



**Employee Assistance Program Library**

**Addictions**

800-Cocaine  
Al-Anon's Twelve Steps & Twelve Traditions  
Alcoholics Anonymous  
The Brown Bottle  
The Courage to Change  
From Despair to Decision  
Food Addictions  
Getting Them Sober  
Get Your Loved One Sober: Alternatives to Nagging, Pleading & Threatening  
Goodbye Hangovers, Hello Life  
The Healing Journey Through Addiction  
Healing the Shame That Binds You  
The Heart of Addiction  
The House that Love Built  
How Al-Anon Works for Families & Friends of Alcoholics  
It Will Never Happen to Me: Growing up with Addiction as Youngsters, Adolescents, Adults  
QuitSmart: A Guide to Freedom from Cigarettes  
Rational Steps to Quitting Alcohol  
Reclaim Your Family from Addiction: How Couples & Families Recover Love & Meaning  
Showing Up for Life  
Understanding the Twelve Steps  
When Food is Love  
Willpower's Not Enough: Recovering from Addictions of Every Kind

**Creativity**

52 Projects: Random Acts of Everyday Creativity  
201 Icebreakers  
501 TV-free Activities for Kids  
The Artist's Way  
The Artist's Way at Work  
A Compendium of Icebreakers, Energizers, and Introductions  
Creativity Games for Trainers  
Creative Problem Solvers  
Living Artfully: Create the Life You Imagine  
Thunderbolt Thinking  
Visual Chronicles: The No-Fear Guide to Creating Art Journals, Creative Manifestos & Altered Books

## **Disease**

The 36-Hour Day: A Family Guide to Caring for Persons w/ Alzheimer Disease, Related Dementia  
Illnesses and Memory Loss  
Alzheimer's Disease  
Breast Cancer: The Complete Guide  
Talking to Alzheimer's  
The Twelve Step Response to Chronic Illness & Disability

## **Elder Care**

Aging Parents and You  
Elder Care Handbook  
Housing Options for Senior Adults  
How to Care for Aging Parents  
NYS Senior Citizen Resource Guide  
When Someone You Love Needs Nursing Home Care

## **Financial**

The 9 Steps to Financial Freedom  
The Finish Rich Book  
The Laws of Money, The Lessons of Life  
Live Well on Less Than You Think  
Living Fiscally Fit: 1,000 Ways to Get Out of Debt & Build Financial Wealth  
Personal Financial Fitness  
Start Late, Finish Rich  
Women and Money  
Your Money or Your Life

## **Fitness**

Chi Walking  
Dr. Mao's Harmony Tai Chi  
Pilates  
Thai Massage & Shiatsu  
Walking: The Complete Book  
Yoga

## **Grief & Loss**

Awakening from Grief  
The Courage to Grieve  
Grief at Work  
The Grieving Child: A Parent's Guide  
Grieving the Death of a Pet  
Healing Your Grieving Heart for Teens  
How to Go on Living When Someone You Love Dies  
How to Survive the Loss of a Parent: A Guide for Adults  
Living w/ Death and Dying  
No Time to Say Goodbye: Surviving the Suicide of a Loved One

On Life after Death  
Seasons of Grief and Healing  
Touched by Suicide: Hope & Healing After Loss

### **Healing Arts**

Acupressure' Potent Points: A Guide to Self-Care for Common Ailments  
Illustrated Guide To Massage and Aromatherapy

### **Health**

Ageless Body, Timeless Mind: The Quantum Alternative to Growing Old  
A Good Night's Sleep  
A Slim Book on Weighty Matters  
The Complete Guide to Natural Healing  
Don't Forget  
Dr. Susan Love's Menopause & Hormone Book  
Get Healthy Now  
Health Care-toons  
Healthy Aging  
Modern Prevention  
Perfect Health: Complete Mind Body Guide  
The Practical Guide to Aging  
The Prostate Source Book  
The Season's of a Man's Life  
Sleep: Your Questions Answered  
Stitches  
Ultra-Prevention: The 6-Week Plan That Will Make You Healthy for Life  
Understanding Your Immune System  
The Wisdom of Menopause  
You: The Owner's Manual

### **Inspirational**

The Book of Positive Quotations  
The Four Agreements  
Inner Peace for Busy Women  
Invisible Acts of Power  
Iron John  
Open My Eyes, Open My Soul  
Real Lives of Strong Black Women  
Tomorrow Begins Today: African American Women as We Age

### **Lifestyles**

Green Living  
Living the Simple Life: A Guide to Scaling Down & Enjoying More  
Voluntary Simplicity: Toward a Way of Life That is Outwardly Simple, Inwardly Rich  
The Western Guide to Feng Shui Room by Room

## **Management**

1001 Ways to Reward Employees

The Carrot Principle

Coaching for Improved Work Performance

Death By Meeting

Evaluating Performance: How to Appraise, Promote, & Fire

Facilitating With Ease

The Five Dysfunctions of a Team

Go Team! Take Your Team to the Next Level

Growing Great Employees: Turning Ordinary People into Extraordinary Performers

Handling the Difficult Employee: Solving Performance Problems

How to Become a Great Boss

Increasing Employee Production: An Introduction to Value Management

Inspire! What Great Leaders Do

It's Okay to be the Boss: The Step-by-Step Guide to Becoming the Manager Your Employees Need  
Leaders

Leadership and Self-Deception: Getting out of the Box

Leadership Skills for Women: Achieving Impact as a Manager

Learning to Lead

Motivating Employees

The Nature of Leadership

The New Supervisor

On Becoming a Leader

One Minute Manger: The World's Most Popular Management Method

The Organized Executive: The Classic Program for Productivity

Overcoming the Five Dysfunctions of a Team

Supervisor's Guide to Counseling

The Truth About Managing People

What Every Manager Needs To Know About Sexual Harassment

## **Mental Health**

10 Simple Solutions to Worry: How to Clam Your Mind, Relax Your Body & Reclaim Your Life

ACT on Life Not on Anger

Angry All the Time

Anxiety Answer Book

Coping with Anxiety

The Depression Helpbook

Listening to Depression

Managing Anger: Methods for a Happier and Healthier Life

Walking the Tiger: Healing Trauma

When Anger Hurts

## **Miscellaneous**

Dynamics of Diversity

Landlord and Tenant Law

Flower Gardening 1-2-3

## **Nutrition**

The 150 Healthiest Foods on Earth

The Easy 4 Ingredient Diabetic Cookbook: The Smart Way to Cook Healthy

Going Against the Grain: How Reducing and Avoiding Grains Can Revitalize Your Health

No-Fad Diet: A Personal Plan for Healthy Weight Loss

The Taste for Living Cookbook

The Unofficial Guide to Smart Nutrition

What to Eat

Your Final Diet

## **Parenting**

The Adoption Resource Book

Build a Happy Family

The Gift of ADHD: How to Transform Your Child's Problems into Strengths

The Kid's Book of Divorce

Helping Your Kids Cope with Divorce the Sandcastles Way

Making Divorce Easier on Your Child

My Space My Kids

Parenting Your Asperger Child

Straight Parents, Gay Children: Keeping Families Together

Talking to Children about Separation and Divorce

Teen-Proofing

Uncommon Sense for Parents with Teenagers

## **Pregnancy**

The Birth That's Right for You

The Everything Mother's First Year Book: A Survival Guide for the First 12 Months of Being a Mom

Guide to Baby & Child Care

I'm Pregnant! Now What Do I Eat?

The Infertility Survival Handbook

Making a Baby: Everything you Need to Know to Get Pregnant

Pregnancy & Birth: Your Questions Answered

What to Expect When You Are Expecting

Your Baby's First Year: Week by Week

## **Relationships**

101 Things I Wish I knew When I Got Married: Simple Lessons to Make Love Last

Couple Skills: Making Your Relationship Work

Divorce Hangover

The Divorce Organizer & Planner

The Divorce Sourcebook

My Ex is Driving Me Crazy!

On Your Own Again

Relationship Rescue

## **Retirement**

Avoid Retirement and Stay Alive  
The Everything Retirement Planning Book  
Retirement on a Budget  
What Color is Your Parachute? (For Retirement)

## **Self Improvement**

The 7 Habits of Highly Effective People  
The 8th Habit  
Embracing Your Inner Critic: Turning Self-Criticism into a Creative Asset  
Enhance Your Destiny  
Everything Time Management Book  
Feel the Fear...and Do It Anyway  
From Doormat to Diva  
Getting Unstuck  
Healing Your Emotional Self  
Mental Fitness: A Guide to Emotional Health  
Nonviolent Communication  
The Psychology of Winning  
Raising Your Emotional Intelligence  
Risking  
Seeking your Healthy Balance  
Self Esteem  
The Self Esteem Companion  
The Self Esteem Workbook  
The Self Help Sourcebook  
Self Matters  
Sequencing  
Social Intelligence: The New Science of Human Relationships  
The Time Trap: How to Get More Done in Less Time  
Tongue Fu: How to Deflect, Disarm, and Defuse Any Verbal Conflict  
Where to Draw the Line: How to Set Healthy Boundaries Every Day

## **Stress Management**

The Book of Stress Survival  
Five Good Minutes in the Evening  
How Serious is This?  
Inner Peace for Busy People  
Lighten Up  
Managing Stress  
Meditation as Medicine  
Peace is Every Step: The Path of Mindfulness in Everyday Life  
Relax  
The Relaxation and Stress Reduction Workbook  
Stress Management  
Take Time for Your Life

## **Work-Related**

The 17 Indisputable Laws of Teamwork

50 One-Minute Tips to Better Communication

Achieving Job Satisfaction

The Art of Happiness at Work

Balancing Home & Career

The Bully at Work

Chicken Soup for the Soul at Work

The Complete Guide to Conflict Resolution in the Workplace

Coping With Toxic Managers, Subordinates...

The Creative Communicator

Cultural Diversity in Organizations

Difficult People: Working Effectively with Prickly Bosses, Coworkers & Clients

Excel 2003 for Dummies

How to Be Happier in the Job You Sometimes Can't Stand

Internet for Dummies

Making Diversity Work

Making Work Fun

Organizing from the Inside Out

Personal Time Management

Power Talking (audio cassette)

Preventing Job Burnout

Sexual Harassment, Work, and Education

Statistics for the Utterly Confused

Time Management

Time Management From the Inside Out

The Violence Prone Workplace

Wellness in the Workplace

What Color is Your Parachute?

Who Moved My Cheese?

Working Anger

You Don't Have to Go Home from Work Exhausted