Addictions
800-Cocaine
Addict in the Family: Stories of Loss, Hope, and Recovery
Adult Children of Alcoholics
Al-Anon’s Twelve Steps & Twelve Traditions
Alcoholics Anonymous
The Brown Bottle
Clean: Overcoming Addiction and Ending America’s Greatest Tragedy
Creative Recovery: A Complete Addiction Treatment Program that uses Your Natural Creativity
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
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
52 Projects: Random Acts of Everyday Creativity
201 Icebreakers
501 TV-free Activities for Kids
The Art of Emotional Healing
The Artist’s Way: A Spiritual Path to Higher Creativity
The Artist’s Way at Work
A Compendium of Icebreakers, Energizers, and Introductions
Creative Mandalas: For Insight, Healing, and Self-expression
Creative Journal Writing (2)
Creative Problem Solvers
The Creative Problem Solver’s Toolbox
Creativity Games for Trainers
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
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
The End-of-Life Handbook
Housing Options for Senior Adults
How to Care for Aging Parents – Revised Edition
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 Finish Rich Book
The Laws of Money, The Lessons of Life
The Money Smart Family System
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
SuddenlyFrugal: 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
The Five Ways We Grieve
Grief at Work
The Grieving Child: A Parent’s Guide
Grieving the Death of a Pet
Healing After Job Loss
Healing Your Grieving Heart; 100 Practical Ideas
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
Sacred Passage
Seasons of Grief and Healing
Too Young to Die
Touched by Suicide: Hope & Healing After Loss
When Will I Stop Hurting?
Why Did You Die?
The Worst 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
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
The Easy 4 Ingredient Diabetic Cookbook
Breaking Free from Emotional Eating
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
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

**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**
**The Nature Principle:** Reconnecting with Life in a Virtual Age

**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
- 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
- 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
- Leaders
- 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
ACT on Life Not on Anger
ADD- Friendly Ways to Organize Your Life
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
The Depression Helpbook
The Family Intervention Guide to Mental Illness: Recognizing Symptoms & Getting Treatment
Feeling Good
Healing Trauma Through Self-Parenting
I Don’t Want to Talk About It
I Hate You, Don’t Leave Me
Listening to Depression
Managing Anger: Methods for a Happier and Healthier Life
The Mindfulness Prescription for Adult ADHD
The Mindful Way through Depression
The Power of Your Subconscious Mind
Taking Charge of Adult ADHD
Undoing Depression
Walking the Tiger: Healing Trauma
What Doesn't Kill Us: The New Psychology of Posttraumatic Growth
When Anger Hurts

**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
Build a Happy Family
The Bully, The Bullied, and the Bystander
The Complete Lesbian and Gay Parenting Guide
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
Parenting Your Asperger Child
Positive Discipline A-Z
Positive Discipline for Teenagers
Positive Discipline for Single Parents
The Pressured Child
The Power of Play
Queen Bees and Wannabes
Raising Healthy Eaters
Scream-Free Parenting
Setting Limits with your Strong-Willed Child
Stepfamilies
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
The American College of Obstetricians & Gynecologists
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
Planning Your Pregnancy and Birth
Pregnancy & Birth: Your Questions Answered
What to Expect When You Are Expecting
Your Baby’s First Year: Week by Week

**Relationships**
- 10 Lessons to Transform Your Marriage
- 50 Ways to Support Gay and Lesbian Equality
- 101 Things I Wish I knew When I Got Married: Simple Lessons to Make Love Last
- Conscious Loving
- 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
- 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
- Retirement on a Budget
- Retire Smart Retire Happy: Finding Your True Path in Life
- Roadmap for the Rest of Your 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
- 20 Something 20 Everything
- 30 Lessons for Living: Tried and True Advice from the Wisest Americans
- 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
- Difficult Conversations
- Dignity: The Essential Role It Plays in Resolving Conflict
- The Dream Workbook
- 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
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
Getting Unstuck
The Gifts of Imperfection
I Hate Conflict!
I Thought It Was Just Me (but it isn’t)
The Happiness Advantage
The Happiness Trap
Healing Your Emotional Self
Inner Peace for Busy Women
Inner Work: Using Dreams and Active Imagination for Person Growth
The Language of Letting Go
Learned Optimism
Living in Gratitude
Living Life as a Thank You
Mean Girls Grown Up
Mental Fitness: A Guide to Emotional Heal
The Myths of Happiness
Never Good Enough
The New Codependency
The New Feminine Brain
Nonviolent Communication
The Passion Test: The Effortless Path to Discovering Your Life Purpose (2 copies available)
Peace is Every Step
The Psychology of Winning
Raising Your Emotional Intelligence
Resilience Factor
Second Acts
Seeking your Healthy Balance
Self Esteem (2)
Self Matters
The Self Esteem Companion
The Self Esteem Workbook
Shed Your Stuff, Change Your Life
Social Intelligence: The New Science of Human Relationships
Something More
This is Not the Life I Ordered: 50 Ways to Keep Your Head Able Water When Life Keeps Dragging You Down
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
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
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
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
Perfect Phrases for Conflict Resolution
Personal Time Management
Power Talking (audio cassette)
Preventing Job Burnout
Sexual Harassment, Work, and Education
Switch: How to Change Things When Change is Hard
The Stress of Organizational Change
Time Management
Time Management From the Inside Out
The Violence Prone Workplace
Wellness in the Workplace
What Should I Do with My Life?
Who Moved My Cheese?
Working Anger
Working With You is Killing Me: Freeing Yourself from Emotional Traps at Work
You Don't Have to Go Home from Work Exhausted