

Wellness Resource Library

2008 Catalog

Office: 559 Low Gap Road, Ukiah CA 95482

Phone: 463-4040 **Fax:** 463-4929 **E-mail:** mcwow@co.mendocino.ca.us

Media Key	
AP	Periodical
B	Book
Bklt	Booklet
Cas	Cassette
CD	Compact Disc
DVD	Digital Video Disc
VT	Video Tape

Subject	Title	Author	Year	Media
<u>Addiction (AD)</u>				
	Alcohol is A Drug, Too	Wilmes, David	1993	B
	Another Chance	Wegscheider, Sharon	1981	B
	Guide to Recovery	Gravitz and Bowden	1985	B
	Intervention for Chemical Dependence	Johnson, Vernon	1986	B
	Loosening the Grip	Kinney and Leaton	1987	B
	Meditation to Help You Stop Smoking	Naparstek, Belleruth	1989	Cas
	Meditation to Support Recovery from Alcohol & Other Drugs	Naparstek, Belleruth	2001	Cas
	Perfect Daughters	Ackerman, Robert	1989	B
	Rational Recovery	Trimpey, Jack	1996	B
	Scene Smoking (video & bklt.)	Moloney, Terry	2001	VT
	Secrets Through the Smoke	Center for Disease Control and Prevention	2000	VT
	Smoking Cessation/Stress Reduction (multiple copies)	Blumenfeld, Doreen	1998	Cas
	This Must Be Hell: A Look at Pathological Gambling	Humphrey, Hale	2001	B
	Tragic Choice: The Bob Leslie Story	North Coast Regional Tobacco Project	1998	VT
	Women and Tobacco: Seven Deadly Myths	Center for Disease Control and Prevention	2002	VT
<u>Complimentary Healing (CH)</u>				
	28 Days to Reading Without Glasses	Scholl, Lisette	1998	B
	Acupressure's Potent Points	Gach, Michael Reed	1990	B
	Acu-Yoga (cassette & bklt.)	Gach, Michael Reed	2001	Cas
	Alternative Health Guide	Inglis and West	1983	B
	Alternative Medicine	Burton Goldberg Group	1994	B
	Alternative Medicine: Natural Home Remedies	Gordon, Jay	1994	VT
	Alternative Therapies	Weil, Andrew	2002	B
	Art of Effortless Living	Bacci, Ingrid	2000	B
	Bach Flower Remedies for Beginners	Vennells, David	2001	B
	Best Alternative Medicine	Pelletier, Kenneth	2000	B

Subject	Title	Author	Year	Media
	Between Heaven and Earth	Beinfeld and Korngold	1991	B
	Book of Proven Home Remedies and Natural Healing Secrets	Editors of FC&A	1993	B
	Breathe Free	Gagnon and Morningstar	1995	B
	Cleansing the Body, Mind and Spirit	Reuben, Carolyn	1998	B
	Complete Home Guide to Herbs, Natural Healing and Nutrition	Davies, Jill Rosemary	2000	B
	Curing Allergy with Visual Imagery	Mundy, William	1995	Cas
	Deep Healing	Miller, Emmett	1997	B
	Encyclopedia of Homeopathy	Lockie, Andrew	2000	B
	Encyclopedia of Natural Medicine	Murray and Pizzorno	2001	B
	Energy Healing	Cohen, Judith	1995	Cas
	Essential Aromatherapy	Worwood, Susan	1995	B
	Essential Ayurveda	Krishan, Shubhra	2003	B
	Food & Body Connections	Christian, Sandy Stewart	1996	B
	From Fatigued to Fantastic	Teitelbaum, Jacob	2001	B
	Hands-On Healing	Rodale Press	1989	B
	Heal the Pain, Comfort the Spirit	O'Hara, Dorene	2002	B
	Healing Forces of Music	McClellan, Randall	1988	B
	Healing Power of Acupressure & Acupuncture	Bauer, Matthew	2004	B
	Healing Without Medication	Rister, Robert S.	2003	B
	Healing Yourself with Your Own Voice	Campbell, Don	1994	Cas
	Health & Healing	Weil, Andrew	1983	B
	Health Journeys for People Managing Pain	Naparstek, Belleruth	1995	CD
	Heart Song: Freeing Your Natural Voice	George, Michele	1995	Cas
<u>Complimentary Healing (CH) cont'd</u>				
	Herb Contraindications and Drug Interactions	Brinker, Francis	1997	B
	Homeopathy: Medicine of the New Man	Vithoulkas, George	1979	B
	How to Use Homeopathy	Hammond, Christopher	2001	B
	Imagery in Healing	Achterberg, Jeanne	1985	B
	Increase Vitality	Gach, Michael Reed	2003	CD
	Joints and Glands Exercises	Ballentine, Rudolph	1982	B
	Journey to Radiant Health	Key, Prema Scott	2003	B
	Meditation, Imagination and Healing (4 tape set)	Borysenko, Joan	1995	Cas
	Meditation: Be Relaxed & Awake for Medical Procedures	Naparstek, Belleruth	2001	Cas
	Mind Over Back Pain	Sarno, John	1982	B
	Mind/Body Medicine	Goleman and Gurin	1993	B
	Miracle Eyesight Method (2 tape set)	Schneider, Meir	1996	Cas
	Molecular Messengers of the Heart	Barrett, Sondra	2003	Cas
	Natural Alternatives to Antibiotics	McKenna, John	1998	B
	Natural Health, Natural Medicine	Weil, Andrew	1990	B
	Natural Relief from Aches & Pains	Puotinen, C.J.	2001	B
	Nature's Prozac	Sachs, Judith	2001	B
	New Healers	New Dimensions Foundation	1980	B
	Optimal Wellness	Golan, Ralph	1995	B
	PDR for Nonprescription Drugs, Dietary Supplements, & Herbs	Thompson Healthcare, Inc.	2007	B
	Picture Me Perfect	Marthaler, Dennis	1985	B
	Prepare for Surgery, Heal Faster	Huddleston, Peggy	1996	B
	Prepare for Surgery, Heal Faster	Huddleston, Peggy	1996	Cas
	Prescription for Natural Cures	Balch and Stengler	2004	B
	Prescription for Nutritional Healing	Balch and Balch	2000	B
	Qi Healing	Cohen, Ken	2001	VT
	Reflexology	Gillanders, Ann	1997	VT
	Release Back Pain	Gach, Michael Reed	2003	CD
	Roots of Healing: The New Medicine (3 tape set)	New Dimensions	1994	Cas
	Rosemary Gladstar's Family Herbal	Gladstar, Rosemary	2001	B
	Sleep Better	Gach, Michael Reed	2003	CD
	Spontaneous Healing	Weil, Andrew	1995	B

Subject	Title	Author	Year	Media
Staying Well with Guided Imagery		Naparstek, Belleruth	1994	B
Vibrational Medicine		Gerber, Richard	1982	B
Way of Herbs		Tierra, Michael	1998	B
Way to Vibrant Health		Lowen and Lowen	1977	B
Write Way to Healing		Adams, Kathleen	1995	Cas
<u>Emotional Wellness (EW)</u>				
10 Steps to Take Charge of Your Emotional Life		Wood, Eve A.	2007	B
A New Life... Escaping Domestic Violence		California Attorney General's Office	1997	VT
Accepting Change - Moving On		Miller, Emmett	1981	Cas
Acknowledgment		Leech and Singer	1988	B
Addictive Relationships		Miller, Joy	1989	B
All You Can Do Is All You Can Do		Williams, A.L.	1988	B
An End to Panic		Zuercher-White, Elke	1995	B
Anger Kills		Williams and Williams	1993	B
Anger Trap		Carter, Les	2003	B
Anger: Wisdom for Cooling the Flames		Hanh, Thich Nhat	2001	B
Anxiety and Phobia Workbook		Bourne, Edmund	2000	B
<u>Emotional Wellness (EW) cont'd</u>				
Appetites		Roth, Geneen	1996	B
Arts of Criticism: Giving and Taking		Kantola Productions	2001	VT
Body Politics		Henley, Nancy	1977	B
Book of Qualities		Gendler, Ruth	1984	B
Boundary Power		O'Neil and Newbold	1994	B
Break Through Difficult Emotions		Young, Shinzen	1997	Cas
Breaking Family Patterns		Weinhold, Barry	1989	Cas
Breaking Free From Compulsive Eating		Roth, Geneen	1984	B
Breaking the Chain of Low Self-Esteem		Sorensen, Marilyn	1998	B
Change 101		O'Hanlon, Bill	2006	B
Choice Making		Wegscheider-Cruse, Sharon	1985	B
Co-Dependence		Schaef, Anne Wilson	1986	B
Color Code		Hartman, Taylor	1987	B
Coming Apart		Kingma, Daphne Rose	2000	B
Coming Apart (3 tape set)		Kingma, Daphne	1995	Cas
Commitment Dialogues		McKay, Matthew	2005	B
Coupleship		Wegscheider-Cruse, Sharon	1988	B
Courage to Love Again		Ellison, Sheila	2002	B
Creative Visualization		Gawain, Shakti	1978	B
Dance of Anger		Lerner, Harriet	1985	B
Dance of Deception		Lerner, Harriet	1994	B
Dance of Intimacy		Lerner, Harriet	1989	B
Dance of Intimacy (2 tape set)		Lerner, Harriet	1990	Cas
Dare to Connect		Jeffers, Susan	1992	Cas
Depression		Salman, Sandra	1995	B
Depression Book		Huber, Cheri	1999	B
Depression-Free for Life		Cousens, Gabriel	2001	B
Destructive Relationships		Murray, Jill	2002	B
Developing Healthy Self-Esteem		H. Stephen Glenn	1991	VT
Do I Have to Give Up Me to Be Loved by You? Workbook		Paul and Paul	1989	B
Domestic Violence		Deltufo, Alisa	1995	B
Don't Blame Mother		Caplan, Paula J.	1989	B
Drama of the Gifted Child		Miller, Alice	1981	B
Eating Our Hearts Out		Newman, Leslea	1993	B
Emotional Blackmail		Forward, Susan	1997	B
Emotional Energy Factor		Kirshenbaum, Mira	2003	B
Emotional Intelligence		Goleman, Daniel	1997	B
Emotionally Free, Letting Go of the Past		Viscott, David	1992	B

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	Emotions Revealed	Ekman, Paul	2003	B
	Everything to Live For	White-Bowden, Susan	1985	B
	Facing Death	Kavanaugh, Robert	1972	B
	Fat is a Family Affair	Hollis, Judy	1985	B
	Father Hunger	Maine, Margo	1991	B
	Feel the Fear and Do It Anyway (4 tape set)	Jeffers, Susan	1992	Cas
	Feeling Good Handbook	Burns, David	1989	B
	Feeling Good: The New Mood Therapy	Burns, David	1980	B
	For Your Own Good	Miller, Alice	1983	B
	Forgiveness	Luskin, Fred	2003	B
	Gift of Fear	DeBecker, Gavin	1997	B
<u>Emotional Wellness (EW) cont'd</u>				
	Good Grief Rituals	Childs-Gowell, Elaine	1992	B
	Grief Process	Levine and Levine	2001	Cas
	Grief Recovery Handbook	James and Friedman	1998	B
	Grief, Climb Toward Understanding	Davies, Phyllis	1988	B
	Hand and Foot Reflexology	Kunz and Kunz	1987	B
	Healing Grief	Van Praagh, James	2000	B
	Healing Relationships (3 tape set)	Love, Pat	1995	Cas
	Healing the Holes in My Heart	Breasy, Elaine	1991	B
	Healing the Trauma of Domestic Violence	Kubany, Edward	2003	B
	Health Journeys for People Experiencing Grief	Naparstek, Belleruth	1993	Cas
	Healthy Change	Whole Person Associates	1995	VT
	Healthy Lifestyle	Whole Person Associates	1995	VT
	Healthy Relationships	Whole Person Associates	1995	VT
	Heart's Code	Pearsall, Paul	1998	B
	Help Yourself	Pelzer, Dave	2001	B
	Hero Within	Pearson, Carol	1998	B
	Highly Sensitive Person (multiple copies)	Aron, Elaine N.	1996	B
	Highly Sensitive Person's Workbook	Aron, Elaine	1999	B
	How of Happiness	Lyubomirsky, Sonja	2007	CD
	How to Build High Self-Esteem (6 tape set)	Canfield, Jack	1993	Cas
	How to Improve Your Marriage Without Talking About It	Love and Stosny	2007	B
	How to Survive and Thrive in an Empty Nest	Lauer and Lauer	1999	B
	How to Survive the Loss of a Love	Colgrove, Bloomfield, McWilliams	1976	B
	How We Choose to be Happy	Foster and Hicks	1999	B
	Hunger Pains	Pipher, Mary	1995	B
	Hungry Self	Chernin, Kim	1985	B
	I Deserve Love	Ray, Sondra	1976	B
	Instant Emotional Healing: Acupressure for the Emotions	Pratt, George	2001	B
	Is He Mr. Right?	Kirshenbaum, Mira	2006	B
	It's Never Too Late to Have a Happy Childhood	Black, Claudia	1989	B
	It's Not about Food	Normandi and Roark	1999	B
	Kitchen Table Wisdom	Remen, Rachel Naomi	1996	B
	Learned Optimism	Seligman, Martin	1990	B
	Life After Trauma	Pfizer, Inc.	2000	VT
	Life is Hard: An Audio Guide to Healing Emotional Pain	Preston, John	1995	Cas
	Little Book on the Human Shadow	Bly, Robert	1988	B
	Living with Death and Dying	Kubler-Ross, Elisabeth	1981	B
	Living with Grief: Who We Are, How We Grieve	Doka and Davidson	1998	B
	Living with Grief: Children, Adolescents, and Loss	Doka, Kenneth	2000	B
	Living with Grief: When Illness Is Prolonged	Doka and Davidson	1977	B
	Lost in the Shuffle, The Co-Dependent Reality	Subby, Robert	1987	B
	Love is Letting Go of Fear	Jampolsky, Gerald	1979	B
	Love Never Dies	Goodman, Sandy	2002	B
	Loving Relationships	Ray, Sondra	1980	B

Subject	Title	Author	Year	Media
	Marriage Makeover	Coleman, Joshua	2003	B
	Meditation to Ease Grief	Naparstek, Belleruth	2001	Cas
	Meditation to Help You Combat Depression, A	Naparstek, Belleruth	2001	Cas
	Meditations for Forgiveness	Borysenko, Joan	1995	Cas
	Meditations for Overcoming Depression	Borysenko, Joan	1995	Cas
<u>Emotional Wellness (EW) cont'd</u>				
	Meditations to Help You Improve Self-Confidence	Naparstek, Belleruth	2000	Cas
	Men Are from Mars, Women Are from Venus	Gray, John	1995	Cas
	Men Are from Mars, Women Are from Venus	Gray, John	1992	B
	Mood Cure	Ross, Julia	2002	B
	My Lover, Myself	Kantor, David	1999	B
	My Mother/Myself	Friday, Nancy	1977	B
	Myths of Loss & Grief	Obershaw, Richard	1991	Cas
	Obsession	Chernin, Kim	1994	B
	Out of the Shadows	Carnes, Patrick	1983	B
	Overcoming Anger and Irritability	Davies, William	2000	B
	Overcoming Emotional Chaos	Childre and Rozman	2002	B
	Overcoming Night Eating Syndrome	Allison, Stunkard, and Their	2004	B
	Permission to Grieve	Helade, Claudia	1989	Cas
	Positive New You	Siegel, Bernie	1994	Cas
	Power & Love in Relationships	Arrien, Angeles	1991	Cas
	Power Journey	Sommerville, E.	1991	Cas
	Psycho-Cybernetics (2 tape set)	Maltz, Maxwell	1988	Cas
	Radical Self-Acceptance	Brach, Tara	2001	Cas
	Rape Recovery Handbook	Matsakis, Aphrodite	2003	B
	Reawakening To Life	Berry and Berry	2002	B
	Relationship Rescue (4 tape set)	McGraw, Phillip	2000	Cas
	Search for the Real Self	Masterson, James	1988	B
	Secondary Traumatic Stress	Stamm, B. Hudnall	1999	B
	Secret Survivors	Blume, E. Sue	1990	B
	Self-Coaching	Luciani, Joseph	2001	B
	Self-Esteem and Peak Performance (6 tape set)	Canfield, Jack	1987	Cas
	Self-Esteem Workout Video	Envision Video	1995	VT
	Shadow Across America: Depression at Work	Pfizer, Inc.	1996	VT
	Silencing the Self	Jack, Dana Crowley	1991	B
	Stop Being Mean to Yourself (3 tape set)	Beattie, Melody	1997	Cas
	Stop Obsessing!	Foa and Wilson	1991	B
	Struggle for Intimacy	Woititz, Janet G.	1985	B
	Taming of the Chew	Lamonthe, Psy.D., Denise	1998	B
	Tapping the Healer Within	Callahan, Roger	2001	B
	This is How Love Works	Carter, Steven	2001	B
	Thou Shalt Not Be Aware	Miller, Alice	1984	B
	To Love and Be Loved	Levine and Levine	1997	Cas
	Too Good to Leave, Too Bad to Stay	Kirshenbaum, Mira	1997	B
	Treating Compassion Fatigue	Figley, Charles	2002	B
	Unburdened Heart	Nelson, Mariah Burton	2000	B
	Understanding Mental Health Care	Great Performance, Inc.	1993	VT
	Verbally Abusive Relationship	Evans, Patricia	1992	B
	Waking the Tiger: Healing Trauma	Levine, Peter	1997	B
	Weaving the Dream	Sommerville, E.	1988	Cas
	What You Can Change...And What You Can't	Seligman, Martin	1993	B
	When Anger Hurts	McKay, Rodgers, and McKay	1989	B
	When Food is Love	Roth, Geneen	2000	Cas
	When Food is Love	Roth, Geneen	2000	B
	Why Men Can't Feel and the Price Women Pay	Lee, John	1991	Cas

Subject	Title	Author	Year	Media
<u>Emotional Wellness (EW) cont'd</u>				
	Why Men Never Remember and Women Never Forget	Legato, Marianne	2005	B
	Winter Blues: Seasonal Affective Disorder	Rosenthal, Norman	1998	B
	You Don't Have to Suffer	Tatelbaum, Judy	1989	B
	You Mean I'm Not Lazy, Stupid or Crazy?!	Kelly and Ramundo	1993	B
<u>Ergonomics (ER)</u>				
	Arranging Your Workstation to Fit You	Krames Communications	1993	VT
	Bodyspace	Pheasant and Haslegrave	2006	B
	Compute in Comfort	Linden, Paul	1995	B
	Conquering Carpal Tunnel Syndrome	Butler, Sharon	1996	B
	Ergonomic Living	Inkeles and Schencke	1994	B
	Exercises at Your Workstation	Krames Communications	1993	VT
	Introduction to Ergonomics	Bridger, R.S.	2003	B
	Office Ergonomics	Orr, Susan	2007	B
	Repetitive Strain Injury Handbook	Simon and Aleskovsky	2000	B
	Repetitive Strain Injury Recovery Book	Quilter, Deborah	1998	B
	Repetitive Strain Injury Sourcebook	Peddie, Sandra	1997	B
	Repetitive Strain Injury: A Computer User's Guide	Pascarelli and Quilter	1994	B
	Sitting on the Job	Donkin, Scott	2002	B
	Visual Ergonomics in the Workplace	Anshel, Jeffrey	1998	B
	Way We Work	Comprehensive Loss Management, Inc.	1990	VT
	Why Does Working @ My Computer Hurt So Much?	ErgAerobics, Inc.	1999	B
<u>Family Wellness (FW)</u>				
	Above All, Be Kind	Weil, Zoe	2003	B
	Adolescence: The Survival Guide for Parents and Teens	Fenwick and Smith	1994	B
	Another Country	Pipher, Mary	1999	B
	Asking About Sex and Growing Up	Cole, Joanna	1988	B
	Between Parent and Teenager	Ginott, Haim	1969	B
	Birth Your Way	Kitzinger, Sheila	2002	B
	Bradshaw on: The Family	Bradshaw, John	1988	B
	Caring for Yourself While Caring for Your Aging Parents	Berman, Claire	1996	B
	Changing Bodies, Changing Lives	Bell, Ruth	1980	B
	Children Who Say No When You Want Them to Say Yes	Windell, James	1996	B
	Common Sense Discipline	Dewsnap, Lois	1995	B
	Coping with Your Difficult Older Parent	Lebow and Kane	1999	B
	Courage to Be a Single Mother	Ellison, Sheila	2000	B
	Courage to Raise Good Men	Silverstein and Rashbaum	1994	B
	Don't Sweat the Small Stuff with Your Family	Carlson, Richard	1999	B
	Easy to Love, Difficult to Discipline	Bailey, Becky	2000	B
	Family Crucible	Napier and Whitaker	1988	B
	Family Estrangements	LeBey, Barbara	2001	B
	Family That Works Together	Lott, Lynn	1995	B
	Fatherhood	Cosby, Bill	1986	B
	Fathering	Glennon, Will	1995	B
	Fearless Caregiver	Barg, Gary	2001	B
	Fertility & Conception	West, Zita	2003	B
	Girls Seen and Heard	Ms. Foundation for Women	1998	B
	Guide to Your Family's Symptoms	Clayman and Curry	1992	B
	Hand-Me-Down Blues	Yapko, Michael D.	1999	B
	Health of Adolescents	Hendee, William	1991	B
<u>Family Wellness (FW) cont'd</u>				
	Healthier at Home	Powell, Don	2005	B
	Healthy Mom - Healthy Baby Handbook	State of California	1996	B
	Help Me Learn, Help Me Grow	National Health/Education Consortium	1996	VT
	How to Care for Aging Parents	Morris, Virginia	1996	B

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	How to Care for Your Parents	Levin, Nora Jean	1997	B
	How to Discipline Your Six to Twelve Year Old	Wyckoff and Unell	1991	B
	How to Get Your Kid to Eat..But Not Too Much	Satter, Ellyn	1987	B
	How to Talk So Kids Will Listen & Listen So Kids Talk	Faber and Mazlish	1980	B
	If You've Raised Kids, You Can Manage Anything	Crittenden, Ann	2004	B
	In the Best Interest of the Child	Samenow, Stanton	2002	B
	Kids Are Worth It	Coloroso, Barbara	1994	B
	Losing a Parent	Kennedy, Alexandra	1991	B
	Louder Than Words	McCarthy, Jenny	2007	B
	Natural Pregnancy Book	Romm, Aviva Jill	2003	B
	Naturally Healthy Babies and Children	Romm, Aviva Jill	2003	B
	Now That I'm Married, Why Isn't Everything Perfect?	Page, Susan	1994	B
	Out of the Darkened Room, When a Parent is Depressed	Beardslee, William	2002	B
	Parenting for Prevention	Wilmes, David J.	1988	B
	Parenting Teenagers	Dinkmeyer and McKay	2001	B
	Period	Gardner and Loulan	1979	B
	Positive Discipline for Preschoolers	Nelsen, Erwin, and Duffy	1995	B
	Pregnancy Fitness	Editors of Fitness Magazine	1999	B
	Preschool Years	Galinsky and David	1988	B
	Pressured Child	Thompson, Michael	2004	B
	Raising Children Compassionately	Rosenberg, Marshall B.	2005	Bklt
	Raising Low-Fat Kids in a High-Fat World	Shaw, Judith	1997	B
	Raising Resilient Children	Brooks and Goldstein	2001	B
	Raising Self-Reliant Children	Glenn and Nelson	1989	B
	Redirecting Children's Behavior	Kvols, Kathryn	1998	B
	Rescuing the Emotional Lives of Overweight Children	Rimm, Sylvia	2004	B
	Reviving Ophelia	Pipher, Mary	1994	B
	Self-Care Essentials	Wellness Councils of America	2001	B
	Step-Parenting	Lofas, Jeannette	1985	B
	Strong-Willed Child	Dobson, James	1978	B
	Taking Care of Your Child	Pantell, Fries	1984	B
	Teen Tips	McMahon, Tom	1996	B
	Ten Things Every Child with Autism Wishes You Knew	Notbohm, Ellen	2005	B
	The Answer	Dobson, James	1978	B
	The Answer is No	Whitham, Cynthia	1994	B
	Time-Out...for Parents	Huber and Guyol	1994	B
	Truth About Children and Divorce	Emery, Robert	2004	B
	Violence Proof Your Kids Now	Karres, Erika Shearin	2000	B
	Walking on Eggshells	Isay, Jane	2007	B
	What to Expect When You're Expecting	Eisenberg, Murkoff, Hathaway	1988	B
	What's Happening to My Body?	Madaras, Lynda	1983	B
	When Children Grieve	James and Friedman	2001	B
	Win the Whining War & Other Skirmishes	Whitham, Cynthia	1991	B
	Working and Caring	Brazelton, T. Berry	1982	B

[Integrated Wellness \(IW\)](#)

	12 Stages of Healing	Epstein, Donald	1994	B
	20-Minute Retreats	Harris, Rachel	2000	B
	8 Weeks to Optimum Health	Weil, Andrew	1997	B
	8 Weeks to Optimum Health (multiple copies)	Weil, Andrew	1997	Cas
	Achieving Optimal Memory (multiple copies)	Nelson, Aaron P.	2005	B
	Active Wellness	Reichler, Gayle	1998	B
	After the Ecstasy, the Laundry	Kornfield, Jack	2001	Cas
	After the Ecstasy, the Laundry	Kornfield, Jack	2000	B
	All I Really Need to Know I Learned in Kindergarten	Fulghum, Robert	1988	Cas
	Anatomy of an Illness	Cousins, Norman	1979	B
	Anatomy of Power (4 tape set)	Myss, Caroline	1996	Cas

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Anatomy of the Spirit (6 tape set)		Myss, Caroline	1997	Cas
Animal, Vegetable, Miracle		Kingsolver, Barbara	2006	B
Artist's Way		Cameron, Julia	1992	B
Artist's Way		Cameron, Julia	1997	Cas
Awakened Life (6 tape set)		Dyer, Wayne	1996	Cas
Become a Life Balance Master		Giardina, Ric	2003	B
Beginning Mindfulness		Weiss, Andrew	2004	B
Being Peace		Hanh, Thich Nhat	2002	Cas
Best Spiritual Writing		Zaleski, Philip	1998	B
Boosting Immunity		Saputo and Faass	2002	B
Brain Longevity		Khalsa, Dharma Singh	1997	B
Brain Rules		Medina, John	2008	B
Calling the Circle		Baldwin, Christina	1994	B
Care of the Soul (2 tape set)		Moore, Thomas	1996	Cas
Carved in Sand		Ramin, Cathryn Jakobson	2007	B
Change of Heart		Sylvia, Claire	1997	B
Changing for Good		Prochaska, Norcross, DeClemente	1994	B
Chicken Soup for the Nature Lover's Soul		Canfield, Hansen, and Zikman	2004	B
Choosing Civility		Forni, P.M.	2002	B
Choosing to Be Well		Logan, Haven	2002	B
Clear Your Clutter with Feng Shui		Kingston, Karen	1999	B
Creating Health		Chopra, Deepak	2002	B
Creation of Health		Shealy and Myss	1988	B
Culprit and the Cure		Aldana, Steven	2005	B
Creative Visualization (book and CD)		Gawain, Shakti	2002	B
Dare To Be 100		Bortz, Walter	1996	B
Designer Poisons333		Moses, Marion	1995	B
Developing a 21st Century Mind		Sinetar, Marsha	1991	B
Difficult Conversations		Stone, Patton, and Heen	1999	B
Discovering the Body's Wisdom		Knaster, Mirka	1996	B
Do One Thing Different		O'Hanlon, Bill	1999	B
Don't Push the River		Stevens, Barry	1970	B
Don't Sweat the Small Stuff		Carlson, Richard	1997	B
Dream Finder		Dunn and Duchane	2004	B
Eastern Body, Western Mind		Judith, Anodea	2004	B
Emergency Care		Brady	1990	B
Emotional House		Robyn, Kathryn	2005	B
Energy Anatomy (6 tape set)		Myss, Caroline	1996	Cas
Energy Medicine		Eden, Donna	1998	B
<u>Integrated Wellness (IW) cont'd</u>				
Eternal Echoes		O'Donohue, John	2000	Cas
Everyday Health Tips		Editors of Prevention Magazine	2000	B
Exploring the Archetypes (6 tape set)		Myss, Caroline	1994	Cas
Extraordinary Healing		Gordon, Marilyn	2000	B
Fast Food for the Soul		Berger, Barbara	2002	B
Feng Shui		Simons, T. Raphael	1996	B
Fight Fat After Forty (multiple copies)		Peeke, Pamela	2000	B
Finding the Way Home		Heiss, Gayle	2001	B
Fire in the Soul		Borysenko, Joan	1993	B
First Things First		Covey, Merrill, and Merrill	1994	B
Five Stages of the Soul		Moody, Harry	1998	B
Focus on Healthy Aging		Mount Sinai School of Medicine		AP
Four-Fold Way		Arrien, Angeles	1993	B
From Age-ing to Sage-ing		Schachter-Shalomi, Zalman	1997	B
From God Knows Where		Siegel, Bernie	1995	Cas
Graceful Passages (2 CD set)		Companion Arts Production	2000	CD

Subject	Title	Author	Year	Media
	Guide to Contented Hearts	Van Fulpen, Charles	1995	B
	Happiness Makeover	Ryan, M.J.	2005	B
	Happy Yoga	Ross, Steve	2003	B
	Head First: The Biology of Hope	Cousins, Norman	1989	B
	Healing and the Mind	Moyers, Bill	1993	B
	Healing and the Mind (3 tape set)	PBS and Bill Moyers	1993	VT
	Healing Home	Lazenby, Gina	2000	B
	Healing Into Life and Death	Levine, Stephen	1987	B
	Healing Our Planet, Healing Our Selves	Church and Gendreau	2005	B
	Healing Power of Humor	Klein, Allen	1989	B
	Healing Power of Love & Intimacy	Ornish, Dean	1988	VT
	Healing Words	Dossey, Larry	1993	B
	Healing Yoga	Saraswati, Swami Ambikananda	2001	B
	Health News	Duke Medicine		AP
	Healthy Aging	Weil, Andrew	2005	B
	Healthy Aging	Weil, Andrew	2006	DVD
	Healthy Aging	Weil, Andrew	2005	CD
	Healthy Balancing	Guided Meditation	1992	Cas
	Healthy Mind, Healthy Body Handbook	Sobel and Ornstein	1996	B
	Healthy Pleasures	Ornstein and Sobel	1989	B
	Higher Self	Chopra, Deepak	1996	Cas
	How Everyday Products Make People Sick	Blanc, Paul	2007	B
	How to Live Longer and Feel Better	Pauling, Linus	1986	B
	How to Strengthen the Immune System	Gordon, Anne	1996	B
	I Am Not Sick - I Don't Need Help!	Amador, Xavier	2000	B
	Illustrated Encyclopedia of Feng Shui	Too, Lillian	1999	B
	In the House of the Riddle Mother (2 tape set)	Estes, Clarissa Pinkola	1991	Cas
	Informed AdvantAge: A Resource Guide for Healthy Aging	WorkCare Group, Inc.	1999	B
	Intimacy and Solitude	Dorwick, Stephanie	1999	B
	Invoking the Sacred (6 tape set)	Myss and Roth	1995	Cas
	It Was on Fire When I Lay Down on It	Fulghum, Robert	1988	B
	It was on Fire When I Lay Down on it	Fulghum, Robert	1989	Cas
	It's My Pleasure	Rodale and Rodale	2005	B
<u>Integrated Wellness (IW) cont'd</u>				
	Kokology	Nagao and Saito	1998	B
	Legacy of the Heart	Muller, Wayne	1992	B
	Life by Design	Brinkman, Rick	1992	Cas
	Life Practices That Matter	Weil and Steinberg	1997	Cas
	Lights Out	Wiley, T.S.	2000	B
	Live and Learn and Pass It On	Rutledge Hill Press	1992	B
	Live Long, Die Fast: Playing the Aging Game to Win	Bland, John	1997	B
	Living Downstream	Steingraber, Sandra	1997	B
	Living in Process	Schaef, Anne Wilson	1998	B
	Living Well	Fries, James	1994	B
	Love and Survival	Ornish, Dean	1998	B
	Love, Medicine & Miracles	Siegel, Bernie	1986	B
	Loving What Is	Katie, Byron	2002	B
	Loving Your Self	Hay, Louise L.	1986	Cas
	Magical Mind, Magical Body (6 tape set)	Chopra, Deepak	1999	Cas
	Make The Connection	Greene and Winfrey	1996	B
	Meditation for People Undergoing Surgery (2 tape set)	Naparstek, Belleruth	1993	Cas
	Meditation to Help Promote Weight Loss	Naparstek, Belleruth	2001	Cas
	Meditation to Promote General Wellness	Naparstek, Belleruth	2001	Cas
	Meditations with Tea	Rosen, Diana	2004	B
	Mega Memory	Trudeau, Kevin	1992	Cas
	Mental Housecleaning (Clear Out Negative Thoughts)	Adair, Margo	1986	Cas

Subject	Title	Author	Year	Media
	Mind and Body: East meets West	Kleinman, Seymour	1986	B
	Miracle of Mindfulness	Hanh, Thich Nhat	2002	Cas
	Miracle of the Breath	Caponigro, Andy	2005	B
	Motivation Music	Kohn, Steven Mark	2001	Cas
	Music & Creativity	Hollander, Lorin	1999	Cas
	My Heath Care Wishes: Advance Health Care Directive Kit	California Medical Association	2000	B
	New Physics of Love (6 tape set)	Grayson, Henry	2001	Cas
	No More Sleepless Nights	Hauri and Linde	1996	B
	Noble Heart	Chodron, Pema	1998	Cas
	Nonviolent Communication: A Language of Life	Rosenberg, Marshall B.	2005	B
	On the Nature of Life	Siegel, Bernie	1995	Cas
	Path of Least Resistance	Fritz, Robert	1989	B
	Pathway	Mellin, Laurel	2003	B
	Peace, Love and Healing	Siegel, Bernie	1989	Cas
	Peak Performance: Body & Mind	Donkin and Meyer	2002	B
	Possible Human	Houston, Jean	1982	B
	Power of a Single Thought (book & CD)	Hendricks and DeVoe	2005	B
	Power of the Mind to Heal (6 tape set)	Borysenko, Joan	1993	Cas
	Power Thoughts: 365 Daily Affirmations	Hay, Louise L.	2005	B
	Present Moment	Hanh, Thich Nhat	1993	Cas
	Prevention Magazine	Editors of Prevention Magazine		AP
	Promise of Sleep	Dement, William	1999	B
	Psychology & Art of Healing	Siegel, Bernie	1993	Cas
	Psychology of Achievement (6 tape set)	Tracy, Brian	1995	Cas
	Psychoneuroimmunology: Overview	Laudenslager, Mark	1989	Cas
	Quantum Healing	Chopra, Deepak	1990	B
	Raise Your Social I.Q.	Levine, Michael	1998	B
<u>Integrated Wellness (IW) cont'd</u>				
	Random Acts of Kindness	Conari Press	1993	B
	Real Age	Roizen, Michael	1999	B
	Resiliency Advantage	Siebert, Al	2005	B
	Return of the Rishi	Chopra, Deepak	2002	B
	Role of Creativity in Healing	Siegel and Cameron	1996	Cas
	Sabbath: Restoring the Sacred Rhythm of Rest & Delight	Muller, Wayne	1999	Cas
	Sacred Dying	Anderson, Megory	2001	B
	Second Half of Life (6 tape set)	Arrien, Angeles	1998	Cas
	Self Healing	Weil, Andrew		AP
	Self Hypnosis for Pain Control	Blumenfeld, Doreen	1998	Cas
	Self Matters	McGraw, Phillip	2001	B
	Self-Hypnosis	Burke, Adam	2004	B
	Seven Spiritual Laws of Yoga	Chopra, Deepak	2004	B
	Silent Spring	Carson, Rachel	1962	B
	Silly Mind	Lima and Scobel	2000	B
	Simple Choices/Powerful Changes	Ornish, Dean	1998	VT
	Sleep Naturally	Holt, Stephen	2003	B
	Sound Body/Sound Mind: Music for Healing	Weil, Andrew	1998	Cas
	Spirit Body Healing	Samuels and Lane	2000	B
	Spontaneous Healing (2 tape set)	Weil, Andrew	1997	Cas
	Staying Mentally Sharp	Mayo Clinic	2002	Bklt
	Still Here	Ram Dass	2000	B
	Stillness Speaks	Tolle, Eckhart	2003	B
	Stop Feeling Tired	Zgourides and Zgourides	2003	B
	Sun Safety for Outdoor Workers	California Dept. of Health Services	2000	VT
	Take Charge of Your Health	Great Performance, Inc.	1995	B
	Taking Care of Yourself	Weil, Andrew	2002	CD
	Talk to Commonwealth	Ornish, Dean	1994	Cas