



EMPLOYEE ASSISTANCE PROGRAM

UNIVERSITY AT ALBANY State University of New York

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, LCSW (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