



DE-STRESS BOOKLIST

Updated: by Ruby Cheesman 7/09

Is your life stressing you out? "Chill out" with a few books, DVD's or audiobooks to "de-stress" your life.

 =place hold on audiobook version of this title



Place hold

THE AGE OF SPEED: Learning to Thrive in a More-Faster-Now World

By Vince Poscente

Call #: 158.26 Pos

Is our 24/7, CrackBerry, more-faster-now culture eating us alive or setting us free? For everyone feeling trampled by the speed of life and business.



Place hold

ANXIETY FREE: Unravel Your Fears Before They Unravel You

By Robert L. Leahy

Call #: 152.46 Lea

Leahy, best-selling author of *The Worry Cure*, looks at the origin of anxiety and teaches us how to outsmart our fears for a less stressful life.



Place hold

AYURVEDA FOR STRESS RELIEF

By John Douillard

Call #: DVD 615.538 Ayu

Dr. John Douillard shows you how to live your life in sync with nature's cycles to reduce exhaustion, anxiety, depression and insomnia.



Place hold

A BRIEF HISTORY OF ANXIETY – YOURS AND MINE

By Patricia Pearson

Call #: 152.46 Pea

A bold new view of anxiety from an unerringly smart and funny writer who has suffered from it her whole life.



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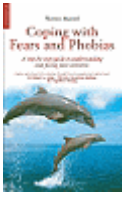
CHILL: Stress Reducing Techniques for a More Balanced, Peaceful You

By Deborah Reber

Call #: Y155.518 Reb

This book takes teenagers through a plan, a good simple system to reduce stress and to basically chill—hence the title.





Place hold

COPING WITH FEARS AND PHOBIAS: A Step-By-Step Guide to Understanding and Facing Your Anxieties

By Warren Mansell

Call #: 616.852 Man

This easy-to-use guide is for the millions who suffer from fears, phobias or anxieties, for their families and friends, and for the professionals who help them.



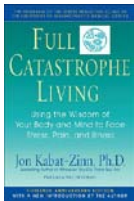
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DANCING CLOUDS WITH ALPHA BRAINWAVE PULSES

By Mick Rossi

Call #: CD New Age Ros

Relax with this wonderfully therapeutic CD.



Place hold

FULL CATASTROPHE LIVING: Using the Wisdom of Your Body and Mind to Face Stress, Pain, and Illness

By John Kabat-Zinn

Call #: 155.904 Kab

Happy 15th birthday to one of the great classics of mind/body medicine!



Place hold

GIRL IN A FUNK: Quick Stress Busters (And Why They Work)

By Tanya Napier, et al.

Call #: Y155.904 Nap

Recognizing that teenagers are just as susceptible to stress as adults, this guide offers quick and easy ways to reduce tension, showing teenagers how to become productive rather than overwhelmed.



Place hold

HOW SERIOUS IS THIS?

By Loretta LaRoche

Call #: DVD 155.904 How

LaRoche specializes in using humor to deal with stress. Finding the humor in stressful events can make them seem less overwhelming.



Place hold

HOW TO LIVE DANGEROUSLY: The Hazards of Helmets, the Benefits of Bacteria, and the Risks of Living Too Safe

By Warwick Cairns

Call #: 152.46 Cai

A hilarious, straight-talking look at the things that terrify us. It encourages you to ignore fearmongers and embrace a new kind of freedom, in which we all worry a little less—and live a whole lot more.



Place hold

HUMOR YOUR STRESS

By Loretta LaRoche

Call #: DVD 155.904 Hum

LaRoche specializes in using humor to deal with stress. Finding the humor in stressful events can make them seem less overwhelming.





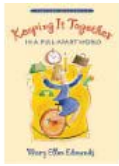
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KEEP YOUR COOL: What You Should Know About Stress

By Sandra Donovan

Call #: J616.98 Don

Kids learn how to “de-stress” and “keep cool”.



Place hold

KEEPING IT TOGETHER IN A PULL-APART WORLD

By Mary Ellen Edmunds

Call #: 289 Edm

In this “Time Out” classic, the popular LDS author identifies & helps us manage the “S” monsters—the “shoulds and shouldn’ts” that tend to govern our lives and make us feel guilty.



Place hold

MANAGE STRESS: Take Back Control of Your Life

By James Manktelow

Call #: 155.904 Man

This best-selling book covers key topics in both personal and professional life for today's young professionals, and includes practical tips that will make a real difference.



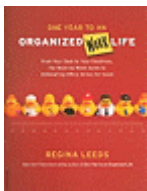
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MANAGE YOUR TIME TO REDUCE YOUR STRESS: A Handbook for the Overworked, Overscheduled, and Overwhelmed

By Rita Emmett

Call #: 640.43 Emm

A self-improvement guru’s inspiring and effective tips for gaining control of our Herculean workloads and overbooked personal lives.



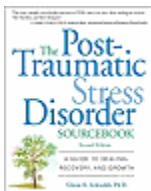
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ONE YEAR TO AN ORGANIZED WORK LIFE: From Your Desk to Your Deadlines, the Week-By-Week Guide to Eliminating Office Stress For Good

By Regina Leeds

Call #: 650.11 Lee

A week-by-week plan to increase your productivity and get organized at work.



Place hold

THE POST-TRAUMATIC STRESS DISORDER SOURCEBOOK: A Guide to Healing, Recovery, and Growth

By Glenn Sheraldi

Call #: 616.852 Sch

Describes post-traumatic stress disorder (PTSD) and its baffling symptoms, and describes a range of options for self-management.



Place hold

THE RELAXATION AND STRESS REDUCTION WORKBOOK

By Martha Davis, et al.

Call #: 616.98 Dav

This bestselling book details effective stress reduction methods such as breathing exercises, meditation, visualization, and time management.





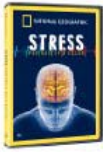
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SIMPLY SANE: Living Outside the Fast Lane

By Debbie Bowen

Call #: 640.43 Bow

Learn about three harmful myths that we often fall prey to, ways to simplify our lives from cleaning our houses to organizing holidays, and how to live outside the fast lane.



Place hold

STRESS: Portrait of a Killer

By Linda Goldman, et al.

Call #: DVD 155.904 Str

National Geographic filmmakers attempt to gain a greater understanding of how our bodies respond to this contemporary plague while revealing why stress is much more than a simple state of mind.



Place hold

THE STRESS ANSWER: Train Your Brain to Conquer Depression and Anxiety in 45 Days

By G. Frank Lawlis

Call #: 616.852 Law

The Stress Answer offers hope to anyone who has ever felt overwhelmed, overscheduled, or overextended.



Place hold

THEY CAN'T FIND ANYTHING WRONG!: 7 Keys to Understanding, Treating and Healing Stress Illness

By David D. Clarke

Call #: 616.98 Cla

Dr Clarke uses fascinating, inspiring stories from his practice to help readers uncover the hidden stresses in their own lives and learn about treatments.



Place hold

TREATING THE ACHING HEART: A Guide to Depression, Stress, and Heart Disease

By Lawson R. Wulsin

Call #: 616.12 Wul

Through personal vignettes, accessible scientific explanations, and medical illustrations, *Treating the Aching Heart* traces the vicious cycle of depression and heart disease and points the way to better care based on cutting-edge science.



Place hold

WHY MARS AND VENUS COLLIDE: Improving Relationships by Understanding How Men and Women Cope Differently with Stress

By John Gray

Call #: 155.904 Gra

Gray focuses on the ways that men and women misinterpret and mismanage the stress in their daily lives, and how these reactions ultimately affect their relationships.

