

Gilda's Club Library Catalog

Year	Author	Title	Category
<u>AUDIO</u>			
1998		Cancer Survival Toolbox (x3)	Audio
1997		Health Journeys For People Undergoing Chemotherapy	Audio
1999		Health Journeys: Guided Imagery, Affirmatives	Audio
1996		Healthy Breathing- Ken Cohen's guide to healthy breathing	Audio
		Strength for Your Journey Taking Control of Cancer	Audio
2005	Hallmark	Refresh- Rejuvenating Melodies to Refresh Your Spirit	Audio
2008	Leukemia & Lymphoma Society	Advocating For Your Child's Needs Through Treatment and Beyond	Audio
2001	Nielsen, Jerri & Vollers, Maryanne	Ice Bound	Audio
	Reno, Jamie	Greatest Hits	Audio
	Siegel, Bernie S.	Bernie Siegel's Audio Collection	Audio
	Siegel, Bernie S.	Meditations for Morning and Evening	Audio
	Siegel, Bernie S.	A Positive New You	Audio
	Siegel, Bernie S.	Personal Reflections and Meditations	Audio
	Siegel, Bernie S.	Healing Partnerships; Affirmations to Create Respect and Trust Between You and Your Doctor	Audio
	Siegel, Bernie S.	Peace, Love, and Healing	Audio
	Siegel, Bernie S.	Healing From the Inside Out (2 Tapes)	Audio
	Siegel, Bernie S.	The Key to Good Health Meditation	Audio
	Siegel, Bernie S.	Living Your Dying	Audio

BOOKS

COPING WITH CANCER

1993	Alpha Institute	The Alpha book on Cancer and Living for Patients, Family & Friends	Coping with Cancer
1998	Anderson, Greg	The Cancer Conqueror, An Incredible Journey for Wellness (2x)	Coping with Cancer
1994	Anderson, Joan	Where Miracles Happen	Coping with Cancer
1997	Babcock, Elise	When Life Becomes Precious (2x)	Coping with Cancer
1995	Baggish, Jeff	Making The Prostate Therapy Decision	Coping with Cancer
1995	Barasch, Marc	The Healing Path (2x)	Coping with Cancer
1997	Belshin, Lee	The Complete Prostate Book: Every Man's Guide (2x)	Coping with Cancer

1987	Benjamin, Harold	From Victim to Victor (2x)	Coping with Cancer
1975	Benson, Herbert	The Relaxation Response	Coping with Cancer
1997	Benson, Herbert	Timeless Healing, The Power and Biology of Belief	Coping with Cancer
1992	Benson, Herbert	The Wellness Book	Coping with Cancer
1983	Bermudes, Robert W	Conquering Cancer	Coping with Cancer
1985	Bloch, Annette & Richard	Fighting Cancer (2x)	Coping with Cancer
1999	Bloch, Annette and Richard	Guide for Cancer Supporters	Coping with Cancer
1989	Bombeck, Emma	I Want to Grow Hair, I Want to Grow Up, I Want to go to Boise	Coping with Cancer
1990	Borysenko, Jean	Guilt is the Teacher, Love is the Lesson	Coping with Cancer
1987	Borysenko, Jean	Minding the Body, Mending the Mind (2x)	Coping with Cancer
1994	Borysenko, Jean	The Power of the Mind to Heal	Coping with Cancer
1996	Bostwick, David	Prostate Cancer, What Every Man and His Family Needs to Know (2x)	Coping with Cancer
1991	Brady, Judy	1 in 3 Women With Cancer Confront an Epidemic	Coping with Cancer
2002	Brown, Judy	Funny You Should Say That	Coping with Cancer
2000	Buxman, Karyn	This Won't Hurt A Bit (2x)	Coping with Cancer
1996	Canfield, Jack	Chicken Soup for the Surviving Soul (5x)	Coping with Cancer
2002	Canfield, Jack & Mark Hansen	Life Lesson for Women - 7 Essential Ingredients for a Balanced Life	Coping with Cancer
1997	Carlson, Richard	You Can Be Happy No Matter What-Five Principles Your Therapist never Told You	Coping with Cancer
1993	Chopra, Deepak	Ageless Body, Timeless Mind	Coping with Cancer
1987	Chopra, Deepak	Creating Health	Coping with Cancer
1991	Chopra, Deepak	Perfect Health	Coping with Cancer
1989	Chopra, Deepak	Quantum Healing (3x)	Coping with Cancer
1991	Chopra, Deepak	Unconditional Life	Coping with Cancer
2004	Clifford, Christine	Cancer Has Its Privileges	Coping with Cancer
1986	Conley, Bruce	Handling the Holidays (2x)	Coping with Cancer
2000	Cope, Stephen	YOGA and the Quest for the True Self	Coping with Cancer
1989	Cousins, Norman	Head first:the biology of hope	Coping with Cancer
1992	Cunningham, Alastair	The Healing Journey;Overcoming the crisis of cancer	Coping with Cancer
1994	Covey, Stephen R, et al	First Things First	Coping with Cancer
1992	Dackman, Linda	Affirmations, meditations, and encouragements for women living with breast cancer	Coping with Cancer
1988	Davis, Martha	The Relaxation and Stress Reduction Workbook	Coping with Cancer
2000	Dossey, larry	meaning and Medicine	Coping with Cancer
2001	Dvoskin, Hale	Happiness is Free...and It's Easier Than You Think	Coping with Cancer
1990	Dyer, Wayne	You'll See It When You Believe It - A Way to Your Personal Transformation	Coping with Cancer
1995	Dyer, Wayne	Your Sacred Self	Coping with Cancer
1984	Eliot, Robert & Bren, Dennis	Is it worth dying for?	Coping with Cancer
2003	Edwards, Morry	Mind Body-Cancer Wellness	Coping with Cancer
1993	Fintel, William A, McDermonntt, Gerald R	A Medical and Spiritual Guide to Living With Cancer: A Complete Handbook for patients and their families	Coping with Cancer

1990	Fiore, Neil	The Road Back to Health	Coping with Cancer
1995	Fisher, Stephen	Colon Cancer and The Polyps Connection	Coping with Cancer
1996	Fox, Arnold	The Healthy Prostate: A Doctor's Program for Preventing & Treating Common Problems	Coping with Cancer
1992	Frahm, Anne	Cancer Battle Plan; Six Strategies for Beating Cancer from a recovered "Hopeless Case"	Coping with Cancer
1992	Friendberg, Errol C	Cancer Answers: Encouraging Answers to 25 Questions You Were Always Afraid To Ask	Coping with Cancer
1997	Friedewald, Vincent	Ask the Doctor: Breast Cancer	Coping with Cancer
1996	Garnick, Marc	The Patient's Guide to Prostate Cancer	Coping with Cancer
1989	Garrison, Judith	Cancer & Hope: Charting a Survival Course	Coping with Cancer
1995	Gawain, Shakti	Creative Visualization	Coping with Cancer
1995	Gawain, Shakti	Creative Visualization (Spanish version)	Coping with Cancer
1997	Gersh, Wayne D, et al	Mind Over Malignancy: Living With Cancer	Coping with Cancer
2003	Girard, Vickie	There's No Place Like Hope (2x)	Coping with Cancer
2007	Goldstein, Dale	Heartwork-How to get What You Really Want	Coping with Cancer
1993	Gomella, Leonard	Recovering from Prostate Cancer	Coping with Cancer
1996	Goodman, Michelle	Cancer, Chemotherapy, and Care	Coping with Cancer
1996	Gordon, James	Manifesto for a New Medicine:Guide to Healing Partnerships & Wise Use of Alternative Therapies	Coping with Cancer
1997	Halberstram, Yitta & Leventhal, Judith	Small Miracles	Coping with Cancer
1996	Handy, Richard	Confronting the Emotional and Physical Challenges of Prostate Cancer Treatment & Recovery	Coping with Cancer
1997	Harpham, Wendy Sdchlessel, MD	When a Parent has Cancer; a Guide to Caring for your Children (4x)	Coping with Cancer
1987	Harwell, Amy	When Your Friend gets Cancer; How You Can Help	Coping with Cancer
1988	Herman, Joan F, et al	Helping people cope: a guide for families faving cancer	Coping with Cancer
2000	Hendricks, Gay	Couscious Living-Finding Joy in the Real World	Coping with Cancer
1998	Hersh, Stephen	Beyond Miracles:Living with Cancer:Inspirational & Practical Advice	Coping with Cancer
1999	Hess, David	Evaluating Alternative Cancer Therapies;A Guide	Coping with Cancer
1996	Hoffman, Barbara	A Cancer Survivor's Almanac:Charting Your Journey	Coping with Cancer
2000	Holland, Jimmie & Sheldon, Lewis	The Human Side of Cancer: Living With Hope, Coping With Uncertainty	Coping with Cancer
2001	Holland, Jimmie & Sheldon, Lewis	The Human Side of Cancer: Living With Hope, Coping With Uncertainty	Coping with Cancer
2004	Holman, Peter	100 Questions and Answers about Lymphoma	Coping with Cancer
2005	Hora, Reenita Malhortra	Inner Beauty-Discover natural Beauty & Well Being wihtthe Traditions of Ayurveda	Coping with Cancer
2006	Hunsicker, Jackson	Turning Heads-A Portrait of Grace, Inspiration & Possibilities	Coping with Cancer
1996	Hyde, Susan	No More Bad Hair Days	Coping with Cancer
1989	Jevne, Ronna	No Time for Nonsense: Self-Help for the Serioiusly Ill	Coping with Cancer
1991	John, Roger & McWilliams, Peter	You Can't Afford the Luxury of a Negative thought	Coping with Cancer
1994	Kabat-Zinn, Jon	Wherever You Go, There You Are: Mindfullness Mediation in Everyday Life	Coping with Cancer
1990	Kabat-Zinn, Jon	Full-Catastraphe Living- Using the Wisdom of your body and mind to face stress, pain and illness	Coping with Cancer
1991	Kaye, Ronnie	Spinning Straw into Gold-Your Emotional Recovery from Breast Cancer	Coping with Cancer
1994	Kenet, Barney	Saving your Skin;Prevention, Early Detection, & Treatment of Melanoma & Other Skin Cancers	Coping with Cancer
2001	Khalsa, Dharma Singh & Stauth, Cameron	Meditation as Medicine	Coping with Cancer

1998	King, Dean & Jessica and Jonathan Pearlro	Cancer Combat-Cancer Survivors Share Their Guerrilla Tactics to Help You Win the Fight	Coping with Cancer
2001	Kirkhart, Beverly	My Healing Companion	Coping with Cancer
1995	Kneece, Judy	Helping Your Mate Face Breast Cancer	Coping with Cancer
1995	Komarnicky, Lydia	What to Do if You Get Breast Cancer	Coping with Cancer
1989	Kopp, Sheldon	Rock, Paper, Scissors	Coping with Cancer
1996	Korla, Michael	Man to Man: Surviving Prostate Cancer	Coping with Cancer
2003	Kornmehl, Carol	The Best News About Radiation Therapy	Coping with Cancer
1995	Kraan, Dra. Clasina	Preguntas de Mujer	Coping with Cancer
1994	Kushi, Michio	Spiritual Journey	Coping with Cancer
1986	Kushner, Harold S.	When All You've Ever Wanted Isn't Enough	Coping with Cancer
1989	Kushner, Harold S.	Who Needs God?	Coping with Cancer
1998	Lama, Dalai & Howard Cutler	The Art of Happiness-A Handbook for Living	Coping with Cancer
1999	Lane, William	Immune Power	Coping with Cancer
1993	LaTour, Kath	The Breast Cancer Companion	Coping with Cancer
1989	Leshan, Lawrence	Cancer is a Turning Point (3x)	Coping with Cancer
1974	Leshan, Lawrence	How to Meditate	Coping with Cancer
1997	Lver, Charles	If you can't climb the wall- Build a door!	Coping with Cancer
1985	Lewis, Kathleen	Succesful Living with Chronic Illness	Coping with Cancer
1997	Lichtenstein, Shori Futarian	My Mom Has Cancer	Coping with Cancer
1998	Link, John	The Breast Cancer Survival Manual	Coping with Cancer
1978	Linn, Dennish & Matthew	Healing Life's Hurts	Coping with Cancer
1998	Living Beyond Breast Cancer Organization	Getting Connected-African Americans - Living Beyond Breast Cancer	Coping with Cancer
1992	Louden, Jennifer	The Women's Comfort Book-A Self Nurturing Guide for Restoring Balance in Your Life	Coping with Cancer
2007	Lunken, Hedria	Square One at 51	Coping with Cancer
1992	Lusk, Julie	30 Scripts for Relaxation, Imagery & Inner Healing	Coping with Cancer
2006	Magee, Sherri & Kathy Scalzo	Picking up the Pieces-Moving Forward after Surviving Cancer	Coping with Cancer
1988	Marchetti, Albert	Beating the Odds	Coping with Cancer
1995	Marks, Sheldon	Prostate & Cancer; a Family Gide to Diagnosis, Treatment & Survival	Coping with Cancer
1994	McCue, Kathleen	How to Help Children Through A Parent's Serious Illness	Coping with Cancer
1996	McDougal, Scott	Prostate Disease	Coping with Cancer
1999	McGonigle, Chris	Surviving Your Spouse's Chronic Illness	Coping with Cancer
2000	McKenna, Marlene	When Hope Never Dies	Coping with Cancer
	Moore, Katen & Libby Schmais	Living Well with Cancer	Coping with Cancer
1996	Morganstern, Steven	The Prostate Sourcebook	Coping with Cancer
1996	Morra, Marion	The Prostate Cancer Answer Book (3x)	Coping with Cancer
1989	Murcia, Andy	Man to Man (2x)	Coping with Cancer
1994	Naparstek, Belleruth	Staying Well With Guided Imagery	Coping with Cancer
1990	National Institute of Health	Facing Forward Series, Ways you can make a difference in Cancer	Coping with Cancer

2001	National Institute of Health	Life After Cancer Treatment	Coping with Cancer
	National Institute of Health	Understanding Cance Pain	Coping with Cancer
	National Institute of Health	Chemotherapy and You: A guide to self-help during treatment	Coping with Cancer
1988	Noyes, Diane Doan	Beauty & Cancer (2x)	Coping with Cancer
2003	Osteen, Dodie	Healed of Cancer	Coping with Cancer
1994	Patton, Marvyl Loree	Guide-lines & God-lines for Facing Cancer	Coping with Cancer
1993	Peale, Norman Vincent	Positivie Thinking Everyday	Coping with Cancer
1978	Peck, Scott	The Road Less Traveled	Coping with Cancer
1994	Phillips, Robert H.	Coping with Prostate Cancer (2x)	Coping with Cancer
2007	Pluta Cancer Center	Your Cancer	Coping with Cancer
2000	Porter, Margit	Hope Lives!	Coping with Cancer
2000	The Prism Collective	Rituals for Women Coping with Breast Cancer	Coping with Cancer
1991	Reich, Paul R.	The Facts About Chemotherapy: The Essential Guide for Cancer Patients and Their Families	Coping with Cancer
1991	Rico, Gabriele	Pain and Possibility	Coping with Cancer
1992	Rodale Press	Training the Body to Cure Itself	Coping with Cancer
1995	Runowicz, Carolyn D.	To Be Alive: A Woman's Guide to A Full Life After Cancer	Coping with Cancer
1991	Ryan, Regina Sara	Wellness: Small Changes You Can Use to Make A Big Difference	Coping with Cancer
1993	Salcedo, H.	The Prostate: Facts & Misconceptions	Coping with Cancer
1997	Schover, Leslie R.	Sexuality and Fertility After Cancer (2x)	Coping with Cancer
1983	Schutz, Susan	It Isn't Always Easy ... But Always Know that I Care	Coping with Cancer
1990	Seligman, Martin E. P.	Learned Optimism	Coping with Cancer
1993	Siegel, Bernie	How to Live Between Office Visits (2x)	Coping with Cancer
1986	Siegel, Bernie	Love, Medicine, & Healing (12x)	Coping with Cancer
1989	Siegel, Bernie	Peace, Love & Healing (8x)	Coping with Cancer
1978	Simonton, O. Carl	Getting Well Again	Coping with Cancer
1992	Simonton, O. Carl	The Healing Journey	Coping with Cancer
1984	Simonton, Stephanie Matthews	The Healing Family: The Simonton Approach For Families Facing Illness (x2)	Coping with Cancer
1993	Spiegel, David	Living Beyond Limits	Coping with Cancer
1999	Spingarn, Natalie	The New Cancer Survivors	Coping with Cancer
1988	Stearns, Ann	Coming Back	Coping with Cancer
1984	Stearns, Ann	Living Through Personal Crisis	Coping with Cancer
1993	Steen, R Grant	A Conspiracy of CEUs- the Basic Science of Cancer	Coping with Cancer
1988	Strauss, Linda	Coping: When A Parent Has Cancer (3x)	Coping with Cancer
1994	Swirsky, Joan	The Breast Cancer Handbook (3x)	Coping with Cancer
1995	University of California-Health Letter Associ.	The New Wellness Encyclopedia	Coping with Cancer
1998	University of California-Health Letter Associ.	Wellness Self-Care Handbook	Coping with Cancer
2002	Van Dernoot, Peter	Helping Your Children Cope with your Cancer-A Guide for Parents and Families (2x)	Coping with Cancer
1996	Wallner, Kent	Prostate Cancer: A Non-Surgical Perspective	Coping with Cancer

1997	Weil, Andrew	8 Weeks to Optimum Health	Coping with Cancer
1995	Weil, Andrew	Natural Health, Natural Medicine	Coping with Cancer
1997	Weiss, Marisa	Living Beyond Breast Cancer	Coping with Cancer
2002	Wiley, Hugh	Dancing With Change	Coping with Cancer
1997	Yancey, Philip	Where is God When It Hurts	Coping with Cancer
2000	Yogananda, Paramahansa	Where There Is Light	Coping with Cancer
1997	Zukerman, Evgenio & Ingelfinger, Julie R	Coping with Prednisone	Coping with Cancer
1994	Zweibel, Alan	Bunny Bunny: Gilda Radner	Coping with Cancer

DEATH & DYING

1988	Atwater, P.M.H	Coming Back to Life: The After Effects of the Near Death Experience	Death & Dying
1977	Barton, David	Dying and Death: A Clinical Guide to Caregivers	Death & Dying
1973	Becker, Ernest	The Denial of Death	Death & Dying
1993	Bode, Janet	Death is Hard to Live With	Death & Dying
1997	Bone, Roger	Reflections: A Guide to End Life Issues for you and your Family (2x)	Death & Dying
1995	Callanan, Maggie	Final Gifts	Death & Dying
1988	Chaney, Earlyne	The Mystery of Death and Dying	Death & Dying
1983	Da Free, John	Easy Death	Death & Dying
1988	Delbene, Ron	Into the Light (2x)	Death & Dying
1996	DeSpelder, Lynne Ann	The Last Dance	Death & Dying
1992	Eadie, Betty J	Embraced By the Light	Death & Dying
1993	Gaines, Ernest J.	A Lesson Before Dying	Death & Dying
1967	Grollman, Earl A.	Explaining Death to Children	Death & Dying
1987	Grollman, Earl A.	In Sickness and in Health	Death & Dying
1976	Grollman, Earl A.	Talking About Death (2x)	Death & Dying
1980	Grollman, Earl A.	When Your Loved One is Dying	Death & Dying
1995	Harwell, Amy	Ready to Live, Prepared to Die	Death & Dying
1966	Irion, Paul	The Funeral: Vestige or Value	Death & Dying
1993	Kalina, Kathy	Midwife for Souls	Death & Dying
1986	Karnes, Barbara	Gone From My Sight	Death & Dying
1972	Kastenbaum, Robert	The Psychology of Death	Death & Dying
1979	Kelsey, Morton T.	After Life	Death & Dying
1975	Kubler-Ross, Elizabeth	Death: The Final Stage of Growth (3x)	Death & Dying
1981	Kubler-Ross, Elizabeth	Living With Death and Dying	Death & Dying
1969	Kubler-Ross, Elizabeth	On Death and Dying (2x)	Death & Dying
1974	Kubler-Ross, Elizabeth	Questions and Answers on Death and Dying (3x)	Death & Dying
1978	Kubler-Ross, Elizabeth	To Live Until We Say Goodbye	Death & Dying
1983	Kubler-Ross, Elizabeth	On Children and Death	Death & Dying

1983	LaTour, Kathy	For Those Who Live-Helping Children Cope with the Death of a Brother or Sister	Death & Dying
1997	Levine, Stephen	A Year to Live	Death & Dying
1982	Levy, Erin Linn	Children Are Not Paper Dolls	Death & Dying
1974	Lifton, Robert	Living and Dying	Death & Dying
1983	Mellonie, Bryan and Robert Ingpen	Lifetimes-A Beautiful Way to Explain Death to Children	Death & Dying
1963	Mitford, Jessica	The American Way of Death (2x)	Death & Dying
1993	Quill, Timothy E.	Death and Dignity (2x)	Death & Dying
1984	Ring, Kenneth	Heading Toward Omega	Death & Dying
1986	Schaefer, Dan and Christine Lyons	How Do We Tell the Children	Death & Dying
1996	Sheehan, George	Going the Distance	Death & Dying
1984	Shneidman, Edwin	Death: Current Perspectives	Death & Dying
1995	Signist, Deborah	Journey's End	Death & Dying
1974	Stein, Sara Bonnet	About Dying	Death & Dying
1978	Stoddard, Sandol	The Hospice Movement, a Better Way of Caring for the Dying	Death & Dying
1989	Taylor, Joan	In the Light of Dying: Journals of a Hospice Volunteer	Death & Dying
1974	Troup, Stanley B.	The Patient, Death, the Family	Death & Dying
1997	VanPraagh, James	Talking to Heaven	Death & Dying
1974	Weisman, Avery	The Realization of Death	Death & Dying

DIET & NUTRITION

2005	American Cancer Society	Healthy Eating Cookbook	Diet & Nutrition
1998	Arnot, Bob	The Breast Cancer Prevention Diet (3x)	Diet & Nutrition
1997	Balch, James & Phyllis	Prescription for Nutritional Healing	Diet & Nutrition
2003	Barnard, Neal, MD & Jennifer Reilly, RD	The Survivor's Handbook-Eating Right for Cancer Survivors	Diet & Nutrition
2004	Campbell, T. Colin	The China Study	Diet & Nutrition
1973	Clark, Linda	Know Your Nutrition	Diet & Nutrition
2001	Clegg, Holly	Eating Well Through Cancer (3x)	Diet & Nutrition
2004	Clements, Carole	Cookshelf-Soups	Diet & Nutrition
1982	Committee of Diet, Nutrition & Cancer, Natick	Diet, Nutrition and Cancer	Diet & Nutrition
2002	Crocker, Betty	Living With Cancer Cookbook (2x)	Diet & Nutrition
1990	Diamond, Marilyn	American Vegetarian Cookbook from the Fit for Life Kitchen	Diet & Nutrition
1987	Dinshah, Freya	The Vegan Kitchen	Diet & Nutrition
1988	Esko, Edward	Doctors Look at Macrobiotics	Diet & Nutrition
1980	Esko, Edward & Wendy	Macrobiotic Cooking for Everyone	Diet & Nutrition
1997	Esko, Wendy	Eat Your Veggies	Diet & Nutrition
1996	Esko, Wendy	Soup du Jour	Diet & Nutrition
1996	Falcone, Ron	Natural Medicine for Breast Cancer	Diet & Nutrition
1994	Friends of Strong	Delicious Developments	Diet & Nutrition

1985	Garrison, Robert	The Nutrition Desk Reference	Diet & Nutrition
1999	Gayler, Paul	Vegetarian Cookbook	Diet & Nutrition
1998	Hachfeld, Linda	Cooking A La Heart	Diet & Nutrition
1992	Hass, Elson	Staying Healthy with Nutrition	Diet & Nutrition
1994	Havala, Suzanne	Simple, Lowfat and Vegetarian	Diet & Nutrition
2002	Health Magazine	Women's Health Wisdom 2002	Diet & Nutrition
1984	Heidenry, Carolyn	An Intorduction to Macrobiotics	Diet & Nutrition
1984	Heidenry, Carolyn	Making the Transition to a Macrobiotic Diet	Diet & Nutrition
1997	Jack, Alex	Macrobiotic Resource Guide	Diet & Nutrition
1997	Jack, Alex	Macrobiotic Health & Travel Directory	Diet & Nutrition
1996	Keane, Maureen	What to Eat if You Have Cancer	Diet & Nutrition
1985	Kushi, Aveline	The Changing Seasons Macrobiotic Cookbook	Diet & Nutrition
1985	Kushi, Aveline	The Complete Guide to Macrobiotic Cooking (2x)	Diet & Nutrition
1997	Kushi, Aveline & Esko, Wendy	The Complete Whole Grain Cookbook	Diet & Nutrition
1991	Kushi, Aveline & Esko, Wendy	The Good Morning Macrobiotic Breakfast Book	Diet & Nutrition
1977	Kushi, Michio	The Book of Macrobiotics	Diet & Nutrition
1993	Kushi, Michio	The Cancer Prevention Diet (2x)	Diet & Nutrition
1981	Kushi, Michio	The Macrobiotic Approach to Cancer	Diet & Nutrition
1993	Kushi, Michio	The Teachings of Michio Kushi	Diet & Nutrition
1991	Kushi, Michio & Aveline	Food Governs Your Destiny	Diet & Nutrition
1988	Kuski, Aveline & Esko, Wendy	The Macrobiotic Cancer Prevention Book (2x)	Diet & Nutrition
1986	Lemlin, Jeanne	Vegetarian Pleasures	Diet & Nutrition
1990	Lieberman, Shari	The Real Vitamin and Mineral Book	Diet & Nutrition
1981	Mindell, Earl	Earl Mindell's Vitamin Bible for Your Kids	Diet & Nutrition
1993	Messinger, Lisa	Why Should I Eat Better?	Diet & Nutrition
1997	National Institute of Health	Eating Hints for Cancer Patients (3x)	Diet & Nutrition
1994	Nixon, Daniel	The Cancer Recovery Eating Plan (2x)	Diet & Nutrition
1991	Null, Gary	Vegetarian Cooking for Good Health	Diet & Nutrition
1990	Ornish, Dean	Program for Reversing Heart Disease	Diet & Nutrition
1997	Page, Linda	Healthy Healing Guide to Cancer	Diet & Nutrition
1986	Pauling, Linus	How to Live Longer and Feel Better	Diet & Nutrition
1989	Pennington, Jean A.T.	Food Values	Diet & Nutrition
1994	Pitchford, Paul	Healing with Whole Foods	Diet & Nutrition
2006	Purity Research Department	The Best Kept Secrets of Healthy Aging	Diet & Nutrition
1988	Quigley, Delia	Starting Over: Learning to Cook with Natural Foods	Diet & Nutrition
1982	Sattilaro, Anthony	Recalled by Life	Diet & Nutrition
1975	Shurtleff, William	The Book of Tofu	Diet & Nutrition
1992	Simone, Charles	Cancer & Nutrition	Diet & Nutrition

2005	Speaking of Women's Health	Simple Pledges	Diet & Nutrition
1989	Stanchich, Lino	Power Eating Program	Diet & Nutrition
1996	Steinberg, Phillip	Isoflavones and the Newly Concentrated Soy Supplements	Diet & Nutrition
1990	Steinman, David	Diet for a Poisoned Planet	Diet & Nutrition
1995	Steinman, David	The Safe Shoppers Bible	Diet & Nutrition
1991	Stepaniak, Joanne	Ecological Cooking	Diet & Nutrition
1985	Tracy, Lisa	The Gradual Vegetarian	Diet & Nutrition
	Turner, Kristina	The Self-Healing Cookbook	Diet & Nutrition
1997	Vegetarian Times	Vegetarian Times: Low-fat and Fast	Diet & Nutrition
1998	Weihofan, Donna	The Cancer Survival Cookbook (3x)	Diet & Nutrition
1997	Weil, Andrew	8 Weeks to Optimum Health	Diet & Nutrition
1998	University of California at Berkeley	What to eat for a long and healthy life	Diet & Nutrition
1992	Univ of California Wellness Letter Editors	The Wellness Encyclopedia of Food & Nutrition	Diet & Nutrition
1999	Wiatt, Carrie	Portion Savvy	Diet & Nutrition

EXERCISE

1978	Campbell, Greg	The Joy of Jumping	Exercise
2001	Dillman, Erica	The Little Pilates Book	Exercise
1999	Fererstein, George, PhD & Larry Payne, Ph	Yoga for Dummies	Exercise
1997	Freeman, Rich and Sue	Take a HIKE! Family walks in the Rochester Area	Exercise
	Gerrish, Michael	The Mind-Body Makeover Project	Exercise
1979	Kushi, Michio	The Book of Do-In: Exercise for Physical and Spiritual Development	Exercise
2003	Raftopoulos, Harry, MD & Erin O'Driscoll, RI	Exercise for Chemotherapy Patients	Exercise

GRIEF

1964	Bachmann, Charles	Ministering to the Grief Sufferer	Grief
2000	Bira, David	One Hundred Days: My unexpected journey from doctor to patient	Grief
1982	Bozarth, Alla Rene	Life is Goodbye, Life is Hello	Grief
1974	Carr, Arthur	Anticipatory Grief	Grief
1986	Cassini, Kathleen K.	Death in the Classroom	Grief
1976	Colgrove, Melba	How to Survive the Loss of a Love (2x)	Grief
1989	Digiulio, Robert C.	Beyond Widow Hood	Grief
1974	Furman, Erna	A Child's Parent Dies	Grief
1989	Genesee Region Home Care	Finding You Way Through Grief	Grief
1974	Glick, Ira	The First Year of Bereavement	Grief
1996	Golden, Thomas, R	Swallowed by a snake; the gift of the masculine side of healing	Grief
1980	Hamilton, Michael & Reid, Helen	A Hospice Handbook: a new way to care for the dying	Grief
1984	Hanson, James L.	Death and Grief in the Family	Grief

1988	Holt, Betty	Letters to my Mother	Grief
1980	Jensen, Amy	Healing Grief	Grief
1983	Jensen, Amy	Curando El Pesar	Grief
1982	Jewett, Claudius	Helping Children Cope with Seperation Loss	Grief
1978	Johnson, Joy	Children Die Too	Grief
1988	Krauss, Pesach	Why Me? Coping with Grief, Loss and Change (2x)	Grief
1981	Kushner, Harold S.	When Bad Things Happen to Good People (2x)	Grief
1998	Langlois, John H	"On God's Doorstep" the Lazarus Experience	Grief
1976	LeShan, Eden	Learning Say to Goodbye	Grief
1987	Levine, Stephen	Healing into Life and Death	Grief
1961	Lewis, C.S.	A Grief Observed	Grief
1986	Linn, Erin	I Know Just How You Feel	Grief
1986	Lombardo, Victor & Edith Foran Lombardo	Kids Grieve Too!	Grief
1979	Manning, Doug	Don't Take My Grief Away From Me (2x)	Grief
1978	Manning, Doug	A Minister Speaks About Funerals	Grief
1985	Means, James E.	A Tearful Celebration	Grief
1996	Miller, James E.	How Will I Get Through the Holidays	Grief
2001	Nash, Jenny	The Victoria Secret Catalog: Never Stops Coming	Grief
1980	Nouwen, Henri J.M.	In Memorium	Grief
1988	Papenbrock, Patricia	Children's Grief	Grief
1997	Prend, Ashley Davis	Transcending Loss	Grief
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1995		Saturday Night Live	Videos

2005	Seated Yoga (2x)	Videos
	Step By Step Making Your Way Through Breast Cancer Chemotherapy	Videos
1996	Straight Talk on Prostate Health	Videos
1988	Surviving Ovarian Cancer	Videos
1990	Testing for Lynch Syndrome: Is It Right for You?	Videos
1993	The New Normal	Videos
2001	The Pitch of Grief	Videos
1993	Total Stretch for Beginners with Tamilee	Videos
1992	When Breast Cancer Comes Back (2x)	Videos
1999	When Someone You Love Has Prostate Cancer	Videos
2003	Winners: A Guide to Coping with Cancer	Videos