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 and Twelve Traditions
Alcoholics Anonymous
An Adult Child's Guide to What’s Normal
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 and Threatening
The Healing Journey through Addiction
The Heart of Addiction
How Al-Anon Works for Families and Friends of Alcoholics
It Will Never Happen to Me: Growing up with Addiction as Youngsters, Adolescents, Adults
Loving an Adult Child of an Alcoholic
Nothing Good Can Come from This
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 and Families Recover Love and 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 Art of Expressive Collage
The Artist’s Way: A Spiritual Path to Higher Creativity
The Artist’s Way at Work
Big Magic: Creative Living Beyond Fear
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 with 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
Dementia Reimagined: Building a Life of Joy and Dignity from Beginning to End
Talking to Alzheimer’s

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 Precious Presence
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 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 and 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 and Build Financial Wealth
The Money Smart Family System
The Number: A Completely Different Way to Think About the Rest of Your Life
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: Improve Strength, Flexibility and Core Strength
Walking: The Complete Book
Yoga: Improve Flexibility, Relaxation and Energy Levels

Grief & Loss
The Art of Dying Well: A Practical Guide to a Good End of Life
Awakening from Grief
A Widow’s Guide to Healing
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 a Parent’s Grieving Heart: 100 Practical Ideas after Your Child Dies
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
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
Progressing Through Grief: Guided Exercises to Understand Your Emotions and Recover From Loss
Sacred Passage
Seasons of Grief and Healing
The Worst Loss
Touched by Suicide: Hope and Healing After Loss
When Will I Stop Hurting?
Why Did You Die?

**Healing Arts**
Acupressure’s Potent Points: A Guide to Self-Care for Common Ailments
The Complete Illustrated Guide to Thai Massage and Shiastu
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 and Hormone Book
Full Catastrophe Living
Healthy Aging
Modern Prevention
Our Bodies, Ourselves: Menopause
Perfect Health: Complete Mind Body Guide
The Practical Guide to Aging
The Prostate Source Book
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 are Getting Sleepy: Lifestyle-Based Solutions for Insomnia

**Healthy Eating**
The 150 Healthiest Foods on Earth
The Aging Brain: Proven Steps to Prevent Dementia and Sharpen Your Mind
Breaking Free from Emotional Eating
Eat Right 4 Your Type
Food Rules
The Game On Diet
Going Against the Grain
Mediterranean Diet Plan: Heart-Healthy Recipes and Meal Plans for Every Type of Eater
No-Fad Diet
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
The Last Lecture
My Stroke of Insight
Open My Eyes, Open My Soul
The Power of Now
Real Lives of Strong Black Women
The Tao of Pooh
Tomorrow Begins Today: African American Women as We Age

**Lifestyles**
Flower Gardening 1-2-3
Green Living
The Joy of Less: A Minimalist Guide to Declutter, Organize and Simplify
The Lie-Changing Magic of Tidying Up
Living the Simple Life: A Guide to Scaling Down and Enjoying More
The More of Less
The Nature Principle: Reconnecting with Life in a Virtual Age
Slow: Simple Living for a Frantic World
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
Academic Administrator’s Guide to Conflict Resolution
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
Dare to Lead: Brave Work. Tough Conversations. Whole Hearts.
Death by Meeting
The Everything Managing People Book
Evaluating Performance: How to Appraise, Promote, and 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
How Did That Happen
How to Become a Great Boss
How to Communicate Effectively
How to Say it for First Time Managers
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
Multipliers: How the Best Leaders Make Everyone Smart
The Nature of Leadership
On Becoming a Leader
One Minute Manager: The World’s Most Popular Management Method
Overcoming the Five Dysfunctions of a Team
Perfect Phrases for Managers and Supervisors
Performance Appraisal Phrase Book
Quick Team-building Activities
Six Thinking Hats
Trust and Betrayal in the Workplace
The Thin Book of Appreciative Inquiry
The Truth about Managing People
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 and 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
Anxiety Happens: 52 Ways to Find Peace of Mind
Are U Ok?: A Guide to Caring for Your Mental Health
Be Calm: Proven Techniques to Stop Anxiety Now
Buried in Treasures
Calming Your Anxious Mind
Coping with Anxiety
Depression Fallout: The Impact of Depression on Couples and What You Can Do to Preserve the Bond
Disarming the Narcissist: Surviving and Thriving with the Self-Absorbed
Freeing Yourself from the Narcissist in Your Life
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
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 and Getting Treatment
The Mentally Ill Mentor
Mind Easing: The 3-Layered Healing Plan for Anxiety and Depression
The Mindful Way through Depression
The Mindfulness Prescription for Adult ADHD
Positive Psychology
The Power of Your Subconscious Mind
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 Gift of ADHD: How to Transform Your Child’s Problems into Strengths
The Gift of Failure: How the Best Parents Learn to Let Go So Their Children Can Succeed
Helping Your Kids Cope with Divorce the Sandcastles Way
How to Hug a Porcupine
How to Raise an Adult: Break Free of the Overparenting Trap and Prepare Your Kid for Success
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: Keeping Families Together
The Stressed Years of Their Lives: Helping Your Kid Survive and Thrive During Their College Years
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 and Child Care
I’m Pregnant! Now What Do I Eat?
Pregnancy and Birth: Your Questions Answered
Pregnancy: The Complete Guide to Everything You Need to Know About a Health Pregnancy That Fits Your Lifestyle and Heals Your Body After Childbirth
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
We’re Pregnant! The First Time Dad’s Pregnancy 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
The Divorce Organizer and Planner
The Divorce Sourcebook
Eight Dates: Essential Conversations for a Lifetime of Love
If the Man You Love Was Abused
I Hear You: The Surprisingly Simple Skill Behind Extraordinary Relationships
Lesbian Couples
Love Between Men
Love Together
My Ex is Driving Me Crazy!
On Your Own Again
The Relationship Cure: Remarried with Children
The Seven Principles for Making Marriage Work
You’re Not Listening: What You’re Missing and Why It Matters

**Retirement**
Avoid Retirement and Stay Alive
The Everything Retirement Planning Book
How to Age in Place
How to Love Your Retirement
How to Retire Happy, Wild, and Free: Retirement Wisdom That You Won’t Get From Your Financial Advisor
Retire Smart Retire Happy: Finding Your True Path in Life
Retirement on a Budget
Retirement Reinvention: Make Your Next Act Your Best Act
Roadmap for the Rest of Your Life
The Single Woman’s Guide to Retirement
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
Winning at Retirement: A guide to Health, Wealth, and Purpose in the Best Years of Your Life

**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
Daring Greatly: How the Courage to be Vulnerable Transforms the Way We Live, Love, Parent, and Lead
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 Emotion Code: How to Release Your Trapped Emotions for Abundant Health, Love, and Happiness
The Encore Career Handbook
The Energy of Belief
Escape from Intimacy (Untangling the “Love” Addictions: Sex, Romance, Relationships)
Everything Time Management Book
Expectation Hangover: Free Yourself from Your Past, Change Your Present & Get What You Really Want
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
Flourish: A Visionary New Understanding of Happiness and Well-being
Fried
The Gaslighting Effect: How to Spot and Survive the Hidden Manipulation Others Use to Control Your Life
The Gifts of Imperfection
Growing Yourself Back Up: Understanding Emotional Regression
The Happiness Advantage
The Happiness Trap
Healing Your Emotional Self
How to Survive Change You Didn’t Ask For
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
The Little book of Big Change: The No-Willpower Approach to Breaking Any Habit
Living in Gratitude
Living Life as a Thank You
Mean Girls Grown Up
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
No Excuses! The Power of Self-Discipline
Nonviolent Communication
One Year to an Organized Life
Organizing for the Creative Person
Outer Order, Inner Calm: Declutter and Organize to Make Room for Happiness
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 Power of Habit: Why We Do What We Do in Life and Business
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
Resilience: The Science of Mastering Life’s Greatest Challenges
Rising Strong: How the Ability to Reset Transforms the Way We Live, Love, Parent, and Lead
Second Acts
Second Act Careers: 50+ Ways to Profit from Your Passions during Semi-Retirement
Seeking your Healthy Balance
Self-Compassion: The Proven Power of Being Kind to Yourself
Self Esteem (2 copies)
The Self Esteem Companion
The Self Esteem Workbook
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
Why We Can’t Sleep: Women’s New Midlife Crisis
The Wisdom of the Ennegram
You Unstuck
Your Pocket Life Coach: 10 Minutes a Day to Transform Your Life

**Stress Management**
Arriving at Your Own Door
Five Good Minutes in the Evening
Full Catastrophe Living
Inner Peace for Busy People
Just One Thing: Developing a Buddha Brain One Simple Practice at a Time
Letting Everything Become Your Teacher
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
The Relaxation and Stress Reduction Workbook
Success Under Stress
Take Time for Your Life
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
The Art of Happiness at Work
Ask a Manager: How to Navigate Clueless Colleagues, Lunch-Stealing Bosses, and the Rest of Your Work Life
Back Off! Your Kick-Ass Guide to Ending Bullying @ Work
The Bully at Work
Business Etiquette
Comebacks at Work
Communicating Effectively
The Complete Guide to Conflict Resolution in the Workplace
The Complete Guide to Understanding...Bullying
Coping with Toxic Managers, Subordinates...
Crucial Conversations: Tools for Talking When Stakes Are High
Cultural Diversity in Organizations
Difficult Conversations
Difficult People: Working Effectively with Prickly Bosses, Coworkers and Clients (2)
Difficult People at Work
Generations at Work
Getting Things Done
How Full is Your Bucket?: Positive Strategies for Work and Life
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
Making Work Fun 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 *(3 copies available)*
People Styles at Work and Beyond
Powerful Phrases for Dealing with Difficult People
Power Talking (audio cassette)
Simplify Your Work Life
Switch: How to Change Things When Change is Hard
The Stress of Organizational Change
Time Management from the Inside Out
Type Talk at Work
What Should I Do with My Life?
Who Moved My Cheese?
Working Anger
Working with Difficult People: Handling the Ten Types of Problem People without Losing Your Mind
Working with You is Killing Me: Freeing Yourself from Emotional Traps at Work
Zen Your Work: Create Your Ideal Work Experience Through Mindful Self-Mastery