your life again. In *Balancing Career & Family*, you'll learn tips and techniques for lessening the demands on your time and enlisting help from your co-workers and your family.

WEIGHT MANAGEMENT

The American Dietetic Association's complete food and nutrition guide / Duyff, Roberta Larson. 2002. Book : 658 pages includes index.

Comprehensive, easy-to-use book does more than list scientific facts – it shows how to translate them into healthy food choices that fit any lifestyle. Filled with practical tips for all ages from choosing healthiest baby food to eating well into the golden years.

Eat more weigh less : Dr. Dean Ornish's life choice program for losing weight safely while eating abundantly / Ornish, Dean. 1993. Book : 403 pages illustrated.

Dr. Dean Ornish's life choice program for losing weight safely while eating abundantly.

Gym in a box : sleek in a week; my personal trainer / Hart, Leisa. 2004. DVD : DVD, running time 80 min; 31 pg nutritional guide pamphlet.

This DVD program is an innovative personal training system that can help get the body you want without going to a gym or spending lots of money on a personal trainer. International instructor Leisa Hart - best known for 14 of the popular Buns of Steel videos - is your very own personal trainer. She has created these routines to fit your personal fitness goals and your lifestyle. *Sleek in a week*: A concentrated fitness and nutrition regimen designed to help you shed a dress size in just one week! *My personal trainer*: A lifestyle fitness routine that guides you from start to finish including nutrition plans, how to calculate your target heart rate, weekly workout regimes to target your individual fitness goals, and motivational tips.

A healthier you : Everyday healthy eating and physical activity for life; based on the Dietary Guidelines for Americans / U.S. Department of Health and Human Services. 2005. Book : 345 pages: graphs, charts.

In *A Healthier You*, you'll get the straight story and the tools and resources you need to change your life for the better - to help reduce your risk for chronic diseases and live a longer, healthier life.

A Healthier You reflects the state of the science from the Dietary Guidelines for Americans - the gold standard in nutrition - plus:
healthy eating patterns; the food label; almost 100 easy, healthy, and tested recipes; physical activity advice; reproducible worksheets to track your progress; helpful Web sites to learn more; and tips to get you through the day.

WELLNESS WORKS LENDING LIBRARY

No-fad diet : a personal plan for healthy weight loss / American Heart Association. 2005.
Book : 445 pg.; includes index.

What's the only effective way to lose weight and keep it off? It's simple: Calories in must be less than calories out. But since the factors that contribute to this not-so-magic formula are different for everyone, a one-size diet plan does not fit all.

The no-fad diet includes: tips on turning negative thinking into positive rewards; simple quizzes to find the approach that's best for you; diary pages to record and monitor your eating and activity habits; strategies to reduce calories and increase your activity levels; guidelines to help you prepare your own nutritious meals; more than 190 delicious and healthful recipes; techniques to maintain your momentum

Nutrition for life : The no-fad, no-nonsense approach to eating well and reaching your healthy weight / Hark, Lisa PhD, RD and Deen, Darwin, MD. 2005. Book : 336 p. : ill, includes index.

Nutrition for life gives you the facts about food, diets, and eating, providing clear, authoritative guidance on how good nutrition can improve your health.

No-nonsense reviews of the most widely used diet programs

Sound guidance on all aspects of nutrition, from food fundamentals to vitamin supplements.

Covers nutrition for all age groups, from infants to senior citizens

Hundreds of practical tips on healthy eating

Advice on using food as medicine for high cholesterol, osteoporosis, diabetes, migraine, and many other conditions

Real-life examples of health problems, and how improved nutrition can remedy them

Practical guide on the identification, evaluation, and treatment of overweight and obesity in adults / Pi-Sunyer, F. Xavier, M.D., chair of expert panel. 2002. Report : 77 pp, ill, paper.

This guide provides the basic tools needed to appropriately assess and manage overweight and obesity. It includes practical information on dietary therapy, physical activity, and behavior therapy, while also providing guidance on the appropriate use of pharmacotherapy and surgery as treatment options. These clinical guidelines were developed in response to the increasing prevalence of overweight and obesity in the United States, and the need to alert practitioners to accompanying health risks.

Sculpt your body with balls and bands : shed pounds and get firm in 12 minutes a day / Austin, Denise. 2004. Book : 310 pages: illustrations.

Fitness superstar Denise Austin's breakthrough system will help you achieve your best body ever in just 12 minutes a day. Two powerful fitness tools - the exercise ball and the resistance band - join forces in this brand-new, incredibly effective method of body shaping, muscle toning, and weight loss.

When used together, no other fitness equipment can beat the efficient results of the ball and the band.

(Plus, they're light and portable, for maximum flexibility, so you can take them anywhere you go!)

Flatten and firm your belly

Trim and define your thighs

Shape and tone your arms

Lift and tighten your bottom

Strong women stay slim / Nelson, Miriam E. 1998. Book : 317 pages: illustrated; includes index.

Combines the extraordinary fat-fighting power of strength training with a safe, medically proven weight-loss program. Introduces six, simple, no-sweat exercises you can do at home or in the office. Includes: up-to-the minute information about weight, appetite, nutrition, and fitness - explains why this program works; illustrated exercises especially designed for weight loss; hunger-free food plan, including menus and delicious recipes. Filled with inspiring stories from women who became trim and fit through strength training.

WELLNESS WORKS LENDING LIBRARY

The ultimate weight solution : the 7 keys to weight loss freedom / McGraw, Dr. Phil C. 2003. Book : xiv, 320 p. : charts. 9 3/4 x 6 1/4 in.

This book is the product of thirty years of working with overweight patients and figuring out what really works. Dr. Phil gives you the real tools to permanent weight loss that will change your life and its quality. The materials are presented to help you get immediate results and do so in a way that will last a lifetime. Permanent weight loss is about changing numerous things in your life and this book will help you do just that - change yourself, change the way you think about dieting, change the way you think about food, change the way you think about your health.

The ultimate weight solution food guide / McGraw, Dr. Phil C. 2004. Book : xv, 710 p. : charts.

In his straight-talking, no-nonsense style, Dr. Phil helps you end excuse-making and start creating a no-fail environment for taking charge of your weight and your relationship with food - beginning with Dr. Phil's new Rapid Start Plan that will gear your body physically for accelerated weight loss. Dr. Phil takes his groundbreaking weight loss plan even further by giving you a wealth of handy, accessible advice for every food situation and decision that you face. This book is a tool for change, one that will help you take your nutrition, and your eating, to an entirely new level of self-control.

WEIGHT TRAINING

10 minute solution : target toning for beginners / Whitmarsh, Cindy. 2004. DVD : running time: approx. 50 min.

No time to exercise? We have the solution for you - the 10 minute solution! Instructor Cindy Whitmarsh has developed 5 truly targeted workouts for beginners, each one focused on a specific muscle group, and each one only 10 minutes. These compact, ultra-efficient workouts fit into even the busiest of schedules. Split them into 5 separate workouts, or mix and match to hit your own unique problem areas...or do all of them together for one total-body-50 minute workout! Abs, thighs, buns, arms & shoulders, and bonus powerstretch.

Strength training for muscle development : a step-by-step guide / Hatfield, Mark. 2005. Book : 160 pages, includes index; full color photo illustrated.

This book provides exercises and workouts carefully structured for the maximum benefit in the minimum time. Ideal for anyone new to resistance training, but equally inspirational for the more experienced, this book provides precise, step-by-step instructions on how to increase muscle strength and endurance, and improve mobility and posture. Suitable for both men and women.

Weights on the ball workbook : Step-by-step guide with over 350 photos / Stiefel, Steven. 2004. Book : 172 pages, over 350 photos; includes index.

Follow the step-by-step exercises in this book to sculpt and strengthen your entire body. Combining the fat-burning and muscle-building benefits of lifting weights with the core-strengthening and shaping effects of balancing on a ball, this workbook offers the ultimate time-saving, full-body workout. Achieve the specific results you want with nine specially designed programs that: tone and firm muscles, shed weight and reshape your body, and build strong, defined muscle mass.

Equally effective for men and women, weight-ball training is surprisingly fun, and produces noticeable results - fast. From basic moves to advanced variations, the exercises in this workbook are explained with clear captions and easy-to-follow photo sequences.

WELLNESS - GENERAL

American Medical Association family medical guide / Kotulak, Donna, managing editor. 2004. Book : 1150 pp, ill, includes index.

Easy to understand, up-to-date information that will help you and your family stay healthy. Part One: "What you should know: Information to keep you healthy," Part Two: "Your Healthy Body," Part Three: "First Aid and Home Caregiving," Part Four: "What are your symptoms?," Part Five: "Health Issues Throughout Life," and Part Six: "Diseases, Disorders, and Other Problems."

WELLNESS WORKS LENDING LIBRARY

Caring for yourself while caring for your aging parents : how to help, how to survive / Berman, Claire. 2001. Book : 241 pp, paper, includes bibliography and index.

This empathetic and practical book focuses on the emotional stresses and needs of caregivers while addressing all the practical issues that they are likely to confront.

The color code : a new way to see yourself, your relationships, and life / Hartman, Taylor Ph.D. 1998. Book : 283 pgs., 8" x 5 1/2"

Using this color guide to personality, readers will be able to "see" the motives behind their own and other people's behavior, which will help anyone establish and maintain relationships with greater ease. They will be able to accept others for what they are. They will learn to incorporate within themselves the best of all the colors of life.

The dewey color system : choose your colors, change your life / Sadka, Dewey. 2004. Book : 243 pages; 8 x 5 "

What motivates you? What's your favorite color? Believe it or not, these two questions are inherently linked. Using the personality test in this book, you'll learn to fine-tune your career goals, improve your communication skills, and deepen your relationships with romantic partners, friends, family, and coworkers.

Don't sweat the small stuff... and it's all small stuff : simple ways to keep the little things from taking over your life / Carlson, Richard, Ph. D. 1997. Book : 6 1/2 x 5 1/2; 248 pgs.

Richard Carlson reveals ways to calm down in the midst of your incredibly hurried, stress-filled life. You can learn to put things in perspective by making the small daily changes he suggests, including advice such as, "Think of your problems as potential teachers," "Remember that when you die, your 'in' box won't be empty," and "Do one thing at a time." He suggests that you should try to live in the present moment. Dr. Carlson reveals ways to make your actions more peaceful and caring, with the added benefit of making your life more calm and stress-free.

Don't sweat the small stuff at work : simple ways to minimize stress and conflict while bringing out the best in yourself and others / Carlson, Richard, Ph. D. 1998. Book : 6 1/2 x 5 1/2; 284 pgs.

Richard Carlson shows readers how to interact more peaceably and joyfully with colleagues, clients, and bosses. Spending forty hours or more a week in an office, along with rush deadlines, heavy workloads, and daily dilemmas, can make working a very stressful experience. Richard reveals tips that will transform your outlook at the office, easing stress there and also leading to a happier life at home.

Don't sweat the small stuff with your family : simple ways to keep daily responsibilities and household chaos from taking over your life / Carlson, Richard, Ph. D. 1998. Book : 6 1/2 x 5 1/2; 255 pgs.

Richard Carlson shows readers how not to let the small annoyances in our home lives get us down. From defusing kids who are whining or fighting, to working out issues with a spouse, to reducing the hassles over household chores. Richard Carlson shows us ways to make our relationships at home more peaceful and loving.

Family and friends CPR anytime : lifesaving skills in 20 minutes 2006. Workshop materials : kit with manikin, DVD, 39 pg. booklet, lung, wipes, directions.

This kit on cardiopulmonary resuscitation teaches you how to give CPR to an adult, child, or infant. CPR right away improves survival from cardiac arrest.

WELLNESS WORKS LENDING LIBRARY

A homeopathic handbook of natural remedies : safe and effective treatments of common ailments and injuries / Josephson, Laura. 2001. Book : 296 pp, paper.
This one-stop, indispensable sourcebook takes beginners from a basic introduction to homeopathy to an understanding of how to safely and effectively treat common ailments and injuries.

Life after loss : conquering grief and finding hope / Moody, Raymond Jr. 2001. Book : 212 pp, paper. Includes bibliography and index.
Provides the insight and skills needed to transcend our grief and find joy and wholeness once more.

Living your colors : practical wisdom for life, love, work, and play / Maddron, Tom. 2002. Book : 178 pgs., 9" x 6"
Discover your true personality and promising relationships through the secrets of the color guide

Well informed : your guide to health and vitality / Rashap, Jeanne editor. 2004. Book : 298 pages: illustrated; includes index.
Covers the following topics: lifestyle and health, preventing disease, working within the medical care system, making informed health decisions, using medications wisely, responding in an emergency, handling multiple common medical problems, managing chronic conditions, and finding additional resources.

The wellness book : the comprehensive guide to maintaining health and treating stress-related illness / Fries, James F. 1993. Book : 493 pages: illustrated.
Reflects the cutting edge of health care, giving you the opportunity to gain more control over your own well-being. The publication of this book is a project of the Mind/Body Medical Institute. Sections: Your health through the years, Staying well, First aid and emergency care, Human disease and disorders, and Modern medical care.

Wellness leadership : management's role in creating healthier and more productive cultures / Allen, Judd Robert, Ph.D. 1999. Video : Color; running time: 14 min.
The purpose of the video is to begin a dialogue about the role of executives, managers and supervisors in supporting workplace wellness efforts.

WOMEN'S HEALTH ISSUES

Before the change : taking charge of your perimenopause / Gittleman, Ann Louise. 1998. Book : 264 pp, paper. Includes index.
Learn how you can head off depression and mood swings, weight shifts, erratic sleep, memory loss, and other changes leading to menopause.

Bouncing back after your pregnancy : what you need to know about recovering from labor and delivery and caring for your new family / Curtis, Glade B., and Schuler, Judith. 2002. Book : 176 pp, paper, illus.
The 8 to 12 weeks after the birth of your child can be exhausting and disorienting. With the right information and advice, however, this time of adjustment can be filled with great joy and wonderfully intimate moments between you, your partner, and your new baby.

Dr. Susan Love's menopause & hormone book : making informed choices / Love, Susan M. 2003. Book : 410 pp, paper. Includes index.
What is menopause? -- The medicalization of menopause -- "What does it feel like?" -- Prevention and risk: understanding research -- Osteoporosis: are we all going to crumble? -- Heart disease: what's your real risk? -- Breast cancer: every woman's fear? -- Endometrial cancer: the first problem with estrogen --

WELLNESS WORKS LENDING LIBRARY

For better or worse: hormone therapy and other diseases -- Approaches to symptom relief -- From flashes to fuzzy thinking: what can you do right now? -- For prevention: look first to your lifestyle! -- Alternatives from acupuncture to herbs -- Drugs: other means of prevention -- Hormones: the menu of options -- Decisions: what should I do?

The infertility survival handbook : everything you never thought you'd need to know / Falker, Elizabeth Swire. 2004. Book : 295 pp, ill, paper. Includes bibliographical references and index.

The truth about: the real success rate of fertility clinics, keeping your marriage intact, what kind of doctor you need, and not going broke.

The new ourselves, growing older: women aging with knowledge and power : a book for women over forty / Doress-Worters, Paula B. and Siegal, Diana Laskin. 1994. Book : 531 pages: illustrated; includes index.

The authors address the needs of the growing number of women over the age of forty. This new and revised edition of the bestselling *Ourselves, Growing Older* includes new chapters on menopause and reform of the medical care system as well as extensive updates on housing issues, HIV/AIDS, cosmetic surgery, and breast cancer. *The New Ourselves, Growing Older* takes a positive, empowering approach to the physical and emotional health and social well-being of midlife and older women by providing frank and complete information on personal health. Emphasizing the positive potential of the second half of life, this book focuses on a vast array of topics, including: aging & well-being; reassessing our body image; contraception & childbearing at midlife; sexuality in the middle and later years; menopause: experiencing our change of life; reform of the medical care system; hypertension, diabetes, hysterectomy, osteoporosis, arthritis, cancer, housing alternatives, work & retirement, money matters.

Not your mother's midlife : a ten-step guide to fearless aging / Alspaugh, Nancy. 2003. Book : 218 pp, CD-Rom.

This book provides practical recommendations to help you face middle age with confidence and a positive attitude, along with personal growth exercises, riveting real-life stories, and visualizations to inspire new ways of thinking. The enclosed CD features guided visualizations and meditations from the text.

Our bodies, ourselves : the Boston women's health book collective / Norsigian, Judy, executive director, Stephenson, Heather, program manager. 2005. Book : xiv, 832p. : ill. ; Includes index.

Our bodies, ourselves is the classic resource that women of all ages can turn to for information about every aspect of their well-being. Completely revised for the first time in a decade, these pages give women everything they need for making key decisions about their health - from definitive information from today's leading experts to personal stories from other women just like them.

This edition includes the latest on nutrition and exercise, relationships, sexuality & sexual health, complementary health practices, reproductive choices, pregnancy & childbearing, growing older, and medical testing & procedures.

Our bodies, ourselves for the new century : a book by and for women 1998. :

Provides women with new information, resources (including web sites), and personal support for the decisions that shape their health and lives. A resource for women of all generations.

Strong women eat well : nutritional strategies for a healthy body and mind / Nelson, Miriam E. 2001. Book : xiv, 268 p. : ill. ; 24 cm. Includes index.

This author tells women everything they need to know to make the right decisions about eating. Learn easy to follow strategies, about low-carbohydrate diets, how to decipher "Nutrition Facts," how to determine how much protein is needed, and much more.

WELLNESS WORKS LENDING LIBRARY

Strong women stay slim / Nelson, Miriam E. 1998. Book : 317 pages: illustrated; includes index.

Combines the extraordinary fat-fighting power of strength training with a safe, medically proven weight-loss program. Introduces six, simple, no-sweat exercises you can do at home or in the office. Includes: up-to-the minute information about weight, appetite, nutrition, and fitness - explains why this program works; illustrated exercises especially designed for weight loss; hunger-free food plan, including menus and delicious recipes. Filled with inspiring stories from women who became trim and fit through strength training.

Strong women stay young / Nelson, Miriam E. 2000. Book : xiii, 270 p. : ill. ; 23 cm. (pbk) Includes index.

According to Miriam E. Nelson's research, after a year of strength training twice a week, women's bodies were 15 to 20 years more youthful. They had less fat and more muscle; bone loss was prevented or reversed; their strength and energy increased dramatically; they showed surprising gains in balance and flexibility. No other program, whether diet, medication, or aerobic exercise, has ever achieved comparable results. This strength-training program can be tailored to women's individual needs. This edition features updated scientific information about muscle, bone and balance; eight streamlined exercises with fully illustrated instructions; new supplemental moves for the back, abs and more; a complete program to do at the gym; and an all-new chapter for men.

Total fitness for women : proven strategies to trim down, firm up, and get fit / Luxbacher, Joe. 2002. Book : viii, 180 p. : ill. ; 22 cm.

Exposes the myths and misconceptions surrounding fitness and weight loss, and demonstrates how each of us possesses the power to control and shape our physical destinies. The book is designed to benefit women of all ages and fitness levels who want to slim down, burn fat and tone muscles.

What to expect when you're expecting / Murkoff, Heidi et. al. 2002. Book : 597 pgs.; includes index.

Clear, comprehensive month-by-month format. A guide that answers the concerns of "mothers and fathers to be" from the planning stage to postpartum.

When the cradle is empty : answering tough questions about infertility / Van Regenmorter, John and Sylvia. 2004. Book : 168 pp, ill, paper. Includes bibliographical references.

This book has answers for couples dealing with this deeply personal heartache. The authors share their experience and those of others to help you explore your options, get the medical help you need, deal with pressures from family and friends, and protect your marriage.

Women are not small men : life-saving strategies for preventing and healing heart disease in women / Goldberg, Nieca. 2002. Book : xxi, 453 p. : ill. ; 25 cm., biblio, & index.

The single greatest health risk for women today – more than stroke and all cancers combined – is heart disease. Yet despite this documented fact, heart disease is still considered primarily a "male problem," with the result that far too many women go untreated by doctors and are misinformed by the existing literature. This groundbreaking new book presents detailed, age-specific programs that give women the facts and the guidance they need to recognize, treat, and prevent heart disease.

Women's bodies, women's wisdom : creating physical and emotional health and healing / Northrup, Christiane. 1998. Book : 906 pages: illustrated.

Shows how to incorporate the techniques of Western medicine with the best alternative therapies. Guides the reader through an entire range of women's health issues.

WELLNESS WORKS LENDING LIBRARY

Your baby, your child : a parents' guide to pregnancy and early childhood / Webster, Judith and R. Michael Morse. 2000. Book : 202 pages: charts & illustrated; includes index.

Offers information about practicing healthy lifestyle habits during pregnancy, seeking appropriate prenatal and well-child care, monitoring your child's development compared to what's expected for a given age, knowing when to alert a healthcare provider to potential problems, and handling common childhood medical problems at home.

YOGA

The art of breath and relaxation, gift set : contains all you need to create a peaceful and relaxing experience / Yee, Rodney. 2000. Video : 60 min, CD music 60 min.

The gift set contains the videotape, "The Art of Breath and Relaxation," and a CD "Adagio: Music for Relaxation." The video takes you on a powerful visual journey to explore the relationship between breath and relaxation, reduce the harmful effects of stress, and bring vitality and peace to your life. The CD is a recording of ocean waves and summer winds, among other sounds that inspire peaceful rhythms.

Basic yoga workout for dummies / Ivanhoe, Sara. 2000. Video : running time: 45 min.

This unimimidating video explains yoga in an easy-to-understand language. Not only can you change your body with this video - you may even change your mind about yoga. Discover how to master the twelve essential yoga postures, de-stress and relax through yoga practice, experience the benefits of proper yoga breathing techniques, and build strength and muscle tone using yoga postures.

Desktop yoga : for office slaves, internet addicts, and stressed-out students / Lusk, Julie T. 1998. Book : 144 pages.

Desktop yoga is an invaluable workbook that helps you rejuvenate your tired body and mind, right there in the workplace - with simple, inconspicuous exercises that can be done in your desk chair.

Do-it-yourself relaxation yoga / Halpern, Steven. 1995. Audio tape : running time: 56 min.

As you breathe deeply and stretch with these exercises, you'll experience an increased oxygen supply, a release of muscle tension, and a centering of the mind. Combine the three routines on each side for a complete sequence, or try them individually as brief "yoga breaks" during the day.

Guided relaxation for stress / Rouse, Dr. James, and Yee, Rodney. 2003. DVD : running time: 32 min.

This DVD helps you turn stress into a positive source of energy. Simple and calming breathing, yoga and meditation techniques quickly dispel stress physically, mentally and emotionally and restore your stress resilience. Stress management foods and meal plans assist in providing short-term feelings of calm and long-term support of your body's ability to manage stress.

Health solutions stress relief / Rouse, Dr. James, and Yee, Rodney. 2003. DVD : running time: 1 hour, 40 min.

This DVD helps you turn stress into a positive source of energy by giving your body what it needs for its natural stress-management processes. This in-depth DVD gives you a complete stress-management program you can tailor to your lifestyle, including both quick-relief remedies and lasting stress solutions. Dr. Rouse helps you identify sources of stress and use guided relaxation, breathing exercises, self-massage and other simple techniques to release tension in minutes when you're experiencing acute stress. Restorative yoga with Rodney Yee helps you feel more in control of stress every day. Dr. Rouse also shows you foods that help rebalance stress hormones. He provides stress-management menus & recipes.

Introduction to yoga : yoga zone / Finger, Alan. 2002. DVD : running time: 55 min.

Discover the unique way to shape your body and your mind: Yoga Zone. Now getting started is easy, learn the basics of Yoga while completing a beginner's routine. In less than one hour, Yoga Master Alan

WELLNESS WORKS LENDING LIBRARY

Finger can put you on the path to experiencing the documented benefits of this timeless art: enhanced concentration and focus, increased energy, better toned muscles, and reduced tension.

Simply yoga exercise system / Pettinato, Yolanda. 2005. DVD : 26 Flash cards, DVD & Booklet, running time: 30 min.

While yoga releases strain and tiredness from the body, it also clears the mind and restores energy levels. Half an hour of yoga each day brings greater enthusiasm and more balanced energy into our lives. It has the capacity to improve sleep, increase concentration, and deepen our levels of awareness and contentment. Let Simply Yoga help you improve your physical, mental, spiritual, and emotional quality of life.

The trainer's edge with Baron Baptiste : long and lean yoga / Baptiste, Baron. 2004. DVD : running time: 52 min.

Improve flexibility and sculpt a lean total body with your very own personal trainer. Long and Lean Yoga is a challenging, yet relaxing Vinyasa yoga program created by fitness innovator and renowned Yogi Baron Baptiste. Baron will lead you through this easy-to-follow workout designed to sculpt your body, improve flexibility, coordination and muscle tone all while focusing on the breath as you move through the postures. Modification given throughout the program make it easy to adapt the postures to one's varying level of ability. This program was developed through Baron's years of study in India and America and will challenge you to attain the next level of fitness and strength.

Yoga : workout series for beginners / Folan, Liliias. 1996. Video : running time: 120 min. total.

This video package combines four of Liliias' best PBS programs to provide beginners with a solid foundation in Yoga. Program one explains "What Is Yoga" and teaches viewers basic breathing, stretching and exercise techniques needed to get started. Program two introduces "Mindfulness" to maximize the benefits of every Yoga move. This program will show how to achieve lasting relaxation while still increasing your fitness level. Program three builds on the beginner's Yoga foundation and includes the ancient healing technique known as "The Inner Smile." Program four introduces "Meditation," which will help strengthen the mind and emotions as well as the body. With even more easy-to-learn exercises, this series will complete the basic knowledge needed to benefit from Yoga.

Yoga for depression : a compassionate guide to relieve suffering through Yoga / Weintraub, Amy. 2004. Book : 285 pages; bl & wh photograph demonstrations.

Veteran yoga instructor Amy Weintraub offers a solution to depression which is better than prescription drugs. She brings light to the connection between yoga and emotional well-being. The book addresses diagnoses such as dysthymia, anxiety-based depression, and bipolar disorder. The author reveals why specific yoga postures, breathing practices, and meditation techniques can ease suffering.

Yoga mama : prenatal yoga / Elkind, Sue. 2000. Video : running time: 45 min.

This unimimidating video explains yoga in an easy-to-understand language. Not only can you change your body with this video - you may even change your mind about yoga. Discover how to master the twelve essential yoga postures, de-stress and relax through yoga practice, experience the benefits of proper yoga breathing techniques, and build strength and muscle tone using yoga postures.

YogaKids 2 : ABC's for ages 3-6 / Marsha Wenig. 2003. DVD : running time: 40 min.

Kid's yoga expert Marsha Wenig uses ABC play that teaches kids about nature and more, kid-friendly ways to build physical fitness & self confidence, and activities to build coordination in this program.

YogaKids 3 : silly to calm for ages 3-6 / Marsha Wenig. 2003. DVD : running time: 40 min.

Kid's yoga expert Marsha Wenig meets youngsters where they are - in high gear- and expertly shifts their frame of mind from silly to steady, restless to relaxed, boisterous to balanced.

WELLNESS WORKS LENDING LIBRARY

Request for Materials

Wellness Works Lending Library

Maine Municipal Employees Health Trust

60 Community Drive, Augusta, ME 04330

Phone: (800) 452-8786

Fax: (207) 621-0165

Website: www.mmeht.org

- ❖ **To request library materials**, call us, or complete the next section of this form and fax or mail it to *Wellness Works*, or place your order from the Health Trust website above.
- ❖ **Loan Limits:** You may borrow up to 3 library items for two weeks.
If you would like the materials for a longer period of time, just call us!

➤ Participant completes this section:

Borrower's Name: _____ **Ship to:** Home or Work

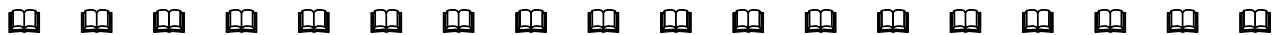
Shipping Address: _____

Borrower's E-Mail address (if applicable): _____

Phone Number: (h) _____ (w) _____

Borrower's Employer: _____

	Materials Requested:
	Title(s)
B = Book V = Video A = Audio	



➤ For Wellness Works use only:

Date of Request: _____

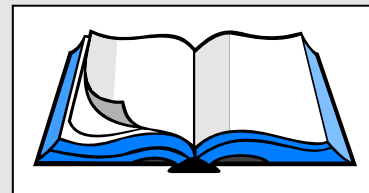
Date Materials Mailed: _____ **Initials:** _____

Date Materials to be returned by: _____

Follow-up:

Reminder Notice - Date Mailed: _____

Phone Calls: _____



Date Materials Returned to Library: _____ **Initials:** _____

WELLNESS WORKS LENDING LIBRARY