

# *Health Learning Library*

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## **BREASTFEEDING:**

Balancing Breast & Bottle  
Nursing Mother, Working Mother  
Nursing Mother's Companion  
Womanly Art of Breastfeeding

## **CHILDREN'S TOPICS:**

Baby on the Way  
Boy's Body Book  
Boy's Guide to Becoming a Teen  
Care and Keeping of You  
Ethan's Butterflies  
Girl's Body Book  
I'm a Big Brother  
I'm a Big Sister  
It's Perfectly Normal  
It's So Amazing!  
Mom and the Polka-Dot Boo-Boo  
The New Baby  
The Period Book  
Rules  
What Baby Needs  
What's Inside Your Tummy, Mommy?

## **DVDs:**

Advice for Parents  
Breastfeeding: Bringing Baby to the Breast  
Consejos Para Los Nuevos Padres  
Healthy Mom, Happy Family  
It's Baby Time

Pregnancy Massage  
Sing & Play With Me  
Understanding Your Baby's Cry  
Visual Guide to Breastfeeding  
You and Your Baby

## **EMOTIONAL HEALTH/HEALING:**

Dash, Making a Difference with Your Life  
Find a Quiet Corner  
Fire in the Soul  
Fit Soul, Fit Body  
God's Little Devotional Book  
Healing Words: Power of Prayer  
Living Well Emotionally  
New Earth, Awakening  
On Course, 4th Edition  
Overcoming Addictions/Spiritual Solutions  
Perfect Health: The Complete Mind/Body  
Prayer, Power and Stress Management  
The Spirit Catches You and You Fall Down  
Touchpoints: The Essential Reference  
When Living Hurts

**MENTAL HEALTH/HEALING:**

Adult Children of Abusive Parents  
Anxiety, Phobias and Panic  
Coping Strategies  
Delivered from Distraction  
Family Understanding  
Feeling Good  
Fifty Signs of Mental Illness  
The Geography of Bliss  
Getting Through the Day  
Girlfriends—Invisible Bonds  
Guide for Fathers  
Happiness in a Storm  
Healing the Adult Child's Grieving Heart  
Helping Someone with Mental Illness  
I am Not Sick, I Don't Need Help  
It's Never Too Late to Have a Happy Childhood  
Living Longer Depression Free  
On Course, 3rd Edition  
Postpartum Depression Demystified  
The Relaxation & Stress Reduction Workbook  
The Self-Esteem Workbook  
The Sexual Healing Journey  
Spent  
Stress Free for Good  
Talking Understanding  
The Secret: What Great Leaders Know and Do  
The Speed of Trust  
Therapy Demystified  
Unstuck  
Who Moved My Cheese?

**PARENTING:**

Advice for Parents  
Be Prepared: A Practical Handbook for New Dads  
Becoming a Grandmother  
Bedtiming  
Body Learning  
Children with Visual Impairments  
Count Us In  
First Steps in Parenting the Child Who Hurts  
The Fussy Baby Book  
Gale Encyclopedia of Children's Health  
Happy Baby—The Organic Guide  
Healthy Sleep Habits, Happy Child  
How to Talk so Kids Will Listen & Listen so Kids will  
Talk Infant Development  
Infant Massage—3rd Edition  
Infant Massage  
Jo Frost's Toddler Rules  
Keys to Parenting the Child with Autism  
Learning to Learn  
Life as We Know It  
Living with a Brother or Sister with Special Needs  
Miracle Run  
Nighttime Parenting  
The No-Cry Nap Solution  
The No-Cry Sleep Solution  
Parenting & Child Development in Nontraditional Families  
Parenting Passages  
Parenting Pre-School Children  
Parenting the AD/HD Child  
Parenting the Strongwilled Child

**PARENTING (continued):**

Parenting Through Divorce  
Parenting Tricks of the Trade  
Parent's Guide: A Resource Book  
Positive Discipline: A-Z  
Positive Discipline: First Three Years  
Real Parents, Real Children, Adoption  
Siblings of Children with Autism  
Siblings Without Rivalry  
The Silent Garden  
Sleeping Through the Night  
Solve Your Child's Sleep Problems The Successful Child  
Touchpoints: Birth to Three  
What to do for Teen Health  
What to do When Your Child Gets Sick  
The Wonder Weeks  
Your Self Confident Baby

**PREGNANCY/CHILDBIRTH:**

25 Things Every Mother Should Know  
A Child is Born  
The Baby Book  
Chicken Soup for the Expectant  
Mother's Soul Eating Expectantly  
The Expectant Father  
Fathering Right from the Start  
Father's First Steps  
Getting Organized for Your Newborn  
Getting Ready for Childbirth  
Healthy Mother, Healthy Child

**PREGNANCY/CHILDBIRTH (continued):**

Origins  
The Pregnancy Bed Rest Book  
Pregnancy Childbirth & Newborn (1991 & 2001)  
Pregnancy: Your Ultimate Week-By-Week Guide  
Primetime Pregnancy  
Top to Bottom Guide to Your Newborn  
What to Expect When You're Expecting  
When Pregnancy Isn't Perfect  
While Waiting

**RELATIONSHIPS (BUILDING/STRENGTHENING):**

Children are From Heaven  
The Complete Single Mother  
End the Pain  
The Essential Grandparent's Guide to Divorce  
Family & Friends Guide to Domestic Violence  
I Don't Want to Talk About It  
I Thought We'd Never Speak Again  
The Long Distance Grandmother  
Mars and Venus in Love  
Mars and Venus in the Bedroom  
Men are From Mars, Women are From Venus  
The Nanas and the Papas  
Parachutes Could Carry Us Higher  
The Post-Traumatic Stress Disorder Relationship  
Single Again  
Sleepless in America  
Stepcoupling  
Totally Cool Grandparenting  
You Can Be Free

**SPANISH:**

Guia Para Padres

Que Hacer Cuando su Nino se Enferma?

**WOMEN'S HEALTH:**

All About Eve

B.O.O.B.S.

Better Than Ever

Complete Guide to Women's Heart

The Easy Way for Women's to Stop Smoking

The Female Brain

Mothering the New Mother

New Dimensions in Women's Health

The New Feminine Brain

Outsmarting the Midlife Fat Cell

The Secret Pleasures of Menopause

The Woman's Retreat Book

A Women's Book of Life