

**Employee Wellness Program
Weber State University
Library Catalog**

The Adonis Complex

Harrison B. Pope, Jr., M.D.
Katharine A. Phillips, M.D.
Roberto Olivardia, Ph.D.

This book identifies symptoms and warning signs of the dangerous problem of the quest for physical perfection, beyond the bounds of normal behaviors, in boys and men. It offers readers an explanation of the underlying causes of the Adonis complex, together with hands-on advice for those who have experienced body obsessions themselves, or who see these problems in a boy or man they love.

Aerobics Instruction Manual

American Council on Exercise

The *ACE Aerobics Instruction Manual* will provide you with the scientific, instructional and professional knowledge you need to be a top-notch instructor. This book is presented in a clear, easy-to-follow format perfect for using as a study aid for the ACE Group Fitness Instructor Certification Exam or as a daily reference guide.

The Anxiety & Phobia Workbook (4th edition)

Edmund J. Bourne, Ph.D.

The Anxiety & Phobia Workbook is a practical and comprehensive guide offering help to anyone struggling with panic attacks, agoraphobia, social fears, generalized anxiety, obsessive-compulsive behaviors, and other anxiety disorders. Step-by-step guidelines, questionnaires, and exercises will help you learn skills to make lifestyle changes necessary to achieve a fully lasting recovery.

Aromatherapy Solutions

Veronica Sibley

Aromatherapy Solutions includes

- simple techniques for relaxation, wellbeing, beauty and sensual massage
- Room-by-room guide to using essential oils in the home
- Directory of properties of over 60 oils to help you find the right combination for you
- Advice on blending oils and choosing carrier oils

Basic Biomechanics (3rd edition)

Susan J. Hall

This book provides an introduction to biomechanics utilizing the latest findings from the research literature to support and exemplify the concepts presented. Quantitative as well as qualitative examples of problems illustrate biomechanical principles. Quantitative aspects are presented in a manageable, progressive fashion to make biomechanical principles accessible to all students, regardless of their mathematical skills.

Be Happy

Robert Holden, Ph.D.

Louise L. Hay (forward only)

In *Be Happy*, Robert Holden gives you a front-row seat to his eight-week happiness course—famously tested by independent scientists for the BBC-TV documentary called *How to Be Happy*. Step by step, Robert introduces you to a set of scientifically proven principles and exercises that have been hailed as “a genuine fast-track to happiness.”

Being Happy!

Andrew Matthews

This is a book about understanding yourself, being able to laugh at yourself, becoming more prosperous, and being able to forgive yourself. It also discusses understanding nature’s laws so we can better deal with our own natures.

Body Talk- The Meaning of Human Gestures

Desmond Morris

For the traveler, this guide is indispensable. But it also has special appeal for anyone interested in human communication. And for the casual browser it contains hundreds of amusing examples of ways in which, almost without thinking, we use our hands, faces, and occasionally other body parts to insult, to threaten, to praise, to implore, and generally to communicate on a level deeper than the realm of spoken language.

Breaking Free from Emotional Eating

Geneen Roth

Breaking Free from Emotional Eating explains how to end the anguish of emotional eating. Geneen Roth offers advice on learning to recognize the signals of physical hunger, eating without distraction, knowing when to stop, kicking the scale-watching habit, and withstanding social and family pressures.

Carbohydrate, Fat & Calorie Guide

Jane Stephenson, RD, CDE

Bridgett Wagener, RD

This book includes nutrient values for thousands of foods including brand-name products, fresh foods, vegetarian dishes, prepared foods, and fast food favorites. This book can help plan nutritious meals and snacks at home, on the run or in restaurants, manage your weight, improve your blood sugar or cholesterol levels, and save time in the grocery store.

The Complete Book of Enzyme Therapy

Dr. Anthony J. Cichoke
Abram Hoffer, MD, PhD (forward only)

Concepts of Human Anatomy & Physiology (5th edition)

Kent M. Van De Graaff
Stuart Ira Fox

Coping With Difficult People

Robert M. Bramson, PH.D.

The Core Balance Diet

Marcelle Pick, MSN, OB/GYN NP
Genevieve Morgan

The Depression Workbook

Mary Ellen Copeland, M.S., M.A.

The Diabetics Food Exchange Handbook

Clara G. Schneider, M.S., R.D., L.D.
Forward: Charles R. Shuman, M.D.

The Complete Book of Enzyme Therapy was written to help you understand and use the power of enzymes to maximize your health and combat a host of common disorders, ranging from allergies to cardiovascular disease to indigestion to stress.

The fifth edition of *Concepts of Human anatomy & Physiology* is consistent with previous editions in its focus on unifying concepts as a means of integrating factual information. A clear and interesting narrative, carefully rendered and attractive illustrations, and numerous pedagogical devices continue to be central in enabling students to assimilate a large body of information and to place what they have learned in a meaningful context.

Learn the six basic steps that allow you to cope with just about anyone. Reclaim the power that rightfully belongs to you in any relationship.

The Core Balance Diet explains the science of the body with uncommon clarity, she describes the complex web of connections—between organs and systems, hormones and other biochemicals—that keep your physiology in balance and your metabolism functioning well.

This book will help you learn and practice the latest research-based self-help strategies to relieve depression and address other mental health issues. Included are new medical and holistic perspectives and extensive lists of helpful resources and Web sites that will assist you in your journey to wellness.

The Diabetics Food Exchange Handbook includes exchange values, calorie counts, and sodium values for thousands of name brand foods and snacks, including frozen dinners, baby foods, lunch meats, even fast foods, alcoholic beverages, and sugar-free snacks.

Diets Don't Work

Bob Schwartz, Ph.D.

In this book, Dr. Bob Schwartz takes you step by step through the discovery of how your weight really goes there in the first place and how to take it off without effort or dieting. This approach involves a transformation not only of your body, but of your entire attitude toward yourself and your life.

Drive

Daniel H. Pink

In *Drive*, Daniel H. Pink examines the three elements of true motivation—autonomy, mastery, and purpose—and offers smart and surprising techniques for putting these into action. Bursting with big ideas, *Drive* is the rare book that will change how you think and transform how you live.

Eat What You Love, Love What You Eat

Michelle May, M.D.

In this book, Dr. Michelle May will guide you out of the food-focused, diet-driven downward spiral that leads you to eat, repent, and repeat. She offers a powerful alternative: end your love-hate relationship with food and start eating mindfully and joyfully.

Emotional Intelligence

Daniel Goleman

Daniel Goleman's bestseller argues that our view of human intelligence is far too narrow, ignoring a crucial range of abilities that matter immensely in terms of how we do in life. Now, a decade after the book's initial publication, the term "emotional intelligence" has become part of our daily language.

Essential Oils Desk Reference

Essential Science Publishing

Essential Science Publishing provides an extraordinary, definitive work on the therapeutic value of essential oils. This is a book that raises the knowledge and understanding of essential oils to an entirely new level.

Exercise Physiology for Health, Fitness, and Performance

Sharon A. Plowman

Denise L. Smith

Exercise Physiology for Health, Fitness, and Performance presents a wide variety of concepts in a clear and comprehensive way that allows students to apply the principles of exercise physiology in the widest variety of possible work situations.

Feeling Good

David D. Burns, M.D.

Eminent psychiatrist David d. burns, M.D., outlines the remarkable, scientifically proven techniques that will immediately lift your spirits and help you develop a positive outlook on life:

- Recognize what causes your mood swings
- Nip negative feelings in the bud
- Deal with guilt
- Handle hostility and criticism
- Overcome addiction to love and approval
- Beat “do-nothingism”
- Avoid the painful downward spiral of depression
- Build self-esteem
- Feel good every day

Feeling Good About the Way You Look

Sabine Wilhelm, PhD

Harvard psychologist Sabine Wilhelm leads you through a step-by-step program that helps you fight the urge to spend hours “fixing” your skin and hair, working out, or shopping for flattering clothes. Reality-check exercises based on cognitive-behavior therapy demonstrate how to identify unfounded beliefs about your appearance.

Fitting in Fitness

American Heart Association

The American Heart Association’s *Fitting in Fitness* guide will show you how to work spurts of activity into the way you live right now. Those few minutes can add up to huge rewards, including a stronger heart and bones, higher energy levels, better weight control, and more.

Focusing

Eugene T. Gendlin, PH.D.

Based on research at the University of Chicago, focusing is a technique of self therapy that teaches you to identify and change the way your personal problems concretely exist in your body. *Focusing* guides you to the deepest level of awareness within your body.

From Belly Fat to Belly FLAT

C.W. Randolph, Jr., M.D.
Genie James

C.W. Randolph, Jr., M.D., explains that the *real* reason behind seemingly unstoppable extra weight around your middle has less to do with calories, carbs, or crunches and *everything* to do with a little-known but very real medical problem called “estrogen dominance.” He will show you why we are in the midst of an estrogen epidemic and how you can save your waistline and your health.

Games People Play

Eric Berne, M.D.

Games People Play revolutionized our understanding of what really goes on during our most basic social interactions. Dr. Eric Berne explains how we play games all the time—sexual games, marital games, power games with our bosses, and competitive games with our friends. He exposes the secret ploys and unconscious maneuvers that rule out intimate lives.

Get Out of Your Mind & Into Your Life

Steven C. Hayes, PH.D.
Spencer Smith

This book introduces acceptance and commitment therapy (ACT). It is a new, scientifically based psychotherapy that takes a fresh look at why we suffer and even what it means to be mentally healthy. ACT is about developing a willingness to embrace every experience life has to offer.

The Gift of Fear

Gavin De Becker

In this book, Gavin de Becker, the man Oprah Winfrey calls the nation’s leading expert on violent behavior, show you how to spot even subtle signs of danger—before it’s too late.

Health Fitness Instructor’s Handbook (Third Edition)

Edward T. Howley
B. Don Franks

The third edition features a better organization with a heavier focus on exercise prescription; new chapters on metabolic costs of physical activity, weight management, and exercise prescription for special population; new in-text reviews linked to learning objectives; and case studies for every chapter.

Health Fitness Instructor’s Handbook (Fourth Edition)

Edward T. Howley
B. Don Franks

This book includes:

- Expanded information on calibrating exercise testing equipment
- New and reorganized information on assessing muscular fitness, and guidelines for strength and muscular endurance training

Heartsaver First Aid With CPR and AED

American Heart Association

This student manual expounds on the 5 principles of First Aid:

- First Aid: How Will It Help Me?
- Protect Yourself—Protect the Victim
- When in Doubt, Always Phone for Help
- Before You Can Help, You Have to Know the Problem
- After the Emergency Is Over

Dr. John Lee Hormone Balance Made Simple

John R. Lee, M.D.
Virginia Hopkins

Dr. John Lee Hormone Balance Made Simple gives clear, step-by-step guidance for creating a natural hormone balance program tailored to your individual needs. Now you can learn which hormone regimen is right for you and how to help eliminate mood swings, hot flashes, night sweats, breast tenderness, irregular bleeding, and other distressing symptoms or menopause and premenopause.

How to Survive Your Diet

Linda Moran

Linda Moran explains how binge eating, emotional eating, stress eating, and just plain overeating can be stopped. Unlike willpower, the work lies instead in changing how you think about food, stress, and emotions.

Kinetic Anatomy

Robert S. Behnke

This book makes it easy for future athletic trainers, physical education teachers, kinesiologists, and coaches to learn the fundamentals of anatomy—and to retain their knowledge for future application in advanced courses or on the job. *Kinetic Anatomy* lays the foundation for students to learn how anatomy affects movement of the human body. Readers will be able to apply this knowledge in the future as they work with, treat, and train the physically active.

Life is a Stretch

Elise Browning Miller
Carol Blackman

Life is a Stretch shows you how to look younger, have more energy, and reduce stress with focused breathing, easy stretches, and relaxation techniques. Based on yoga principles, these simple techniques can be used anytime by people of all ages and ability levels.

Looking good- Male Body Image in Modern America

Lynne Luciano

Looking Good examines the confluence of social, economic, and cultural changes that have shaped the new cult of male body image in postwar America. Lynne Luciano explores what men are doing to themselves, asks why they are doing it, and discovers what this new world tells us about American society today.

The Maker's Diet

Jordan S. Rubin

Using a holistic approach to health, *The Maker's Diet* is designed to help:

- Boost your immune system
- Attain and maintain your ideal weight
- Have abundant energy
- Improve your physical appearance
- Reduce Stress
- Improve digestion

Making Weight

Arnold Andersen, M.D.

Leigh Cohn, M.A.T.

Thomas Holbrook, M.D.

In recent years, there has been an increase in the numbers of men with eating disorders. This book explains why—and what to do about it.

The Miracle of Bio-Identical Hormones

Michael E. Platt, M.D.

This is a reader –friendly exploration of natural bio-identical hormones and their power to heal incurable “diseases”.

Natural Healing Guide 2000

Prevention Magazine

In the *Natural Healing Guide 2000* you will learn:

- How to buy and use herbal remedies wisely—and safely
- The pros and cons of all the leading systems of natural healing, from acupuncture and ayurveda to homeopathy and naturopathy—and how to get the best from them all
- How to know which vitamin supplements you need and which ones you can do without
- Which foods are the most powerful disease-preventing foods on the planet

The No Sweat Exercise Plan

Harvey B. Simon, M.D.

The No Sweat Exercise Plan, Harvard Medical School Associate Professor Harvey B. Simon, M. D., shows you how to fit fitness into your daily routine—without breaking a sweat.

Our Bodies, Ourselves

The Boston Women's Health Book Collective

Our Bodies, Ourselves addresses vital health concerns of women of diverse ages, ethnic and racial backgrounds, and sexual orientations. New information and resources are included to help shape women's health, relationships, child bearing, aging and much more!

The Overfed Head

Rob Stevens

Tap into your thintuition! Learn how to give your body what it needs, no more and no less. *The Overfed Head* will help you discover:

- Why diets don't work and never will
- How inaccurate eating keeps you overweight
- How accurate eating is the key to success
- The six practices of people who follow their thintuition.

Patient Heal Thyself

Jordan S. Rubin, N.M.D, PH.D.

In *Patient Heal Thyself* Jordan, a doctor of naturopathic medicine and founder of Garden of Life, the fastest-growing nutritional company in America, teaches readers how to take control of their own health and unlock the body's phenomenal healing potential.

The Pilates Body

Brooke Siler

The ultimate at-home guide to strengthening, lengthening, and toning your body—without machines!

Pilates for Core Strength

Sandie Keane

Pilates for Core Strength Offers a gentle but powerful approach to achieving optimal strength, flexibility, and stamina. Includes a step by step guide, how to improve core strength and stability, and 30 minute workouts.

Prescription for Nutritional Healing

Phyllis A. Balch, CNC

Prescription for Nutritional Healing is a practical A-to-Z reference to drug-free remedies using vitamins, minerals, herbs, and food supplements. A guide to holistic health.

Responding to Emergencies

American Red Cross

This textbook has been designed to facilitate your learning and understanding of the knowledge and skills required to effectively respond to emergency situations

The Rules of “Normal” Eating

Karen R. Koenig, LICSW, M.ED.

The Rules of “Normal” Eating targets negative beliefs, as well as feelings and behaviors, and points the way toward genuine physical and emotional fulfillment.

Secrets of Pilates

Sally Searle

Cathy Meeus

-Explains the principles of the Pilates exercise system

- Demonstrates exercises step-by-step with color photography
- Offers a jargon-free approach that makes Pilates easy to understand
- Offers approximately 350 pictures that help clarify concepts

Secrets of Reflexology

Chris McLaughlin and Nicola Hall

-Investigates the zones of the hands and feet and their relation to the rest of the body

- Shows how to treat various ailments by means of pressure
- Achieves a jargon-free approach that makes reflexology easy to understand for the newcomer

7 secrets the weight loss industry will never tell you

Graham Park

Graham Park tells his weight loss story and shares how he reactivated his body’s natural fat burning hormones without:

- Doing any serious exercise;
- Counting calories;
- Drinking diet shakes or eating meal replacements.

This book shares how you can also achieve the same level of success.

SHIFT HAPPENS!

Robert Holden, PH.D.

Packed full of wisdom, *SHIFT HAPPENS!* Tackles fundamental everyday concerns that can undermine enjoyment and fulfillment. Using an inspirational blend of stories, insights and practical exercises, Robert Holden guides you to the better, happier life that you deserve. You learn how to shift the stuff that holds you back, transform negative thoughts, release fears, and embrace a new level of creativity and joy.

The Six Pillars of Self-Esteem

Nathaniel Branden

In *The Six Pillars of Self-Esteem*, Nathaniel Branden presents the culminating achievement of a lifetime of clinical practice and research. In this penetrating and provocative book, he conclusively demonstrates the importance of self-esteem in our quest for psychological health, personal achievement, and positive relationships.

Soccer Fundamentals

Danny Mielke

In *Soccer fundamentals*, you learn by doing. Sequential instructions and accompanying photographs will guide you to perform the essential skills and tactics of the game. In addition to mastering the basics, you'll be challenged to expand your repertoire of skills and to use those newly acquired techniques and tactics for a competitive advantage.

Social Intelligence

Daniel Goleman

Far more than we are consciously aware, our daily encounters with parents, spouses, bosses, and even strangers shape our brains and affect cells throughout our bodies – down to the level of our genes—for good or ill. In *Social Intelligence*, Daniel Goleman explores an emerging new science with startling implications for our interpersonal world. Its most fundamental discovery: we are designed for sociability, constantly engaged in a “neural ballet” that connects us brain to brain with those around us.

Swiss Ball for Total Fitness

James Milligan

The Swiss Ball is rapidly becoming an essential piece of exercise equipment—combined with a few weights and a medicine ball you can now use it to provide a total fitness regime. *Swiss Ball For Total Fitness* shows readers how to utilize its full potential beyond improving core strength, with exercises to strengthen muscles in the midsection, chest, back, shoulders, arms, and legs. Suitable for both men and women, it features a range of different exercises for the beginner through to the advanced, plus a section of 20-minute workouts to make maximum use of limited training time.

Switch

Chip Heath

Dan Heath

In *Switch*, the Heaths show how everyday people—employees and managers, parents and nurses—have united both rational and emotional minds and, as a result, achieved dramatic results.

Take Care of Yourself

Healthy Utah

Donald M. Vickery, M.D.

James F. Fries, M.D.

This book is about how to “take care of yourself” and the four different meaning of this phrase. Your life-style is your most important guarantee of lifelong vigor.

The Testosterone Syndrome

Eugene Shippen, M.D.

William Fryer

Testosterone deficiency has been an unrecognized syndrome that impacts every sinew and cell in the body. It is powerfully linked to nearly every major degenerative disease. Use of this remarkable healing hormone could reverse suffering and prevent early death. My research uncovered a mountain of medical literature that has basically ignored supporting its benefits. –Shippen

Three Minute Therapy

Michael R. Edelstein, Ph.D.

David Ramsay Steele, Ph.D.

Three Minute Therapy is based upon Rational Emotive Behavior Therapy, originated by Albert Ellis. The principles have been simplified and explained in a way designed to assist you to take charge of your life and to give you the maximum benefit without spending undue time and money in a therapist’s office.

Trigger Point Self-Care Manual

Donna Finando, L.Ac., L.M.T.

In *Trigger Point Self-Care Manual* Donna Finando presents methods for the healing and prevention of muscular injuries. She identifies the causes of and remedies for areas of muscular tightness and restriction and details many self-care techniques, including precise self-massage, stretching, and the use of wet heat and/or ice. In the fully illustrated reference section, organized by region of the body, she describes the pain associated with trigger points in each muscle of that region, identifies the actions and positions that cause those trigger points to develop, and provides instructions for massaging, treating, and stretching the muscle in order to release it.

The Truth Will Set You Free

Alice Miller

In *The Truth Will Set You Free*, Miller returns to the intensely personal tone and themes of her best-loved work, arguing that only by embracing the truth of our past histories can any of us hope to be free of pain in the present. Miller’s vivid true stories reveal the perils of early-childhood mistreatment and the dangers of mindless obedience to parental will.

What Your Doctor May Not Tell You about Breast Cancer

John R. Lee, M.D.

David Zava, Ph.D.

Virginia Hopkins

With its revolutionary program featuring natural progesterone, *What Your doctor May Not Tell You about Breast Cancer* offers a progressive approach to hormone balance that is both eye-opening and empowering.

What Your Doctor May Not Tell You About Hypothyroidism

Ken Blanchard, M.D., Ph.D.

Marietta Abrams Brill

In these pages, Dr. Blanchard, an experienced endocrinologist, shares his revolutionary, research-based approach to the diagnosis and treatment of this common yet regularly overlooked disease.

What Your Doctor May Not Tell You About IBS (Irritable Bowel Syndrome)

Richard N. Ash, M.D.

Winifred Conkling

Dr. Richard Ash presents a revolutionary plan to help you heal your system without masking symptoms or relying on medication.

The Wisdom of Menopause Journal

Christiane Northrup, M. D.

Christiane Northrup wrote this journal as a way for you to record and strengthen that still, small voice within—your inner wisdom—that’s now trying to get your attention in order to lead you to greater happiness, health, and fulfillment than ever before. This is the place to affirm vibrant health and to write down your various symptoms, treatments, and changes, as well as the thoughts and feelings that accompany them.

Women’s Bodies, Women’s Wisdom

Christiane Northrup, M.D.

The book *Women’s Bodies, women’s Wisdom* powerfully demonstrates that when women change the basic conditions of their lives that lead to health problems, they create vibrant health with far fewer medical interventions.

The Wonder of Probiotics

John R. Taylor, N.D.

Deborah Mitchell

This book reveals how taking the right probiotics—in the form of food and supplements—as part of a total health program can benefit our overall health and improve specific health conditions by restoring that crucial natural balance.

