CD & DVD Library
*Note: DVD unless otherwise noted

2020

Finances
Best of Suze Orman Collection (4 part DVD)
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)

Fitness
Pilates Powerhouse Workout
Stress Relief Yoga
T’ai Chi Daily Practice
T’ai Chi for Health
Walk Away the Pounds

Health
Aromatherapy
Arthritis: A Natural Approach
Complete Guide to Practical Reflexology
Dr. Christiane Northrup’s Menopause and Beyond (2007 PBS Special)
Dr. Andrew Weil’s Healthy Aging (2006 PBS Special)
Health Solutions: Sleep
Soul of Healing with Deepak Chopra, MD (DVD)

Personal Growth/Self-Help
The 8th Habit: From Effectiveness to Greatness by Stephen R. Covey’s (CD)
Authentic Happiness: Using the New Positive Psychology to Realize Your Potential for Crucial Conversations: Tools for Talking When Stakes are High (CDs)
Feel the Fear and Do it Anyway (CD)
High Impact Communication Skills
Influence Without Twisting Arms
Lasting Fulfillment w/ Martin Seligman, PhD (CDs)
Living Artfully
Men, Women, & Worthiness: The Experience of Shame and the Power of Being Enough w/ Brené Brown, PhD, LMSW (CDs)
Stress Reduction
Best of Caribbean Beaches: Waves Virtual Vacation
Breathing: A Beginner’s Guide to Increase Health and Vitality (CD)
Guided Mindfulness Meditation (4 CD Set)
Guided Relaxation for Stress
Guided Relaxation for the Body and Mind (CD)
Healthy Solutions: Stress Relief
Mindfulness @ Work (CD)
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)
Qigong for Stress Relief