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
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
QuitSmart: A Guide to Freedom from Cigarettes
Rational Steps to Quitting Alcohol
Reclaim Your Family from Addiction: How Couples & Families Recover Love & Meaning
Sober For Good
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
The Creative Journal
Creative Journal Writing
Creative Problem Solvers
Creativity Games for Trainers
Living Artfully: Create the Life You Imagine
Thunderbolt Thinking
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
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
When Someone You Love Needs Nursing Home Care
When Your Parent Moves In

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
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

**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**
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

**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
Leaders
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 Manager: 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
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
I Don't Want to Talk About It
Listening to Depression
Managing Anger: Methods for a Happier and Healthier Life
The Mindful Way through Depression
Walking the Tiger: Healing Trauma
When Anger Hurts

**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
Ages and Stages
Build a Happy Family
The Bully, The Bullied, and the Bystander
Don’t Bite Your Tongue: How to Foster Rewarding Relationships with your Adult Children
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
Positive Discipline A-Z
Positive Discipline for Teenagers
Positive Discipline for Single Parents
The Power of Play
Setting Limits with your Strong-Willed Child
Straight Parents, Gay Children: Keeping Families Together
Talking to Children about Separation and Divorce
Teen Stages
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
20 Something 20 Everything
AdaptAbility
Breaking the Pattern
The Dream Workbook
Embracing Your Inner Critic: Turning Self-Criticism into a Creative Asset
Emotional Intelligence
Enhance Your Destiny
Everything Time Management Book
Feel the Fear…and Do It Anyway
Finding Meaning In the Second Half of Life
Getting Unstuck
I Hate Conflict!
The Happiness Trap
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
Second Acts
Seeking your Healthy Balance
Self Esteem
The Self Esteem Companion
The Self Esteem Workbook
Shed Your Stuff, Change Your Life
Social Intelligence: The New Science of Human Relationships
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
You Unstuck

**Stress Management**
Arriving at your own Door
Five Good Minutes in the Evening
How Serious is This?
Inner Peace for Busy People
Letting Everything Become Your Teacher
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
Wherever your go, There you are

**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
Dynamics of Diversity
Excel 2003 for Dummies
Getting Things Done
How to Be Happier in the Job You Sometimes Can’t Stand
A Life at Work
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
Time Management
Time Management From the Inside Out
The Violence Prone Workplace
Wellness in the Workplace
What Color is Your Parachute?
What Should I Do with My Life?
Who Moved My Cheese?
Working Anger
You Don't Have to Go Home from Work Exhausted