Employee Assistance Program

Audio Tape, CD, Video, & DVD Library

*Note: DVD unless otherwise noted

Families
Dr. Tony Atwood
Asperger’s Syndrome – Vol. 2
Gifts of Imperfect Parenting: Raising Children with Courage, Compassion, & Connection w/ Brené Brown, PhD, LMSW (CDs)
Infant & Toddler Emergency First Aid: Accidents
Positive Discipline: Parenting that Works (1 audiotape)
Talk, Listen, Connect: Helping Families During Military Deployment

Finances
Best of Suze Orman Collection (4 part DVD)
Personal Finance for Everyone (1 audiotape)
Suze Orman’s 9 Steps to Financial Freedom: Practical & Spiritual Steps So You Can Stop Worrying (CDs)
The New Frugality: How to Consume Less, Save More and Live Better (CDs)
The Power to Attract Money – Suze Orman - 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
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
Walk Away the Pounds
Healing Arts
Aromatherapy
Complete Guide to Practical Reflexology

Health
Arthritis: A Natural Approach
Dr. Christiane Northrup’s Menopause and Beyond (2007 PBS Special)
Dr. Andrew Weil’s Healthy Aging (2006 PBS Special)
Health Solutions: Sleep
Joint Articulation for Arthritis & Rheumatism
Soul of Healing with Deepak Chopra, MD (DVD)

Inspirational
A Mighty Heart (Book on CD)
Living Artfully

Personal Growth/Self-Help
The 8th Habit: From Effectiveness to Greatness by Stephen R. Covey’s (1 audiotape)
Authentic Happiness: Using the New Positive Psychology to Realize Your Potential for Lasting Fulfillment w/ Martin Seligman, PhD (CDs)
Feel the Fear and Do it Anyway (CD)
High Impact Communication Skills
How to Handle Conflict and Manage Anger (audiotape)
Memory Power (audiotape series)
Men, Women, & Worthiness: The Experience of Shame and the Power of Being Enough w/ Brené Brown, PhD, LMSW (CDs)
Mindfulness @ Work (CD)
Negaholics: How to Handle Negativity in the Workplace (audiotape series)
Power Talking (audiotape series)

Stress Reduction
Best of Caribbean Beaches: Waves Virtual Vacation
Breathing: A Beginner’s Guide to Increase Health and Vitality (CD)
Coping with Stress
Guided Mindfulness Meditation (4 CD Set)
Guided Relaxation for Stress
Guided Relaxation for the Body and Mind (CD)
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
Meditation for Relaxation and Stress Reduction
Mindfulness for Beginners (Jon Kabat-Zinn)
Mindfulness Meditation: Cultivating the Wisdom of Your Body and Mind (CD)
Progressive Relaxation and Breathing (CD)
When Your Body Gets the Blues