

## When: the scientific secrets of perfect timing

<https://iha.andornot.com/permalink/library19886>

Author: [Pink, Daniel H](#)  
Place: New York NY  
Publisher: Riverhead Books  
Pub Date: 2018  
Physical Description: 285 p. : ill.  
Format: Book  
Subject: [Wellness](#)  
[Time Perception](#)  
Notes: Includes bibliographical references and index.  
ISBN: 9780735210622  
Call No.: BF 468 P655 2018  
Location: VJH Library Wellness  
Loan Policy: 21 days



## The blue zones of happiness: lessons from the world's happiest people

<https://iha.andornot.com/permalink/library19881>

Author: [Buettner, Dan](#)  
Place: Washington DC  
Publisher: National Geographic  
Pub Date: 2017  
Physical Description: 287 p.  
Format: Book  
Subject: [Happiness](#)  
[Workplace](#)  
[Self-Assessment](#)  
[Wellness](#)  
Notes: Includes index.  
ISBN: 9781426218484  
Call No.: BF 575 B928 2017  
Location: VJH Library Wellness  
Loan Policy: 21 days



## The healthy brain: optimize brain power at any age

<https://iha.andornot.com/permalink/library19885>

Author: [Burford-Mason, Aileen](#)  
Edition: First Canadian ed.  
Place: Toronto ON  
Publisher: Harper Collins  
Pub Date: 2017  
Physical Description: 290 p. : ill.  
Format: Book  
Subject: [Wellness](#)  
[Mental Health](#)  
[Brain](#)  
[Diet](#)  
[Cognitive Neuroscience](#)

Notes: Includes bibliographical references and index.  
ISBN: 9781443447782  
Call No.: WL 300 B953 2017  
Location: VJH Library Wellness  
Loan Policy: 21 days



## Writing through the mess: seeking healing through writing

<https://iha.andornot.com/permalink/library20797>

Author: [Schober, Anne](#)  
[Walter, Lisa Roth](#)  
Place: New York NY  
Publisher: Library Tales Publishing, Inc.  
Pub Date: 2017  
Physical Description: vi, 131 p.  
Format: Book  
Subject: [Authorship - Psychological aspects](#)  
[Diaries - Authorship](#)  
[Wellness](#)  
[Writing](#)

ISBN: 9780999275849  
Call No.: PN 171 S363 2017  
Location: RIH Library Wellness  
Loan Policy: 21 days



## How to be miserable : 40 strategies you already use

<https://iha.andornot.com/permalink/library20672>

Author: Paterson, Randy J  
Place: Oakland CA  
Publisher: New Harbinger  
Pub Date: 2016  
Physical Description: ix, 231 p.  
Format: Book  
Subject: [Wellness](#)  
[Conduct of life](#)  
[Self-management \(Psychology\)](#)  
[Change \(Psychology\)](#)  
[Happiness](#)

Abstract: In *How to Be Miserable*, psychologist Randy Paterson outlines 40 specific behaviors and habits, which—if followed—are sure to lead to a lifetime of unhappiness. On the other hand, if you do the opposite, you may yet join the ranks of happy people everywhere! There are stacks upon stacks of self-help books that will promise you love, happiness, and a fabulous life. But how can you pinpoint the exact behaviors that cause you to be miserable in the first place? Sometimes when we're depressed, or just sad or unhappy, our instincts tell us to do the opposite of what we should—such as focusing on the negative, dwelling on what we can't change, isolating ourselves from friends and loved ones, eating junk food, or overindulging in alcohol. Sound familiar? This tongue-in-cheek guide will help you identify the behaviors that make you unhappy and discover how you—and only you—are holding yourself back from a life of contentment. You'll learn to spot the tried-and-true traps that increase feelings of dissatisfaction, foster a lack of motivation, and detract from our quality of life—as well as ways to avoid them. So, get ready to live the life you want (or not?) This fun, irreverent guide will light the way. — Publisher

Notes: Includes bibliographical references.

ISBN: 9781626254060

Call No.: BF 575 P296 2016

Location: KGH Library

Loan Policy: 21 days



## How to talk to anyone: overcoming shyness, social anxiety and low self-confidence & be able to chat to anyone

<https://iha.andornot.com/permalink/library20796>

Author: [Alison, Jennifer](#)  
Publisher: Jennifer Alison Publishing  
Pub Date: 2016  
Physical Description: 92 p.  
Format: Book  
Subject: [Interpersonal communication](#)  
[Shyness](#)  
[Self Concept](#)  
[Wellness](#)  
ISBN: 9781537433950  
Call No.: HM 1166 A414 2016  
Location: RIH Library Wellness  
Loan Policy: 21 days



## Menopause confidential: a doctor reveals the secrets to thriving through midlife

<https://iha.andornot.com/permalink/library19373>

Author: [Allmen, Tara](#)  
Place: New York NY  
Publisher: HarperOne  
Pub Date: 2016  
Physical Description: 248 p.  
Format: Book  
Subject: [Menopause](#)  
[Popular Works](#)  
[Wellness](#)  
Notes: Includes index.  
ISBN: 9780062447265  
Call No.: WP 580 A439 2016  
Location: RIH Library Wellness  
Loan Policy: 21 days

## The menopause solution

<https://iha.andornot.com/permalink/library19372>

Author: [Faubion, Stephanie S., ed](#)

Corporate Author: [Mayo Clinic](#)

Place: New York NY

Publisher: Time Inc. Books

Pub Date: 2016

Physical Description: ix, 335 p. : col. ill.

Format: Book

Subject: [Menopause](#)  
[Popular Works](#)  
[Wellness](#)

Notes: At head of title: Mayo Clinic.  
Includes index.  
"A doctor's guide to: relieving hot flashes, enjoying better sex, sleeping well, controlling your weight, and being happy!" - Cover.  
"Oxmoor House" - Spine.

ISBN: 9780848746759

Call No.: WP 580 M547 2016

Location: RIH Library Wellness

Loan Policy: 21 days



## **B is for balance: 12 steps toward a more balanced life at home and at work**

<https://iha.andornot.com/permalink/library18769>

Author: [Weinstein, Sharon M](#)  
Edition: 2nd ed.  
Place: Indianapolis IN  
Publisher: Sigma Theta Tau International  
Pub Date: 2015  
Physical Description: xxi, 311 p. : ill.  
Format: Book  
Subject: [Nurses](#)  
[Burnout, Professional](#)  
[Nurse's Role](#)  
[Quality of Life](#)  
[Workload](#)  
[Wellness](#)  
Notes: Includes index.  
ISBN: 9781938835841  
Call No.: WY 87 W423 2015  
Location: KGH Library Wellness  
Loan Policy: 21 days



## **The blue zones solution: eating and living like the world's healthiest people**

<https://iha.andornot.com/permalink/library19882>

Author: [Buettner, Dan](#)  
Place: Washington DC  
Publisher: National Geographic  
Pub Date: 2015  
Physical Description: 287 p.  
Format: Book  
Subject: [Health](#)  
[Diet](#)  
[Nutrition](#)  
[Wellness](#)  
Notes: Includes index.  
ISBN: 9781426211928  
Call No.: QT 235 B928 2015  
Location: VJH Library Wellness  
Loan Policy: 21 days

## Chicken soup for the soul : inspiration for nurses: 101 stories of appreciation & wisdom

<https://iha.andornot.com/permalink/library19261>

Author: [Newmark, Amy, ed](#)  
[Thieman, LeAnn, ed](#)

Place: Cos Cob, CT

Publisher: Chicken Soup for the Soul Publishing, LLC

Pub Date: 2015

Physical Description: xi, 349 p.

Format: Book

Subject: [Nurses](#)  
[Nursing](#)  
[Anecdotes](#)  
[Wellness](#)

ISBN: 9781611599480

Call No.: WY 87 C533 2015

Location: RIH Library Wellness

Loan Policy: 21 days



## Men's Health training guide 2016

<https://iha.andornot.com/permalink/library14569>

Corporate Author: [Men's Health](#)

Place: Emmaus PA

Publisher: Rodale

Pub Date: 2015

Physical Description: 144 p. : ill.

Format: Book

Subject: [Physical Fitness](#)  
[Exercise for men](#)  
[Bodybuilding](#)  
[Wellness](#)

Notes: "From the editors of Men's health magazine."

Call No.: QT 255 M548 2015

Location: RIH Library Wellness

Loan Policy: 21 days



## Mindfulness in plain English

<https://iha.andornot.com/permalink/library18862>

Author: [Gunaratana, Henepola](#)  
Place: Somerville MA  
Publisher: Wisdom Publications  
Pub Date: 2015  
Physical Description: ix, 208 p.  
Format: Book  
Subject: [Meditation](#)  
[Mindfulness](#)  
[Buddhism](#)  
[Wellness](#)  
Notes: Includes index.  
ISBN: 9780861719068  
Call No.: BQ 5630 G975 2015  
Location: RIH Library Wellness  
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



## The organized mind: thinking straight in the age of information overload

<https://iha.andornot.com/permalink/library19253>

Author: [Levitin, Daniel J](#)

Place: Toronto ON

Publisher: Penguin

Pub Date: 2015

Physical Description: xxvi, 496 p. : ill.

Format: Book

Subject: [Mental Processes](#)  
[Decision Making](#)  
[Distraction \(Psychology\)](#)  
[Orderliness](#)  
[Time management](#)  
[Neurosciences](#)  
[Cognitive Science](#)  
[Popular Works](#)  
[Wellness](#)

Notes: Includes bibliographical references and index.

ISBN: 9780143189442

Call No.: BF 444 L666 2015

Location: RIH Library Wellness

Loan Policy: 21 days

## Rising strong

<https://iha.andornot.com/permalink/library18913>

Author: [Brown, Brene](#)

Place: New York NY

Publisher: Spiegel & Grau

Pub Date: 2015

Physical Description: xxviii, 301 p.

Format: Book

Subject: [Self-actualization \(Psychology\)](#)  
[Courage](#)  
[Wellness](#)

Notes: Includes bibliographical references and index.  
Noted missing RIH Library: June 2019

ISBN: 9780812995824

Call No.: BF 637 S4 B877 2015

Location: KGH Library Wellness  
RIH Library Wellness  
VJH Library Wellness

Loan Policy: 21 days

## The art of stillness : adventures in going nowhere

<https://iha.andornot.com/permalink/library18952>

Author: [Iyer, Pico](#)  
Edition: 1st TED Books hardcover ed.  
Place: New York NY  
Publisher: TED Books/Simon & Schuster  
Pub Date: 2014  
Physical Description: 74 p. : col. ill.  
Format: Book  
Subject: [Quietude](#)  
[Solitude](#)  
[Simplicity](#)  
[Mind and body](#)  
[Spiritual life](#)  
[Spirituality](#)  
[Digital communications](#)  
[Wellness](#)  
Series: TED books  
Notes: "A TED original" - Cover.  
Noted missing RIH Library: December 2019  
ISBN: 9781442375840  
Call No.: BJ 1496 I97 2014  
Location: RIH Library Wellness  
Loan Policy: 21 days

**The art of stillness : adventures in going nowhere [audio CD]**

<https://iha.andornot.com/permalink/library18863>

Author: [Iyer, Pico](#)  
Edition: Unabridged  
Place: New York NY  
Publisher: Simon & Schuster Audio  
Pub Date: 2014  
Physical Description: 2 compact discs (ca. 2 hr.) : digital ; 4 3/4 in  
Format: Audio  
Subject: [Quietude](#)  
[Solitude](#)  
[Simplicity](#)  
[Mind and body](#)  
[Spiritual life](#)  
[Spirituality](#)  
[Digital communications](#)  
[Wellness](#)  
Series: TED books  
Notes: Subtitle from container.  
Read by author.  
"A TED original" - Container.  
ISBN: 9781442375840  
Call No.: BJ 1496 I97 2014  
Location: RIH Library Wellness  
Loan Policy: 21 days

## Groundwater: Manual of water supply practices M21

<https://iha.andornot.com/permalink/library18748>

Author: [Bloetscher, Fredrick](#)

Corporate Author: [American Water Works Association](#)

Edition: 4th ed.

Place: Denver CO

Publisher: American Water Works Association

Pub Date: 2014

Physical Description: Online book  
xv, 279 p. : ill.

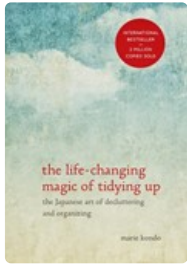
Format: E-book

Subject: [Groundwater](#)  
[Wells](#)

Link: <http://insidenet.interiorhealth.ca/infoResources/library/Documents/Groundwater%204th%20ed.pdf>

ISBN: 9781583219645

Location: Online



## The life-changing magic of tidying up: the Japanese art of decluttering and organizing

<https://iha.andornot.com/permalink/library18866>

Author: [Kondo, Marie](#)  
[Hirano, Cathy, translator](#)

Edition: 1st North American ed.

Place: Berkeley CA

Publisher: Ten Speed Press

Pub Date: 2014

Physical Description: 213 p.

Format: Book

Subject: [Housekeeping](#)  
[Home economics](#)  
[Orderliness](#)  
[Storage in the home](#)  
[Conduct of life - Miscellanea](#)  
[Wellness](#)

Notes: Translated from Japanese by Cathy Hirano.  
Includes index.  
Noted missing KGH Library: July 3 2019.

ISBN: 9781607747307

Call No.: TX 321 K82 2014

Location: KGH Library Wellness  
RIH Library Wellness  
VJH Library Wellness

Loan Policy: 21 days