

# Wellness and Well-Being in the Workplace: A Bibliography

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\*Annotations have been excerpted from descriptions provided by the publishers.

128 L894

Louv, Richard

**The nature principle : human restoration and the end of nature-deficit disorder**

Chapel Hill, NC: Algonquin Books of Chapel Hill, 2011.

*Subjects:* Nature—Psychological aspects. Human beings—Effect of environment on.

*Summary:* In this book the author argues that a strong connection to nature is essential for human health. Supported by research, anecdotal evidence, and personal stories, the author shows how tapping into the restorative powers of the natural world can boost mental acuity and creativity, promote health and wellness, build smarter and more sustainable businesses, communities, and economies, and ultimately strengthen human bonds.

150.1988 S466

Seligman, Martin

**Flourish : a revolutionary new understanding of happiness and well-being**

New York, NY: Atria Paperback, 2011.

*Subjects:* Satisfaction. Well-being. Positive psychology.

*Summary:* In this book the author presents his concept of what well-being really is, explaining the four pillars of well-being (meaning and purpose, positive emotions, relationships, and accomplishment), placing emphasis on meaning and purpose as the most important for achieving a life of fulfillment.

152.4086 L 478

Lee, John H.

**Emotional intelligence for couples : simple ways to increase the communications in your relationship**

Nashville, TN: Turner, 2011.

*Subjects:* Man-woman relationships – Psychological aspects. Emotional intelligence. Emotions. Men – Psychology.

*Summary:* This book explains basic principles of emotional intelligence to equip you with common-sense ways to express your feelings, allowing you to enjoy greater intimacy, clearer communication, and a deeper connection than you have ever known.

152.42 R896

Rubin, Gretchen Craft

**The happiness project : or, why I spent a year trying to sing in the morning, clean my closets, fight right, read Aristotle, and generally have more fun**

Toronto, ON: HarperCollins, 2012.

*Subjects:* Self-actualization (Psychology). Happiness.

*Summary:* The author chronicles her adventures during the twelve months she spent test-driving the wisdom of the ages, current scientific research, and lessons from popular culture about how to be happier. Among other things, she found that novelty and challenge are powerful sources of happiness; that money can help buy happiness, when spent wisely; that outer order contributes to inner calm; and that the very smallest of changes can make the biggest difference.

152.42 S736

Sparks, Jennifer

**Happy on purpose**

Saskatoon, SK: Stoke Publishing, 2014.

*Subjects:* Happiness.

*Summary:* Through engaging and honest stories, the author demonstrates that happiness is something that we can choose to create if we are prepared to step out of our comfort zones, examine our social conditioning, and explore our desires more fully.

152.44082 B877

Brown, Brené

**I thought it was just me (but it isn't) : making the journey from "What will people think?" to "I am enough"**

New York, NY: Avery, 2007.

*Subjects:* Shame. Women—Psychology.

*Summary:* Based on seven years of ground-breaking research and hundreds of interviews, this book shines a long-overdue light on an important truth: our imperfections are what connect us to each other and to our humanity. Our vulnerabilities are not weaknesses; they are powerful reminders to keep our hearts and minds open to the reality that we're all in this together. The author writes, "We need our lives back. It's time to reclaim the gifts of imperfection – the courage to be real, the compassion we need to love ourselves and others, and the connection that gives true purpose and meaning to life. These are the gifts that bring love, laughter, gratitude, empathy and joy into our lives."

152.46 O76

Orsillo, Susan M.; Roemer, Lizabeth

**The mindful way through anxiety : break free from chronic worry and reclaim your life**

New York, NY: Guilford Press, 2011.

*Subjects:* Anxiety. Anxiety – Treatment.

*Summary:* This book describes clinically tested mindfulness practices specifically tailored for anxiety in its many forms. Learn step-by-step strategies for gaining awareness of anxious feelings without letting them escalate; loosening the grip of worry and fear; and achieving a new level of emotional and physical well-being.

152.46 W749

Wilson, Kelly G.; DuFrene, Troy

**Things might go terribly, horribly wrong : a guide to life liberated from anxiety**

Oakland, CA: New Harbinger, 2010.

*Subjects:* Anxiety – Treatment. Acceptance and commitment therapy. Anxiety.

*Summary:* This book approaches the problem of anxiety a little differently than most. Instead of trying to help you overcome or reduce feelings of anxiety, this book will help you climb inside these feelings, sit in that place, and see what it would be like to have anxiety and still make room in your life to breathe and rest and live — really and truly live — in a way that matters to you.

152.47 K81

Kolts, Russell L.

**The compassionate-mind guide to managing your anger : using compassion-focused therapy to calm your rage and heal your relationships**

Oakland, CA: New Harbinger, 2012.

*Subjects:* Anger. Mindfulness-based cognitive therapy. Compassion.

*Summary:* This book takes a unique approach to helping readers overcome anger called compassion-focused therapy (CFT). It addresses the evolutionary origins of anger and offers readers CFT skills for understanding their own anger, feeling compassion for themselves, and developing compassion for others, including the targets of their anger.

152.47 S697

Somov, Pavel

**Anger management jumpstart : a 4-session mindfulness path to compassion and change**

Eau Claire, WI: PESI Publishing, 2013.

*Subjects :* Conflict management. Anger. Anger treatment.

*Summary:* This book is a brief, field-tested clinical curriculum for breaking the impasse of chronic anger (either for a clinician or a self-helper). This solution-focused approach introduces four core mindfulness-powered change modalities: Impulse Control Training, Choice Awareness Training, Symbolic Threat Inoculation, and Somatic Emotional Self-regulation Training.

153.232 A635

Antony, Martin M.; Swinson, Richard P.

**When perfect isn't good enough : strategies for coping with perfectionism**

Oakland, CA: New Harbinger, 2009.

*Subjects:* Perfectionism (Personality trait).

*Summary:* You'll discover the root cause of perfectionism, explore the impact of perfectionism on your life, and find new, proven coping skills to help you overcome your anxiety about making mistakes. This guide also includes tips for dealing with other perfectionists, and discussions about perfectionism's link to worry, depression, anger, social anxiety, and body image.

153.6 B168

Evans, Patricia

**The verbally abusive man – can he change? A woman's guide to deciding whether to stay or go**

Avon, MA: Adams Media, 2007.

*Subjects:* Invective. Abusive men – Behavior modification. Psychological abuse. Marital conflict.

*Summary:* Combining stories of abused women and abusive men from her own case studies, the author gives you the tools you need to transform your relationship. She assures you that such a transformation is possible - given the right circumstances - but she also helps you determine if your abuser really has changed or if he's merely creating the illusion of change.

153.9 R662

Robinson, Ken

**The element : how finding your passion changes everything**

New York, NY: Viking, 2008.

*Subjects:* Self-actualization (Psychology). Self-realization. Creative ability in children. School failure.

*Summary:* The book looks at the conditions that enable us to find ourselves in the element and those that stifle that possibility. The author shows that age and occupation are no barrier, and that once we have found our path we can help others to do so as well. This book shows the need to enhance creativity and innovation by thinking differently about human resources and imagination.

153.9 R662

Robinson, Ken

**Finding your element : how to discover your talents and passions and transform your life**

New York, NY: Viking, 2013.

*Subjects:* Self-realization. Self-actualization (Psychology). Creative ability in children.

*Summary:* A guide to self-improvement, happiness, and creativity outlines practical steps for identifying personal talents, merging one's passions with inherent abilities, and transforming interests into income.

155.232 H475

Helgoe, Laurie A.

**Introvert power : why your inner life is your hidden strength**

Naperville, IL: Sourcebooks, 2013.

*Subjects:* Introversion. Introverts.

*Summary:* Introverts gain energy and power through reflection and solitude. The author shows how introverts can capitalize on this inner source of power and take full advantage of this hidden strength in daily life.

155.24 A283

Aguilar, Elena

**The onward workbook : daily activities to cultivate your emotional resilience and thrive**

San Francisco, CA: Jossey-Bass, 2018.

*Subjects:* Resilience (Personality trait). Resilience (Personality trait)—Problems, exercises, etc. Self-actualization (Psychology). Self-actualization (Psychology)—Problems, exercises, etc.

*Summary:* In cultivating resilience within yourself and your teaching practice, you improve your health, your outlook, and your relationships while building an environment in which every child succeeds. This workbook takes you on a journey of specific self-discovery that changes your perspective, renews your confidence, and empowers you to make the much-needed changes that allow you to continue inspiring young minds.

155.24 S728

Southwick, Steven M.; Charney, Dennis S.

**Resilience : the science of mastering life's greatest challenges**

New York, NY: Cambridge University Press, 2012.

*Subjects:* Resilience, Psychological. Resilience (Personality trait). Adaptation, Psychological. Adaptability (Psychology).

*Summary:* This book identifies 10 key ways to weather and bounce back from stress and trauma. It is a practical guide to building emotional, mental and physical resilience, and provides a vital and successful roadmap for overcoming the adversities we all face at some point in our lives.

155.25 W753

Wilson, Timothy D.

**Redirect : the surprising new science of psychological change**

New York, NY: Little, Brown and Company, 2011.

*Subjects:* Psychological change. Evaluation. Happiness. Parenting.

*Summary:* A psychologist proposes techniques to tweak and reframe internal self-narratives to lead healthy, more productive lives and discusses the best way to recover from trauma. He also explains why self-help books may make you feel less happy after reading them.

155.26 P993

**7 personality types : discover your true role in achieving success and happiness**

Puttick, Elizabeth

Carlsbad, CA: Hay House, 2009.

*Subjects:* Typology (Psychology). Personality assessment. Self (Psychology).

*Summary:* The seven archetypes of King, Priest, Sage, Scholar, Warrior, Artisan, and Server have always existed in every society, and everyone belongs to one of these groups. Thousands of people around the world have used this system to discover their true nature and to find fulfillment.

155.6 K61

Kirshenbaum, Mira

**I love you but I don't trust you : the complete guide to restoring trust in your relationship**

New York, NY: Berkley Books, 2012.

*Subjects:* Trust. Man-woman relationships. Betrayal.

*Summary:* This book shows you exactly what to do to restore trust in your relationship, regardless of how it was damaged.

155.9042 B471

Bennett, Joel B.

**Raw coping power : from stress to thriving**

Fort Worth, TX: Organizational Wellness, 2014.

*Subjects:* Stress management.

*Summary:* This book explores new ways to address the growing problem of stress in society and the workplace. It is both a practical guidebook and resource for anyone interested in mastering stress, including individuals, groups, workplaces, and those who serve them (such as coaches, counselors, trainers, and therapists).

155.9042 C647

Clouston, Teena J.

**Challenging stress, burnout and rust-out : finding balance in busy lives**

London, England: Jessica Kingsley Publishers, 2015.

*Subjects:* Lifestyles—Psychological aspects. Stress management. Burn out (Psychology).

*Summary:* This practical resource provides professionals with techniques for developing a more balanced lifestyle. The author discusses the meaning of work-life balance and explains how it can be achieved in reality with some simple, straightforward strategies.

155.9042 K27

Kehler, Allan

**Goodbye stress, hello life!**

Regina, SK: Your Nickel's Worth Publishing, 2016.

*Subjects:* Stress (Psychology)—Prevention. Stress (Psychology).

*Summary:* We live in a fast-paced society with a seemingly endless list of demands. Life naturally brings its share of challenges and stress. The key is to move forward so that it doesn't impact other areas of your life. It has been said that the greatest challenge in life is discovering who we are. The next test is being happy with what we find. Drawing from personal and professional experiences, the author inspires you to persevere through your personal challenges rather than avoid them.

155.9042 P855

Posen, David

**The little book of stress relief**

Richmond Hill, ON: Firefly Books, 2012.

*Subjects:* Stress (Psychology). Stress management.

*Summary:* This is a practical book that changes the fundamental thinking and habitual lifestyle choices that contribute to heightened stress levels. There are helpful tips for making informed choices, adjusting how we think, and taking the necessary steps to regain control.

155.9042 R658

Robinson, Bryan

**The smart guide to managing stress**

Norman, OK: Smart Guide Publications, 2012.

*Subjects:* Stress management.

*Summary:* This book provides a practical formula for managing stress to improve your life, career, relationships, and mental state, and increase joy, calm, and productivity.

155.9042 T925

Tummers, Nanette

**Stress management : a wellness approach**

Champaign, IL : Human Kinetics, 2013.

*Subjects:* Stress management.

*Summary:* This student-friendly guide identifies stressors in six dimensions of life — physical, emotional, intellectual, social, spiritual, and environmental — and presents tested tools that students can use in managing that stress in healthy ways.

155.93 B369

Beattie, Melody

**The grief club : the secret to getting through all kinds of change**

Center City, MN: Hazelden, 2006.



*Subjects:* Bereavement—Psychological aspects. Grief. Loss (Psychology). Change (Psychology).  
*Summary:* The author explains how to move on after a major loss, such as the death of a loved one, the end of a career, or a health crisis.

155.937 B496

Berger, Susan A.

**The five ways we grieve : finding your personal path to healing after the loss of a loved one**

Boston, MA: Trumpeter, 2009.

*Subjects:* Grief. Death—Psychological aspects. Bereavement—Psychological aspects.

*Summary:* The author offers advice for healing from a major loss in this presentation of five basic ways, or types, of grieving. These five types describe how different people respond to a major loss. The types are: Nomads, who have not yet resolved their grief and don't often understand how their loss has affected their lives; Memorialists, who are committed to preserving the memory of their loved ones by creating concrete memorials and rituals to honour them; Normalizers, who are committed to recreating a sense of family and community; Activists, who focus on helping other people who are dealing with the same disease or issues that caused their loved one's death; and Seekers, who adopt religious, philosophical, or spiritual beliefs to create meaning in their lives.

155.937 K96

Kumar, Sameet M.

**Mindfulness for prolonged grief : a guide to healing after loss when depression, anxiety, and anger won't go away**

Oakland, CA: New Harbinger Publications, 2013.

*Subjects:* Grief—Religious aspects. Meditation—Therapeutic use. Loss (Psychology). Grief.

158 B877

Brown, Brené

**Daring greatly : how the courage to be vulnerable transforms the way we live, love, parent, and lead**

New York, NY: Avery, 2012.

*Subjects:* Assertiveness (Psychology). Courage. Risk.

*Summary:* Every day we experience the uncertainty, risks, and emotional exposure that define what it means to be vulnerable, or to dare greatly. Whether the arena is a new relationship, an important meeting, our creative process, or a difficult family conversation, we must find the courage to walk into vulnerability and engage with our whole hearts. In this book, the author challenges everything we think we know about vulnerability. Based on twelve years of research, she argues that vulnerability is not weakness, but rather our clearest path to courage, engagement, and meaningful connection.

158 B877

Brown, Brené

**Rising strong**

New York, NY: Spiegel & Grau, 2015.

*Subjects:* Courage. Self-actualization (Psychology).

*Summary:* The physics of vulnerability is simple: if we are brave enough often enough, we will fall. The author tells us what it takes to get back up, and how owning our stories of disappointment, failure, and heartbreak gives us the power to write a daring new ending. Struggle, the author writes, can be our greatest call to courage, and rising strong our clearest path to a wholehearted life.

158 B928

Buettner, Dan

**Thrive : finding happiness the blue zones way**

Washington, DC: National Geographic, 2011.

*Subjects:* Longevity. Self-realization. Self-actualization (Psychology). Contentment. Happiness.

158 R896

Rubin, Gretchen

**Better than before : mastering the habits of our everyday lives**

Toronto, ON: Doubleday Canada, 2015.

*Subjects:* Habit. Change (Psychology).

*Summary:* How do we make good habits that are easy, effortless, and automatic? Habits are the invisible architecture of our lives. The author provides an analytical and scientific framework from which to understand these habits—as well as change them for good. Infused with her compelling voice and funny stories, she illustrates the core principles of habit formation with dozens of strategies that she tests out on herself and others.

158 S465

Seligman, Martin

**Authentic happiness : using the new positive psychology to realize your potential for lasting fulfillment**

New York, NY: The Free Press, 2002.

*Subjects:* Happiness. Optimism. Conduct of life.

*Summary:* This book describes 24 strengths and virtues which each person can develop to their maximum potential. It provides a variety of tests and assessment tools to enable readers to discover and deploy those strengths at home and in the home.

158 S479

Seppälä, Emma

**The happiness track : how to apply the science of happiness to accelerate your success**

New York, NY: HarperOne, 2016.

*Subjects:* Happiness. Success.

*Summary:* In this book, the author explains that our inability to achieve sustainable fulfillment is tied to common but outdated notions about success. We are taught that getting ahead means doing everything that's thrown at us (and then some) with razor-sharp focus and iron discipline; that success depends on our drive and talents; and that achievement cannot happen without stress.

158.1 H251

Hanson, Rick

**Resilient : how to grow an unshakeable core of calm, strength, and happiness**

New York, NY : Harmony Books, 2018.

*Subjects:* Calmness. Happiness. Resilience (Personality trait). Self-actualization (Psychology).

*Summary:* True resilience is much more than enduring terrible conditions. We need resilience every day to raise a family, work at a job, cope with stress, deal with health problems, navigate issues with others, heal from old pain, and simply keep on going. This practical guide is full of concrete suggestions, experiential practices, personal examples, and insights into the brain. It includes effective ways to interact with others and to repair and deepen important relationships.

158.1 K19

Katz, Patricia

**Press pause...press on : bringing balance and perspective to work and life**

Saskatoon, SK: Optimus Consulting, 2006.

*Subjects:* Quality of life. Time management. Stress management. Self-actualization (Psychology).

158.1 N827

Norcross, John C.

**Changeology : 5 steps to realizing your goals and resolutions**

New York, NY: Simon & Schuster, 2012.

*Subjects:* Change (Psychology). Goal (Psychology).

*Summary:* Whether you want to quit overeating or drinking, or end depression, debt, and relationship distress, the author gives you the tools you need to change what you want within 90 days. This book shows you: how to define your goals and get started in a new direction, how to pump up your motivation and prepare for self-change, how to prevent relapses into old patterns, and how to master the skills that will help you sustain change.

158.1 R521

Richardson, Cheryl

**The art of extreme self-care : transforming your life one month at a time**

Carlsbad, CA: Hay House, Inc., 2009.

*Subjects:* Self-help techniques. Conduct of life.

*Summary:* A practical, action-oriented program that advises individuals how, on a month-by-month basis, to identify and alter troubling behaviors, sharing strategies to stop the cycle of self-betrayal and neglect that stems from daily violations of self-care.

158.1 R992

Ryder, John

**Positive directions : shifting problems to escape stress and increase happiness**

Garden City, NY: Morgan James Publishing, 2008.

*Subjects:* Self-actualization (Psychology). Happiness. Stress (Psychology).

*Summary:* How do you refocus on the positive under any circumstances? The author explains how to develop nine psychological skills that empower the individual to conquer problems such as stress, fear, frustrations, misery, lack of energy, sabotaging patterns, and bad decisions.

158.1 S571

Siegel, Daniel J.

**Mindsight : the new science of personal transformation**

New York, NY: Bantam Books, 2010.

*Subjects:* Mind and body therapies. Mind and body. Mindfulness-based cognitive therapy.

*Summary:* This book offers exciting new proof that people aren't hardwired to behave in certain ways, but instead have the ability to harness the power of their minds to resculpt the neural pathways of their brains.

158.1 W445

Welford, Mary

**The power of self-compassion : using compassion-focused therapy to end self-criticism and build self-confidence**

Oakland, CA: New Harbinger, 2013.

*Subjects:* Self-confidence. Emotion-focused therapy. Compassion – Psychological aspects. Self-esteem.

*Summary:* The skills and behavioural techniques outlined in this book are drawn from compassion-focused therapy (CFT), which holds that being compassionate to yourself — even when things are not going well — is central to building real self-confidence.

158.12 A469

Altman, Donald

**The mindfulness toolbox : 50 practical mindfulness tips, tools, and handouts for anxiety, depression, stress, and pain**

Eau Claire, WI: PESI Publishing & Media, 2014.

*Subjects:* Thought and thinking. Self-actualization (Psychology). Mindfulness-based cognitive therapy. Anxiety. Meditation—Therapeutic use.

158.12 B667

Bodian, Stephan

**Meditation for dummies**

Hoboken, NJ: John Wiley & Sons, Inc., 2012.

*Subjects:* Mental health. Relaxation. Mind and body. Meditation.

*Summary:* This book helps readers learn to: explore effective meditation techniques, develop a meditation practice, meditate for stress reduction, spiritual growth, and enhanced health and well-being.

158.12 G996

Gyatso, Kelsang

**Meditations for relaxation [CD] : three guided meditations to relax body and mind**

Toronto, ON : Tharpa, 2014.

*Subjects:* Mind and body. Mental health. Meditation. Relaxation. Buddhist meditation.

*Summary:* This book offers simple meditations for daily life from the Buddhist tradition.

158.12 K11

Kabat-Zinn, Jon

**Full catastrophe living : using the wisdom of your body and mind to face stress, pain, and illness**

New York, NY: Bantam, 2009.

*Subjects:* Meditation – Therapeutic use. Mental health. Stress (Psychology).

*Summary:* This practical guide to mindfulness, meditation and healing is a classic in the field of alternative medicine.

158.12 N195

Naparstek, Belleruth

**Guided imagery mix [CD] : six brief meditations for mind, body & spirit**

Akron, OH: Health Journeys, 2010.

*Subjects:* Mind and body. Relaxation. Meditation.

*Summary:* This mix of six brief guided imagery segments was re-engineered and remixed from favorite titles into self-contained clips, to provide quick access to a relaxed, healing mind state - especially useful when time is short. It includes imagery for Favorite Place, Sitting in the Seat of the Heart, Surrounded by Protection, Walking Meditation, Settling into the Body and Affirmations for Healing the Heart.

158.2 B877

Brown, Brené

**Braving the wilderness : the quest for true belonging and the courage to stand alone**

New York, NY: Random House, 2017.

*Subjects:* Belonging (Social psychology). Self-actualization (Psychology).

*Summary:* In this book, the author redefines what it truly means to belong in an age of increased polarization. With her trademark mix of research, storytelling, and honesty, the author will again change the cultural conversation while mapping a clear path to true belonging.

158.7 P974

**Psychological health and safety in the workplace : prevention, promotion, and guidance to staged implementation**

Mississauga, ON: CSA Group, 2013.

*Subjects:* Health promotion—Standards. Safety—Psychological aspects—Standards. Prevention—Standards.

*Summary:* This is a voluntary standard intended to provide systematic guidelines for Canadian employers that will help enable them to develop and continuously improve psychologically safe and healthy work environments for their employees.

177.7 S465

Selhub, Eva M.

**The love response : your prescription to turn off fear, anger, and anxiety to achieve vibrant health**

New York, NY: Ballantine Books, 2009.

*Subjects:* Love. Fear. Stress (Psychology). Health.

*Summary:* Through a simple-to-use plan of awareness, breathing, visualization, and verbal command exercises, this book reprograms your brain and changes your biochemistry from negative to positive, putting you on a path to long-term wellness and happiness.

204.35 M648

Miller, John P.

**The contemplative practitioner : meditation in education and the workplace. Second edition**

Toronto, ON: University of Toronto Press, 2014.

*Subjects:* Contemplation. Educators—Religious life. Meditation.

294.34435 M664

**The mindfulness revolution : leading psychologists, scientists, artists, and meditation teachers on the power of mindfulness in daily life**

Boston, MA: Shambhala, 2011.

*Subjects:* Experience. Perception. Awareness. Cognition.

*Summary:* A growing body of scientific research indicates that mindfulness can reduce stress and improve mental and physical health. Countless people who have tried it say it's improved their quality of life. Simply put, mindfulness is the practice of paying steady and full attention, without judgment or criticism, to our moment-to-moment experience. Here is a collection of the best writing on what mindfulness is, why we should practice it, and how to apply it in daily life, from leading figures in the field.

294.3444 H251

Hanson, Rick

**Just one thing : developing a Buddha brain one simple practice at a time**

Oakland, CA: New Harbinger, 2011.

*Subjects:* Happiness. Buddhism and science. Meditation – Buddhism. Wisdom.

*Summary:* This guide offers simple things you can do routinely, mainly inside your mind, that will support and increase your sense of security and worth, resilience, effectiveness, well-being, insight, and inner peace. For example, they include: taking the good, protecting your brain, feeling safer, relaxing anxiety about imperfection, not knowing, enjoying your hands, taking refuge and filling the hole in your heart.

302.34 J66

Johnson, David W.

**Reaching out : interpersonal effectiveness and self-actualization**

Boston, MA: Allyn and Bacon, 2006.

*Subjects:* Self-actualization (Psychology). Interpersonal relations. Interpersonal communication. Interpersonal conflict.

303.4 H437

Heath, Chip; Heath, Dan

**Switch : how to change things when change is hard**

New York, NY: Broadway Books, 2010.

*Subjects:* Change (Psychology).

*Summary:* Psychologists have discovered that our minds are ruled by two different systems—the rational mind and the emotional mind—that compete for control. The rational mind wants a great beach body; the emotional mind wants that Oreo cookie. The rational mind wants to change

something at work; the emotional mind loves the comfort of the existing routine. This tension can doom a change effort—but if it is overcome, change can come quickly.

306.361 T246

Taylor, Teresa A.

**The balance myth : rethinking work-life success**

Austin, TX: Greenleaf Book Group Press, 2013.

*Subjects:* Work-life balance. Success—Psychological aspects. Married women—Employment—Psychological aspects. Women in the professions—Family relationships—Psychological aspects. Women in the professions—Conduct of life. Work and family—Psychological aspects.

306.8747 F613

Fletcher, Jacquelyn B.

**A career girl's guide to becoming a stepmom : expert advice from stepmoms on how to juggle your job, your marriage, and your new stepkids**

New York, NY: Harper, 2007.

*Subjects:* Stepmothers. Women in professions.

*Summary:* Drawing on the latest research, her own experiences, and those of other real-life stepmothers, the author offers advice, hope, encouragement, and addresses common concerns, including: What kind of relationship do I want with my stepkids? What if I want to have a baby of my own? and How do we create a budget that feels fair if I make more money than my husband does?

352.880971 H847

**How has Aboriginal culture helped: you, or someone you know, on the journey of healing from addictions? [kit]**

Saskatoon, SK: University of Saskatchewan, 2012.

*Subjects:* Addicts. Well-being. Self-care. Health. Healing.

*Summary:* It is hoped that these stories will inspire readers to join in the provincial discussion. People's stories are their identity. Readers will hear how choosing a healthy sense of self as an Aboriginal person is fundamental to the continued journey of wellbeing.

362.10971 M513

Meili, Ryan

**A healthy society : how a focus on health can revive Canadian democracy**

Saskatoon, SK: Purich Publishing Ltd., 2012.

*Subjects:* Health—Political aspects—Canada. Health—Social aspects—Canada. Public health—Political aspects—Canada.

*Summary:* Income, education, employment, housing, the wider environment, and social supports; far more than the actions of physicians, nurses, and other health care providers, it is these conditions that make the greatest difference in our health. Drawing on his experiences as a family physician in the inner city of Saskatoon, Mozambique, and rural Saskatchewan, the author uses scholarship and patient stories to explore health determinants and democratic reforms that could create a truly healthy society. By synthesizing diverse ideas into a plan for action based on the lived experiences of practitioners and patients, this book breaks important ground in the renewal of politics toward the goal of better lives for all Canadians.

362.2 W763

Winder, Fern Stockdale

**Working together for change : a 10 year mental health and addictions action plan for Saskatchewan**

Regina, SK: Government of Saskatchewan, 2014.

*Subjects:* Mental health services—Canada—Saskatchewan.

*Summary:* This report is the culmination of extensive public consultations across the province with a particular emphasis on the voices of people with lived experience of mental health and addictions issues and their family members, service providers across the human service sectors, and concerned citizens.

362.20425 F514

Finnigan, Candy

**When enough is enough : a comprehensive guide to successful intervention**

New York, NY: Avery, 2008.

*Subjects:* Drug addicts—Rehabilitation. Drug addicts—Family relationships. Crisis intervention (Mental health services).

*Summary:* The author offers support, advice, and hope to people who care about someone with an addiction. She acknowledges that although intervention is a powerful tool, it is a complicated process – one that absolutely must be done right.

362.20425 R439

Munir, Fehmidah (Ed.)

**Returning to work : the role of depression**

London, England: Mental Health Foundation, 2009.

*Subjects:* Mentally ill—Employment. Depression, Mental.

362.208997 H434

**Healing traditions : the mental health of Aboriginal Peoples in Canada**

Vancouver, BC: UBC Press, 2009.

*Subjects:* Native Peoples—Mental health—Canada. Native Peoples—Cultural assimilation—Canada. Indians of North America—Mental health services—Canada. Native Peoples—Mental health services—Canada. Mental healing—Canada. Indians of North America—Mental health—Canada. Indians of North America—Cultural assimilation—Canada. Indians of North America—Canada—Rites and ceremonies. Native Peoples—Canada—Rites and ceremonies. Medicine, Traditional—Canada. Indians, North American—Canada.

*Summary:* Aboriginal Peoples in Canada have diverse cultures, but share common social and political challenges that have contributed to their experiences of health and illness. This collection addresses the origins of mental health and social problems and the emergence of culturally responsive approaches to services and health promotion. This book is not a handbook of practice, but a resource for thinking critically about current issues in the mental health of Indigenous Peoples.

362.20971 L757

Linklater, Renee



**Decolonizing trauma work : Indigenous stories and strategies**

Halifax, NS: Fernwood Publishing, 2014.

*Subjects:* Indian philosophy—North America—Canada. Psychic trauma—Treatment—Cross-cultural studies. Indians of North America—Canada—Social life and customs. Indians of North America—Mental health services—Canada. Indians of North America—Mental health—Canada.

*Summary:* The author explores healing and wellness in Indigenous communities on Turtle Island. Drawing on a decolonizing approach, ten Indigenous health care practitioners discuss Indigenous worldviews, notions of wellness and wholistic health, critiques of psychiatry and psychiatric diagnoses, and Indigenous approaches to helping people through trauma, depression and experiences of parallel and multiple realities. This book includes purposeful and practical methods to help individuals and communities that have experienced trauma, through stories and strategies that are grounded in Indigenous worldviews and embedded with cultural knowledge. One of the first books of its kind, this is a resource for education and training programs, health care practitioners, healing centres, clinical services and policy initiatives.

362.25 M663

**The mindful way through depression : freeing yourself from chronic unhappiness**

New York, NY: Guilford Press, 2007

*Subjects:* Depression, Mental. Happiness. Attention.

*Summary:* This book explains why our usual attempts to "think" our way out of a bad mood or just "snap out of it" lead us deeper into the downward spiral. Through lessons drawn from both Eastern meditative traditions and cognitive therapy, the authors demonstrate how to sidestep the mental habits that lead to despair, including rumination and self-blame, so you can face life's challenges with greater resilience.

362.28089 S948

**Suicide among Aboriginal people in Canada**

Ottawa, ON: Aboriginal Healing Foundation, 2007.

*Subjects:* Native Peoples—Suicidal behavior—Canada. Native Peoples — Canada — Social conditions. Suicide—Risk factors—Canada. Suicide—Prevention.

362.29 L478

Lee, John H.

**The missing peace : solving the anger problem for alcoholics, addicts and those who love them**

Deerfield Beach, FL: Health Communications, 2006.

*Subjects:* Substance abuse—Treatment. Substance abuse—Psychological aspects. Anger.

*Summary:* If you or someone you love is navigating their way through recovery, there's one thing that will either be a roadblock or a catalyst on the journey: a true, holistic understanding of anger. In this book, the author shows you how to free many of the anger issues that are holding you back. Through his advice, personal stories and his step-by-step program, he will open your eyes to the pervasive myths about anger; help you recognize if you or someone you love has issues with anger; and he will reveal the red-flag scenarios you need to be aware of in day-to-day situations.

362.29 P393

Peltz, Lawrence A.

**The mindful path to addiction recovery : a practical guide to regaining control over your life**

Boston, MA: Shambhala, 2013.

*Subjects:* Self-care, Health. Addicts—Rehabilitation. Substance abuse—Treatment.

*Summary:* The author draws from his clinical experience and on the techniques of mindfulness-based stress reduction (MBSR) to explain the fundamental dynamics of addiction and the stages of the recovery process, giving specific mindfulness exercises to support recovery.

362.292 N116

Nabigon, Herb

**The hollow tree : fighting addiction with traditional native healing**

Montreal, QC: McGill-Queen's University Press, 2006.

*Subjects:* Nabigon, Herb—Alcohol use. Alcoholism—Treatment—Canada. Indians of North America — Canada — Religion. Indians of North America — Canada — Rites and ceremonies. Spiritual healing.

*Summary:* This book tells the story of the author's struggle to overcome addiction with the help of the spiritual teachings and brotherly love of his Elders.

362.29286 A354

**Alcoholics Anonymous big book**

[S.I.]: BN Publishing, 2006.

*Subjects:* Alcoholics Anonymous. Alcoholics—Biography. Alcoholism—Treatment.

370.158 R297

Rechtschaffen, Daniel

**The way of mindful education : cultivating well-being in teachers and students**

New York, NY : W. W. Norton & Company, 2014.

*Subjects:* Attention. Educational psychology. Mindfulness-based cognitive therapy.

*Summary:* With attention spans waning and stress on the rise, many teachers are looking for new ways to help students concentrate, learn, and thrive. This book is a practical guide for cultivating attention, compassion, and well-being not only in these students, but also in teachers themselves. Packed with lesson plans, exercises, and considerations for specific age groups and students with special needs, this working manual demonstrates the real world application of mindfulness practices in K-12 classrooms.

370.115

O'Brien, Catherine

**Education for sustainable happiness and well-being**

New York, NY: Routledge, 2016.

*Subjects:* Education—Psychological aspects. Happiness. Students—Psychology. Teachers—Psychology. Transformative learning. Well-being.

*Summary:* The author outlines how the leading recommendations for transforming education can be integrated within a vision of well-being for all. Solution-focused, this book demonstrates how

aspects of this vision are already being realized, and the potential for accelerating education transitions that enable people and ecosystems to flourish.

371.1 B724

Boogren, Tina

**Take time for you : self-care action plans for educators**

Bloomington, IN : Solution Tree Press, 2018.

*Subjects:* Self-care, Health. Self-help techniques. Teachers—Job satisfaction. Teachers—Psychology.

*Summary:* The key to thriving, as both a human and an educator, rests in mindfulness, reflection, and daily self-care activities. With this book, you will discover a clear path to well-being by working through Maslow's hierarchy of needs: (1) physiological, (2) safety, (3) belonging, (4) esteem, (5) self-actualization, and (6) transcendence. The author offers a range of manageable research-based strategies, self-care surveys, and reflective teaching questions that will guide you in developing an individualized self-care plan.

371.1 B922

Buck, Frank

**Organization made easy! : tools for today's teachers**

Larchmont, NY: Eye on Education, 2010.

*Subjects:* Orderliness. School management and organization. Teachers—Time management.

*Summary:* This book explains how to take advantage of specific electronic and paper-based resources that will help manage your time, organize your surroundings, increase productivity, and reduce stress.

371.1 C114

Cabeen, Jessica; Johnson, Jessica

**Balance like a pirate : going beyond work-life balance to ignite passion and thrive as an educator**

San Diego, CA : Dave Burgess Consulting Inc., 2018.

*Subjects:* Self-care, Health. Self-help techniques. Teachers—Psychology. Well-being.

*Summary:* Balance is a myth, but living with purpose, passion, and priorities is within your reach. In today's 24/7, always-on culture, life feels busier than ever before. That hectic pace combined with the constant demands that come with being an educator create the perfect conditions for burnout. But life doesn't have to be that way.

371.1 C521

Cherkowski, Sabre; Walker, Keith

**Teacher wellbeing: noticing, nurturing, sustaining, and flourishing in schools**

Burlington, ON : Word & Deed Publishing Inc., 2018.

*Subjects:* Teachers—Job stress. Teachers—Psychology. Teachers. Well-being.

*Summary:* Grounded in research that explores flourishing schools and positive educational leadership, this book advocates for much more attention on teacher wellbeing. Offering a blend of theory and practice, this book is written to engage teachers, groups of teachers, and school leaders in conversations that help make sense of the often overwhelming demands inherent in teaching, the accompanying challenges of these realities, and their impacts on teachers'

wellbeing. The authors argue that as teachers foster the wellbeing of their students, they must ensure their own self-care is a professional priority.

371.1 J66

Johnson, Bruce; Down, Barry

**Early career teachers : stories of resilience**

New York, NY: Springer, 2015.

*Subjects:* Resilience (Personality trait). First year teachers—Anecdotes. Teachers—In-service training.

*Summary:* This book addresses one of the most persistent issues confronting governments, education systems and schools today: the attraction, preparation, and retention of early career teachers. It draws on the stories of sixty graduate teachers from Australia to identify the key barriers, interferences, and obstacles to teacher resilience, and what might be done about them.

371.1 P242

Parker, Philip

**Teacher's workplace well-being : an exploration of a process model of goal orientation, coping behaviours, engagement, and burnout**

Saarbrücken, Germany: Lambert Academic Publishing, 2012.

*Subjects:* Teachers—Psychology. Resilience (Personality trait). Teachers—Job stress. Teachers—Job satisfaction.

*Summary:* This book claims there is a need to understand teachers' workplace orientations and coping strategies as predictors of well-being, not just focusing on the conditions of the workplace.

371.10019 H551

Herman, Keith C.; Reinke, Wendy M.

**Stress management for teachers : a proactive guide**

New York, NY: Guilford Press, 2015.

*Subjects:* Teachers—Job stress. Teachers—Job stress—Prevention.

*Summary:* This book provides vital coping and problem-solving skills for managing the everyday stresses of the classroom. Specific strategies help teachers at any grade level gain awareness of the ways they respond in stressful situations and improve their overall well-being and effectiveness. Each chapter offers efficient tools for individuals, as well as group exercises.

371.10019 M478

Mazzone, M. Nora; Miglionico, Barbara J.

**Stress-busting strategies for teachers : how do I manage the pressures of teaching?**

Alexandria, VA: ASCD, 2014.

*Subjects:* Teachers—Job stress—Prevention. Teachers—Job stress.

*Summary:* The authors offer simple, proven tactics to help you manage the stresses of being a classroom teacher. Learn how to: employ healthy practices that positively affect your mindset; react, generalize, and maintain to create a positive environment; identify and use your ideal professional pace; exploit your intrinsic preferences for how to get the work done; and make food and exercise choices that will better fuel your mind and body.

371.10019 Q3

Queen, J. Allen; Queen, Patsy S.

**The frazzled teacher's wellness plan : a five-step program for reclaiming time, managing stress, and creating a healthy lifestyle**

Thousand Oaks, CA: Corwin Press, 2013.

*Subjects:* Teachers—Time management. Teachers—Health and hygiene. Stress management. Teachers—Job stress.

371.10091 R426

Repta, Wade

**The well teacher : everything teachers need to know to be well and stay well in the classroom**

Burnaby, BC : humanworks press inc., 2018.

*Subjects:* Stress management. Teachers—Job stress. Teachers—Mental health. Teaching—Psychological aspects.

*Summary:* This book empowers teachers to make themselves a priority, to take greater control of their own wellness, and ultimately, to thrive in the classroom.

371.10019 S617

Singer, Jack

**The teacher's ultimate stress mastery guide : 77 proven prescriptions to build your resilience**

Thousand Oaks, CA: Corwin Press, 2010.

*Subjects:* Stress management. Teachers—Job stress.

*Summary:* This book shows teachers how to build resilience and emotional strength to prevent stress and/or burnout and the negative emotions that may result. The book covers how stress affects your health, how to boost your psychological immunity proactively, and how to maintain your optimism and teaching effectiveness.

371.10019 T823

Tricarico, Dan

**Sanctuaries : self-care secrets for stressed-out teachers**

San Diego, CA: Dave Burgess Consulting, Inc., 2018.

*Subjects:* Burn out (Psychology)—Prevention. Stress management. Teachers—Job satisfaction. Teachers—Job stress. Teachers—Mental health.

*Summary:* Living in a constant state of "crazy-busy" doesn't help anyone, least of all you. To be at your best for others, you must first be your own best self, which requires slowing down and becoming aware of, and tending to, your own needs. The simple, practical, and actionable steps the author shares in this guide will empower you to create a sanctuary plan that allows you to experience more peace and less stress — starting today.

371.10019 T974

Duxbury, Linda Elizabeth; Higgins, Christopher

**The 2011/12 national study on balancing work, life and caregiving in Canada : the situation for Alberta teachers**

Ontario: s.n., 2013.

*Subjects:* Teachers—Job stress. Teachers—Health and hygiene. Stress management. Teachers—Time management.

371.102 A283

Aguilar, Elena

**Onward : cultivating emotional resilience in educators**

San Francisco, CA : Jossey-Bass, 2018.

*Subjects:* Educators. Resilience (Personality trait). Teacher morale. Teachers—Psychology.

*Summary:* This book tackles the problem of educator stress, and provides a practical framework for taking the burnout out of teaching. Stress is part of the job, but when 70 percent of teachers quit within their first five years because the stress is making them physically and mentally ill, things have gone too far. Unsurprisingly, these effects are highest in difficult-to-fill positions where we need our teachers to be especially motivated and engaged, such as math, science, and foreign languages, and in urban areas and secondary classrooms. This book offers a path to resilience to help teachers weather the storms and bounce back—and work toward banishing the rain for good.

371.102 C521

Cherkowski, Sabre; Hanson, Kelly

**Mindful alignment : foundations of educator flourishing**

Lanham, MD : Lexington Books, 2018.

*Subjects:* Mindfulness (Psychology). Reflective teaching.

*Summary:* This book develops a foundation for educators to flourish by promoting self-awareness as a mindful approach to ongoing professional inquiry. It presents three mindful arts—the art of well-being; the art of positive relationships; and the art of living from strengths, passions, and purposes—detailing several practices that, when executed over time, can provide a focus for developing mindful alignment. The authors present an approach to personal, professional learning that encourages educators to slow down, create space to notice, and then nurture their intentions and actions toward fulfilling their purposes and passions. This approach will help teachers to flourish at work and overcome the challenges presented by teaching in ever increasingly fast-paced, rapidly-changing, accountability-driven professional environments.

371.102 H393

Hawkins, Kevin

**Mindful teacher, mindful school : improving wellbeing in teaching & learning**

Los Angeles, CA : Sage, 2017.

*Subjects:* Learning, Psychology of. Mindfulness (Psychology). Reflective teaching. Teachers—Psychology. Teaching—Psychological aspects. Well-being.

*Summary:* Do you feel burnt out at the end of each working day? Are you a new teacher struggling to pace yourself and manage this demanding role? In this book, the author explains: what mindfulness is, and how it can help you; how its use is supported by scientific evidence; how to manage stress, and look after yourself; how teaching mindfully can help your students; how teaching mindfulness connects to social-emotional learning and well-being. Packed full of exercises to try yourself, activities to use in the classroom and links to resources and further reading, this book will engage your heart and reignite your passion for teaching.

371.102 J54

Jennings, Patricia A.

**Mindfulness for teachers : simple skills for peace and productivity in the classroom**

New York, NY: W.W. Norton & Company, 2015.

*Subjects:* Educational change. Teaching—Psychological aspects. Mindfulness-based cognitive therapy. Stress management in children. Emotions in children. Classroom management. Reflective teaching.

*Summary:* This book explores mindful awareness practices to help teachers recognize and regulate emotional re-activity in their classrooms. Teaching is one of the most rewarding professions, but also one of the most demanding. This book offers simple, ready-to-use, and proven mindfulness techniques to help educators manage the stresses of the classroom, cultivate an exceptional learning environment, and revitalize both their teaching and their students' knowledge acquisition. Drawing on basic and applied research in the fields of neuroscience, psychology, and education, as well as the author's extensive experience as a mindfulness practitioner, teacher, and scientist, it includes exercises in mindfulness, emotional awareness, movement, listening, and more, all with real-time classroom applications.

371.102 L941

Luckner, John L.

**Teach well, live well : strategies for success**

Thousand Oaks, CA: Corwin, 2009.

*Subjects:* Effective teaching. Teachers—Professional relationships.

*Summary:* Focused on preparation and effective teaching techniques, this nuts-and-bolts volume helps teachers find the right balance between personal and professional priorities, covering a wide range of topics, such as: increasing their teaching effectiveness, improving their ability to collaborate with others, and developing self-care strategies for a vibrant personal and professional life.

371.102 M537

Mendler, Allen N.

**The resilient teacher : how do I stay positive and effective when dealing with difficult people and policies?**

Alexandria, VA : ASCD, 2014.

*Subjects:* Problem solving. Teachers—Job stress—Prevention. Teachers—Professional relationships.

371.102 M664

Ragoonaden, Karen

**Mindful teaching and learning : Developing a pedagogy of well-being**

Lanham, MD: Lexington Books, 2015.

*Subjects:* Learning, Psychology of. Reflective teaching.

*Summary:* This book features a community of scholar-practitioners from across disciplines, methodologies, and ideological perspectives exploring contexts that support mindful teaching, mindful learning, and a pedagogy of well-being.

371.1023 S127

Saenz, Adam; Dew, Jeremy

**Relationships that work : four ways to connect (and set boundaries) with colleagues, students and parents**

New York, NY: Routledge, 2016.

*Subjects:* Interaction analysis in education. Teachers—Professional relationships.

*Summary:* This book shows you how to increase job satisfaction and personal fulfillment by connecting with others. You'll learn about the relationships you can forge with students, colleagues, and parents to foster a healthy and life-changing learning environment, while also avoiding social and personal stress.

371.1024 L933

Lucas, Lisa J.

**Practicing presence : simple self-care strategies for teachers**

Portland, ME : Stenhouse Publishers, 2018.

*Subjects:* Classroom management. Mindfulness (Psychology).

*Summary:* Most teachers enter the field of education to make a difference in children's lives. But many end up, as the author puts it, "tired, wired, and running in circles." This book is filled with ideas, exercises, checklists, personal anecdotes, and practices you can use to reframe and establish a mindset that will enhance your focus and engagement in the classroom.

371.1024 S456

Segura, Helene

**Less stress for teachers : more time & an organized classroom**

Beeville, TX: Hacienda Oaks Press, 2011.

*Subjects:* Lesson planning. Classroom management. Effective teaching. Teachers—Time management.

*Summary:* This organizing book for educators will teach you: how to save a minimum of 90 hours per school year; the 5 most critical areas to control during your day; how to manage email, paperwork, lesson plans and other tasks; how to set up your classroom in the most efficient way; and how to lower your stress level during the school day. Implementing the ideas in this book will save you a minimum of 30 minutes per day. Teachers are bombarded with hundreds of tasks and decision-making situations per day, but they are often not given the tools to cope with it all. Learn how to become an organized teacher with an organized classroom. Use this as a first year teacher's survival guide or a veteran teacher's journey to achieving classroom organization and less stressful school days.

371.1412 M382

Martin, Ronald R.; Domage, William Rodney

**Seeking wellness : descriptive findings from the survey of the work life and health of teachers**

Saskatoon, SK: Saskatchewan Teachers' Federation, 2012.

*Subjects:* Teachers—Health and hygiene—Saskatchewan. Teachers—Job stress—Saskatchewan. Teachers—Workload—Saskatchewan.

371.1412 T253



**Teacher time : a study of the challenges of intensification of Saskatchewan teachers' professional time**

Saskatoon, SK: Saskatchewan Teachers' Federation, 2013.

*Subjects:* Teachers—Health and hygiene—Saskatchewan. Teachers—Workload—Saskatchewan. Teachers—Job stress—Saskatchewan.

*Summary:* The intent of this study was to engage Saskatchewan teachers in a discussion of the complexities of teachers' time. Teachers from across Saskatchewan participated in an online survey resulting in feedback collected from a sample of 950 educators. In addition, ten in-depth interviews were conducted to provide perspectives from the lived experience of teachers and their perceptions of their professional time.

371.2 P317

Patterson, Jerry L.

**Resilient school leaders : strategies for turning adversity into achievement**

Alexandria, VA: Association for Supervision and Curriculum Development, 2005.

*Subjects:* Educational leadership. School management and organization.

*Summary:* This book introduces you to three dimensions of resilience and describes guiding principles that every educator can live by, including: why realistic optimism is critical; how to use your Personal Strengths Triangle as an anchor; which strategies help you strengthen your confidence and competence; how to harness four types of energy that will enhance your effectiveness; and ways to help school teams through tough times.

371.207 P467

Cherkowski, Sabre (Ed.)

**Perspectives on flourishing in schools**

Lanham, MD : Lexington Books, 2018.

*Subjects:* School environment. School improvement programs.

*Summary:* This book provides a view of well-being in schools from a range of theoretical and practical perspectives. Contributors from academic, field-based and community roles in education offer insights from their research and practice to describe what it means for teachers, administrators and students to flourish in schools.

371.9046 K19

Katz, Jennifer

**Ensouling our schools : a universally designed framework for mental health, well-being, and reconciliation**

Winnipeg, MB : Portage & Main Press, 2018.

*Subjects:* Educational sociology—Canada. Inclusive education—Canada. Teaching—Canada.

*Summary:* The author weaves together methods of creating schools that engender mental, spiritual, and emotional health while developing intellectual thought and critical analysis. Expert Kevin Lamoureux contributes his wisdom regarding Indigenous approaches to mental and spiritual health that benefits all students and addresses the TRC calls to action. The author provides examples of flourishing learning communities that can serve as models for effective growth and change, describing the roles of students, families, staff, teachers, and administration.

398.208997 A673

Archibald, Jo-ann

**Indigenous storywork : educating the heart, mind, body, and spirit**

Vancouver, BC: UBC Press, 2008.

*Subjects:* Indians of North America — Canada – Folklore. Indians of North America—British Columbia — Folklore. Storytelling—Canada. Indians of North America—Education—Canada. Elders (Native peoples)—British Columbia. Oral tradition—British Columbia.

*Summary:* This book demonstrates how stories have the power to educate and heal the heart, mind, body, and spirit. It builds on the seven principles of respect, responsibility, reciprocity, reverence, holism, interrelatedness, and synergy that form a framework for understanding the characteristics of stories, appreciating the process of storytelling, establishing a receptive learning context, and engaging in holistic meaning-making.

612.76 R233

Ratey, John J.

**Spark : the revolutionary new science of exercise and the brain**

New York, NY: Little Brown, 2008.

*Subjects:* Brain. Mind and body. Exercise—Physiological aspects. Exercise—Psychological aspects.

*Summary:* The author embarks upon a fascinating and entertaining journey through the mind-body connection, presenting startling research to prove that exercise is truly our best defense against everything from depression to ADD to addiction to aggression to menopause to Alzheimer's.

612.82 B417

Begley, Sharon

**Train your mind, change your body : how a new science reveals our extraordinary potential to transform ourselves**

New York, NY: Ballantine Books, 2008.

*Subjects:* Neuroplasticity. Mind and body. Brain. Buddhism and science. Philosophy of mind.

*Summary:* A study of the new science of neuroplasticity explains how the brain can be physically altered to regain the use of limbs disabled by a stroke, recover from depression, reverse age-related changes, and acquire new skills even in old age.

613 A511

Amen, Daniel G.

**Change your brain, change your body : use your brain to get and keep the body you have always wanted**

New York, NY: Harmony Books, 2010.

*Subjects:* Self-care, Health. Brain.

*Summary:* With fifteen practical solutions involving nutritious foods, natural supplements and vitamins, positive-thinking habits, and, when necessary, highly targeted medications, the author shows you how to: reach and maintain your ideal weight, soothe and smooth your skin at any age, reduce the stress that can impair your immune system, sharpen your memory, increase willpower and eliminate the cravings that keep you from achieving your exercise and diet goals, enhance sexual desire and performance, lower your blood pressure without medication, and avoid depression and elevate the enjoyment you take in life's pleasures.

613 B361

Bays, Jan Chozen

**Mindful eating : a guide to rediscovering a healthy and joyful relationship with food.**

**Revised edition**

Boulder, CO: Shambhala, 2017.

*Subjects:* Compulsive eating. Consciousness—Religious aspects—Buddhism. Food habits—Psychological aspects. Meditation—Therapeutic use. Thoughtfulness.

*Summary:* How mindfulness can restore the healthy relationship with food we were meant to have—with striking effects on disorders such as overeating, anorexia, and bulimia—an extensively revised edition of this book that includes important new data. Apply mindfulness to your relationship with food and you may be surprised to find that eating becomes a source of joy—instead of an angst-ridden activity haunted by nutritionally based guilt, calorie-counting, and even more serious problems like eating disorders.

613 H167

Hales, Dianne R.

**An invitation to health : personal health self-assessments and health almanac**

Belmont, CA: Thomson/Wadsworth, 2006.

*Subjects:* Self-care, Health. Health.

613.25 L729

Lillis, Jason; Dahl, Joanne

**The diet trap : feed your psychological needs & end the weight loss struggle using acceptance & commitment therapy**

Oakland, CA: New Harbinger Publications, Inc., 2014.

*Subjects:* Reducing diets. Weight loss—Alternative treatments. Acceptance and commitment therapy.

*Summary:* The ACT Weight Loss Solution offers proven-effective weight-loss methods based in acceptance and commitment therapy (ACT) to help you change the way you think about food and develop mindful eating habits. This approach helps you forget the fad diets once and for all, and live a healthier, happier lifestyle.

613.79 E23

Edlund, Matthew

**The power of rest : why sleep alone is not enough : a 30-day plan to reset your body**

New York, NY: HarperOne, 2010.

*Subjects:* Rest. Sleep. Physical fitness. Health.

613.792 B978

Bush, Ashley Davis

**Shortcuts to inner peace : 70 simple paths to everyday serenity**

New York, NY: Berkley Books, 2011.

*Subjects:* Peace of mind. Relaxation.

*Summary:* The author helps readers learn how to hit the pause button amidst the chaos with a spirit of mindfulness—linking fast, easy, and restorative respites to ordinary everyday activities.

Once people begin to integrate these shortcuts into their daily lives, they begin to happen automatically. And when that happens, inner peace will no longer be a brief state of mind, but a way of life.

615.852 D182

Dang Nghiem, Sister

**Mindfulness as medicine : a story of healing body and spirit**

Berkeley, CA: Parallax Press, 2015.

*Subjects:* Lyme disease—Patients—Religious life. Suffering—Religious aspects—Zen Buddhism. Healing—Religious aspects—Zen Buddhism. Meditation—Therapeutic use. Dang Nghiem, Sister, 1968-. Buddhist nuns—Vietnam—Biography.

616.0472 L665

Levine, Peter A.; Phillips, Maggie

**Freedom from pain : discover your body's power to overcome physical pain**

Boulder, CO: Sounds True, 2012.

*Subjects:* Chronic pain. Pain. Mind and body therapies.

*Summary:* Two pioneers in the field of pain and trauma recovery address a crucial missing factor essential to long-term healing: addressing the unresolved emotional trauma held within the body.

616.8521 L418

Lawlis, Frank G.

**The PTSD breakthrough : the revolutionary, science-based compass reset program**

Naperville, IL: Sourcebooks, 2010.

*Subjects:* Post-traumatic stress disorder—Treatment. Post-traumatic stress disorder.

616.8521 L665

Levine, Peter A.

**Waking the tiger : healing trauma : the innate capacity to transform overwhelming experiences**

Berkeley, CA: North Atlantic Books, 1997.

*Subjects:* Post-traumatic stress disorder—Prevention. Post-traumatic stress disorder—Treatment. Mind and body therapies.

*Summary:* This book normalizes the symptoms of trauma and the steps needed to heal them. People are often traumatized by seemingly ordinary experiences. The reader is taken on a guided tour of the subtle, yet powerful impulses that govern our responses to overwhelming life events. To do this, it employs a series of exercises that help us focus on bodily sensations. Through heightened awareness of these sensations, trauma can be healed.

616.8521 L665

Levine, Peter A.

**Healing trauma : a pioneering program for restoring the wisdom of your body**

Boulder, CO: Sounds True, 2005.

*Subjects:* Post-traumatic stress disorder—Treatment. Mind and body therapies.

*Summary:* The author gives you a how-to guide for using the theory he first introduced in his work, *Waking the Tiger*. Discover how to develop body awareness to "renegotiate" and heal

traumas by revisiting them rather than reliving them; emergency first-aid measures for times of distress; and nature's lessons for uncovering the physiological roots of your emotions.

616.8521 L665

Levine, Peter A.

**In an unspoken voice : how the body releases trauma and restores goodness**

Berkeley, CA: North Atlantic Books, 2010.

*Subjects:* Psychic trauma.

*Summary:* Based on findings from biology, neuroscience, and the emerging field of body-oriented psychotherapy, this book explains that trauma is not a disease or a disorder, but an injury caused by fright, helplessness, and loss, and that this wound can be healed only if we attend to the wisdom of the living, knowing body.

616.8521 S337

Schiraldi, Glenn R.

**The post-traumatic stress disorder sourcebook : a guide to healing, recovery, and growth**

New York, NY: McGraw-Hill, 2009.

*Subjects:* Post-traumatic stress disorder.

*Summary:* Trauma can take many forms, from witnessing a violent crime or surviving a natural disaster to living with the effects of abuse, rape, combat, or alcoholism. The author offers a remarkable range of treatment alternatives and self-management techniques, showing survivors that the other side of pain is recovery and growth.

616.8521 T777

Van der Kolk, Bessel A. (Ed.)

**Traumatic stress : the effects of overwhelming experience on mind, body, and society**

New York, NY: Guilford Press, 2007.

*Subjects:* Post-traumatic stress disorder.

*Summary:* This book examines how trauma affects an individual's biology, conceptions of the world, and psychological functioning. Key topics include why certain people cope successfully with traumatic experiences while others do not, the neurobiological processes underlying PTSD symptoms, enduring questions surrounding traumatic memories and dissociation, and the core components of effective interventions.

616.8521 V841

Vitelli, Romeo

**The everything guide to overcoming PTSD : simple, effective techniques for healing and recovery**

Avon, MA: Adams Media, 2014.

*Subjects:* Post-traumatic stress disorder.

616.8521 W725

Williams, Mary Beth

**The PTSD workbook : simple, effective techniques for overcoming traumatic stress symptoms**

Oakland, CA: New Harbinger Publications, 2002.

*Subjects:* Post-traumatic stress disorder.

616.8522 D134

Daitch, Carolyn

**Anxiety disorders : the go-to guide for clients and therapists**

New York, NY: W.W. Norton, 2011.

*Subjects:* Anxiety disorders—Treatment.

*Summary:* For the benefit of both therapists and clients, the author covers the ins and outs of the anxiety disorders—Generalized Anxiety Disorder, Panic Disorder, Specific Phobias, Social Anxiety Disorder, and Obsessive Compulsive Disorder—and offers numerous case examples of those who have sought treatment for these disorders and learned to manage them. For each type of anxiety disorder, she details specific treatment options and techniques, explaining which are best suited to individual use, and which are better done in collaboration with a therapist.

616.85227 A161

Abramowitz, Jonathan S.

**Getting over OCD : a 10-step workbook for taking back your life**

New York, NY: Guilford Press, 2009.

*Subjects:* Obsessive-compulsive disorder. Cognitive therapy.

*Summary:* The author provides the information, support, and tools you need to: understand your obsessions, compulsions, and rituals; develop a customized action plan; take gradual steps to safely confront - and master - the situations you avoid; find relief from intrusive thoughts; overcome compulsive urges; and reduce anxiety and improve your relationships.

616.8524 W913

Woolfolk, Robert L.

**Treating somatization : a cognitive-behavioral approach**

New York, NY: Guildford Press, 2007.

*Subjects:* Cognitive therapy. Medicine, Psychosomatic. Somatization disorder.

*Summary:* This guide presents an innovative approach for treating somatization disorder and related problems, such as fibromyalgia, irritable bowel syndrome, and chronic fatigue syndrome. The authors' program integrates cognitive-behavioural techniques with strategies to build emotional self-awareness and interventions to help patients understand and alter their illness behaviour. The book reviews the conceptual underpinnings of the approach, discusses its ongoing testing and refinement, and offers clear-cut guidelines for assessment and treatment. Special features include illustrative case material, many pointers for practice, and reproducible appendices that provide a 10-session mini-manual, helpful handouts and forms.

616.8526 C842

Costin, Carolyn; Grabb, Gwen Schubert

**8 keys to recovery from an eating disorder : effective strategies from therapeutic practice and personal experience**

New York, NY: W.W. Norton & Co., 2012.

*Subjects:* Mind and body. Eating disorders—Treatment.

*Summary:* The authors walk readers through the ins and outs of the recovery process, describing what therapy entails, clarifying the common associated emotions such as fear, guilt, and shame, and providing motivation to seek help if you have been discouraged, resistant, or afraid.

616.8526 C886

Craighead, Linda W.

**The appetite awareness workbook : how to listen to your body & overcome bingeing, overeating & obsession with food**

Oakland, CA: New Harbinger Publications, 2006.

*Subjects:* Compulsive eating. Appetite disorders.

*Summary:* This cognitively-based, eight-week program helps people who binge eat to regain normal eating patterns by tracking their habits and slowly making adjustments until hunger and satisfaction, rather than out-of-control emotions, govern when and how they eat.

616.8526 R845

Roth, Geneen

**Women food and God : an unexpected path to almost everything**

New York, NY: Scribner, 2010.

*Subjects:* Food habits—Psychological aspects. Compulsive eating—Psychological aspects. Obesity—Psychological aspects. Self-help techniques.

616.8526 T135

**End emotional eating : using dialectical behavior therapy skills to cope with difficult emotions and develop a healthy relationship with food**

Taitz, Jennifer

Oakland, CA: New Harbinger, 2012.

*Subjects:* Eating disorders – Treatment. Dialectical behavior therapy.

*Summary:* This book does not focus on what or how to eat - rather, these scientifically supported skills will teach you how to manage emotions and urges gracefully, live in the present moment, learn from your feelings, and cope with distress skillfully.

616.8527 W414

Wehrenberg, Margaret

**The 10 best-ever depression management techniques : understanding how your brain makes you depressed and what you can do to change it**

New York, NY: Norton & Company, 2010.

*Subjects:* Depression, Mental. Depression, Mental—Prevention.

*Summary:* This book presents ten strategies for understanding, managing, and beating depression, including practical tips based on current neuroscience research.

616.8583 I61

**In the shadows of the net : breaking free of compulsive online sexual behavior**

Center City, MN: Hazelden, 2007.

*Subjects:* Computer sex. Sex addiction.

*Summary:* This book equips readers with specific strategies for recognizing and changing compulsive sexual behaviours. Personal stories reveal how desperate life can become for online

sex addicts - divorce, career loss, and financial ruin are common outcomes. More importantly, the authors set forth a path for breaking free from compulsive online sexual behaviour and sustaining lifelong recovery.

616.85833 C712

Collins, George N.; Adleman, Andrew

**Breaking the cycle : free yourself from sex addiction, porn obsession, and shame**

Oakland, CA: New Harbinger Publications, Inc., 2010.

*Subjects:* Sex addiction—Treatment. Sex addiction.

*Summary:* Written by a former sex addict who specializes in counseling people who suffer from sexually compulsive behavior, this book presents a step-by-step plan to enjoying a life of productivity and purpose. You can free yourself from the powerful, compulsive urges that may have damaged your career, finances, or relationships with friends and family. The exercises in this book will show you how to regain control of your life and build meaningful intimate connections with others.

616.858369 M261

Maltz, Wendy

**The sexual health journey : a guide for survivors of sexual abuse**

New York, NY: Quill, 2011.

*Subjects:* Adult child sexual abuse victims—Rehabilitation.

*Summary:* The author takes survivors step-by-step through the recovery process using groundbreaking exercises and techniques.

616.8584 M425

Matz, Gabor

**In the realm of hungry ghosts : close encounters with addiction**

Toronto, ON: Vintage Canada, 2008.

*Subjects:* Mat, Gabor—Mental health. Substance abuse. Compulsive behavior.

*Summary:* The author looks at the epidemic of addictions in our society, tells us why we are so prone to them, and what is needed to liberate ourselves from their hold on our emotions and behaviours.

616.8585 P838

Porr, Valerie

**Overcoming borderline personality disorder : a family guide for healing and change**

Oxford, England: Oxford University Press, 2010.

*Subjects:* Borderline personality disorder.

*Summary:* Borderline personality disorder (BPD) is characterized by unstable moods, negative self-image, dangerous impulsivity, and tumultuous relationships. Many people with BPD excel in academics and careers while revealing erratic, self-destructive, and sometimes violent behaviour only to those with whom they are intimate. This book is an informative guide to understanding this profoundly unsettling - and widely misunderstood - mental illness.

616.86 A224

Hoffman, John (Ed.)



**Addiction : why can't they just stop? : new knowledge, new treatments, new hope**

New York, NY: Rodale, 2007.

*Subjects:* Drug addiction. Alcoholism. Substance abuse—Treatment.

*Summary:* This book strives to break through the myths, and explains what addiction really is, what causes it, and how to get the best available treatments.

616.8603 V831

**Visions & dreams [DVD]**

[S.I.] BearPaw Communications, 2010.

*Subjects:* Substance abuse—Treatment. Recovering addicts—Life skills guides. Addicts—Rehabilitation.

*Summary:* This DVD will take you on a journey across Canada to visit three of the many exciting events that took place during the 2010 National Aboriginal Addictions Awareness Week.

616.865 F341

Fenske, Theodore

**While you quit : a smoker's guide to reducing the risk of heart disease and stroke**

Toronto, ON: Dundurn Press, 2009.

*Subjects:* Cardiovascular system—Diseases. Smoking cessation. Cigarette smokers—Rehabilitation.

*Summary:* This book provides insight, whether you are a current or past smoker, on how to reduce your risk for heart attack and stroke before it's too late by focusing on how the cardiovascular system is susceptible to disease, and how its healthy function can be optimized independent of smoking.

616.865 H566

Herrick, Charles

**100 questions and answers about how to quit smoking**

Sudbury, MA: Jones and Bartlett Publishers, 2010.

*Subjects:* Smoking. Smoking cessation.

*Summary:* This book gives you authoritative, practical answers to your questions about the effects of smoking and the best strategies for quitting the habit.

616.869 B369

Beattie, Melody

**The new codependency : help and guidance for today's generation**

New York, NY: Simon & Schuster, 2009.

*Subjects:* Codependency. Self-care, Health.

616.89008997 D948

Duran, Eduardo

**Healing the soul wound : counseling with American Indians and other Native Peoples**

New York, NY: Teachers College Press, 2006.

*Subjects:* Psychotherapy. Indians of North America—Psychology. Indians of North America—Mental health services. Indians of North America—Mental health. Indians of North America—Counseling of.

616.891 O34

Ogden, Pat

**Trauma and the body : a sensorimotor approach to psychotherapy**

New York, NY: W.W. Norton, 2006.

*Subjects:* Mind and body therapies. Psychic trauma—Treatment. Self. Body language. Psychotherapy. Sensorimotor integration.

*Summary:* This is a detailed review of research in neuroscience, trauma, dissociation, and attachment theory that points to the need for an integrative mind-body approach to trauma. The book suggests that, by adding body-oriented interventions to their repertoire, traditionally trained therapists can increase the depth and efficacy of their clinical work.

616.8914 O34

Ogden, Pat; Fisher, Janina

**Sensorimotor psychotherapy : interventions for trauma and attachment**

New York, NY: W.W. Norton & Company, 2015.

*Subjects:* Sensorimotor integration. Mind and body therapies.

*Summary:* The body's intelligence is largely an untapped resource in psychotherapy, yet the story told by the "somatic narrative"— gesture, posture, prosody, facial expressions, eye gaze, and movement — is arguably more significant than the story told by the words. The language of the body communicates implicit meanings, and reveals the legacy of trauma and early or forgotten dynamics with attachment figures. To omit the body as a target of therapeutic action is an unfortunate oversight that deprives clients of a vital avenue of self-knowledge and change. Written for therapists and clients to explore together in therapy, this book is a practical guide to the language of the body.

616.89142 J83

Joseph, Avi

**Cognitive behavioural therapy : your route out of perfectionism, self-sabotage and other everyday habits**

Hoboken, NJ: Wiley, 2008.

*Subjects:* Cognitive therapy.

*Summary:* The author shows how to challenge negative thoughts and unhealthy beliefs to improve your outlook in your personal and professional life.

616.89165 H 259

Harder, Henry George; Wagner, Shannon

**Mental illness in the workplace : psychological disability management**

Farnham, Surrey, England : Gower, 2014.

*Subjects:* Employees—Mental health. Industrial psychiatry. Psychology, Industrial. Work capacity evaluation.

*Summary:* The authors provide a practical guide to identifying, understanding, treating and preventing individual and organizational mental health issues. They illustrate how organizations

can save money and improve the health and well-being of their employees by using a psychological disability management approach in the treatment and accommodation of mental illness issues.

616.895 F251

Fast, Julie A.; Preston, John D.

**Loving someone with bipolar disorder : understanding and helping your partner**

Oakland, CA: New Harbinger, 2012.

*Subjects:* Manic-depressive persons – Family relationships. Manic-depressive illness.

*Summary:* This book offers information and step-by-step advice for helping your partner manage mood swings and impulsive actions, allowing you to finally focus on enjoying your relationship while also taking time for yourself. This book explains the symptoms of your partner's disorder and offers strategies for preventing them, and responding to these symptoms when they do occur.

616.895 H414

Haycock, Dean A.

**The everything health guide to adult bipolar disorder : a reassuring guide for patients and families**

Avon, MA: Adams Media, 2014.

*Subjects:* Depression, Mental. Manic-depressive illness—Treatment. Manic-depressive illness.

616.895 M636

Miklowitz, David Jay

**The bipolar disorder survival guide : what you and your family need to know**

New York, NY: Guildford Press, 2010.

*Subjects:* Manic-depressive illness

*Summary:* This updated second edition has the latest facts on medications and therapy, and expanded discussion of parenting issues for bipolar adults, and a new chapter, "For women only."

616.9289 L665

Levine, Peter A.

**Trauma through a child's eyes : awakening the ordinary miracle of healing**

Berkeley, CA: North Atlantic Books, 2006.

*Subjects:* Child mental health—Handbooks, manuals, etc. Child psychology—Handbooks, manuals, etc. Stress (Psychology)—Handbooks, manuals, etc. Post-traumatic stress disorder—Patients.

*Summary:* Trauma can result not only from catastrophic events such as abuse, violence, or loss of loved ones, but from natural disasters and everyday incidents such as auto accidents, medical procedures, divorce, or even falling off a bicycle. At the core of this book is the understanding of how trauma is imprinted on the body, brain, and spirit, resulting in anxiety, nightmares, depression, physical illnesses, addictions, hyperactivity, and aggression. This book gives insight into children's innate ability to rebound with the appropriate support, and provides their caregivers with tools to overcome and prevent trauma.

646.78 M346

Markman, Howard J.; Stanley, Scott

**Fighting for your marriage**

San Francisco, CA: Wiley, 2010.

*Subjects:* Marriage. Interpersonal communication.

*Summary:* This book is based on the widely acclaimed PREP (Prevention and Relationship Enhancement Program) approach. Studies have found that couples can use the strategies of this approach to handle conflict more constructively, protect their happiness, and reduce the odds of breaking up.

649.8 L767

Lipsky, Laura van Dernoot; Burk, Connie.

**Trauma stewardship : an everyday guide to caring for self while caring for others**

San Francisco, CA : Berrett-Koehler Publishers, Inc., 2009.

*Subjects:* Caregivers—Health and hygiene. Caregivers.

*Summary:* In this book, the author takes a deep and sympathetic look at the many ways the stress of dealing with trauma manifests itself, and offers a variety of simple and profound practices, drawn from modern psychology and a range of spiritual traditions. These practices enable us to look carefully at our reactions and motivations and discover new sources of energy and renewal. She includes interviews with successful trauma stewards from different walks of life and even uses *New Yorker* cartoons to illustrate her points playfully.

650.1 F965

Fullan, Michael

**Freedom to change : four strategies to put your inner drive into overdrive**

San Francisco, CA: Jossey-Bass, 2015.

*Subjects:* Change (Psychology). Work—Psychological aspects. Job enrichment.

*Summary:* Have you ever felt like your progress was being blocked, not just by your own circumstances, but by the presence and actions of others? This book releases you from the trap of constantly telling yourself that you'd be more successful at teaching, leading, or contributing to an organization if only others didn't stand in your way. The author explores the two kinds of freedom in our daily lives: freedom from obstacles versus freedom to take initiative and act. Gaining freedom from barriers has no value in itself until it is partnered with an equally determined sense of what you truly want. What change would you like to bring about for yourself or those around you?

650.1 T849

Buckingham, Marcus (Ed.)

**Trombone player wanted [DVD]**

Beverly Hills, CA: Marcus Buckingham Company, 2006.

*Subjects:* Self-actualization (Psychology). Success.

*Summary:* This is a short film series on discovering your strengths and putting them to work in order to improve your personal and team performance.

658.38 D994

Dyck, Dianne E.G.

**Disability management : theory, strategy and industry practice**

Toronto, ON : Lexis-Nexis Butterworths, 2006.

*Subjects:* Disability insurance claims—Canada. Handicapped—Employment—Canada. Industrial hygiene. Employee health promotion.

658.23008 M386

Martinson, Jeanne

**War and peace in the workplace : diversity, conflict, understanding, reconciliation: a non-fiction book**

Regina, SK: Martrain Corp. and Personal Development, 2005.

*Subjects:* Conflict management. Diversity in the workplace.

658.3145 P232

Paris, Kathleen A.

**Staying healthy in sick organizations : the clover practice**

Charleston, SC: Booksurge, 2008.

*Subjects:* Conflict management. Interpersonal relations. Job stress. Psychology, Industrial. Work—Psychological aspects.

*Summary:* This book will show employees, from office workers and technicians to middle and top management, how to survive professionally and emotionally in work environments that are more likely to be sick than healthy. This approach can be used every day and in every workplace, and will also help employees recognize when it's time to leave and move on.

658.38 W567

**When something's wrong. Strategies for the workplace**

Toronto, ON: Canadian Psychiatric Research Foundation, 2007.

*Subjects:* People with mental disabilities—Handbooks, manuals, etc. Personnel management—Handbooks, manuals, etc.

971.00497 R497

Rice, Waubgeshig

**Laughter is good medicine : Don Burnstick**

Southampton, ON: Ningwakwe Learning Press, 2009.

*Subjects:* Indians of North America — Canada — Biography. Native Peoples — Canada — Biography. Comedians.

*Summary:* Don Burnstick, world-famous Aboriginal comedian, has travelled to far off corners of the world, telling jokes and motivating people to overcome adversity in their lives. Don has been a catalyst in the healing and wellness movement for the past twenty years and has used humour and performance to provide a holistic approach to healing. His message speaks to a proud heritage, the importance of healing through humour and his continuing desire to leave a better world for our future generations.