



## Controlling your blood pressure: what to do when your doctor says you have hypertension

<https://iha.andornot.com/permalink/library20582>

Author: [Corliss, Julie](#)  
Place: Boston MA  
Publisher: Harvard Medical School  
Pub Date: 2018  
Physical Description: 53 p. : ill.  
Format: Book  
Subject: [Hypertension](#)  
Series: Harvard Medical School special health report  
ISBN: 9781614011750  
Call No.: WG 340 C799 2018  
Location: RIH Library  
Loan Policy: 21 days



## Managing your cholesterol

<https://iha.andornot.com/permalink/library20581>

Author: [Corliss, Julie](#)  
Place: Boston MA  
Publisher: Harvard Medical School  
Pub Date: 2016  
Physical Description: 53 p. : ill.  
Format: Book  
Subject: [Cholesterol, Dietary](#)  
Series: Harvard Medical School special health report  
ISBN: 9781614011187  
Call No.: WB 425 C799 2016  
Location: RIH Library  
Loan Policy: 21 days



## Positive psychology: harnessing the power of happiness, mindfulness, and inner strength

<https://iha.andornot.com/permalink/library20663>

Author: [Corliss, Julie](#)  
[Ince, Susan](#)

Place: Boston MA

Publisher: Harvard Medical School

Pub Date: 2016

Physical Description: 44 p. : ill.

Format: Book

Subject: [Psychology](#)  
[Happiness](#)  
[Mindfulness](#)

Series: Harvard Medical School special health report

Notes: Cover title

ISBN: 9781614011163

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Location: RIH Library

Loan Policy: 21 days



## Stress management: enhance your well-being by reducing stress and building resilience

<https://iha.andornot.com/permalink/library20664>

Author: [Coltrera, Francesca](#)  
[Corliss, Julie](#)

Place: Boston MA

Publisher: Harvard Medical School

Pub Date: 2016

Physical Description: 53 p. : ill.

Format: Book

Subject: [Stress, Psychological](#)

Series: Harvard Medical School special health report

Notes: Cover title.

ISBN: 9781614011309

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