

## Audio/CD/DVD/Video List

Title	Author	Topic	Type
10 Greatest Stress Tips on Earth	Hope Health	Stress	VHS
101 Ways to Transform your Life	Wayne Dyer	Meditation	CD
21 Best Kept Secrets of Successful Quitters	Life Sign	Health	Cassette
Accept This Gift	Richard Thomas	Meditation	Cassette
Alan Watts Teaches Meditation	Alan Watts	Meditation	Cassette
Alcohol & Your Health	US Dept of Health & Human Svcs	Alcohol	VHS
Alcohol Problems: The Latino Experience	National Institute on Alcohol Abuse	Alcohol	VHS
Alcoholics Anonymous (2)	Alcoholics Anonymous	Alcohol	Cassette
Alcoholism: Time Life Medical	C. Everett Koop	Alcohol	VHS
Alzheimer's Disease: Time Life Medical	C. Everett Koop	Health	VHS
Arthritis (Osteoarthritis): Time Life Medical	C. Everett Koop	Health	VHS
Assessing the Adult: Head to Toe	Springhouse	Health	VHS
Asthma in Children: Time Life Medical	C. Everett Koop	Health	VHS
Blood Pressure	Hope Health	Health	VHS
Breast Cancer: Time Life Medical	C. Everett Koop	Women's Health	VHS
Breast Lumps: Time Life Medical	C. Everett Koop	Women's Health	VHS
Breathing : The Master Key to Self Healing	Andrew Weil	Meditation	CD
Cardiac System	Springhouse	Health	VHS
Cataracts: Time Life Medical	C. Everett Koop	Health	VHS
Chakra Balancing: Body, Mind & Soul	Deepak Chopra	Meditation	CD
Cholesterol	Hope Health	Health	VHS
Choosing Happiness: The Art of Living Unconditionally	Veronica Ray	Self Help	Cassette
Codependent No More: How to Stop Controlling Others	Melody Beattie	Self Help	Cassette
Colds and Flu	Hope Health	Health	VHS
College Immunization Education Video		Health	VHS
Colon and Rectal Cancer: Time Life Medical	C. Everett Koop	Health	VHS
Coronary Artery Disease and Angina Pectoris		Health	VHS
Coronary Artery Disease: Time Life Medical	C. Everett Koop	Health	VHS
Courage to Heal: A Guide for Women Survivors of...	Ellen Bass/ Laura Davis	Self Help	Cassette
Depression and Manic-Depression: Real Stories, Real...		Mental	VHS
Depression: The Road to Recovery	Lauren Hutton	Mental	VHS
Depression: Time Life Medical	C. Everett Koop	Mental	VHS
Diabetes and its Complications	Springhouse	Health	VHS

Diabetes: Time Life Medical	C. Everett Koop	Health	VHS
Eating Disorders	Dateline	Body Image	VHS
Eating Disorders: Journeys of Self Discovery : and...	National Eating Disorders Screening Program	Body Image	VHS
Eating Well for Optimum Health	Andrew Weil	Nutrition	DVD
Endometriosis: Time Life Medical	C. Everett Koop	Women's Health	VHS
Energy Anatomy: The Science of Personal Power, Spirituality and..			CD
Exercise and Asthma		Health	VHS
Exercise, It's Quick and Easy: A 5 Minute Video	Hope Health	Fitness	VHS
Family: A Revolutionary Way of Self Discovery	John Bradshaw	Self Help	Cassette
Gallstones: Time Life Medical	C. Everett Koop	Health	VHS
Gastrointestinal System	Springhouse	Health	VHS
Gathering of Men	Robery Bly	Men's Health	Cassette
Health and Wellness Lecture Launcher I, II	Discovery Health	Health	VHS
Health Solutions Sleep	Gaiam	Health	DVD
Health Solutions Stress Relief	Rouse	Health	DVD
Heart Disease	Hope Health	Health	VHS
Heart Failure and Pulmonary Edema		Health	VHS
Heart Sounds & Murmurs	Mosby	Health	Cassette
High Blood Pressure: Time Life Medical	C. Everett Koop	Health	VHS
Home Safety with Sherlock Holmes	Hope Health	Health	VHS
How to talk to your Doctor	Hope Health	Health	VHS
How to talk to your Pharmacist	Hope Health	Health	VHS
I'd Rather Laugh	Linda Richman	Stress	DVD
Infertility: Time Life Medical	C. Everett Koop	Sexual Health	VHS
Insomnia: Time Life Medical	C. Everett Koop	Health	VHS
Intuition for Practical People: Trusting Your Instincts In...	Helene Lerner Robbins	Meditation	Cassette
Is It Love or Is It Addiction?	Brenda Schaeffer	Self Help	Cassette
Joy of Stress	Loretta LaRoche	Stress	DVD
Just Say No to Windshields	Hope Health	Health	VHS
Language of Letting Go	Melody Beattie	Self Help	Cassette
Lung Sounds	Wilkins/Hodgkin	Health	Cassette
Making Healthy Choices: Change		Health	VHS
Making Healthy Choices: Eating		Nutrition	VHS
Making Healthy Choices: Exercise		Fitness	VHS
Making Healthy Choices: Lifestyle		Health	VHS
Making Healthy Choices: Relationships		Self Help	VHS

Managing Childhood Asthma		Health	VHS
Managing Your Asthma		Health	VHS
Meditation for Beginners	Gaiam	Meditation	DVD
Meditation for Beginners	Jack Kornfield	Meditation	CD
Meditation for Optimum Health (3)	Andrew Weil/ Jon Kabat-Zinn	Meditation	CD
Meditation for Relaxation & Wellness	Belleruth Naparstek	Stress	CD
Meditation to Help You Stop Smoking	Belleruth Naparstek	Self Help	CD
Men's Work: How to Stop Violence That Tears Our..	Paul Kivel	Self Help	Cassette
Meningitis Educational Video	ACHA	Health	VHS
Menopause and the Time Before Menopause: Time Life Medical	C. Everett Koop	Women's Health	VHS
Migraine and Other Headaches: Time Life Medical	C. Everett Koop	Health	VHS
Miracles (Music of the Heart for Harp, Strings & Winds)	Rob Whitesides-Woo	Relaxation	CD
Musculoskeletal System	Springhouse	Health	VHS
National Alcohol Screening Day: Clinician Training	NIAAA	Alcohol	VHS
Nervous System	Springhouse	Health	VHS
Osteoporosis: Time Life Medical	C. Everett Koop	Health	VHS
Out of This World: Weight Control	Hope Health	Health	VHS
Overweight and Obesity		Body Image	VHS
Pilates Conditioning for Weight Loss	Suzanne Deason	Fitness	DVD
Pregnancy: Time Life Medical	C. Everett Koop	Women's Health	VHS
Preventing Backaches	Hope Health	Health	VHS
Prostate Cancer: Time Life Medical	C. Everett Koop	Men's Health	VHS
Prostate Disorders: Time Life Medical	C. Everett Koop	Men's Health	VHS
Qigong for Health	WellSpring	Health	DVD
Recovering the Soul	Larry Dossey	Self Help	Cassette
Reproductive and Urinary Systems	Springhouse	Sexual Health	VHS
Respiratory Systems	Springhouse	Health	VHS
Road Less Traveled, Part One: Discipline	M. Scott Peck, M.D.	Self Help	Cassette
Road Less Traveled, Part Three: Religion & Grace	M. Scott Peck, M.D.	Self Help	Cassette
Road Less Traveled, Part Two: Love	M. Scott Peck, M.D.	Self Help	Cassette
Seven Spiritual Laws of Success		Self Help	Cassette
Skin Cancer: Time Life Medical	C. Everett Koop	Health	VHS
Smart Sex		Sexual Health	VHS
Smokeless Tobacco: Is It Worth The Risk	Tobacco Intervention Network	Health	VHS
Smoking Cessation: Implementing the AHCPR	Medical Information Services	Health	VHS
Soul of Healing Meditations	Deepak Chopra	Meditation	CD

Specimen Collection for Chlamydia	University of Washington	Sexual Health	VHS
Start Right	Citi Financial	Health- Financial	VHS
STD Female Exam		Sexual Health	VHS
STD Male Exam: Herpes		Sexual Health	VHS
Stress	Belleruth Naparstek/Mark Hess	Stress	CD
Stroke: Time Life Medical	C. Everett Koop	Health	VHS
Tai Chi- Energy Training for Mind and Body	Jayne Storey	Meditation	DVD
There's More to College Credit than a Degree	Citi Financial	Health- Financial	CD
Trigger Proofing you Home for Asthma and Allergy		Health	VHS
Twelve Steps and Twelve Traditions	Alcoholics Anonymous	Alcohol	Cassette
Ulcers: Time Life Medical	C. Everett Koop	Health	VHS
Understanding Depression	SmithKline Beecham	Mental	VHS
Understanding Obsessive Compulsive Disorder	SmithKline Beecham	Mental	VHS
Understanding Panic Disorder	SmithKline Beecham	Mental	VHS
Vascular System	Springhouse	Health	VHS
Wasted Youth		Alcohol	VHS
What you Can do about the Rising Cost of Healthcare	Hope Health	Health- Financial	VHS
Why Health Care Costs So Much	Hope Health	Financial	VHS
Wilderness Daydreams	Whole Person Associates	Stress	Cassette
Winning Against Asthma		Health	VHS
Winning at Parenting Without beating your Kids		Health	VHS
Wound Care: Ulcer Pressure		Health	VHS
Yoga for Beginners	Patricia Walden	Fitness	DVD