

## **EMPLOYEE ASSISTANCE PROGRAM - List of Books Available**

1. **AFTER THE AFFAIR** - Healing the Pain and Rebuilding Trust - Janis Abrahms Spring Ph.d
2. **AGE HAPPENS** - by Bruce Lansky (Frank's)
3. **AGELESS BODY, TIMELESS MIND** - Deepak Chopra M.D.
4. **PROBLEMS PRESENTED BY ALCOHOLIC CLIENTS**
5. **ALLIES IN HEALING** by Laura Davis
6. **ANGER - The Misunderstood Emotion**
7. **ANGER - Anger Work Out Book**
8. **THE DANCE OF INTIMACY**
9. **BEING ADOPTED-** The Life Long Search for Self by David Brodzinsky M.D.
10. **ANXIETY DISORDERS AND PHOBIAS**
11. **ANXIETY & PHOBIA WORKBOOK**
12. **COMING APART**
- 12A. **COMING APART** - (See #172???)
13. **CRACKING THE ARMOUR - Power, Pain & Lives of Men** by Michael Kaufman
14. **THE ARTIST'S WAY, A Spiritual Path to Higher Creativity** by Julia Cameron
15. **ASLEEP IN THE FAST LANE, How Your Sleeping Habits Affect Your Life** by Lydia Dotto
16. **AT MY FATHER'S WEDDING-**Men Coming to Terms with Their Fathers & Themselves by John Lee
17. **ATTITUDE** - Your Most Priceless Possession by Elwood N. Chapman
18. **DOES SOMEONE AT WORK TREAT YOU BADLY?**
19. **LIVING IN BALANCE**
20. **BALANCING HOME & CAREER**
21. **BALANCING WORK AND FAMILY**
22. **WHEN BAD THINGS HAPPEN TO GOOD PEOPLE**
23. **BEYOND THE RELAXATION RESPONSE**
24. **BIRTH MOTHER TRAUMA**
25. **The Bureaucratic Zoo**
26. **Chicken Soup for the Soul** - Frank's
27. **Chicken Soup for the Soul at Work** - Frank's??
28. **CODEPENDENT NO MORE**
29. **CORE TRANSFORMATION**
30. **THE AQUARIAN CONSPIRACY**
31. **THE COUPLE'S JOURNEY**
32. **THE COURAGE TO GRIEVE**
33. **THE COURAGE TO HEAL (Guide)**

34. CONSCIOUS LOVING
35. THE GUIDE TO THE COURTS IN PRINCE EDWARD ISLAND
36. THE POWER OF FOCUSING
37. Making Joint CUSTODY Work
38. How to Behave so your Children will, too!
39. When Someone You Love Is DEPRESSED
40. ON DEATH AND DYING
41. GOD'S LITTLE DEVOTIONAL BOOK
42. The DIFFERENT DRUM - COMMUNITY MAKING AND PEACE
43. DIVORCE BUSTING - 1ST COPY
- 43A. DIVORCE BUSTING - 2ND COPY (OFFICE)
44. DON'T SWEAT THE SMALL STUFF - Workbook
- 44A. DON'T SWEAT THE SMALL STUFF FOR TEENS (OFFICE)
- 44B. DON'T SWEAT THE SMALL STUFF AT WORK
45. THE FAR SIDE GALLERY
46. FAST Growth - Exhilarating
47. FEELING GOOD
- 47A. FEELING GOOD (OFFICE)
48. THE FEELING GOOD HANDBOOK
- 48A. THE FEELING GOOD HANDBOOK (OFFICE)
49. FINANCIAL SUPPORT VARIATION PROCEEDINGS
50. FEELINGS BURIED ALIVE NEVER DIE.....
51. GETTING ALONG
52. TOO GOOD FOR HER OWN GOOD
53. GETTING TOGETHER
54. GIFTS DIFFERING
55. FOLLOW YOUR HEART
56. GROWING IN THE SHADOW
57. THE 7 HABITS OF HIGHLY EFFECTIVE PEOPLE (Book + Book of Tapes)
58. Ben Wicks on HARASSMENT
59. HEAD FIRST
60. HEALING THE CHILD WITHIN
61. HEALING MIND, HEALTHY WOMAN
62. THE CREATION OF HEALTH
- 62A. THE CREATION OF HEALTH (OFFICE)
63. HEALTHY PARENTING
64. HELPING BEGINS AT HOME
65. HOME COMING, Reclaiming and Championing Your Inner Child - John Bradshaw
66. TWO HOMES

67. **INFORMATION RESOURCES** - (Family Support and Self-Help)
68. **HOW TO TALK SO KIDS WILL LISTEN & LISTEN SO KIDS WILL TALK**
69. **ALL I REALLY NEED TO KNOW I LEARNED IN KINDERGARTEN**
70. **IDENTITY AND THE LIFE CYCLE**
71. **LIFE SKILLS**
72. **LIFE'S LITTLE INSTRUCTION BOOK**
73. **LIGHTEN UP** - (Hard Cover)
- 73A. **LIGHTEN UP** - (Soft Cover)
74. **LIVE, LEARN AND PASS IT ON**
75. **FULL CATASTROPHE LIVING**
76. **WHEN YOU LOSE SOMEONE CLOSE**
77. **NECESSARY LOSSES**
78. **LOVING EACH OTHER**
79. **MANAGING PAIN BEFORE IT MANAGES YOU**
80. **THE END OF MANHOOD**
81. **UNDERSTANDING MEN'S PASSAGES**
82. **MEN WHO HATE WOMEN AND THE WOMEN WHO LOVE THEM**
83. **DIAGNOSTIC AND STATISTICAL MANUAL OF MENTAL DISORDERS**
84. **UNDERSTANDING AND TREATING MENTAL ILLNESS**
85. **HEALTHY MIND, HEALTHY BODY HANDBOOK** - Dr. David S. Sobel and Dr. Robert Ornstein
86. **THE MIRACLE OF MINDFULNESS**
87. **MINDING THE BODY, MENDING THE MIND**
- 87A. **MINDING THE BODY, MENDING THE MIND (OFFICE)**
88. **MOM AND DAD DON'T LIVE TOGETHER ANY MORE**
89. **YOU CAN'T AFFORD THE LUXURY OF A NEGATIVE THOUGHT**
90. **8 STEPS FOR HIGHLY EFFECTIVE NEGOTIATION**
91. **LEARNING TO SAY NO**
92. **NURSES: WEB OF DENIAL**
93. **LEARNED OPTIMISM**
94. **P.E.T. - PARENT EFFECTIVENESS TRAINING**
95. **PARENTING FOR THE '90'S**
96. **PARENTING: WARD AND JUNE DON'T LIVE HERE ANYMORE**
97. **PRODUCTIVE PARENTING SKILLS**
98. **TEENAGERS AND PARENTS**
99. **NEW PASSAGES**
100. **THE POWER OF POSITIVE THINKING**
101. **THE READER'S GUIDE TO BOOKS ON POST-ADOPTION ISSUES**
102. **THE ESSENTIAL GUIDE TO PRESCRIPTION DRUGS**
103. **THE PURPOSE OF YOUR LIFE**

- 103A. THE PURPOSE OF YOUR LIFE (OFFICE)
- 104. MARS AND VENUS - STARTING OVER
- 105. REBUILDING WHEN YOUR RELATIONSHIP ENDS
- 105A REBUILDING WHEN YOUR RELATIONSHIP ENDS
- 106. THE RECOVERY BOOK
- 107. REFRAMING
- 108. THE RELAXATION AND STRESS REDUCTION WORKBOOK, Fourth Edition
- 109. THE ROAD LESS TRAVELLED
- 110. SELF-ESTEEM (Replaced March 13, 2001)
- 111. DEVELOPING SELF-ESTEEM
- 112. TEN DAYS TO SELF-ESTEEM - David D. Burns, M.D.
- 113. SELF-ESTEEM:THE POWER TO BE YOUR BEST
- 114. Six Pillars of SELF-ESTEEM
- 115. NO MORE SLEEPLESS NIGHTS
- 116. SOUL MATES
- 117. Don't Sweat the Small Stuff
- 118. STRESS INOCULATION TRAINING
- 119. STRESS MANAGEMENT
- 120. SUBSTANCE ABUSE IN THE WORKFORCE
- 121. STOP OBSESSING
- 122. CLUES - INVESTIGATING SOLUTIONS IN BRIEF THERAPY
- 123. SINGLE SESSION THERAPY
- 124. THOUGHTS AND FEELINGS
- 125. HEALTHY TOGETHER
- 126. THE WELLNESS BOOK
- 127. LEADERSHIP WISDOM (from the Monk Who Sold His Ferrari)
- 128. A WOMAN'S BOOK OF LIFE
- 128A. WOMAN'S BOOK OF LIFE (OFFICE)
- 129. CODEPENDENTS' GUIDE TO THE TWELVE STEPS
- 130. New WORK HABITS for a Radically Changing World
- 131. GETTING TO YES
- 132. FRESH ELASTIC FOR STRETCHED OUT MOMS
- 133. FEEL THE FEAR AND DO IT ANYWAY
- 133A. FEEL THE FEAR AND DO IT ANYWAY (OFFICE)
- 134. FOR EACH OTHER - SHARING SEXUAL INTIMACY
- 135. THE SEAT OF THE SOUL
- 135A. THE SEAT OF THE SOUL
- 136. FOR YOURSELF - THE FULFILLMENT OF FEMALE SEXUALITY
- 137. YOUR BODY DOESN'T LIE

138. **WOMEN WHO LOVE TOO MUCH**
139. **IF LIFE IS A GAME, THESE ARE THE RULES**
140. **WOMEN'S BODIES, WOMEN'S WISDOM**
- 140A. **WOMEN'S BODIES, WOMEN'S WISDOM (2nd copy)**
141. **GIVING THE LOVE THAT HEALS**
142. **WHY PEOPLE DON'T HEAL AND HOW THEY CAN**
143. **HEARTPEACE - Healing Help For Grieving Folks**
144. **AWAKENING INTUITION**
145. **FINDING SERENITY**
146. **SUCCULENT WILD WOMAN**
147. **AWAKEN THE GIANT WITHIN**
148. **INSTANT MASSAGE**
149. **YOU CAN HEAL YOUR LIFE, Louise L. Hay**
150. **TAKE TIME FOR YOUR LIFE**
151. **Return of the Rishi**
152. **SEX FOR DUMMIES**
153. **LANGUAGE OF LETTING GO**
- 153A. **MORE LANGUAGE OF LETTING GO (OFFICE) 366 New Daily Meditations by Melody Beattie**
- 153B **THE LANGUAGE OF LETTING GO - Melody Beattie**
154. **LIFE AFTER LOSS**
155. **LIFE STRATEGIES**
156. **SHORTCIRCUITING STRESS**
157. **THE MEDICAL ADVISOR**
158. **GETTING THE LOVE YOU WANT**
159. **FROM PANIC TO POWER**
- 159A. **FROM PANIC TO POWER(OFFICE)**
- 159B. **FROM PANIC TO POWER**
160. **WHAT COLOR IS YOUR PARACHUTE?**
161. **The Complete Book of Vitamin Cures**
162. **THE WISDOM OF MENOPAUSE**
163. **MAKING THE BRAIN BODY CONNECTION**
164. **DIETARY WELLNESS**
165. **HEALING HERBS**
166. **THE SILENT PASSAGE**
167. **EMOTIONAL INTELLIGENCE**
168. **THE BALANCING ACT**
169. **THE EVERYTHING TOTAL FITNESS BOOK**
170. **COUNSELLING WITH CHOICE THEORY**
171. **THE GRIEF RECOVERY HANDBOOK**

172. **COMING APART** - The cure for a broken heart! Why relationships end and how to live through the ending of yours.
173. **SMART WOMEN, FOOLISH CHOICES** Finding the Right Men/Avoiding the Wrong Ones
174. **ANATOMY OF THE SPIRIT** - The Seven Stages of Power & Healing
- 174A. **ANATOMY OF THE SPIRIT** -The 7 Stages of Power/Healing (OFFICE)
175. **THE SUPERVISOR'S ROLE IN EARLY RECOVERY**
176. **GETTING TOGETHER, STAYING TOGETHER**
177. **FIBROMYALGIA** - HOPE FROM A COMPLETELY NEW PERSPECTIVE
178. **RELATIONSHIP RESCUE** - Dr. Phil C. McGraw, Ph.D
- 178 # 2 **RELATIONSHIP RESCUE** - Dr. Phil C. McGraw, Ph.D
179. **WHEREVER YOU GO, THERE YOU ARE**
180. **REVIVING OPHELIA - SAVING THE SELVES OF ADOLESCENT GIRLS**
181. **MEDITATIONS FOR TRANQUILITY**
182. **HOW TO GET WHAT YOU WANT AND WANT WHAT YOU HAVE**
183. **LOVING YOUR JOB, FINDING YOUR PASSION**
184. **SOUL WORK - FINDING THE WORK YOU LOVE, LOVING THE WORK YOU HAVE**
185. **TOO GOOD TO LEAVE; TOO BAD TO STAY**
186. **YOU JUST DON'T UNDERSTAND**
- 187A. **THE THERAPIST'S NOTEBOOK**
188. **MAKING PEACE IN YOUR STEPFAMILY**
189. **TOO GOOD TO LEAVE, TOO BAD TO STAY**
190. **WHERE WILL THEY LIVE**
191. **NEW HOPE FOR PEOPLE WITH DEPRESSION**
192. **THE COMPLETE ACOA SOURCEBOOK - ADULT CHILDREN OF ALCOHOLIC**
193. **MIND, BODY, SPIRIT BOOK - WRITING YOUR AUTHENTIC SELF**
194. **(A) OFFICE - A CLINICAL HANDBOOK/PRACTICAL THERAPIST MANUAL**
195. **LIFE WITHOUT LIMITS**
196. **POCKET POSITIVES (OFFICE)**
197. **THE DIVORCED DADS SURVIVAL BOOK**
198. **BRINGING SPIRITUALITY INTO YOUR HEALING JOURNEY**
199. **LOVE IS LETTING GO OF FEAR, Jampolsky**
200. **HEALING THE SHAME THAT BINDS YOU - John Bradshaw**
201. **THE MAN WHO MISTOOK HIS JOB FOR A LIFE**
202. **THE PROMISE OF A NEW DAY**
203. **DON'T SWEAT THE SMALL STUFF FOR WOMEN**
204. **WOMEN & SELF ESTEEM - UNDERSTANDING AND IMPROVING THE WAY WE THINK AND FEEL ABOUT OURSELVES**
205. **THE NEW BABY AND CHILD CARE ENCYCLOPAEDIA**
206. **THE DANCE OF ANGER**

- 207. FEELING GOOD - THE NEW MOOD THERAPY
- 208. PLANNING YOUR FAMILY THE S-T WAY
- 209. YOU JUST DON'T UNDERSTAND
- 210. MEN ARE FROM MARS, WOMEN ARE FROM VENUE
- 211. FINDING JOY - 101 WAYS TO FREE YOUR SPIRIT AND DANCE WITH LIFE
- 212. GIRLFRIENDS TALK ABOUT MEN
- 213. SMALL MIRACLES
- 214. LIFE STRATEGIES - DOING WHAT WORKS - DOING WHAT MATTERS
- 214 #2 LIFE STRATEGIES - Doing What Works - Doing What Matters
- 215. Why Does This Keep Happening to Me?
- 216. The 7 Systems of Balance
- 217. TOTAL WELLBEING
- 218. Mars and venus starting over
- 219. Self matters
- 220. NOT JUST FRIENDS
- 221. STAND UP FOR YOUR LIFE
- 222. THE DANCE OF INTIMACY
- 223. WHERE WILL THEY LIVE (a guide to help you help your parents with their housing decisions) - Barbara H. Carter
- 223A LISTS TO LIVE BY, THE FIRST COLLECTION (Office Use)
- 224A INNERWEALTH - Putting the Heart and Soul Back into Work and Life (Office Use)
- 225A CHICKEN SOUP FOR THE SOUL AT WORK (Office use)
- 226A TAKE EACH DAY ONE STEP AT A TIME (Office Use)
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- 228 WHEN BAD THINGS HAPPEN TO GOOD PEOPLE (2<sup>nd</sup> copy) - Harold S. Kushner
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- Dr. Robert Buckman
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- 235 FEAR AND OTHER UNINVITED GUESTS - Harriet Lerner
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- 271 **AFTER THE ECSTASY, THE LAUNDRY - How the Heart Grows Wise on the Spiritual Path - Jack Kornfield**
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- 276 **THE FIVE STAGES OF THE SOUL - Harry R. Moody and David Carroll**



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- 283 **AFFAIRS "A GUIDE TO WORKING THROUGH THE REPERCUSSIONS OF INFIDELITY"** - Emily M. Brown
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- 285 **SPIRITUAL HEALING** - Douglas C. Smith, Theodore J. Chapin
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- 292 **OUT OF THE SHADOWS - Understanding Sexual Addiction** - Patrick Carnes
- 293A **YOU CAN HEAL YOUR LIFE** - Louise L. Hay - **Office**
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- 295 **WHY CAN'T YOU READ MY MIND** - Jeffrey Bernstein and Susan Magee
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- 297 **NO TIME TO SAY GOODBYE - Surviving the Suicide of a Loved One** - Carla Fine
- 298 **EMOTIONAL INFIDELITY - How to Affair-Proof Your Marriage and 10 Other Secrets to a Great Relationship** - Gary Neuman
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- 300 **MIND OVER MENOPAUSE** - Lealee Kagan, Bruce Kessel and Herbert Benson
- 301 **HOPE FOR THE SEPARATED** - Gary Chapman
- 302 **WHEN THE BODY SAYS NO** - Gabor Maté
- 303 **DEALING WITH DIFFICULT PEOPLE** - Roberta Cava
- 304 **TEN DAYS TO SELF-ESTEEM** - David D. Burns, M.D.
- 304 # 2 **TEN DAYS TO SELF-ESTEEM** - David D. Burns, M.D.
- 305A **FULL CATASTROPHE LIVING (office copy)**
- 306 **DO IT! LET'S GET OFF OUR BUTS** - John -Roger & Peter McWilliams
- 307 **THE SEVEN PRINCIPLES FOR MAKING MARRIAGE WORK** - John M. Gottman
- 308 **TOO GOOD TO LEAVE, TOO BAD TO STAY** - Mira Kirshenbaum
- 309A **MODERN MADNESS** - Douglas LaBier (**office copy**)

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- 310AA RECEIVING LOVE - Transform Your Relationship by Letting Yourself be Loved - Harville Hendrix, Helen LaKelly Hunt**
- 311 DON'T PANIC - Taking Control of Anxiety Attacks - R. Reid Wilson**
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- 330 The 7 Habits of Highly Effective People - Stephen R. Covey**
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- 338 The Power of NOW, A Guide to Spiritual Enlightenment - Eckhart Tolle**
- 339 THE YEAR OF MAGICAL THINKING - Joan Didion**

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- 347 **THE ULTIMATE WEIGHT SOLUTION FOOD GUIDE** - Dr. Phil McGraw
- 347 # 2 **THE ULTIMATE WEIGHT SOLUTION FOOD GUIDE** - Dr. Phil McGraw
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- 349 # 2 **SELF MATTERS** - Dr. Phil McGraw - **Creating Your Life from the Inside Out**
- 349 # 3 **SELF MATTERS** - Dr. Phil McGraw - **Creating Your Life from the Inside Out**
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- 350 **WHAT FALLS AWAY - A Memoir** - Mia Farrow
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- 352 **ALCOHOLIC/DYSFUNCTIONAL FAMILIES**
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- 354 **ONE DAY AT A TIME IN AL-ANON**
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- 358 **SOUL STORIES** - Gary Zukav
- 359 **THE HEART OF THE SOUL** - Gary Zukav
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- 367 **SLOW YOUR CLOCK DOWN** - Judith Reichman, M.D.
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