EYL Wellness Library Materials

Materials highlighted in yellow are located in the EAA fitness facility. Contact Nick Batanian at bataniann@dteenergy.com to obtain a copy.

Materials highlighted in red are media pieces (i.e. CD, DVD or VHS tape).

**ADDICTION**

- *Addiction and Change: How Addictions Develop and Addicted People Recover (2003)* This book presents the common path that individuals travel as they establish and reinforce new patterns of behavior, whether they are developing an addiction or struggling to free themselves of one, and regardless of the specific behavior.

- *The Addictive Organization: Why We Overwork, Cover Up, Pick Up the Pieces, Please the Boss & Perpetuate Sick Organizations (1988)* This book discusses addictive systems in business, the workplace and other group endeavors and helps the reader identify and change those systems.

- *The Recovery Resource Workbook (1990)* This book offers a comprehensive guide to recovery resources with each chapter focusing on the effects of addiction and steps to recovery.

- *Substance Abuse Treatment and the Stages of Change (2004)* This book offers guidance for creating interventions with varying levels of motivation or readiness to change, describing what works and what doesn’t work at different points in the recovery process.

- *7 Tools to Beat Addiction (2004)* This is a hands-on guide to overcoming addiction of any kind using the following tools: values, motivation, rewards, resources, support, maturity, and higher goals.

**AGING**

- *Fight Fat Over Forty (1995)* The revolutionary three-pronged approach that will break you stress-fat cycle and make you healthy, fit and trim for life. (see WEIGHT MANAGEMENT)

- *Fitness over Fifty: From the National Institute on Aging (2006)* This book includes: Exercise safety tips, ways to get – and stay – motivated, endurance, flexibility, strength, and balance exercises, tips on nutrition and healthy eating, daily, weekly, and monthly exercise and nutrition records, and more!

- *Healthy Aging – A Lifelong Guide to Your Well-Being (2005)* A Guide to the myriad things we can do to keep our bodies, minds, and spirits in excellent working order through all phases of life.

• *The Merck Manual of Health & Aging (2004)* The comprehensive guide to the changes and challenges of aging – for older adults and those who care for and about them.

• *Nursing Home or Board & Care: Making the Right Choice (1993)* Thoughtful decision making and presentation of options at varied types of facilities is well worth the time spent.

• *The Nursing Home Handbook: A Guide for Families (1989)* Information on choosing and evaluating quality care, assessing financial resources, understanding your role as caregiver etc…

• *Reminiscing Together: Ways to Help us Keep Mentally Fit as We Grow Older (1990)* Written at the suggestion of an advisory group of elders, this book is rich with ways to share life stories with friends, improve short and long-term memory etc…

• *You and Your Aging Parent: A Family Guide to Emotional, Physical, & Financial Problems (1989)* Focuses on the impact of some of the most important changes and developments affecting the condition of the elderly and their care.

**RETIREMENT**

• *The 50 Healthiest Places to Live and Retire in the United States (1991)* Each city selected and ranked for its health-enriching lifestyle, nutritional awareness, freedom from stress, healthcare and fitness facilities, climate and elevation and natural beauty.

• *A Field Guide To Retirement (1991)* 14 Lifestyle opportunities & options for a successful retirement.


• *Your Complete Retirement Planning Road Map – The Leave-Nothing-to-Chance, Worry-Free, All-Systems-Go Guide (2007)* A comprehensive action plan for securing your IRAs, 401(k)s, and other retirement plans for yourself and your family.

**ALZHEIMER’S**

• *Alzheimer’s – From the Inside Out (2007)* This book is a captivating read for anyone who is affected by this mind-robbing disease.


• *Learning to Speak Alzheimer’s – A Groundbreaking Approach for Everyone Dealing with the Disease (2003)* A classic resource on care giving for people with Alzheimer’s disease. For all family members as well as for all professionals working in the field.
• Preventing Alzheimer’s: Ways to Prevent, Delay, or Halt Alzheimer’s and other forms of Memory Loss (2004)

• What to do when the Doctor Says it’s Early-Stage Alzheimer’s (2005) This book will provide you and your caregiver with useful advice and information on the topics you need most.

**ARTHITIS**


• *Good Living with Rheumatoid Arthritis* (2006) In this book you will discover: how rheumatoid arthritis develops and affects your body, new drugs that can help fight RA symptoms and prevent damage, how surgery can restore some of your mobility and independence, alternative and natural therapies you’ve been curious about, and easy ways to improve your flexibility, reduce pain and stiffness, and manage stress.

**BACK CARE**

• *Back Pain Remedies for Dummies* (1999) It explains the causes of back pain in plain English and then walks you through today’s treatment options – from pain medications and surgery to alternative remedies.

• *Back Rx: A 15-Minute-a-Day Yoga & Pilates-Based Program to End Low Back Pain* (2004) The program requires just 15 minutes a day of yoga, Pilates, and breath work over eight weeks to restore flexibility and prevent future injuries.

• *Healing Back Pain: The Mind Body Connection (CD)* Discover how anxiety and repressed anger trigger muscle spasms, why self-motivated and successful people are prone to TMS etc...

• *Yoga Heals Your Back* (2005) This collection of 10-minute routines will stretch and soothe your neck, shoulders, and back. It includes breathing exercises, meditations, as well as relaxing postures that will take out the kinks and unknot even the most stubborn aches and pains.

**CANCER**

• *After Cancer Treatment – Heal Faster, Better, Stronger* (2006) This book provides a step-b-step plan for physical healing, including sound advice on improving strength and fighting fatigue, monitoring mood, and overcoming setbacks.

• **Beating Cancer with Nutrition (2005)** While nutrition is not sole therapy against cancer, nutrition therapy is an essential component of comprehensive cancer treatment. Provides cancer patients with a nutrition program of diet and supplements.

• **Breast Cancer Husband: How to Help Your Wife (And Yourself) Through Diagnosis, Treatment, and Beyond (2001)** This book gives partners the useful and sensitive answers they need to so many of the how-tos, what-ifs, and when-wills that come up along the way.


• **Henry Ford Health System Minds of Medicine (DVD)** Transplant Part 1 & 2, Sports Head Injury, DoNo Harm – Patient Safety, Plastic Surgery, Skin Cancer, OR Prostate Cancer, Cancer Breakthrough.

• **I Can Cope: Staying Healthy With Cancer (1988)** A trip through the minds and heart of some extraordinary people who live the program and lived with cancer.


• **Prostate and Cancer (2003)** This book, written in question and answer format, provides information on a number of topics associated with prostate cancer and offers questions to ask your doctor.

• **Prostate Cancer for Dummies (2003)** A must have reference for patients and their loved ones

• **The Prostate Health Program: A Guide to Preventing and Controlling Prostate Cancer (2004)** The cornerstones of this unique program are the Prostate Health Pyramid and the Transition Diet, both of which were created specifically for this book.

• **Reducing the Risk of Cancer (VHS)**


• **Thanks for the Mammogram! Fighting Cancer with Faith, Hope, and a Healthy Dose of Laughter (2000)** A great book for those confronting the disease and those who love them that faith, hope and a healthy dose of laughter can make all of the difference.

• **Surviving Prostate Cancer (2006)** Complete, up-to-date, and readable, the book explains how to come to terms with the diagnosis of prostate cancer, evaluate the severity of the disease and assess the variety of treatment options and their complications.

• **Understanding Cancer: A Patient’s Guide to Diagnosis, Prognosis, and Treatment (2006)** This book will increase the reader’s knowledge of medical concepts and terms so the person with cancer, the family, and the health care team can work together efficiently and effectively.
COOKING

- **American Dietetic Association: Cooking Healthy Across America (2005)** This book presents over 300 healthful, mouthwatering recipes that draw on the flavors and traditions of various cuisines around the country.

- **American Dietetic Association: Snacking Habits for Healthy Living (1997)** This book shows you how to select a variety of snack foods and make them part of a healthy diet. It also includes nutrition information for a variety of snack foods, all to help you select snacks, develop shopping lists, and create healthy snack food stashes at home, work, or anywhere.

- **American Heart Association: Diabetes & Heart Healthy Cookbook (2004)** More than 160 delicious recipes for everything from snacks to desserts. (see DIABETES)

- **American Heart Association: One-Dish Meals (2) (2003)** Planning healthful meals that will please everyone has never been easier. With more than 200 brand-new, all-in-one recipes to help you eat nutritiously and deliciously.

- **Betty Crocker: Win at Weight Loss Cookbook – A Healthy Guide for the Whole Family (2006)** This comprehensive resource is packed with great ways to help your family eat well and get fit together. Within this book you will find 140 great recipes, practical nutrition information, real-life advice, practical guidelines, exercise suggestions, and suggestion menus.

- **The BIG Book of Quick & Healthy Recipes (2005)** 365 Delicious and nutritious meals in under 30 minutes.

- **The Carbohydrate Counting Cookbook (1998)** A cookbook designed to count carbohydrates.

- **Eat Fit, Be fit – Health and Weight Management Solutions (2007)** This is a practical easy-to-follow weight control and nutrition program. Recipes include ‘super foods’ to boost your energy level and help curb your appetite.

- **The Healthy Beef Cookbook (2006)** Delicious and nutritious lean beef recipes for every occasion.

- **Jean Carper’s Complete Healthy Cookbook (2007)** This book provides over 200 delicious, good-for-you recipes, complete with nutritional analysis for each and informative explanations of the science behind what makes them super-nutritious.

- **Lickety-Split Meals For Health Conscious People on the Go (1998)** Unique recipe design with fun facts, exchange values, and easy to follow instructions.

- **The South Beach Diet Cookbook (2004)** Made for people who love to eat.

- **The Ultimate Weight Solution Cookbook: Recipes for Weight Loss Freedom (2004)** Includes Dr. Phil’s Rapid Start Plan, providing 14 days of preplanned menus designed to give you a jump-start on losing weight.
- **Weight Watchers: Make it in Minutes (2001)** This book includes more than 200 delicious meals that you can whip up in almost no time at all. Make breakfast, lunch, and dinner in either 15, 20, or 30 minutes.

**DIABETES**

- **American Heart Association: Diabetes & Heart Healthy Cookbook (2004)** More than 160 delicious recipes for everything from snacks to desserts. (see COOKING)


- **The I Hate to Exercise Book for People with Diabetes (2001)** How to turn your everyday home activities into a low-impact fitness plan you’ll love.

- **Stop Diabetes: 50 Simple Steps You Can Take at Any Age to Reduce Your Risk of Type 2 Diabetes (2002)** Helps you understand what diabetes is, what causes it, and what you can do to reduce your risks of developing it.

**FITNESS**

- **Active Living Every Day: 20 Steps to Lifelong Vitality (2001)** This book offers information, encouragement, and skill-building strategies that will help you build physical activity into your life.

- **Body for Life (1999)** This book offers the reader a 12 week program for achieving a lean, healthy body.


- **HenryFord Health System Minds of Medicine (DVD)** Transplant Part 1 & 2, Sports Head Injury, DoNo Harm – Patient Safety, Plastic Surgery, Skin Cancer, OR Prostate Cancer, Cancer Breakthrough. (see CANCER).

- **Kathy Smith – Matrix Method – Power Walk for Weight Loss (2006) (2) (DVD)** Enjoy an indoor walk with an outdoor feel with this 30-minute workout that delivers maximum results in less time.

- **Kick to Get Fit Jr. for Kids is the solution (2002) (DVD)** This DVD uses marital arts and fitness movements in a non-violent approach to encourage fitness.
• **Leisa Hart’s Fit Mama – Prenatal Workout (2003) (DVD)** Stay fit through each stage of your pregnancy with international Fitness Expert and expectant mother.

• **QuickFix Postnatal Workout (2001) (DVD)** These micro workouts will help you regain your pre-pregnancy fitness level, while easing the tension of your day to day mental, physical and emotional changes.

• **Sandy Gimpel’s – Stuntblasters Workout – Low Impact Cardio Workout () (DVD)** Easy to follow, low impact, high energy and dance like combinations that build up endurance, cardio health and strength while improving your balance and alignment.

• **Fitness for Dummies (2005)** Discover how to: Test your fitness level and set realistic goals, pinpoint fat sources in your diet, create a personalized fitness program, find internet fitness forums and Web sites, and brave a public gym.

• **The I Hate to Exercise Book for People with Diabetes (2001)** How to turn your everyday home activities into a low-impact fitness plan you’ll love. (see DIABETES).

• **Weights for Weight Loss (2006)** Adding weights to your workout is easy and smart, and produces noticeable results – fast. This book will show you how to burn fat and permanently reshape your figure.

• **Weight Training for Dummies (2006)** Discover how to: Work with free weights or weight machines, select a gym or set up a home gym, exercise each major muscle group, add Pilates or yoga to your work out, and use exercise bands and balls.

**HEART HEALTH**

• **365 Days of Total Heart Health (2005)** Reflective moments in a daily format to help you get in shape both physically and mentally.

• **American Heart Association – The Healthy Heart Walking CD (1996) (CD)** Walk you way to health and well-being. (see FITNESS).

• **Controlling Cholesterol the Natural Way (1999)** Eat your way to better health with new breakthrough food discoveries.

• **The Healthy Heart Miracle: Your Roadmap to Lifelong Health (2004)** Designed for busy lives, explains the medical tests you need to understand your heart health, then 8-week plan using the DASH principles.

• **Seven Steps to Stop a Heart Attack, Dr. Bob Arnot (2005)** A definitive guide to the latest tactics for avoiding heart disease and a heart attack – from a trusted physician and bestselling author.

• **Total Heart Health for Women (2005)** Easy-to-follow program that teaches you to: Understand how hormones, metabolism, and more affect your heart, keep God at the center of your
relationships, recognize a woman’s symptoms of a heart problem, and customize a fitness plan that works for you.

- **World Health Organization: Avoiding Heart Attacks and Strokes – Don’t be a Victim Protect Yourself (2005)** A guide for the lay reader to provide comprehensive information.

**HOLISTIC HEALTH**

- **Diet and Nutrition: A Holistic Approach (2005)** This is a text book edition reflecting holistic health through diet and nutrition. (see NUTRITION)

- **Hand Reflexology Workbook: How to Work on Someone’s Hands (1999)** Explains how to apply pressure and movement techniques to fine tune hands and reduce tension.

- **Health Journeys: For Anyone Concerned With General Wellness (CD).**

- **Invitation to Holistic Health: A Guide to Living a Balanced Life (2004)** This book will provide solid principles and proven measures to promote optimal health and well-being using a holistic approach. In addition, this book will provide practical “how to” information for using natural and complementary therapies.


- **Principles of Holistic Medicine – Quality of Life and Health (2005)** This is a text book edition reflecting holistic health research.

- **Ultra-Prevention: The 6-week Plan that will Make you Healthy for Life (2003)** Two physicians unveil a revolutionary, accessible, science-based, patient-centered program for living an active, age-defying, disease-free life.

**MENTAL HEALTH**

- **The AD/HD Parenting Handbook (2006)** This book will provide practical advice for parents from parents – proven techniques and practical suggestions for raising hyperactive children without losing your temper. (see MENTAL HEALTH)

- **Anxiety Disorders and Phobias: A Cognitive Perspective (2005)** Teaches a therapeutic approach, largely based on clinical observation.

- **Attention Deficit Disorder (2005)** Dispels myths and offers clearly written, science-based, practical information about treatments.

- **Bipolar Disorder: A Guide for Patients and Families (2006)** This compassionate and comprehensive guide has helped hundreds and thousands of people cope with bipolar disorder.

- **Destructive Trends in Mental Health (2005)** TEXTBOOK
• Feeling Good: The New Mood Therapy (1981) This book introduces the principles of cognitive therapy to tackle mental health issues.


• How to Test & Improve Your Own Mental Health (1995) A simple self-evaluation program.

• Mental Fitness: A Guide to Emotional Health (1987) This creative, imaginative book can help readers become mentally fit by providing information, provoking reflection and inspiring action.

• Parenting a Bipolar Child – What to Do & Why (2006) Up-to-date and practical information to: recognize bipolar disorder, create a comprehensive treatment plan, help a child in crisis mode, understand the most effective medications, and manage day-to-day symptoms at home and in school. (see PARENTING)

• The Survival Guide for Kids With Learning Differences (1990) Learn ten ways to get along better in school, tips for making and keeping friends, eight ways to get along better at home, and what happens when you grow up.

• Surviving Mental Illness: Stress, Coping and Adaptation (1993) Examines the subjective experiences of patients with multiple diagnoses, including schizophrenia, bipolar disorder, major endogenous depression, and other disorders of the psyche.

**DEPRESSION**

• Depression: The Evolution of Powerlessness (1992) Describes major adaptive goals underlying many social behaviors and delineates important ethological constructs derived from observation of human and primate behavior.

• Depression: Thoughts, Feelings and Actions (1990) This pamphlet explains the three main types of depression, their origins and how to use Rational-Emotive Therapy to reduce the risk of relapse.


• Henry Ford Health System- Minds of Medicine (DVD) Behavioral health services.

• I Don’t Want to Talk About It: Overcoming the Secret Legacy of Male Depression (1997) Mixes analysis with compelling tales of his patients and even his own experience with depression.
Women, Anger & Depression (1992) This book is about empowerment. It is about fulfilling your needs, dreams and aspirations without being trapped by feelings that society has taught you to ignore.

OTHER

- The Batterer: A Psychological Profile (1995) Here’s the definitive word on why men abuse women and what can be done about it.


- The Corporate Negaholic (1991) A how to guide to deal successfully with negative colleagues, managers, and corporations.


MIGRAINES/HEADACHES

- 10 Simple Solutions to Migraines – Recognize Triggers, Control Symptoms & Reclaim Your Life (2006) This collection of straightforward tips cuts through the hype about migraine headaches to offer you the simple, scientific, truth about how to get your migraines under control.


- Living Well With Migraine Disease and Headaches (2005) This holistic guide to the diagnosis and treatment of headaches and migraine disease will provide you with the information you need to know about getting the help you need.

- Migraines Be Gone: 7 Simple Steps to Eliminating Your Migraines Forever (2006) Say good-bye to your migraines forever when you master the skills presented in this book. Clinically proven safe and effective, anyone committed to eliminating their migraines naturally can master these seven simple steps.
NUTRITION


- *Eat, Drink and Be Healthy* (2001) This updated edition of the national bestseller debunks dietary myths and presents Dr. Willett’s New Healthy Eating Pyramid, a healthier guide to nutrition that the recently revised USDA pyramid.


- *Tell me what to Eat if I have Irritable Bowel Syndrome* (2000) Nutrition you can live with, including dozens of healthful mouth-watering recipes.


- *Zonya’s Power of Positive Eating* (5 CD) & (VHS) Audio seminars: eight lifestyle rules for lasting weight loss, top 4 four nutrition problems facing kids today, top 10 foods we never eat, what me stressed, vitamins, minerals and herbs.

OSTEOPOROSIS

- *Osteoporosis – the Silent Epidemic* (2005) This book will help you to discover: why aren’t there any symptoms, how you can tell if you’ve got it, how you can avoid it, how you can boost your bone health, why diet and exercise are so important.

- *Osteoporosis for Dummies* (2005) Discover how to: Assess your risk, keep your bones strong, find the right doctor, develop a treatment plan, recover from fractures, and manage pain.

- *Osteoporosis Prevention: A Proactive Approach to Strong Bones and Good Health* (2006) Easy to read guide to maintaining healthy bones by addressing the challenge of finding a competent test center that will discuss bone density results and offer preventative advice.


PARENTING & FAMILY

The 10 Basic Principles of Good Parenting (2004) This book will explain the fundamentals of raising happy, healthy children and give an invaluable map to help parents navigate parenthood from infancy to adolescence.

The AD/HD Parenting Handbook (2006) This book will provide practical advice for parents from parents – proven techniques and practical suggestions for raising hyperactive children without losing your temper. (see MENTAL HEALTH)

Family First – Your Step-by-Step Plant for Creating a Phenomenal Family (2004) Dr. Phil explains the points of what you need to stop doing and what you need to start doing in order to create a strong family structure.


Intimate Worlds: Life Inside the Family (1995) So many topics that affect a family’s life over time, power, money, intimacy, abuse etc…


Normal Family Processes (1993) Overviews recent conceptual advances regarding normal family functioning and addresses the diversity of contemporary family functioning patterns including, dual-earner, single-parent, gay and lesbian families, as well as divorced.

Parenting a Bipolar Child – What to Do & Why (2006) Up-to-date and practical information to: recognize bipolar disorder, create a comprehensive treatment plan, help a child in crisis mode, understand the most effective medications, and manage day-to-day symptoms at home and in school.

Parenting Teens with Love and Logic (2006) This book is designed to prepare adolescents for responsible adulthood through the recognition of consequences not punishments.

• *Parents Teens and Boundaries: How to Draw the Line* (1993) These practical strategies for boundary setting can teach parents how to avoid conflict, resolve problems and establish the foundation for mutual love and respect.


• *Stepfamily Realities: How to Overcome Difficulties and Have a Happy Family* (1994) Using case studies and the experience of working with a broad range of stepfamily situation, she provides valuable insights and practical advice.

• *The Survival Guide for Kids With Learning Differences* (1990) Learn ten ways to get along better in school, tips for making and keeping friends, eight ways to get along better at home, and what happens when you grow up. (see MENTAL HEALTH)


• *Trim Kids* (2001) The 12-week plan that helps thousands of children achieve a healthier weight. (see WEIGHT MANAGEMENT)


### PREGNANCY

• *20,001 Names for Baby* (1992) From A to Z the best most complete baby name book.

• *Chicken Soup for the Expectant Mother’s Soul* (2000) This book contains 101 stories to inspire and warm the hearts of soon-to-be-mothers.


• *Leisa Hart’s Fit Mama – Prenatal Workout* (2003) (DVD) Stay fit through each stage of your pregnancy with international Fitness Expert and expectant mother. (see FITNESS).

• *A Miracle in the Making* (1999) This book goes over the various stages of pregnancy and can be used as a reference source throughout your pregnancy.

• *New Mother’s Guide to Breastfeeding* (2002) This book from the American Academy of Pediatrics offers everything a new mother needs to know about breastfeeding. From preparing for the first feeding to adjusting to home, family, and work life as a nursing mother.
- **Nursing the First Two Months** (2000) This pamphlet is an excerpt from *The Nursing Mother’s Companion* book by Kathleen Huggins, R.N., M.S.

- **Planning Your Pregnancy and Birth** (2000) This book from the American College of Obstetricians and Gynecologists is a third edition. Written from a collection of 40,000 experts in the field of obstetrics, but with the pregnant women’s concerns and interests in mind.

- **The Pregnancy Journal** (1996) A day to day guide to a healthy and happy pregnancy.

- **QuickFix Postnatal Workout** (2001) (DVD) These micro workouts will help you regain your pre-pregnancy fitness level, while easing the tension of your day to day mental, physical and emotional changes. (see FITNESS).

- **Your Pregnancy Week-by-Week** (1994) Use this fact filled book in addition to your doctor’s prenatal care to follow your baby’s progress and find answers to your questions on all stages of pregnancy.

- **Welcome to Club Mom** (1991) Humor and truth about pregnancy and the first year of motherhood that the doctor has not told you and your mother has forgotten.

**RELATIONSHIPS**

- **Accepting Each Other: Individuality and Intimacy in Your Loving Relationship** (1991) A practical guide to improving your loving partnership and explore the six key dimension of intimacy.

- **Compelled to Control: Why Relationships Break Down and What Makes Them Well** (1992) Identifies the major cause of relationship failure as the need to control – in marriages and families, with friends and within organizations.

- **Couple-ship: How to Build a Relationship** (1988) Tools to enhance a current marriage, make a decision about commitment, and explore ways to find a partner.

- **How to Create a Magical Relationship** (2006) Learn to three simple Principals of Transformation so you can create a relationship that surpasses your dreams. Discover how to recognize and bypass the pitfalls to having a happy and satisfying relationship.

- **Living Divine Relationships** (2006) This book give you the keys to living divine relationships by giving practical techniques for building and nourishing your divine relationships.

- **Love is a Hunger** (1979) An excellent guide for anyone who is married, in love, or who would like to learn how to me a more loving person.

**SELF-CARE**

• *The Merck Manual of Medical Information* (2003) Written by nearly 200 medical experts, the Second Home Edition has been completely revised and updated with new features and recent developments in health and medicine.

• *Smart Questions to Ask Your Doctor* (1992) Ask the right questions so you can participate fully in your own health decisions.

• *Strategies for Self Care – A Counselor’s Reflections on Interpersonal Wellness* (2005) This book is designed as a daily reader of practical and focused thoughts and exercises geared toward interpersonal wellness.


• *What You Can Change and What You Can’t: The Complete Guide to Successful Self-Improvement* (1993) Whatever the psychological or physical change you want to make in yourself, author first tells you if it is possible, and then shows you how to proceed if it is.

**SLEEP DISORDERS**

• *Overcoming Sleep Disorders Naturally* (2005) By promoting a state of balance in your mind and body, these strategies will help you regain the ability to sleep well – and, unlike prescription sedatives, improve your overall health.

• *Say Good Night to Insomnia: The 6-Week Solution* (1998) A drug free program developed at Harvard Medical school.

**SPIRITUAL HEALTH**


• *You Can Heal Your Life* (1999) Explains how limiting beliefs and ideas are often the cause of illness, and shows how you can change your thinking – and improve the quality of your life!

**STRESS MANAGEMENT**


• *Health Journeys: For People Experiencing Stress* (CD)
• *Intervention in Occupational Stress* (1994) Focuses on the intervention strategies which can be employed by counselors to help individuals suffering from the emotional and physiological stresses of work.


• *Stress For Success: The Proven Program for Transforming Stress into Positive Energy at Work* (3) (1997) Teaches you the secret to success is understanding stress.


• *Transforming Stress into Power* (1988) Can you easily focus your energy and attention of a specific task? This book will help you answer yes to that question.

• *You Don’t Have to go Home From Work Exhausted!* (1992) Do you find yourself dragging out of bed each morning and dragging yourself to work? Here’s your personal power pack, discover how to recharge your batteries at a moment’s notice.

**TOBACCO CESSATION**

• *American Lung Association 7 Steps to a Smoke-Free Life* (1998) Learn to survive the first week, keeping the weight off, overcoming cravings, identifying your danger zones.

• *The Easy Way to Stop Smoking* (2004) Allen Carr’s Easyway™ method centers on removing the psychological need to smoke – *while the smoker is still smoking*.

**WEIGHT MANAGEMENT**

• *The Carbohydrate Addict’s Program For Success* (1993) Additional support and strategies every carbohydrate addict needs to succeed.

• *Confessions of a Coach Potato* (2002) This is an inspirational and humorous memoir of growing up as a husky, plump child, who struggled with weight problems through adulthood.

• *Fight Fat Over Forty* (1995) The revolutionary three-pronged approach that will break you stress-fat cycle and make you healthy, fit and trim for life. (see AGING)


• *Trim Kids* (2001) The 12-week plan that has helps thousands of children achieve a healthier weight.
• The Volumetrics Weight-Control Plan (2000) Feel full on fewer calories and learn how to lose weight while eating more; include recipes.

• The Weight Loss Cure (2007) This book will offer tips on how to eliminate food cravings, reshape your body, increase your energy, burn fat deposits in all problem areas and keep excess weight off.

• Weight Watchers: Coach Approach – How to Motivate the “Thin” You (1997) Packed with the most up-to-the-minute thinking in the fields of weight loss, nutrition, fitness, and behavior, this intelligent guide provides you with the goods you need to take charge of your weight and succeed in creating a healthy, fit body.

• Weight Watchers: Family Power (2006) The book addresses the adult and childhood obesity epidemics with a revolutionary program that families can follow together – without the need for rigidly structured diet and exercise plans.

• Weight Watchers: Weight Loss that Lasts (2005) Break through the 10 big diet myths.

WOMEN’S HEALTH

• 100 Questions & Answers – About Hysterectomy (2007) The options and information about hysterectomy can be overwhelming. This book will give practical answers to your pre- and post-surgery questions, sources of support and much more.

• Before The Change: Taking Charge of Your Perimenopause (1998) Learn how you can head off depression and mood swings, weight shifts, erratic sleep, memory loss, and other changes leading to menopause.

• Is it Hot in Here? Or is it Me? – The Complete Guide to Menopause (2006) A guide to explain the role of hormones and the controversy over hormone therapy, the truth about hot flashes…and how to deal with one in the middle of a meeting, and the impact on sexuality and how to counteract that wavering libido.

• Menopause for Dummies (2003) Explains the various stages and helps you understand how menopause can affect you body, emotions and libido.

• The New Harvard Guide to Women’s Health (2004) With complete information on women’s health concerns, physical, and behavioral, this A to Z reference is a definitive resource.

• Our Bodies, Ourselves: Menopause – The Boston Women’s Health Book Collective (2006) An in-depth look at subjects such as hormone therapy and sexuality as well as proven strategies for coping with challenges like hot flashes, mood swings and night sweats.


- *Women’s Bodies, Women’s Wisdom – Creating Physical and Emotional Health and Healing* (2006) This book powerfully demonstrates that when women change the basic conditions of their lives that lead to health problems, they create vibrant health with far fewer medical interventions.