



Books on Healthy Lifestyle

- Babior, Shirley, & Goldman, Carol. Overcoming Panic, Anxiety & Phobias.
- Benson, Herbert. The Relaxation Response.
- Burns, David. The Feeling Good Handbook.
- Carlson, Richard. Don't Sweat the Small Stuff-And It's All Small Stuff. (or any in the "Don't Sweat" series)
- Carlson, Richard. Don't Sweat the Small Stuff Workbook.
- Covey, Merrill, & Merrill, Rebecca. First Things First.
- Covey, Steven. The Seven Habits of Highly effective People: Powerful Lessons in Personal Change.
- Craze, Richard. Chill Out: 100 Creative Ways to Relax.
- Davis, Eshelman & McKay. The Relaxation and Stress Reduction Workbook.
- Ellis, Albert. How to Control Your Anger Before It Controls You.
- Emmett, Rita. The Procrastinator's Handbook: Mastering the Art of Doing It Now.
- George, Mike. Learn to Relax: A Practical guide to Easing Tension & Conquering Stress.
- Gezell, Izzy. Becoming Light-hearted: Managing Stress Through Humor.
- Hemphill, Barbara. Kiplinger's Taming the Paper Tiger at Home.
- Jasheway, Leigh Anne. Don't Get Mad, Get Funny.
- Jeffers, Susan. Feel the Fear and Do It Anyway.
- Jeffers, Susan. Feel the Fear...And Beyond.
- Kushner, Harold. When Bad Things Happen to Good People.
- Lo Verde, Mary. Stop Screaming at the Microwave! How to Connect Your Disconnected Life.
- Lusk, Julie. 30 Scripts for Relaxation, Imagery & Inner Healing, Vol. 1 & 2.
- Manning, Curtis, & Mc Millen. Stress: Living and Working in a Changing World.
- McKay, Gary & Dinkmeyer, Don. How You Feel Is Up To You: The Power of Emotional Choice.
- McKay, Matthew & Rogers, Peter. The Anger Control Workbook.
- Morgenstern, Julie. Organizing from the Inside Out.
- Nestle, Marion. What to Eat.
- Pasoff, Michelle. Lighten Up! Free Yourself from Clutter.
- Peck, M. Scott. The Road Less Traveled.
- Potter-Efron, Ronald. Angry All the Time.
- Roesch, Roberta. The Working Woman's Guide to Managing Time.
- Seaward, Brian. The Art of Calm: Relaxation Through the Five Senses.
- Sapolsky, Robert. Why Zebras Don't Get Ulcers.
- Schlenger, Sunny, & Roesch, Roberta. How to Be Organized In Spite of Yourself: Time and Space Management that Works with Your Personal Style.
- Selye, Hans. Stress Without Distress.
- Somer, Elizabeth. Food & Mood: The Complete Guide to Eating Well and Feeling Your Best.
- Tubesing, Donald. Kicking Your Stress Habits: A Do It Yourself Guide for Coping with Stress.
- Tubesing, Donald, & Tubesing, Nancy. Seeking Your Healthy Balance: A Do-it-yourself Guide to Whole Person Well-being.