



## 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](#)

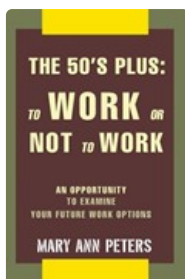
Abstract: 5 hip hop dance workouts that are 10 minutes each.

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](#)

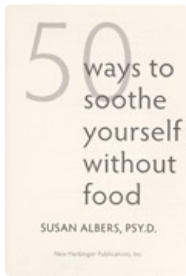
Notes: "An opportunity to examine your future work options." (from cover)

ISBN: 0595387373

Call No.: HQ 1062 P481 2006

Location: KGH Library Wellness

Loan Policy: 21 days

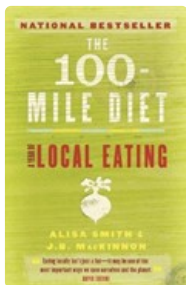


## 50 ways to soothe yourself without food

<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

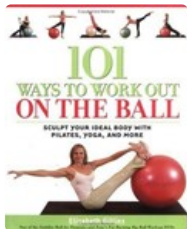


## 100-mile diet: a year of local eating

<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

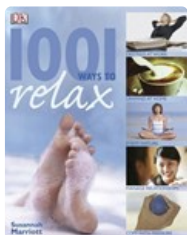


## 101 ways to work out on the ball: sculpt your ideal body with pilates, yoga, and more

<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

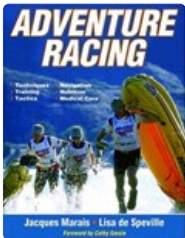


## Adulting: how to become a grown-up in 468 easy(ish) steps

<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

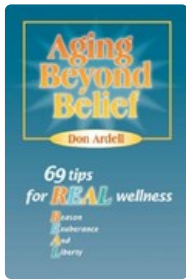


## Adventure racing

<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](#)

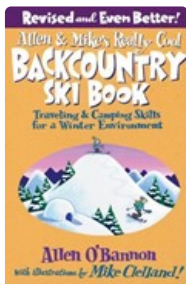
ISBN: 0736059113  
Call No.: QT 250 M299 2004  
Location: RIH Library Wellness  
Loan Policy: 21 days



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

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

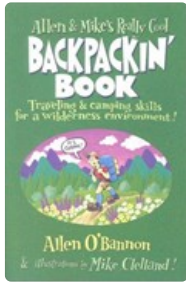
Author: [Ardell, Don](#)  
Place: Duluth, MN  
Publisher: Whole Person Associates  
Pub Date: 2007  
Physical Description: 216 p.  
Format: Book  
Subject: [Health](#)  
[Aging - Prevention](#)  
[Longevity](#)  
[Older people - Health and hygiene](#)  
[Wellness](#)  
ISBN: 9781570252204  
Call No.: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

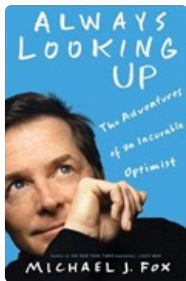
Notes: Includes bibliographical references(p.154) and index.

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

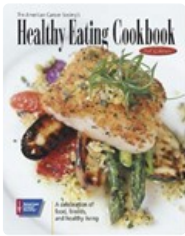
Location: KGH Library Wellness  
RIH Library Wellness

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>

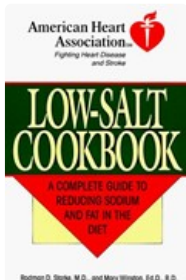
Corporate Author: [American Cancer Society](#)  
Edition: 3rd ed  
Place: Atlanta, GA  
Publisher: American Cancer Society  
Pub Date: 2005  
Physical Description: 262 p.: ill.  
Format: Book  
Subject: [Cookery](#)  
[Nutrition](#)  
[Cancer - Diet therapy - Recipes](#)  
[Cancer - Prevention](#)  
[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