



Employee Assistance Program

Audio Tape, CD, Video, & DVD Library

\*Note: DVD unless otherwise noted

**Addiction**

From Use to Abuse (video)

Sexual Addiction (video)

**Families**

Combating Domestic Violence – (video)

Dr. Tony Atwood Asperger's Syndrome – Vol. 2

Hablen, Escuchen, Conecten: Ayuda Para Las Familias Durante La Partida Militar

How to Raise Happy Confident Kids (video)

Infant & Toddler Emergency First Aid: Accidents

Juggling Your Work and Family (video)

LifeWorks for NYS Employees (video)

NYS Developmental Disabilities Planning Council: Mary's Choice (video)

NYS Developmental Disabilities Planning Council: La Decisión de Maria (video)

Parenting with Humor – Loretta LaRoche (video)

Positive Discipline: Parenting that Works (1 audiotape)

Power of Choice (for teens) (video)

Talk, Listen, Connect: Helping Families During Military Deployment

**Finances**

Best of Suze Orman Collection (4 part DVD)

NYS Dept. of Civil Service Planning for Retirement (2005 video)

Personal Finance for Everyone (1 audiotape)

The Power to Attract Money Volumes 1-3 (video)

**Fitness**

10 Minute Solution: Fat Blasting Dance Mix

10 Minute Solution: Rapid Results Pilates

Bellydance: Fitness for Beginners

Gary Null's Get Healthy Now!

Get Moving! Walking for Weight Loss

Introduction to Step Training (video)  
Kathy Smith's Fat Burning Workout (video)  
Kathy Smith's Functionally Fit Peak Fat Burning  
Kathy Smith's Lift Weights to Lose Weight (2 part DVD)  
Kathy Smith's Timesaver Cardio Fat Burner  
Pilates Powerhouse Workout  
Qigong for Stress Relief  
Stress Relief Yoga  
T'ai Chi Daily Practice  
T'ai Chi for Health  
Yoga for Relaxation (video)  
Walk Away the Pounds

### **Healing Arts**

Aromatherapy  
Complete Guide to Practical Reflexology

### **Health**

Dr. Andrew Weil's Healthy Aging (2006 PBS Special)  
Health Solutions: Sleep  
Joint Articulation for Arthritis & Rheumatism  
Oh My Aching Back! (video)  
Successful Disease Management: Diabetes (video)

### **Inspirational**

A Mighty Heart (Book on CD)

### **Lifestyles**

Living Artfully

### **Management**

Coaching and Counseling (video)  
Cultivating Initiative in Your Staff (video)  
Effective Supervision (video)  
How to Write and Conduct Effective Performance Appraisals (video)

High Impact Leadership: How to be More Than a Manager (audiotape series)  
Implementing Self Directed Work Teams (video)  
The Manager as Coach (video)  
Motivating People in Today's Workplace  
Total Quality Management (cassette)  
Total Quality Management (video)

### **Personal Growth/Self-Help**

Building and Maintaining High Energy (video)  
Feel the Fear and Do it Anyway (CD)  
How to Handle Conflict and Manage Anger (audiotape)  
Keeping Your Cool When Others Don't (video)  
Manage Anger (video)  
Memory Power (audiotape series)  
Power Talking (audiotape series)  
Practice Delegation (video)  
Speed Reading (video)  
Success (video)  
The Twenty Questions (video)

### **Stress Reduction**

Best of Caribbean Beaches: Waves Virtual Vacation  
Controlling Interruptions (video)  
Coping with Stress  
Dealing with Stress (video)  
Guided Relaxation for Stress  
Healthy Solutions: Stress Relief  
Loretta LaRoche's Humor Your Stress (video)  
Loretta LaRoche's Joy of Stress (video)  
Loretta LaRoche's Relax! You Only Live Once (video)  
Meditation for Beginners  
Soul of Healing with Deepak Chopra, MD  
Stress: Is Your Lifestyle Killing You? (video)  
Stress Management for Professionals (video)  
Stress Skills (video)  
When Your Body Gets the Blues

### **Work-Related**

Assertiveness Training for Professionals (video)  
Business Etiquette (video)  
Dealing with Conflict and Confrontation (video)  
Juggling Priorities (video)  
How to Deal With Difficult People (video)  
High Impact Communication Skills  
Mindfulness @ Work (CD)  
Negaholics: How to Handle Negativity in the Workplace (audiotape series)  
Problem Solving (video)  
Sexual Harassment (video)  
Stephen R. Covey's The 8<sup>th</sup> Habit: From Effectiveness to Greatness (1 audiotape)  
Taking Control of Your Work Day (video)  
Violence in the Workplace (video)