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| <b>Wellness Library Inventory</b>  |   |                       |
| Libraries currently located in: 1) Public Services Building 2nd floor lunchroom 2) Law Library 821 Main Street in downtown Oregon City   |   |                       |
| 3) Sunnyside Health and Wellness Center 4) Community Corrections Residential Center  |   |                       |
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| <b>Title</b>   | <b>Author</b>                                 | <b>Date Published</b> |
| 100 Days of Real Food. How we did it, what we learned, and 100 easy, wholesome recipes your family will love.  | Leake, Lisa                                   | 2014                  |
| 100 Hikes in Northwest Oregon & Southern Washington  | Sullivan, William L.                          | 2014                  |
| 100 Hikes/Travel Guide NW Oregon & SW Washington   | Sullivan, William L.                          | 2015                  |
| 101 Mindful Ways to Build Resilience - Cultivate Calm, Clarity, Optimism & Happiness Each Day  | Altman, MA, LPC, Donald                       | 2016                  |
| 50 ways to soothe yourself without food  | Albers, Psy.D., Susan                         | 2009                  |
| 60 Hikes Within 60 Miles   | Gerald, Paul                                  | 2010                  |
| 6-Week Plan for Healthy Eating   | Harvard Medical School Special Health Report  | 2014                  |
| A Girl and Her Greens  | Bloomfield, April                             | 2015                  |
| Mindfulness-Based Stress Reduction Workbook - mindful breathing, mindful eating, mindfulness in everyday life, body scan meditation, mindfulness meditation, mindful yoga, mindful self-inquiry, mindful walking, mindfulness of emotions, loving-kindness meditation, mindful interpersonal communication, the gift of rest, the gift of connection | Stahl, PH.D, Bob and Goldstein, PH.D., Elisha | 2010                  |
| A Plan for Successful Aging  | Harvard Medical School                        | ?                     |
| Active Wellness  | Reichler, Gayle                               | 1998                  |
| Adventures for your Soul - 21 Ways to Transform Your Habits and Reach your Full Potential  | Kaiser, Shannon                               | 2015                  |
| Afoot & Afield   | Lorain, Douglas                               | 2010                  |
| Anti Cancer A new Way of Life  | Servan-Schreiber, MD, PhD, David              | 2009                  |
| Back Pain  | Harvard Medical School Special Health Report  | 2014                  |
| Best Easy Day Hikes, Portland, Oregon  | Dunegan, Lizann                               | 2009                  |
| Best -Ever 30 - Minute Cookbook  | Fleetwood, Jenni                              | 2009                  |
| Best Hikes Near Portland   | Barstad, Fred                                 | 2009                  |
| Best Hikes with Kids Oregon  | Henderson, Bonnie                             | 2014                  |
| Best Short Hikes in Northwest Oregon   | Ostertag, Rhonda & George                     | 2003                  |
| Better Balance   | Harvard Medical School Special Health Report  | 2014                  |

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| Better Bones & Balance  | Gunter, Ph.D., Kathy & Pozzesi, Linda             | 2014 |
| Bouncing Back - Rewiring Your Brain for Maximum Resilience and Well-Being   | Graham, MFT, Linda                                | 2013 |
| Breath of Relief  | LaRowe, MA, LCSW, Karl                            | 2005 |
| Bringing Yoga to Life   | Farhi, Donna                                      | 2004 |
| But I deserve this chocolate!   | Albers, Psy.D., Susan                             | 2011 |
| Caregiving Series   | Karpinski, R.N., Marion                           | 2004 |
| Celebrate the Rain - Cooking with the Fresh & Abundant Flavors of the Pacific Northwest   | The Junior League of Seattle                      | 2004 |
| Clean Green Eats  | Kumai, Candice                                    | 2015 |
| Complete Guide to Pilates Yoga Meditation Stress Relief   | Paragon Publishing                                | 2002 |
| Cooking Fresh   | America's Test Kitchen                            | 2015 |
| Cooking Light Complete Cookbook   | Oxmoor House                                      | 2010 |
| Coping with Anxiety and Stress Disorders  | Harvard Medical School Special Health Report      | 2013 |
| Core Exercises  | Harvard Medical School Special Health Report      | 2014 |
| Daily Comforts for Caregivers   | Samples, Pat                                      | 1999 |
| Daring Greatly  | Brown, Brene                                      | 2012 |
| Day Hiking Columbia River Gorge   | Romano, Craig                                     | 2014 |
| Dishing up Oregon, 145 Recipes that Celebrate Farm-To-Table Flavors   | Gartland, Ashley                                  | 2011 |
| Dr. Lani's No-Nonsense Bone Health Guide - The Truth about Density Testing, Osteoporosis Drugs and Building Bone Quality at Any Age | Simpson, DC, CCD, Lani                            | 2014 |
| Drink This Not That   | Zinczenko, David/Goulding, Matt                   | 2010 |
| Driven to Distraction, Recognizing and Coping with Attention Deficit Disorder from Childhood through Adulthood                      | Hallowell, M.D., Edward M. & Ratey, M.D., John J. | 2011 |
| Eat Right, Eat Well - The Italian Way   | Wolff, M.D., Richard & Giobbi, Edward             | 1998 |
| Eat Right, Eat Well - The Italian Way   | Wolff, M.D., Richard & Giobbi, Edward             | 1985 |
| Eat, drink, and be mindful  | Albers, Psy.D., Susan                             | 2008 |
| Eating Mindfully  | Albers, Psy.D., Susan                             | 2003 |
| Eating Mindfully (2nd edition)  | Albers, Psy.D., Susan                             | 2012 |
| Eating the Moment   | Somov, Ph.D., Pavel G.                            | 2008 |
| Exercise  | Harvard Medical School Special Health Report      | 2014 |
| Fail fail again fail better - wise advice for leaning into the unknown  | Chodron, Pema                                     | 2015 |
| Feeding the Whole Family  | Lair, Cynthia                                     | 2008 |

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| Fit and Fast Meal in Minutes  | Gassenheimer, Linda                                   | 2006    |
| Full Catastrophe Living   | Kahat-Zinn, Jon                                       | 1990    |
| Gentle Core Exercises   | Harvard Medical School Special Health Report          | 2014    |
| Get a Life, America   | Mees, M.D., Leonard R.                                | 2000    |
| Getting to Calm (Cool-headed Strategies for Parenting Tweens & Teens)                                   | Kastner, Ph.D., Laura S & Wyatt, Ph.D., Jennifer      | 2009    |
| Good and Cheap, eat well on \$4/day   | Brown, Leanne   | 2015    |
| Good Cheap Eats/Dinner in 30 Minutes or Less  | Fisher, Jessica                                       | 2015    |
| Good Food Great Medicine  | Hassell, Mea/Hassell, M.D., Miles                     | 2009    |
| Grow Harvest Cook (280 receipes from the ground up)   | Kirton, Meredith & Sinclair, Mandy                    | No date |
| Headaches   | Harvard Medical School Special Health Report          | 2014    |
| Healthy Indian Vegetarian Cooking   | Ramineni, Shubhra                                     | 2013    |
| Hearing Loss  | Harvard Medical School Special Health Report          | 2013    |
| Heart to Start  | Beckerman, M.D., James                                | 2015    |
| Hiking Oregon's Geology   | Morris Bishop, Ellen                                  | 2014    |
| Hiking Oregon's History   | Sullivan, William L.                                  | 2011    |
| Home Bistro   | Fussell, Betty  | 1997    |
| How to Talk so Kids will Listen & Listen so Kids will Talk  | Faber, Adele & Mazlish, Elaine                        | 2012    |
| How to Talk so Teens will Listen & Listen so Teens will Talk  | Faber, Adele & Mazlish, Elaine                        | 2005    |
| Indian Vegetarian Cooking at Your House   | Humbad, Sunetra & Boger, M.D., Amy Schafer            | 1995    |
| Kale (The Complete Guide to the World's Most Powerful Superfood)  | Pedersen, Stephanie                                   | 2013    |
| Kitchen Matrix - More Than 700 Simple Recipes and Techniques to Mix and Match for Endless Possibilities | Bittman, Mark   | 2015    |
| Live Longer Cookbook  | Amen, B.S.N., RN, Tana K                              | 2012    |
| Living a Healthy Life with Chronic Conditions   | Lorig,K/Holman,H/Sobel,D/Laurent,D/Gonzalez,V/Minor,M | 2006    |
| Living Beautifully with Uncertainty and Change  | Chodron, Pema   | 2012    |
| Lose Weight and Keep It Off   | Harvard Medical School Special Health Report          | 2014    |
| Managing Chronic Pain   | Otis, John D  | 2007    |
| Meal by Meal  | Altman, Donald  | 2004    |
| Meditation for the Love of It   | Kempton, Sally  | 2011    |
| Mindful Eating - A Guide to Rediscovering a Healthy and Joyful Relationship with Food                   | Bays, M.D., Jan Chozen                                | 2009    |
| Moosewood Cookbook  | Katzen, Mollie  | 1992    |
| No, Really! We Want You to Laugh!   | Mowry, Dave & Rolstad, Tara                           | 2015    |

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| Nonviolent Communication  | Rosenberg, Ph.D., Marshall B.                | 2003 |
| Nourishing Meals  | Segersten, Alissa and Malterre, MS, CN, Tom  | 2012 |
| Parenting Children with ADHD, 10 Lessons That Medicine Cannot Teach                                   | Monastra, PhD, Vincent J.                    | 2014 |
| Portland City Walks   | Foster, Laura O                              | 2012 |
| Portland Forest Hikes   | Thayer, James D.                             | 2008 |
| Portland Hikes 3rd edition  | Bernstein, Art & Jackman, Andrew             | 2000 |
| Portland Hill Walks   | Foster, Laura O.                             | 2005 |
| Positive Psychology   | Harvard Medical School Special Health Report | 2014 |
| Quick Tips for Caregivers   | Karpinski, R.N., Marion                      | 2000 |
| Radically Simple  | Gold, Roxanne                                | 2010 |
| Rail-Trails Washington & Oregon, The Official Rails-to-Trails Conservancy Guidebook                   | Wilderness Press                             | 2015 |
| Sheet Pan Suppers - 120 Recipes for Simple, Surprising, Hands-Off Meals Straight from the Oven        | Gilbert, Molly                               | 2014 |
| Siblings Without Rivalry  | Faber, Adele & Mazlish, Elaine               | 2012 |
| Stress Management   | Harvard Medical School Special Health Report | 2014 |
| Stretching  | Harvard Medical School Special Health Report | 2014 |
| Strong & Courageous   | Howatt, Drenda Lane                          | 2010 |
| The 4 - Hour Chef. The simple path to cooking like a pro, learning anything, and living the good life | Ferriss, Timothy                             | 2012 |
| The All - Natural Diabetes Cookbook   | Newgent Rd, Jackie                           | 2007 |
| The Art of Indian Vegetarian Cooking  | Devi, Yamuna                                 | 1987 |
| The Art of Simple Food  | Waters, Alice                                | 2007 |
| The Beck Diet Solution  | Beck, Ph.D., Judith S.                       | 2008 |
| The Broad Fork  | Acheson, Hugh                                | 2015 |
| The Caregiver Helpbook  | Legacy Health System                         | 2000 |
| The Complete Leafy Greens Cookbook - 67 Leafy Greens & 250 Recipes                                    | Sampson, Susan                               | 2013 |
| The Creaky Knees Guild (the 80 best easy hikes)   | Blair Jr., Seabury                           | 2010 |
| The Joint Pain Relief Workout   | Harvard Medical School Special Health Report | 2014 |
| The Life-Changing Magic of Tidying Up - the Japanese art of decluttering and organizing               | Kondo, Marie                                 | 2014 |
| The Mindful Appetite  | Albers, Psy.D., Susan                        | 2012 |
| The mindful path to self-compassion - Freeing Yourself from Destructive Thoughts and Emotions         | Germer, PhD, Christopher K.                  | 2009 |

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| The Mindful Teen   | Vo, MD, FAAP, Dzung X.                              | 2015 |
| The Pain Survival Guide (how to reclaim your life)   | Turk, PhD, Dennis C & Winter, PhD, Frits            | 2014 |
| The Places That Scare You - A guide to Fearlessness in Difficult Times   | Chodron, Pema                                       | 2001 |
| The Portland Stairs Book   | Foster, Laura O.                                    | 2010 |
| The Self-Compassion Diet   | Fain, LICSW, MSW, Jean                              | 2011 |
| The Six O'Clock Scramble   | Goldfarb, Aviva                                     | 2006 |
| The Whole Life Nutrition Cookbook  | Segersten, Alissa and Malterre, MS, CN, Tom         | 2014 |
| Caring for Others  | Dernoot Lipsky, Laura van with Burk, Connie         | 2009 |
| Understanding and Controlling Your Allergies   | Harvard Medical School Special Health Report        | 2013 |
| Understanding Depression   | Harvard Medical School Special Health Report        | 2014 |
| Understanding Depression   | Harvard Medical School Special Health Report        | 2013 |
| Use your Brain to Change your Age  | Amen, M.D., Daniel G                                | 2011 |
| Use your Brain to Change your Age  | Amen, M.D., Daniel G                                | 2012 |
| V is for Vegetables - Inspired Recipes & Techniques for Home Cooks from Artichokes to Zucchini                           | Anthony, Michael                                    | 2015 |
| Vitamins and Minerals  | Harvard Medical School Special Health Report        | 2012 |
| Walking Portland, 30 tours of Stumptown's funky neighborhoods, historic landmarks, parks, farmers' markets, and brewpubs | Ohlsen, Becky                                       | 2013 |
| Weight Watchers Favorite Homestyle Recipes   | Weight Watchers                                     | 1993 |
| Wellness 9 to 5 Managing Stress at Work  | O'Hara, Ph.D., Valerie                              | 1995 |
| What Your Body Says  | Sayler, Sharon                                      | 2010 |
| Wild in the City, Exploring the Intertwine, The Portland.Vancouver Region's Network of Parks, Trails, and Natural Areas  | Houck, Michael C. and Cody, M.J.                    | 2011 |
| Yoga for Anxiety   | NurrieStearns, LCSW, RYT, Mary & Rick NurrieStearns | 2010 |