

Pima County Employee Wellness Books 5.28.08

ID #	Title	Author	Description
214	50 Ways to Build Muscle Fast	Dave Tuttle	Learn the latest proven strategies and secrets to building a superior physique. Get helpful answers to the most common questions on bodybuilding.
3	8 Minutes in the Morning	Jorge Cruise	A simple way to shed up to 2 pounds a week and secrets to eliminate emotional eating
168	A Quiet World - Hearing Loss	David G. Meyers	Living with hearing loss. How do hearing loss people and families cope.
76	Ageless Body, Timeless Mind by Deepak Chopra	Deepak Chopra	Aging and awareness. Dr. Chopra believes that the aging process can be reshaped using mind and body.
115	Allergies, Elimination Diet Cookbook to Detect Food Allergies	Jill Carter & Alison Edwards	A 28-day plan for detecting food allergies that shows which foods you should test.
24	Alzheimer's, Making Sense of Suffering	Theresa R. Strecker, Ph. D.	What caregivers and family members can do to ease emotional strain and caring for someone with Alzheimer's.
25	Alzheimer's, The 36 Hour Day	Nancy I. Mace MA and Peter V. Rabins M.D.	A family guide to caring for persons with Alzheimer disease, related dementing illness, and memory loss in later life.
85	Anorexia & Bulimia	Julia Buckroyd	What is it, what causes it, what can be done.
53	Arthritis, Stop Suffering Start Moving	Darlene Cohen	Exercise to relieve discomfort associative with getting out of bed, walking and computer keyboard. Mind/body techniques that can help.
159	Asthma, Family Guide to Allergies and Asthma	The American Lung Association	Recognize early indicators, know what are the symptoms, and understanding the treatment.
41	Automobile Exercises	Karkicks	Use your drive time as fitness time.
163	Baby Massage -the Calming Power of Touch	Dr. Alan Heath, Nicki Bainbridge	Why Massage? Preparing to and getting started for different age groups. Easing common problems with massage.
148	Back Pain Remedies for Dummies	Michael S. Sinel M.D. William Deardorff, Ph.D.	Essential information needed to understand back pain basics and treatment alternatives.
116	Balanced Life and Leadership Excellence	Madan Birla	Practical ideas to help you unleash leadership and creativity on the job and enjoy a rewarding, healthy life off the job.
167	Baseball Clinic	John Stewart	For players at any level. Skills and drills for better baseball.
97	Basic Chess Openings	Gabor Kallai	Open games is the tactical battle to possess and fight for these positions.
215	Beginning T'AI CHI	Tri Thong Dang	You will be amazed how this simplified method of a martial art will teach you how to relax, cope, and get in touch with your inner self.
137	Beyond Estrogen- Guide for Men and Women	Dr Laura Pawlak	Hormones, understanding their world; mood, energy, health, strength and sexuality. A guide for men and women.
206	Bicycle Commuting Made Easy	Editors of Bicycling Magazine	Bike Commuting Made Easy is full of expert tips on everything from riding in traffic to bike maintenance.
185	Body Care Just for Men	Jim Long	Natural health tips for sore muscles relief, skin protection, aftershave and tonics.
77	Book of Health - New York Times	Jane E. Brody	Health advice on nutrition , vitamins and exercise.

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33	Botox	Ron M. Shelton	Everything you need to know about the amazing new anti-wrinkle treatment.
59	Breaking 100 in 21 days for the Golfer	Walter Ostroske, John Devaney	If you love this sport, but have limited time. This book is for you.
5	Campbell Cook Book	Campbell Company	Cooking with soup, 608 skillet- dishes, casseroles, stews, gravies, dips, soup mates and garnishes.
36	Cancer - Guide to Pain Control	American Cancer Society	Powerful methods to overcome cancer pain.
80	Canoe Paddling: The Basic Essentials	Harry Roberts	The techniques for canoe paddling. The art of making a canoe do exactly what you want it to do.
75	Chicken Soup for the Women's Soul	Jack Canfield	101 stories to open the hearts and rekindle the spirit of women.
63	Chiropractic First	Terry Rondberg D. C.	The fastest growing healthcare choice before drugs or surgery. Why use a chiropractor?
162	Cholesterol Counter	Annette Natow, Pd.D. R.D. & Jo-Ann Heslin, M.A., R.D.	What is cholesterol and how to count cholesterol in foods.
23	Cholesterol, Count Out	Dr. Art Ulene	A program to help lower your cholesterol in 30 days and addresses the causes.
118	Crocheting & Knitting	Better Homes and Gardens	50-plus projects for your home with traditional and comtemporary designs and easy to follow patterns.
6	Crock-Pot Cooking	Marilyn Neil	Recipes of Crock-Pot cooking.
110	Dealing with People You Can't Stand	Dr. Rick Brinkman & Dr. Rick Kirschner	How to bring out the BEST in people at their WORST.
140	Diabetes, Carb Counting Made Easy/Playing the Numbers	American Diabetes Association	Expert advice from Top Dietitians, tips and technique. How to make sense of your Blood Sugar Levels.
160	Diabetes, Carbohydrate & Calorie Counter	Annette Natow, Ph.D. R.D. & Jo-Ann Heslin, M.A., R.D.	Calorie, carbs and fat counts for each food (3000 entries) and nutritional guidelines to help control diabetes.
139	Diabetes, The Uncomplicated Guide to Diabetes Complications	Michael A Pfeifer MD	What every person with Diabetes should know about prvention, treatment, and self care for complications of the Nerves, Feet, Eyes, Kidneys, Skin, and more.
138	Diabetes, How to Save Up to \$3000 a Year.	Leslie Y. Dawson, MS	Discover the secrets to saving money on medications, supplies, groceries, doctors visits and much more.
212	Diabetic Desserts	Betty Wedman, Ph.D., R.D.	More than 80 delicious and easy-to-follow recipes for desserts that are good tasting and health-conscious.
122	Diabetics - Cooking	Kitty Maynard	A complete guide to easy meal preparation and enjoyable eating for healthy living.
88	Don't Sweat the Small Stuff	Richard Carlson PH. D.	Simple ways to keep the little things from taking over your life.
14	Dr. Dean Ornish - Reversing Heart Disease	Dr. Dean Ornish	The only system scientifically proven to reverse heart disease with out drugs or surgery.
49	Emme Life's Little Emergencies	Emme and Natasha Staynoff	Everyday rescue for beauty, fashion, relationships and life.
89	Every Woman - Essential Guide for Healthy Living	Association of Women Health	Advice and tips on aging well and other women topics of interest.

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57	Exhausted? Overweight? Depressed? - Low Blood Sugar	Peter Steincrohn M.D.	You may be suffering from low blood sugar and don't know it. Tells you how to cure low blood sugar?
213	Fast Vegetarian Feasts	Martha Rose Shulman	An outstanding collection of healthy, delicious, and inexpensive vegetarian meals. Most of the dishes can be prepared in 45 minutes or less.
52	Fat Counter	Harriet Roth	Complete information on fat percentages, fat grams, calories, cholesterol and brand name comparisons.
91	Fat Counter	Women's Health Initiative	Helpful hints, guide to measurements, and how to calculate the fat grams in a recipe.
38	Fat Free Holiday Recipes	Sandra Woodruff	Recipes for Easter, Fourth of July, Thanksgiving and Christmas.
121	Fight Fat for Men to Stay Healthy	Stephen C. George, Jeff Bredenberg	Men's health life improvement guide. Tells every man what they need to know to get and stay lean.
217	Fitness Walking for Dummies	Liz Neporent, M.A.	This guide explains stride by stride how to maximize the cardiovascular benefits of walking and set up a personalized fitness walking program.
135	Gardening in the Desert	Mary Irish	Advice on adapting plants to the desert. Tips on planting, watering, pruning and propagation.
43	Grandmother's Food Secrets	Dr. Myles H. Bader	Read all about the secrets to retaining the nutritional value of foods. Example- How to tell the age of an egg.
44	Grandmother's Home & Holiday Traditions	Dr. Myles H. Bader	Home and holiday traditions, facts, crafts and websites
40	Grandmother's Kitchen Basics & Solutions	Dr. Myles H. Bader	Popcorn won't pop. Ham is too salty. Find all the secrets to fix most.
39	Grandmother's Natural Remedies & Nutrition	Dr. Myles H. Bader	Learn and discover different methods and assorted hints and tips.
187	Healthy Living by Joan Lunden's	Joan Lunden's	A practical inspirational guide to creating balance in your life.
22	Hiking - Arizona Mountains	Bob & Dotty Martin	A hiking guide to the Grand Canyon State.
120	How a Man Ages	Curtis Pesmen	It provides practical advice on everything from skin, hair, heart, lungs and muscles. It is a guide to use for a productive life.
21	Hypoglycemia: A Better Approach	Dr. Paavo Airola	Hypoglycemia: What is it and how to cope with this hidden disease
101	Instant Stretches	Mark Evans	Yoga stretching techniques for instant energy and relaxation and easy-to follow
2	Jane Fonda, Low Impact Aerobics & Stretch	Jane Fonda	A 25 minute aerobic workout and a 20 minute full body stretch.
17	Janet's Juice Book	Janet Hazen	90 great recipes for the juicer and blender complete with full color photographs.
100	Jump Into Shape	Sydney Filson & Claudia Jessup	The fast, fun way to physical fitness using a jump rope.

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1	Kids Fitness	Kenneth H. Cooper M D.; P H D	A complete shape - up program from birth through high school. By Dr. Kenneth H. Cooper.
207	Landscaping with Herbs	Nancy Ondra	This fun and useful book has practical information and helpful suggestions to add interest to any landscape by using herbs.
26	Laser Vision	Fishkind, Bakewell, & Cohen	A guide for those who are considering lasik or another correction procedure.
209	Love Must Be Tough	Dr. James C. Dobson	New hope for families in crisis "Love Must Be Tough". This is a valuable resource for anyone who wants to build a relationship based on mutual respect and mutual love.
216	Make the Connection	Bob Greene /Oprah Winfrey	Oprah Winfrey will take you through ten steps to a better body and a better life. Learn what to do everyday, physically and mentally, to start looking and feeling fantastic.
112	Mars and Venus in Touch	John Gray, Ph.D.	Dr. Gray teaches us to improve our understanding of our partners and their needs, and also how to be understood by our partners.
9	Medical Book of Health Hints & Tips	The Editors of Consumer Guide	100's of vital health facts and loads of practical advice by Editors of Consumer Guide.
45	Menopausal Years: The Wise Women Way	Susun S. Weed	Alternative approaches for women and preparing for the journey.
205	Menopause and the years ahead	Mary K Beard/Lindsay R Curtis	Look and feel younger and live longer. This easy-to-read book will answer all your questions about menopause.
83	Money Doesn't Grow on Trees	Neale S. Godfrey	A parents guide to raising financially responsible children.
29	No Ifs, Ands, or Butts: A Smokers Guide to Kicking the Habit	Julie Waltz	A powerful tool to help you give up the addictive grasp on nicotine.
12	Nutrition for Women	Elizabeth Somer	The complete guide on how to eat right, and will make you feel and look your best.
13	Nutritional Healing	James F. Balch	A self-help guide to provide remedies using vitamins, minerals, herbs & food supplements to design your own nutrition program.
47	Pain Erasure the Bonnie Prudden Way	Bonnie Prudden	Discover the wonders of trigger point therapy.Erace pain in minutes without drugs.
93	Painless Strategic Planning	Ruth Sova	Set your mission, analysis, goal writing and learn how to plan effectively.
90	Parent's and Kid's Complete Guide to Summer Camp Fun	Penny Warner	Choosing, packing and heading off to camp. While at camp, what to do?
58	Playing the Great Game of Golf	Ken Blanchard, Chuck Hogan	Here are highly successful training techniques used at a top golfing school in America.
78	Pretty Things - Easy to Make for Gift	Hilary More	Novices and experienced alike will find projects with little cost.
79	Preventions - Food & Nutrition	Editors of Prevention	The most complete book ever written on using food and vitamins to feel healthy and cure disease.
55	Prevention's - New Choices in Natural Healing	Editor in Chief, Prevention Health	A resource for those who want to begin to explore and understand alternative therapies.

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109	Psychologist's Book of Self Test	Louis Janda, PH.D	25 test grouped into 5 sections. These test are on Career,Personality, Intelligence, Love and Sex.
28	Quick-n-Easy Mexican Recipes	Susan B Bollin	Great Mexican dishes in 30 minutes or less for todays busy families.
74	Relationship Rescue by Dr. Phil Mc Graw	Phillip C. McGraw, PH.D.	A seven-step strategy for reconnecting with your partner.
81	Save your Knees	James M Fox, M. D.	Learn what is wrong with the knees, why, what to do, and how to get it back into action.
51	Self Esteem for Women	Lynda Field	A practical guide to love, intimacy & success. Essential for women who want to transform herself.
107	Self Matters by Dr. Phil Mc Graw	Phillip C. McGraw, PH.D.	Challenges you to find your "authentic self" that person you once were before life took its toll.
84	Shopping for Health a Nutritionist Guide	Suzanne Havala, M S., R.D.	A nutritionist aisle by aisle guide. It is easy to eat healthy satisfying foods and not feel deprived.
108	Single Again, Widowed or Divorced?	George Blake	Dating and meeting new friends the second time around. A fresh new look at modern dating.
50	Skiing Basics	Morten Lund	Why skiing is fun,getting outfitted, learning the basics.
203	Slim & Serene Lebanese Secrets Mona's Kitchen	Mona Mort	Part one of this book will teach you the five tools to lose weight. Part two gives you 136 recipes that have sprung from the Mediterranean basin .
15	Smart Eating	Covert Bailey	Tips and advice about food choices with recipes.
16	Smart Exercise	Covert Bailey	Debunking weight loss myths Other useful information and practical advice to burn fat and get fit.
99	Solve Your Child's Sleep Problems	Richard Ferber, M.D.	Safe and sound ideas to help your child fall asleep and stay asleep.
46	Speaking of Women's Health:	Florence Henderson and Valerie Simpson	Increase your knowledge of current developments in women health, well being and personal safety.
133	Sports Supplement Review	Vince Andrich	Whether you want to increase your lean body muscle size or gain strength. Combine training and nutrition, of course supplements..
54	Stop Stuffing Yourself	Weight Watchers	The 7 steps to conquering overeating.Why do you eat so much?
98	Stroke of Luck by Kirt Douglas	Kirk Douglas	Douglas offers a candid memoir and shares the lessons that saved him. Douglas's story is a lesson in survival.
157	Sugar Busters	H. Leighton Steward	Cut sugar to trim the fat, increase your energy and help treat diabetes and other diseases.
30	Swim for the Health of It	Maglischo & Brennan	Provides stroke by stroke guidance for people who want to use swimming to improve their health and physical fitness.
82	Take it Off! Keep it Off!	Dr. Art Ulene	How to take off excess weight and more important keep it off by Dr. Art Ulene.
11	Taking Charge of Your Health (Pacificare)	Donald W. Kemper	A self-care manual for prevention, home care and when to call a doctor.

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208	The Best of Martha Stewart Living	Martha Stewart	Martha Stewart has collected more than 200 simple and creative ideas and projects for making life easier, more beautiful, more special, or more organized.
164	The Better Life Body	Better Life Institute	Help your body achieve its goals, gives you energy, strive for a great lifestyle.
37	The Cancer Survival Cookbook	Donna L. Weihofen & Christina Marino	200 quick and easy recipes with helpful eating tips.
34	The Impatient Gardener	Jerry Baker	Short cuts, home remedies and timely tips to having thriving and gorgeous plants.
186	The Life Strategies Workbook by Dr. Phil	Dr. Phil Mc Graw, Ph. D.	Self tests to help you change your life.
10	The Modern Vegetarian Cookery	Walter & Jenny Flies	500 Vegetarian recipes with an explanation how to make everyday vegetable delicious and exciting.
114	The Process of Parenting	Jane B. Brooks	What is parenting? From becoming a parent to late adolescence, single parenting, special needs child and other advice.
147	The Prostate Book	Stephen Rous M.D.	What is normal, what is not. Sound advice on symptoms and treatment.
48	The Sciatica Relief Handbook	Chet Cunningham	Explains what is sciatica and what can you do for treatment
169	The Victoria's Secret Catalog Never Stops Coming	Jennie Nash	A story of breast cancer.
117	The Working Parents Survival Guide	Sally Wendkos Olds	Tips to run your home more smoothly, find the best child care, keep your marriage alive and how to make time for yourself.
32	Vegetable Delights	Herbert H. Wise and Cecile Lamalle	Enticing entrees and delicious side dishes. All vegetable recipes
62	Walkfit for a Better Body with Kathy Smith	Kathy Smith's	The walkfit program, is a self esteem builder and a perfect part to fitness to improved your health.
134	Websters Medical Dictionary	Pacificare	Medical dictionary with sports medicine reference guide.
87	Weight Watchers 365 Day Menu Cookbook	Jean Nidetch	Successful menu planner with general information.
123	Weight Watchers Slim Ways Grilling	Slim Ways	Complete information on every type of grill, grilling methods and 150 tempting recipes from burgers to pizza.
211	Weight Watchers Weight Strages	Weight Watchers	Weight Watchers will help you successfully manage your weight through life's ups and downs by exploring the most common life-altering events that can play a role in your weight.
56	What Women Should Know	Pamela Patrick Novotny	This is about chronic infections and STD, diagnosis, treatment, prevention.
31	Whole Earth Cook Book	Sharon Cadwallader	Healthful and delicious recipes with natural cooking. Easy to prepare and very interesting dishes.
86	Why Don't I Feel Better?	Joyce Bismack	Healing the recovering alcoholic.
18	Winning Bowling	Earl Anthony	A complete illustrated guide to winning bowling techniques.

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136	Woodworking Projects (176 projects)	Staff of Workbench Magazine	Projects that will add value and enjoyment to your home. Most projects take a couple of weekends and require only ordinary hand or power tools.
19	Working Woman's Communications Survival Guide	Ruth Herman Siress	How to present your ideas with impact, clarity and power and get the recognition you deserve.
20	YOGA	Karen Zebrof	What is Yoga and what you should know. Learn breathing control.
166	Zucchini, Pumpkins & Squash	Kathleen Desmond Stang	35 classic recipes for breads, soups and starters, entrees, side dishes and desserts using these hearty and healthful vegetables.