



The 10 best-ever depression management techniques: understanding how your brain makes you depressed & what you can do to change it

<https://iha.andornot.com/permalink/library20673>

Author: [Wehrenberg, Margaret](#)
Place: New York NY
Publisher: W.W. Norton
Pub Date: 2010
Physical Description: 300 p. : ill.
Format: Book
Subject: [Depression](#)
[Wellness](#)
Notes: Includes bibliographic references and index.
ISBN: 9780393706291
Call No.: WM 171.5 W414 2010
Location: KGH Library
Loan Policy: 21 days



10 minute solution : fat blasting latin dance mix: 10-minute workouts to shape up your body

<https://iha.andornot.com/permalink/library17029>

Corporate Author: [Anchor Bay Entertainment](#)
Place: Beverly Hills CA
Publisher: Anchor Bay Entertainment
Pub Date: 2007
Physical Description: 1 DVD (54 min.)
Format: DVD
Subject: [Dance - Latin](#)
[Physical Fitness](#)
[Wellness](#)
Abstract: 5 hip hop dance workouts that are 10 minutes each.
Series: 10 minute solution
Call No.: QT 255 D2 T289 2007
Location: RIH Library Wellness
Loan Policy: 21 days



10 minute solution : hip hop dance mix: 10-minute workouts to shape up your body

<https://iha.andornot.com/permalink/library17028>

Corporate Author: [Anchor Bay Entertainment](#)

Place: Beverly Hills CA

Publisher: Anchor Bay Entertainment

Pub Date: 2009

Physical Description: 1 DVD (55 min.)

Format: DVD

Subject: [Dance - Hip Hop](#)
[Physical Fitness](#)
[Wellness](#)

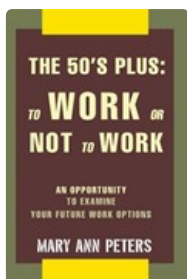
Abstract: 5 hip hop dance workouts that are 10 minutes each.

Series: 10 minute solution

Call No.: QT 255 D2 T289 2009

Location: RIH Library Wellness

Loan Policy: 21 days



The 50's plus: to work or not to work

<https://iha.andornot.com/permalink/library16986>

Author: [Peters, Mary Ann](#)

Place: Lincoln NE

Publisher: iUniverse

Pub Date: 2006

Physical Description: xi, 53 p. ; pbk.

Format: Book

Subject: [Retirement](#)
[Work](#)
[Wellness](#)

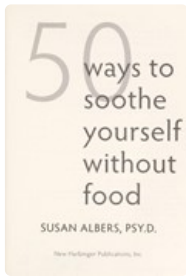
Notes: "An opportunity to examine your future work options." (from cover)

ISBN: 0595387373

Call No.: HQ 1062 P481 2006

Location: KGH Library Wellness

Loan Policy: 21 days

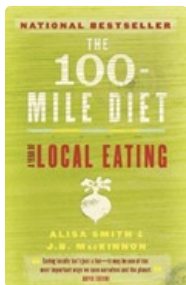


50 ways to soothe yourself without food

<https://iha.andornot.com/permalink/library16055>

Author: [Albers, Susan](#)
Place: Oakland CA
Publisher: New Harbinger
Pub Date: 2009
Format: Book
Subject: [Compulsive Eating](#)
[Food habits](#)
[Diet](#)
[Nutrition](#)
[Wellness](#)

ISBN: 9781572246768
Call No.: WM 175 A332 2009
Location: KBH Library
KGH Library Wellness
RIH Library Wellness
VJH Library Wellness
Loan Policy: 21 days

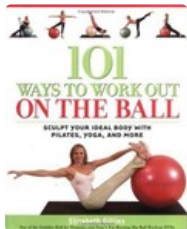


100-mile diet: a year of local eating

<https://iha.andornot.com/permalink/library14501>

Author: [Smith, Alisa](#)
[MacKinnon, J. B](#)
Place: Toronto
Publisher: Random House
Pub Date: 2007
Physical Description: 266 p. ; pbk.
Format: Book
Subject: [Food industry and trade - British Columbia - Vancouver](#)
[Food habits - British Columbia - Vancouver](#)
[Farm produce - British Columbia - Vancouver](#)
[Wellness](#)

Notes: Includes bibliographical references.
ISBN: 9780679314837
Call No.: TX 360 S642 2007
Location: KBH Library
RIH Library Wellness
VJH Library Wellness
Loan Policy: 21 days

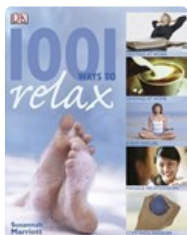


101 ways to work out on the ball: sculpt your ideal body with pilates, yoga, and more

<https://iha.andornot.com/permalink/library15657>

Author: Gillies, Elizabeth
Place: Gloucester MA
Publisher: FairWinds
Pub Date: 2004
Physical Description: 175 p. : col. ill.
Format: Book
Subject: [Swiss medicine ball](#)
[Bodybuilding](#)
[Physical Fitness](#)
[Exercise](#)
[Wellness](#)

ISBN: 9781592330843
Call No.: QT 255 E9 2004
Location: KGH Library Wellness
Loan Policy: 21 days



1001 ways to relax

<https://iha.andornot.com/permalink/library19659>

Author: Marriott, Susannah
Edition: 1st American ed.
Place: London UK
Publisher: DK Publishing
Pub Date: 2008
Physical Description: 192 p. : col. ill.
Format: Book
Subject: [Relaxation](#)
[Wellness](#)

Notes: Includes index.
ISBN: 9780756633554
Call No.: WM 75 M358 2008
Location: RIH Library Wellness
Loan Policy: 21 days

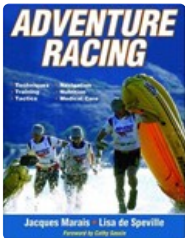


Adulting: how to become a grown-up in 468 easy(ish) steps

<https://iha.andornot.com/permalink/library20785>

Author: [Brown, Kelly Williams](#)
Place: New York NY
Publisher: Grand Central Publishing
Pub Date: 2013
Physical Description: viii, 273 p. : ill.
Format: Book
Subject: [Adulthood](#)
[Young Adult](#)
[Humor](#)
[Wellness](#)

Notes: Includes index.
ISBN: 9781455516902
Call No.: HQ 799.95 B878 2013
Location: RIH Library Wellness
Loan Policy: 21 days

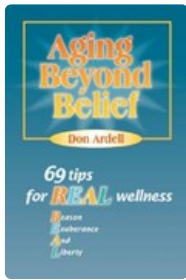


Adventure racing

<https://iha.andornot.com/permalink/library14962>

Author: [Marais, Jacques de Speville, Lisa](#)
Place: Windsor ON
Publisher: Human Kinetics
Pub Date: 2004
Physical Description: 160 p. : ill. (colour)
Format: Book
Subject: [Recreation](#)
[Sports](#)
[Adventure racing](#)
[Wellness](#)

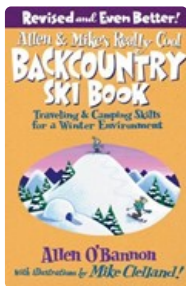
ISBN: 0736059113
Call No.: QT 250 M299 2004
Location: RIH Library Wellness
Loan Policy: 21 days



Aging beyond belief: 69 tips for real wellness : reason, exuberance, and liberty

<https://iha.andornot.com/permalink/library14709>

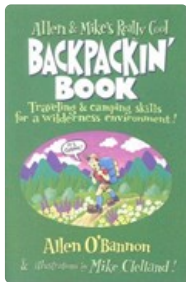
Author: [Ardell, Don](#)
Place: Duluth, MN
Publisher: Whole Person Associates
Pub Date: 2007
Physical Description: 216 p.
Format: Book
Subject: [Health](#)
[Aging - Prevention](#)
[Longevity](#)
[Older people - Health and hygiene](#)
[Wellness](#)
ISBN: 9781570252204
Call No.: WT 104 A676 2007
Location: KGH Library Wellness
Loan Policy: 21 days



Allen & Mike's really cool backcountry ski book: traveling & camping skills for a winter environment

<https://iha.andornot.com/permalink/library16029>

Author: [O'Bannon, Allen](#)
[Clelland, Mike, ill](#)
Edition: Rev. ed.
Place: Helena MT
Publisher: Falcon Guides
Pub Date: 2007
Physical Description: 121 p. : ill.
Format: Book
Subject: [Skiing](#)
[Snow camping](#)
[Cross - country skiing](#)
[Recreation](#)
[Sports](#)
[Wellness](#)
Notes: Noted missing RIH Library: December 2018
ISBN: 9780762745852
Call No.: QT 260.5 S6 O12 2007
Location: RIH Library Wellness
Loan Policy: 21 days



Allen & Mike's really cool backpackin book: traveling & camping skills for a wilderness environment

<https://iha.andornot.com/permalink/library16027>

Author: O'bannon, Allen
Clelland, Mike, ill

Place: Helena MT

Publisher: Falcon Guide

Pub Date: 2001

Physical Description: 161 p. : ill.

Format: Book

Subject: [Mountaineering](#)
[Sports](#)
[Recreation](#)
[Backpacking](#)
[Wellness](#)

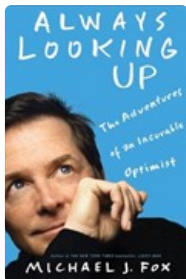
Notes: Includes bibliographical references (p.154) and index.
Noted missing RIH Library: December 2018

ISBN: 9781560449126

Call No.: QT 260.5 M9 O12 2001

Location: RIH Library Wellness

Loan Policy: 21 days



Always looking up: the adventures of an incurable optimist

<https://iha.andornot.com/permalink/library15008>

Author: Fox, Michael J

Place: New York NY

Publisher: Hyperion

Pub Date: 2009

Physical Description: 279 p.

Format: Book

Subject: [Actors - Canada - Biography](#)
[Actors - United States - Biography](#)
[Wellness](#)

ISBN: 9781401303389

Call No.: PN 2308 F793 2009

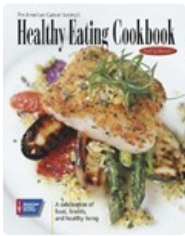
Location: KGH Library Wellness
RIH Library Wellness

Loan Policy: 21 days

A.M. and P.M. walking

<https://iha.andornot.com/permalink/library14889>

Place: [S.I.]
Publisher: Gaiam
Pub Date: 2006
Physical Description: 1 CD (57 min.), 1 DVD (60 min.)
Format: DVD
Audio
Subject: [Walking](#)
[Exercise](#)
[Physical Fitness](#)
[Wellness](#)
Notes: With: Debbie Rocker
This program includes two full-length walking workouts on DVD and a guided audio CD workout for working out indoors or outdoors
ISBN: 0766228681
Call No.: QT_260.5 W2 A479 2006
Location: RIH Library Wellness
Loan Policy: 21 days



American Cancer Society's healthy eating cookbook: a celebration of food, friends, and healthy living

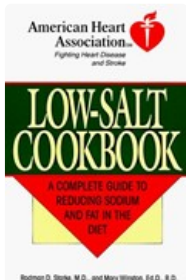
<https://iha.andornot.com/permalink/library14532>

Corporate Author: [American Cancer Society](#)
Edition: 3rd ed
Place: Atlanta, GA
Publisher: American Cancer Society
Pub Date: 2005
Physical Description: 262 p.: ill.
Format: Book
Subject: [Cookery](#)
[Nutrition](#)
[Cancer - Diet therapy - Recipes](#)
[Cancer - Prevention](#)
[Wellness](#)
Notes: Includes index.
ISBN: 0944235573
Call No.: TX 714 A512 2005
Location: RIH Library Wellness
Loan Policy: 21 days

American Heart Association complete guide to women's heart health: the Go Red for Women way to well-being & vitality

<https://iha.andornot.com/permalink/library15563>

Corporate Author: [American Heart Association](#)
Edition: 1st ed.
Place: New York NY
Publisher: Clarkson Potter
Pub Date: 2009
Physical Description: xiv, 290 p.
Format: Book
Subject: [Heart disease - Popular works](#)
[Women's Health](#)
[Wellness](#)
Notes: Includes index
ISBN: 9780307450609
Call No.: WG 113 A512c 2009
Location: RIH Library Wellness
Loan Policy: 21 days



The American Heart Association low-salt cookbook: a complete guide to reducing sodium and fat in the diet

<https://iha.andornot.com/permalink/library17825>

Author: [Starke, Rodman D., ed](#)
[Winston, Mary, ed](#)
Corporate Author: [American Heart Association \(AHA\)](#)
Place: New York NY
Publisher: Times Books
Pub Date: 1990
Physical Description: xii, 349 p.
Format: Book
Subject: [Diet, Sodium-Restricted](#)
[Cooking](#)
[Wellness](#)
Notes: Includes index.
ISBN: 0812920457
Call No.: TX 643 A512 1990
Location: RIH Library Wellness
Loan Policy: 21 days



Amira's belly dancing 101

<https://iha.andornot.com/permalink/library16974>

Author: [Mor, Amira](#)
Publisher: Belly Productions
Pub Date: 2005
Physical Description: 1 DVD (80 min.)
Format: DVD
Subject: [Belly Dancing](#)
[Physical Fitness](#)
[Wellness](#)
Abstract: "Featuring the music of Hossam Ramzy & Phil Thorton" (from cover).
Call No.: QT 255 D2 A517 2005
Location: KGH Library Wellness
VJH Library Wellness
Loan Policy: 21 days



The art of confident living: 10 practices for taking charge of your life

<https://iha.andornot.com/permalink/library16481>

Author: [Robinson, Bryan](#)
Place: Deerfield Beach FL
Publisher: Health Communications, Inc.
Pub Date: 2009
Physical Description: xiv, 225 p.
Format: Book
Subject: [Self-confidence](#)
[Conduct of life](#)
[Self-management \(Psychology\)](#)
[Wellness](#)
Notes: Includes bibliographical references and index.
RIH Lib Wellness copy 1 missing
ISBN: 9780757306518
Call No.: BF 575 R658 2009
Location: RIH Library Wellness
Loan Policy: 21 days