



DE-STRESS BOOKLIST

Updated by Ruby Cheesman 8/11

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

ANXIETY FREE

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.



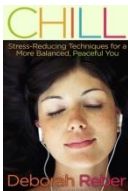
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FREQUENTLY ASKED QUESTIONS...

By Daniel E Harmon

Call #: Y155.518 Har

In this very accessible FAQ book for teens, the author addresses such hot topics as: What are overscheduling & stress? Why can't you have a life? And How can you control stress?



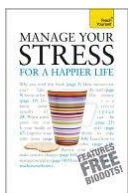
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CHILL

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.



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MANAGE YOUR STRESS FOR A HAPPIER LIFE

By Terry Looker

Call #: 155.604 Loo

A unique program for diagnosing, understanding & tackling your stress, whatever the source and whatever your needs.



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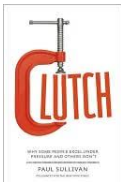
LET YOUR BODY WIN

By Jacquelyn Ferguson

Call #: 155.9 Fer

Jackie has set forth simple, easy to follow steps to better manage the stressors in our lives that are making our bodies sick.





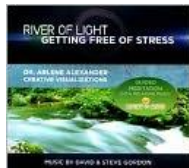
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CLUTCH

By Paul Sullivan

Call #: 155.9 Sul

Learn how clutch individuals have figured out how to perform under high stress conditions as if they were everyday situations.



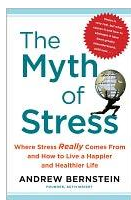
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RIVER OF LIGHT

By Arlene N. Alexander

Call #: BCD 155.904 Ale

Relieve your body of stress as you listen to this relaxing audiobook. One of the sections is “The ecstasy of peace: stress reduction with natural imagery and sounds.”



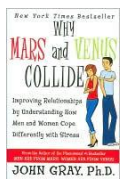
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THE MYTH OF STRESS

By Andrew Bernstein

Call #: BCD 155.904 Ber

Where does stress come from? According to the author, it comes from your thoughts & your circumstances. Learn how to deal with stress for a happier life.



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WHY MARS & VENUS COLLIDE

By John Gray

Call #: 155.904 Gra

Relationship guru Gray helps us understand how men and women cope differently with stress.



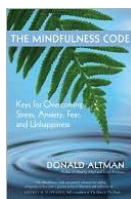
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HUMOR YOUR STRESS (DVD)

By Loretta LaRoche

Call #: DVD 155.904 Hum

Loretta will teach you how to find the humor in stressful situations and reduce anxiety.



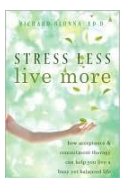
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THE MINDFULNESS CODE

By Don Altman

Call #: 158 Alt

While drawing on ancient wisdom, the author embraces 21st century brain science for experiencing a less-encumbered, less-entangled state of being.



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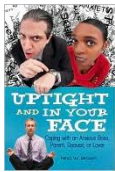
STRESS LESS, LIVE MORE

By Richard Blonna

Call #: 158.1 Blo

Learn how acceptance and commitment therapy can help you live a busy yet balanced life.





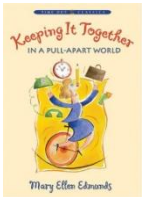
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UPTIGHT AND IN YOUR FACE

By Nina W. Brown

Call #: 158.2 Bro

Do you have an anxious boss, parent, spouse or lover? Learn tips on how to cope with stressful situations.



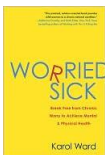
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KEEPING IT TOGETHER IN A PULL-APART WORLD

By Mary Ellen Edmunds

Call #: 289 Edmunds

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.



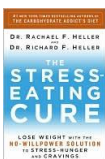
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WORRIED SICK

By Karol Ward

Call #: 612.3 War

Learn how to break free from chronic worry to achieve mental & physical health.



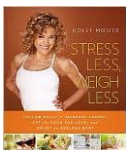
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THE STRESS-EATING CURE

By Rachael F. Heller

Call #: 613.25 Hel

Lose weight with the no-willpower solution to stress-hunger and cravings.



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STRESS LESS, WEIGH LESS

By Holly Mosier

Call #: 613.7 Mos

Follow Holly’s tips to increase energy, eat the food you love, and enjoy an ageless body.



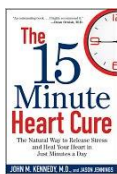
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AYURVEDA FOR STRESS RELIEF (DVD)

By John Douillard

Call #: DVD 615.538 Dou

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



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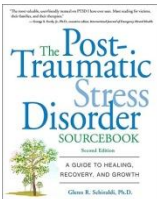
THE 15 MINUTE HEART CURE

By John M. Kennedy & Jason Jennings

Call #: 616.12 Ken

Learn the natural way to release stress and heal your heart in just minutes a day.





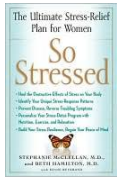
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THE POST-TRAUMATIC STRESS DISORDER SOURCEBOOK

By Glenn R. Schrialdi

Call #: 616.852 Sch

Describes PTSD and its baffling symptoms and describes a range of options for self-management.



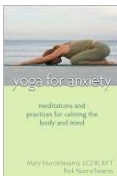
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SO STRESSED

By Stephanie McClellan

Call #: 616.98 McC

If you're a woman who stresses (and don't we all) you definitely need this book. The author will help you identify your stress type & find techniques to de-stress.



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YOGA FOR ANXIETY

By Mary NurrieStearns

Call #: 616.98 Nur

Meditations and practices for calming the body and mind



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MANAGE YOUR TIME TO REDUCE YOUR STRESS

By Rita Emmett

Call #: 640.43 Emm

The subtitle says it all: "a handbook for the overworked, overscheduled, and overwhelmed."



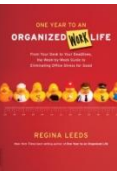
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IN GOOD TIMES AND BAD

By M. Gary Neuman & Melissa Neuman

Call #: 646.78 Neu

This husband & wife duo tell us how to strengthen our relationships when the going gets tough and the money gets tight



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ONE YEAR TO AN ORGANIZED WORK LIFE

By Regina Leeds

Call #: 650.11 Lee

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

