Lending Library - Fall 2017

Addictions
800-Cocaine
Addict in the Family: Stories of Loss, Hope, and Recovery
Adult Children of Alcoholics
Adult Children Secrets of Dysfunctional Families
Al-Anon's Twelve Steps & Twelve Traditions
Alcoholics Anonymous
An Adult Child’s guide to What’s Normal
The Brown Bottle
Clean: Overcoming Addiction and Ending America’s Greatest Tragedy
Creative Recovery: A Complete Addiction Treatment Program that uses Your Natural Creativity
Feeding the Empty Heart (Adult and Children Compulsive Eating)
Food Addictions
Getting Them Sober
Get Your Loved One Sober: Alternatives to Nagging, Pleading & Threatening
The Healing Journey Through Addiction
Healing the Shame That Binds You
The Heart of Addiction
How Al-Anon Works for Families & Friends of Alcoholics
It Will Never Happen to Me: Growing up with Addiction as Youngsters, Adolescents, Adults
Loving an Adult Child of an Alcoholic
Perfect Daughters: Adult Daughters of Alcoholics
QuitSmart: A Guide to Freedom from Cigarettes
Rational Steps to Quitting Alcohol
Reclaim Your Family from Addiction: How Couples & Families Recover Love & Meaning
Recovery: A Guide for Adult Children of Alcoholics
Sober For Good
Showing Up for Life
Struggle for Intimacy
Twelve Steps for Overeaters
Understanding the Twelve Steps
When AA Doesn’t Work for You
When Food is Love
Willpower’s Not Enough: Recovering from Addictions of Every Kind

Creativity
201 Icebreakers
501 TV-free Activities for Kids
52 Projects: Random Acts of Everyday Creativity
A Compendium of Icebreakers, Energizers, and Introductions
The Art of Emotional Healing
The Artist’s Way: A Spiritual Path to Higher Creativity
The Artist’s Way at Work
Creative Journal Writing (2)
Creative Mandalas: For Insight, Healing, and Self-expression
Creative Problem Solvers
The Creative Problem Solver’s Toolbox
Creativity Games for Trainers
How to Build Happiness with Your Own Two Hands: The Creativity Cure
Living Artfully: Create the Life You Imagine
The New Diary: How to Use a Journal for Self-Guidance and Expanded Creativity
Thunderbolt Thinking
The Vein of Gold: A Journey to Your Creative Heart
Writing Down the Bones

**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
And Thou Shalt Honor: The Caregiver’s Companion
The Caregiver’s Path to Compassionate Decision Making
The Caregiver’s Survival Handbook: Caring for Your Aging Parents Without Losing Yourself
Circles of Care
Coping with Your Difficult Older Parent
Elder Care Handbook
Elder Rage: How to Survive Caring for Aging Parents
The End-of-Life Handbook
Housing Options for Senior Adults
How to Care for Aging Parents – Revised Edition
The Last Gifts: Creative Ways to be with the Dying
Passages in Caregiving
So Far Away
When Someone You Love Needs Nursing Home Care
When We Were Young
When Your Parent Moves In
You’d Better Not Die or I’ll Kill You: A Caregiver’s Survival Guide to Keeping You in Good Health & Good Spirits
**Financial**
Financial Planning Demystified  
The 9 Steps to Financial Freedom  
The Courage to Be Rich  
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  
The Money Smart Family System  
The Number: A Completely Different Way to Think About the Rest of Your Life  
Personal Financial Fitness  
Smart Couples Finish Rich  
Suddenly Frugal: How to Live Happier and Healthier for Less  
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  
Being with Dying  
The Courage to Grieve  
Creative Grieving: A Hip Chick’s Path from Loss to Hope  
Creative Interventions for Bereaved Children  
The Five Ways We Grieve  
Grief The Grieving Child: A Parent’s Guide at Work  
Grieving the Death of a Pet  
Healing After Job Loss  
Healing Your Grieving Heart for Teens  
Healing Your Grieving Heart; 100 Practical Ideas  
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  
Sacred Passage  
Seasons of Grief and Healing  
The Worst Loss  
Too Young to Die  
Touched by Suicide: Hope & Healing After Loss
When Will I Stop Hurting?
Why Did You Die?

**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
- Full Catastrophe Living
- Get Healthy Now
- Health Care-toons
- Healthy Aging
- Modern Prevention
- Our Bodies, Ourselves: Menopause
- 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
- 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

**Healthy Eating**
- The 150 Healthiest Foods on Earth
- Breaking Free from Emotional Eating
- The Easy 4 Ingredient Diabetic Cookbook
- Eat Right 4 Your Type
- Food Rules
- The Game On Diet
- Going Against the Grain
- No-Fad Diet
- The Taste for Living Cookbook
- The Unofficial Guide to Smart Nutrition
- What to Eat
- Wheat-Free Recipes and Menus
- The Writing Diet: Write Yourself Right-Size
- Your Final Diet
**Inspirational**
The Book of Positive Quotations
The Four Agreements
God Never Blinks
Invisible Acts of Power
Iron John
The Last Lecture
My Stroke of Insight
Open My Eyes, Open My Soul
The Power of Now
Real Lives of Strong Black Women
The Shack
The Tao of Pooh
Tomorrow Begins Today: African American Women as We Age

**Lifestyles**
Flower Gardening 1-2-3
Green Living
The Lie-Changing Magic of Tidying Up
Living the Simple Life: A Guide to Scaling Down & Enjoying More
The More of Less
The Nature Principle: Reconnecting with Life in a Virtual Age
Voluntary Simplicity: Toward a Way of Life That is Outwardly Simple, Inwardly Rich
The Western Guide to Feng Shui Room by Room

**Management**
12: The Elements of Great Managing
1001 Ways to Reward Employees
All In: How best Managers Create a Culture of Belief and Drive Big Results
The Art of Framing: Managing the Language of Leadership
Awesome Supervisory Skills: 7 Lessons for Young, First-time Managers
Becoming a Master Manager
The Big Book of Team Building Games
Bringing Out the Best in Your Employees
The Carrot Principle
Coaching for Improved Work Performance
Complete Guide to Conflict Resolution
Death by Meeting
The Everything Managing People Book
Evaluating Performance: How to Appraise, Promote, & Fire
Facilitating With Ease
Fails to Meet Expectations
First, Break All the Rules
The Five Dysfunctions of a Team
Go Team! Take Your Team to the Next Level
Good Boss, Bad Boss
Growing Great Employees: Turning Ordinary People into Extraordinary Performers
Handling the Difficult Employee: Solving Performance Problems
How Did That Happen
How to Become a Great Boss
How to Communicate Effectively
How to Say it for First Time Managers
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
The Leader Within You
Leadership and Self-Deception: Getting out of the Box
Leadership Skills for Women: Achieving Impact as a Manager
Leading in Uncertain Times
Learning to Lead
Managing Difficult People
Managing People
Managing the Millennials
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
Perfect Phrases for Managers and Supervisors
Performance Appraisal Phrase Book
Quick Team-building Activities
Six Thinking Hats
Supervisor’s Guide to Counseling
Trust and Betrayal in the Workplace
The Thin Book of Appreciative Inquiry
The Truth About Managing People
What Every Manager Needs To Know About Sexual Harassment
What Every Supervisor Should Know
Why Some Ideas Survive and Others Die: Made to Stick

**Mental Health**

10 Simple Solutions to Worry: How to Clam Your Mind, Relax Your Body & Reclaim Your Life
50 Signs of Mental Illness
ACT on Life Not on Anger
ADD- Friendly Ways to Organize Your Life
An Unquiet Mind
Angry All the Time
Anxiety Answer Book
Buried in Treasures
Calming Your Anxious Mind
Coping with Anxiety
Depression Fallout: The Impact of Depression on Couples & What You Can Do to Preserve the Bond
Feeling Good
Healing Trauma Through Self-Parenting
I Don’t Want to Talk About It
I Hate You, Don’t Leave Me
Invisible Heroes: Survivors of Trauma and How They Feel
Listening to Depression
Managing Anger: Methods for a Happier and Healthier Life
Stop Walking on Eggshells- taking your life back when someone you care about has a personality disorder
Taking Charge of Adult ADHD
The Depression Helpbook
The Family Intervention Guide to Mental Illness: Recognizing Symptoms & Getting Treatment
The Mentally Ill Mentor
The Mindful Way through Depression
The Mindfulness Prescription for Adult ADHD
The Power of Your Subconscious Mind
Undoing Depression
Walking the Tiger: Healing Trauma
What Doesn’t Kill Us: The New Psychology of Posttraumatic Growth
When Anger Hurts
When Depression Hurts your Relationship

Parenting
1-2-3 Magic
The 100 Simple Secrets of Happy Family
A Different Kind of Perfect
The Adoption Resource Book
The Autism Mom’s Survival Guide
Ages and Stages
A Survival Guide to Parenting Teens: Talking to your Kids about Sexting, Drinking, Drugs, and Other Things That Freak You Out
Beyond the Blues- workbook to help teens overcome e depression
Build a Happy Family
The Bully, The Bullied, and the Bystander
The Complete Lesbian and Gay Parenting Guide
The Disappearing Girl
Don’t Bite Your Tongue: How to Foster Rewarding Relationships with your Adult Children
The Enlightened Stepmother
The Gift of ADHD: How to Transform Your Child’s Problems into Strengths
Growing a Girl
Helping Your Kids Cope with Divorce the Sandcastles Way
How to Behave So Your Children Will, Too!
How to Hug a Porcupine
The Kid's Book of Divorce
Last Child in the Woods: Saving Our Children from Nature-Deficit Disorder
Making Divorce Easier on Your Child
My Space My Kids
The Parent’s Guide to Texting, Facebooking and Social Media
Parenting Your Asperger Child
Positive Discipline A-Z
Positive Discipline for Single Parents
Positive Discipline for Teenagers
The Power of Play
The Pressured Child
Queen Bees and Wannabes
Raising Healthy Eaters
Rescuing Your Teenager from Depression
Scream-Free Parenting
Screenwise: Helping Kids Thrive (and Survive) in Their Digital World
Setting Limits with your Strong-Willed Child
Stepfamilies
Straight Parents, Gay Children
Straight Parents, Gay Children: Keeping Families Together
Talking to Children about Separation and Divorce
Teach Your Children Well: Parenting for Authentic Success
Teen Stages
Teen-Proofing
Uncommon Sense for Parents with Teenagers
What Your Explosive Child is Trying to Tell You?

Pregnancy
From Aaron to Zoe: 15,000 Great Baby Names
Guide to Baby & Child Care
I’m Pregnant! Now What Do I Eat?
Making a Baby: Everything You Need to Know to Get Pregnant
Planning Your Pregnancy and Birth
Pregnancy & Birth: Your Questions Answered
The American College of Obstetricians & Gynecologists
The Baby Owner’s Manual
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
The Infertility Survival Handbook
What to Expect When You Are Expecting
Your Baby’s First Year: Week by Week

Relationships
10 Lessons to Transform Your Marriage
101 Things I Wish I knew When I Got Married: Simple Lessons to Make Love Last
50 Ways to Support Gay and Lesbian Equality
After the Affair
The Conscious Bride
Conscious Loving
Couple Skills: Making Your Relationship Work
Divorce Hangover
The Divorce Organizer & Planner
The Divorce Sourcebook
If the Man You Love Was Abused
Lesbian Couples
Love Between Men
Love Together
My Ex is Driving Me Crazy!
On Your Own Again
The Relationship Cure: Remarried with Children
Relationship Rescue
The Seven Principles for Making Marriage Work

**Retirement**
Avoid Retirement and Stay Alive
The Everything Retirement Planning Book
How to Age in Place
How to Love Your Retirement
Retire Smart Retire Happy: Finding Your True Path in Life
Retirement on a Budget
Roadmap for the Rest of Your Life
Too Young to Retire: 101 Ways to Start the Rest of Your Life
Unretirement
What Color is Your Parachute? (For Retirement)
What’s Next- Finding Your Passion and Your Dream Job in Your Forties, Fifties and Beyond

**Self Improvement**
The 7 Habits of Highly Effective People
The 8th Habit
20 Something 20 Everything
30 Lessons for Living: Tried and True Advice from the Wisest Americans
31 Days to Transform Your Life: A Daily Action Guide for Increasing Joy, Satisfaction, and Fulfillment
AdaptAbility
Aging as a Spiritual Practice: A Contemplative Guide to Growing Older and Wiser
Breaking the Pattern
Change Anything: The New Science of Personal Success
The Civility Solution: What to Do When People Are Rude
Choosing Civility: The Twenty-five Rules of Considerate Conduct
The Compound Effect: Jumpstart Your Income, Your Life, Your Success
The Confidence Gap
Creative Journal Writing
The Dream Workbook
Difficult Conversations
Dignity: The Essential Role It Plays in Resolving Conflict
The Element
Embracing Your Inner Critic: Turning Self-Criticism into a Creative Asset
Emotional Intelligence
The Encore Career Handbook
The Energy of Belief
Enhance Your Destiny
Escape from Intimacy (Untangling the “Love” Addictions: Sex, Romance, Relationships)
Everything Time Management Book
Feel the Fear...and Do It Anyway
Finding Meaning In the Second Half of Life
Finding Your Element
The Five Keys to Mindful Communication
The Five Things We Cannot Change
Five Wishes
Fried
The Gifts of Imperfection
Growing Yourself Back Up: Understanding Emotional Regression
The Happiness Advantage
The Happiness Trap
Healing Your Emotional Self
I Hate Conflict!
I Thought It Was Just Me (but it isn’t)
Inner Peace for Busy Women
Inner Work: Using Dreams and Active Imagination for Person Growth
The Language of Letting Go
Learned Optimism
Life-Changing Magic of Tidying Up
Living in Gratitude
Living Life as a Thank You
Mean Girls Grown Up
Mental Fitness: A Guide to Emotional Health
The Mindful Path to Self-Compassion: Freeing Yourself from Destructive Thoughts and Emotions
More Language of Letting Go: 366 New Daily Meditations
The Myths of Happiness
Never be Late Again: 7 Cures for the Punctually Challenged
Never Good Enough
The New Codependency
The New Feminine Brain
Nonviolent Communication
One Year to an Organized Life
Organizing for the Creative Person
The Passion Test: The Effortless Path to Discovering Your Life Purpose (2 copies available)
Peace is Every Step
Procrastination: Why You Do It, What to Do About It Now
The Psychology of Winning
Radical Acceptance: Embracing your Life with the Heart of Buddha
Radical Acceptance: Embracing Your Life with the Heart of Buddha
Raising Your Emotional Intelligence
Resilience Factor
Second Acts
Seeking your Healthy Balance
Self-Compassion: The Proven Power of Being Kind to Yourself
Self Esteem (2)
The Self Esteem Companion
The Self Esteem Workbook
Self Matters
Shed Your Stuff, Change Your Life
The Seven Step Path to Becoming Truly Organized
Social Intelligence: The New Science of Human Relationships
Solving the Procrastination Puzzle
Something More
This is Not the Life I Ordered: 50 Ways to Keep Your Head Able Water When Life Keeps Dragging You Down
Time Management: The Ultimate Time Management Guide
Tongue Fu: How to Deflect, Disarm, and Defuse Any Verbal Conflict
What You Can Change…and What You Can’t
Where to Draw the Line: How to Set Healthy Boundaries Every Day
The Wisdom of the Ennegram
You Unstuck

**Stress Management**
Arriving at your own Door
Five Good Minutes in the Evening
Full Catastrophe Living
How Serious Is This?
Inner Peace for Busy People
Letting Everything Become Your Teacher
Lighten Up
Managing Stress
Meditation as Medicine
A Mindfulness-Based Stress Reduction Workbook
The Mindfulness Solution
Peace is Every Step: The Path of Mindfulness in Everyday Life
Real Happiness
Relax
The Relaxation and Stress Reduction Workbook
Stress Management
Success Under Stress
Take Time for Your Life
Undoing Perpetual Stress
Wherever You Go, There You Are

**Work-Related**
The 3rd Alternative
The 7 Habits of Highly Effective People
The 8th Habit
The 17 Indisputable Laws of Teamwork
50 One-Minute Tips to Better Communication
Achieving Job Satisfaction
The Art of Happiness at Work
Back Off! Your Kick-Ass Guide to Ending Bullying @ Work
Balancing Home & Career
The Bully at Work
Business Etiquette
Chicken Soup for the Soul at Work
Comebacks at Work
Communicating Effectively
The Communication Skills Workbook
The Complete Guide to Conflict Resolution in the Workplace
The Complete Guide to Understanding...Bullying
Coping With Toxic Managers, Subordinates...
The Creative Communicator
Crucial Conversations: Tools for Talking When Stakes Are High
Cultural Diversity in Organizations
Difficult Conversations
Difficult People: Working Effectively with Prickly Bosses, Coworkers & Clients (2)
Difficult People at Work
Dynamics of Diversity
Engaging the Multigenerational Workforce
Ergonomics Handbook
Generations at Work
Getting Things Done
How Full is Your Bucket?: Positive Strategies for Work and Life
How to Be Happier in the Job You Sometimes Can't Stand
How to Reduce Workplace Conflict and Stress: How Leaders and Their Employees Can Protect Their Sanity and Productivity from Tension and Turf Wars
It’s Okay to Manage Your Boss
A Life at Work
Leadership Skills for Women
Making Diversity Work
Making Work Fun
Managing Workplace Bullying
Mean Girls at Work: How to Stay Professional When Things Get Personal
Mobbing
Networking for Veterans
The No Asshole Rule
Organizing from the Inside Out
Pathways to Success (Dale Carnegie)
Perfect Phrases for Conflict Resolution
Perfect Phrases for Dealing With Difficult People
Personal Time Management
Power Talking (audio cassette)
Preventing Job Burnout
Sexual Harassment, Work, and Education
Simplify Your Work Life
Switch: How to Change Things When Change is Hard
The Stress of Organizational Change
Time Management
Time Management from the Inside Out
Type Talk at Work
The Violence Prone Workplace
Wellness in the Workplace
What Should I Do with My Life?
Who Moved My Cheese?
Working Anger
Working with Difficult People
Working with You is Killing Me: Freeing Yourself from Emotional Traps at Work
You Don't Have to Go Home from Work Exhausted