



Stella Black retirement tribute

<https://iha.andornot.com/permalink/library10226>

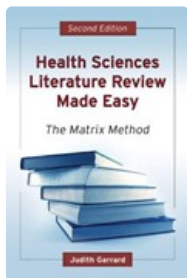
Place: Kamloops, B.C.
Publisher: Royal Inland Hospital
Pub Date: 2004
Physical Description: video
Format: VHS
Subject: [Retirement](#)
[Administrative personnel](#)
Abstract: Stella Black was Director of Acute Care Services for the Thompson, Cariboo and Shuswap Health Service Area. She retired in 2004, after a 39-year career at Royal Inland Hospital in Kamloops.
Notes: September 2004
Call No.: WZ 332 S824 2004 AV
Location: RIH Library (Librarian's Office)
Loan Policy: 21 days



Mindfulness is better than chocolate: a practical guide to enhanced focus and lasting happiness in a world of distractions

<https://iha.andornot.com/permalink/library18253>

Author: [Michie, David](#)
Place: New York NY
Publisher: The Experiment
Pub Date: 2015
Physical Description: 309 p.
Format: Book
Subject: [Mindfulness](#)
[Meditation](#)
[Happiness](#)
[Acceptance and Commitment Therapy](#)
[Wellness](#)
Notes: Revised edition of: Why mindfulness is better than chocolate. 2014.
Includes bibliographical references.
ISBN: 9781615192588
Call No.: WM 425.5 C6 M624 2015
Location: RIH Library Wellness
Loan Policy: 21 days



Health sciences literature review made easy: the matrix method

<https://iha.andornot.com/permalink/library15155>

Author: [Garrard, Judith](#)

Edition: 2nd ed.

Place: Boston, MA

Publisher: Jones and Bartlett

Pub Date: 2007

Physical Description: xiv, 199 p.

Format: Book

Subject: [Abstracting and indexing](#)
[Information storage and retrieval](#)
[Medical literature - Research - Methodology](#)
[Matrix method \(Indexing\)](#)
[Medicine - Abstracting and indexing](#)
[Review Literature](#)
[Writing](#)

Notes: Includes bibliographical references and index.

ISBN: 9780763740047

Call No.: WZ 345 G238 2007

Location: RIH Library

Loan Policy: 21 days