



Employee Assistance Program Library

Addictions

800-Cocaine

Addict in the Family: Stories of Loss, Hope, and Recovery

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
A Caregiver's Guide to Alzheimer's Disease: 300 Tips for Making Life Easier
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
Coping with Your Difficult Older Parent
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
The Number: A Completely Different Way to Think About the Rest of Your 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 Grief and Grieving: Finding the Meaning of Grief Through the Five Stages of Loss
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

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

Depression Fallout: The Impact of Depression on Couples & What You Can Do to Preserve the Bond

The Depression Helpbook

The Family Intervention Guide to Mental Illness: Recognizing Symptoms & Getting Treatment

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
How to Love Your Retirement
Retirement on a Budget
Retire Smart Retire Happy: Finding Your True Path in Life
Too Young to Retire: 101 Ways to Start the Rest of Your Life
What Color is Your Parachute? (For Retirement)

Self Improvement

The 7 Habits of Highly Effective People
The 8th Habit
The Dream Workbook
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
Inner Work: Using Dreams and Active Imagination for Person Growth
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