

NOAA Employee Worklife Center Library Resource List

Catageory	Title	Subtitle	Author	Author 2	Author 3	Publisher	Published Date	Pages
Health and Wellness	Pain and Sleep - Pamphlet		National Sleep Foundation			National Sleep Foundation		
Health and Wellness	Woman and Sleep		National Sleep Foundation			National Sleep Foundation		
Health and Wellness	ABC's of ZZZ'		National Sleep Foundation			National Sleep Foundation		
Health and Wellness	Sleep Aids		National Sleep Foundation			National Sleep Foundation		
Health and Wellness	Melatonin: The Facts		National Sleep Foundation			National Sleep Foundation		
Health and Wellness	Sleep Apnea		National Sleep Foundation			National Sleep Foundation		
Health and Wellness	Sleep and Aging		National Sleep Foundation			National Sleep Foundation		
Health and Wellness	Temper Tantrums:	A Normal Part of Growing Up	American Academy of Pediatrics			American Academy of Pediatrics	1999	
Health and Wellness	The Internet and Your Family		American Academy of Pediatrics			American Academy of Pediatrics	1999	
Health and Wellness	Child Care:	What's Best for Your Family	American Academy of Pediatrics			American Academy of Pediatrics	1997	
Health and Wellness	Sleep Diary		National Sleep Foundation			National Sleep Foundation		
Health and Wellness	The Nature of Sleep		National Sleep Foundation			National Sleep Foundation		
Health and Wellness	Sleep Strategies For Shiftworkers		National Sleep Foundation			National Sleep Foundation		
Health and Wellness	Wake Up		AAA Foundation For Traffic Safety			AAA Foundation For Traffic Safety	2000	
Health and Wellness	Helping Yourself To A Good Night's Sleep		National Sleep Foundation			National Sleep Foundation		
Health and Wellness	Idiots Guide- Perfect Resume							
Health and Wellness	Instant Relaxation							

Catageory	Title	Subtitle	Author	Author 2	Author 3	Publisher	Published Date	Pages
	2 Day/Night Sleep Strategies for Shift Workers							
Adoption	The Complete Idiots Guide To Adoption		Chris Adamec			Alpha Books	1998	386
Adoption	How to Adopt Internationally		Jean Nelson-Erichsen	Heino R. Erichsen		Mesa House Publishing	2000	288
Adoption	The Adoption Resource Book		Lois Gilman			Harper Perennial		576
Adoption	Adopting on Your Own The Complete Guide at Adopting as a Sit		Lee Varon			Farrar, Straus and Giroux	2000	392
Adoption	Adopting		Patricia Irwin Johnston			Perspectives Press	1992	318
Adoption	Adoption Idiots Guide							
Balancing Worklife	Working Fathers		James A. Levine	Todd L. Pittinsky		A Harvest Book/Harcourt Brace & Company	1997	274
Balancing Worklife	Who Moved My Cheese?		Kenneth Blanchard, Ph.D.	The One Minute Manager		G.P. Putnam's Sons		94
Balancing Worklife	Creative Visualization		Ronald Shone			Destiny Books	1998	159
Balancing Worklife	Margin	Restoring Emotional, Physical, Financial and Time Reserves to Overload Lives	Richard A. Swenson, M.D.			Navpress Publishing Group	1992	275
Balancing Worklife	Frames Of Mind	The Theory of Multiple Intelligences	Howard Gardner			Basic Books	1983	440
Balancing Worklife	The 10 Natural Laws Of Successsful Time and Life Management		Hyrum. W. Smith			Warner Books		219
Balancing Worklife	Time Management from the Inside Out		Julie Morgenstern			Henry Holt and Company	2000	241
Balancing Worklife	Balancing Home & CareerSkills for Successful Life Management		Pamela J. Conrad			Crisp Publications, INC	1986	85
Balancing Worklife	Feeling Overworked: When Work Becomes Too Much		Ellen Galinsky	James T. Bond	Stacy S. Kim	Families and Work Institute	2001	64
Balancing Worklife	Life is Not Work Work Is Not Life		Robert K. Johnston	J. Walker Smith		Wildcat Canyon Press	2001	236
Balancing Worklife	Lessons from the Sandbox		Dr. Alan Gregerman			Contemporary Books	2000	250
Balancing Worklife	Mitten Strings For God	Reflections for Mothers In a Hurry	Katrina Kenison			Warner Books	2000	224
Balancing Worklife	Working Nights		Dr. Martin Moore-Ede			Circadian Information	1985	39

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Balancing Worklife	The New Conflict Cookbook		Thomas Crum	Judith Warner	Christine Steerman	Aitki Works, Inc.	2000	7
Balancing Worklife	ShiftWork		Paul E. Mott	Floyd C. Mann	Quin McLoughlin	Ann Arbor	1965	351
Balancing Worklife	Take Charge of Your Life		Jo Condrill			GoalMinds	1999	207
Balancing Worklife	What Did I Just Say?		Denis Donovan, MD., M.ED.	Deborah McIntyre, M.A., R.N.		Henry Holt and Cmpany	1999	230
Balancing Worklife	When you are living in a step family		David B. Hawkins, Ph.D			Victor	2001	44
Balancing Worklife	Kincare and The American Corporation	Solving The Work/Family Dilemma	Dayle M. Smith			Business One Irwin	1991	325
Balancing Worklife	Hey Kids, Lets Go Boating		Boat/U.S. Foundation Courseline			Boat/U.S. Foundation Courseline		
Balancing Worklife	Crime Prevention		AARP			AARP	1996	
Balancing Worklife	Ready To Go	What parents should know about school readiness	J.T. Peck	G. McCaig	M.E. Sapp	National Ass. for the Education of Young Cn	1988	
Balancing Worklife	Getting Things Done		David Allen			Viking		
Balancing Worklife	Day/Night Strategies for Shift Workers		The National Sleep Foundation					
Balancing Worklife	Wake Up!		AAA Foundation for Traffic Safety					
Balancing Worklife	Get Your Act Together! A 7-Day Get	Organized Program for the Overworked, Overbooked & Overwhelmed	Pam Young					
Balancing Worklife	The Personal Efficiency Program:	How to Get Organized to do More Work in Less Time	Kerry Gleeson					
Balancing Worklife	The Art of Doing Nothing	Simple Ways to Make Time for Yourself	Veronique Vienne	Erica Lennard				
Balancing Worklife	Simplify Your Work Life		Elaine St. James					
Balancing Worklife	The Third Shift: Managing Hard Choices in	Our Careers, Homes, and Lives of Women	Michele Kremen Bolton					
Balancing Worklife	The Procrastinators Handbook	Mastering the Art of Doing it Now	Rita Emmett					

Catageory	Title	Subtitle	Author	Author 2	Author 3	Publisher	Published Date	Pages
Balancing Worklife	Work & Family	Essays From the Work & Family Column of the Wall Street Journal	Sue Shellenbarger					
Balancing Worklife	Washington Women							
Career Management	Interview Strategies That Lead to Job Offers		Marilyn Pincus			Barron's	1999	136
Career Management	What color is your Parachute? 2000		Richard Nelson Bolles			Ten Speed Press	2000	344
Career Management	Starting Your Career		Margot Carmichael Lester			Pipeline	1998	193
Career Management	The Pathfinder		Nicholas Lore			Simon & Schuster	1998	385
Career Management	Power Interviews		Neil Yeager	Lee Hough		John Wiley & Son, Inc.	1990	239
Career Management	Power Resumes		Ron Tepper			John Wiley & Sons, Inc.		259
Career Management	Work Concepts for the Future		Patricia Schiff Estess			Crisp Publications, Inc.	1996	137
Career Management	201 Killer Cover Letters		Sandra Podesta	Andrea Paxton		McGraw-Hill	1996	258
Career Management	Resume Magic		Susan Britton Whitcomb			Jist Publications	1999	596
Career Management	101 Best Resumes		Jay A. Block	Michael Betrus		McGraw Hill	1999	201
Career Management	Discover your Passion		Gail A. Cassidy			Tomlyn Publications	2000	31
Career Management	Interview Strategies That Will Get You the Job You Want		Andrea Kay			Betterway Books	1996	132
Career Management	Taking Charge of Your Career		leigh Bailey			Leigh Bailey & Associates, Inc.	1998	82
Career Management	The Book Of US Government Jobs		Dennis V. Damp			Bookhaven Press LLC	1986	251
Career Management	Resumes that Knock Em Dead		Martin Yate			Adams Media Corporation		
Career Management	Complete Q & A Job Interview		Jeffrey Allen, JD			John Wiley & Sons		
Career Management	The Essential Drucker	Essential Writings on Management	Peter Ferdinand Drucker					

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Career Management	Gung Ho!	Turn on the People in any Organization	Kenneth Blanchard, Sheldon Bowles					
Career Management	Practice What you Preach	What Managers Must Do to Create a High-Achievement Culture	David Maister					
Career Management	Best Resumes for \$75,000+ Executive Jobs		William Montag					
Career Management	Interviewing and Selecting High Performers	Every Manager's Guide to Effective Interviewing Techniques	Richard Beatty					
Career Management	The Resume Handbook	How to Write Ourtstanding Resumes and Cover Letters for Every Situation	Arthur D. Rosenberg					
Career Management	Real Life Guide to Starting your Career		Lester, M.C	Foster, K.				
Child Birth	The Birth Partner		Penny Simkin, P.T.			The Harvard Common Press	1989	241
Child Birth	The Fastest Way to Get Pregnant Naturally		Christopher Williams, MD			Hyderion	2001	300
Child Birth	Conception, Pregnancy & Birth		Dr. Mirriam Stoppard			Dorling Kindersley Publishing, Inc.		376
Child Birth	She's Having a Baby-and I'm Having a Breakdown		James Douglas Barron			Quill William Morrow		177
Child Birth	Natural Childbirth the Bradley Way		Susan McCutcheon			The Penguin Group	1984	254
Child Birth	The Baby Book		William Sears, MD	Martha Sears, RN		Little, Brown and Company	1993	689
Child Birth	What to Expect When Your Expecting							
Child Birth	Breastfeeding Naturally		Hannah Lathrop					
Child Birth	Husband-Coached Child Birth:	The Bradley Method of Natural Childbirth	Robert A. Bradley					
Child Care	First Feelings		Stanley Greenspan, MD	Nancy Thorndike Greenspan		Penguin Books	1985	247
Child Care	Starting Out Right		National Research Council			National Academy Press	1999	182

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Child Care	Dynamics Of Diversity		Odette Pollar	Rafael Gonzalez		Bawden	1994	79
Child Care	Caring For Your Baby and Young Child		Steven P. Shelow, MD., F.A.A.P.	Robert E. Hannemann, MD, F.A.A.P.		Bantam Books	1991	701
Child Care	Guide to Baby Products		Sandy Jones			Consumer Reports Special Publications	2000	301
Child Care	The ABC's Of Hiring a Nanny		Frances Anne Hernan			Nationwide Printing	2000	29
Child Care	Early Childhood Education Today		George S. Morrison			Merrill	1995	666
Child Care	A Caring Place for Your Toddler		National Ass. for the Education of Young Chd			National Ass. for the Education of Young Ch	1997	
Child Care	A Good Primary School for Your Child		National Ass. for the Education of Young Chd			National Ass. for the Education of Young C	1997	
Child Care	A Caring Place For Your Infant		National Ass. for the Education of Young Ch			National Ass. for the Education of Young Chd	1998	
Child Care	What are the Benefits?	Of high-quality early childhood programs	National Ass. for the Education of Young C			National Ass. for the Education of Young Chd	1996	
Child Care	Choosing A Good Early Childhood Program		National Ass. for the Education of Young C			National Ass. for the Education of Young Ch	1998	
Child Care	A Good Kindergarten For Your Child		National Ass. for the Education of Young Ch			National Ass. for the Education of Young Ch	1997	
Child Care	Group Games in Early Education		Constance Kamii	Rheta DeVries	Jean Piaget	NAEYC	1980	192
Child Care	The Complete IEP Guide		Lawerence M. Siegel			NOLO	2001	
Child Care	Lewis and Clark for Kids		Janis Herbert			Chicago Review Press	2000	143

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Child Care	The McGraw-Hill Big Book of Science Activities		Robert W. Wood			McGraw-Hill	1999	491
Child Care	Make It Yourself Science Fair Projects		Glen Vecchione			Sterling Publishing Co., Inc.	1999	208
Child Care	The Complete Handbook of Science Fair Projects		Julianne Blair Bochinski			John Wley & Sons., Inc.	1996	221
Child Care	The Complete Science Fair Handbook		Anthony D. Fredericks	Issac Asimov		Good Year Books	1990	82
Child Care	Guide to the Best Science Fair Projects		Janice VanCleave's			John Wiley & Sons., Inc.	1997	156
Child Care	Zany Rainy Days	Indoor Ideas for Active Kids	Hallie Warshaw	Mark Shulman		Sterling PublishingCo., Inc.	2000	123
Child Care	Child Care Resources Handbook		Office of Personnel Management					
Child Care	Establishing a Worksite Parenting Support Group		Office of Personnel Management					
Child Care	Child Care Information Exchange							
College Assistance	Getting In		James Finney Boylan			Warner Books	1998	342
College Assistance	The Best Way to Save For College		Joseph F. Hurley, CPA			BonaCom Publications	2001	331
College Assistance	Independent School Guide		Jill Zacharie			Lift Hill Press		254
College Assistance	Turbo C++		Borland International, Inc.			Borland International, Inc.	1991	365
College Assistance	Microsoft Encarta College Dictionary		Bloomsbury Database of World English			St. Martins Press	2001	
College Assistance	Learning to Read and Write		Susan B. Neuman	Carol Copple	Sue Bredekamp	NAEYC	2000	
College Assistance	SAT & PSAT		Kaplan Books			Simon & Schuster	2001	
College Assistance	Gruber's SAT		Gary R. Gruber, Ph.D			Harper Perennial	1998	941
College Assistance	Empty Nest, Full Heart	The Journey from Home to College	Andrea Van Steenhouse	Johanna Parker				
College Assistance	Chicken Soup For The College Soul	Inspiring and Humorous Stories About College	Jack Canfield, et al					

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College Assistance	The Off to College Journal	An Inspirational and Interactive Journal for First Year College Students	Lisa K. Mullins					
College Assistance	Get Into Any College	Secrets of Harvard Students	Gen S. Tanabe					
College Assistance	SAT & PSAT 2001		Kaplan					
College Assistance	21 Priceless Secrets of Getting Into And Paying For College		James M. Sexton					
College Assistance	On Writing the College Application Essay		Harry Bauld					
College Assistance	College Countdown	The Parent's and Students Survival Kit for the College Admissions Process	Jill Vongriben					
College Assistance	Colleges that Change Lives	40 Schools you Should Know About Even If You're Not A Straight A Student	Loren Pope					
College Assistance	Successful Harvard Application Essays	With Analysis by the Staff of the Harvard Crimson	Harvard Crimsom					
College Assistance	The College Admissions Mystique		Bill Mayher					
College Assistance	A is for Admission	The Insiders Guide to Getting into the Ivy League and Other Top Colleges	Michele Hernandez					
College Assistance	A Parents Guide to College Entrance Exams		Andrea Blumenthal	Jay Blumenthal, PhD				
College Assistance	Essays That Worded	50 Essays from Successful Applications to the Nation's Top Colleges	Boykin Curry					
College Assistance	Black Excel African American Student's College Guide	Your One Stop Resource for Choosing the Right College, Getting In, and Paying the Bill	Isaac Black					
College Assistance	Scholarships 2001		Gail Schlacter					
College Assistance	How to Write a Winning College Application Essay		Michael James Mason					
College Assistance	Profiles of American Colleges, 2001		Barron's Educational Series					
College Assistance	Peterson's - The Insiders Guide to College							

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College Assistance	Getting into College		Thomas C. Hayden					
College Assistance	The College Application Essay		Sarah Meyers McGinty					
College Assistance	How to Go to College Almost for Free		Benjamin K. Kaplan					
College Assistance	500 SAT Words, and How to Remember them Forever		Charles Gulotta					
College Assistance	Ruggs Recommendations on the Colleges		Frederick Rugg					
College Assistance	50 Successful Harvard Application Essays		Harvard Crimson					
College Assistance	You're Gonna Love this College Guide		Marty Nemko					
College Assistance	Study Power	Study Skills to Improve Your Learning and Your Grades	William Lucky, PhD					
College Assistance	The Best College Admission Essays		Mark Alan Stewart	Cynthia Muchnick				
Communication	I Only Say This Because I Love You	How the Way We Talk Can Make or Break Family Relationships Throughout Our Lives	Deborah Tannen					
Communication	Communication: Key to Your Marriage	A Practical Guide to Creating a Happy, Fulfilling Relationship	H. Norman Wright					
Communication	We Love Each Other But...	A Leading Couples Therapist Shares in Simple Secrets That Will Help Save Your Relationship	Ellen Wachtel					
Diversity	Designing a House for Diversity: A Blueprint for Personnal y	Effectiveness by American Institute for Managing Diversity, Inc.						
Education Assistance	Study Power	Study Skills to Improve Your Learning and Your Grades	William Lickie					
Education Assistance	Independent School Guide for Washington, DC and	Surrounding Area	Jill Zacharie					
Elder Care	Another Country	Navigating the Emotional Terrain of Our Elders	Mary Pipher, Ph.D			Riverhead Books	1999	328

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Elder Care	Seniors Resource Guide		Adventist Choice Nursing			Auras Design	2000	128
Elder Care	The Unofficial Guide to Eldercare		Chris Adamec			Macmillan	1999	350
Elder Care	Alzheimer's: The Answers You Need		Helen D. Davies	Michael P. Jensen		Elder Books	1998	137
Elder Care	Caring For Yourself While Caring for Your Aging Parents		Claire Berman			Henry Holt & Company	1996	255
Elder Care	Nursing Homes		Sarah Greene Burger	Virginia Fraser	Sara Hunt	Impact Publishers, Inc.	1996	166
Elder Care	Beat The Nursing Home Trap		Joseph Matthews			Nolo	1999	
Elder Care	The Elder Law Handbook		Peter J. Strauss	Nancy M.Lederman		Facts On File, Inc.	1996	330
Elder Care	Resource Directory For Older People		National Institute on Aging			National Institute on Aging		274
Elder Care	Respecting Your Limits When Caring for Aging Parents		Vivian E. Greenberg			Jossey Bass Publications	1989	172
Elder Care	The Complete Guide to Eldercare		A.J. Lee	Melanie Callender, Ph.D		Barrons	1998	160
Elder Care	Elder Care		Thomas M. Cassidy			New Horizon Press	1997	212
Elder Care	Keeping them Healthy, Keeping them Home		Ellen M. Caruso, R.N.			Health Information Press	1998	189
Elder Care	The Family Squeeze	Surviving the Sandwich Generation	Suzanne Kingsmill	Benjamin Schlesinger		University of Toronto Press	1998	199
Elder Care	How to Care for Aging Parents		Virginia Morris			Workman Publishing	1996	459
Elder Care	Consumer Reports	Complete guide to Health Services For Seniors	Trudy Lieberman			Three Rivers Press	2000	568
Elder Care	Legal Planning For Your Parents		Martha N. O'Toole	Mary B. Payne		Sandwich Press, L.L.P.	1998	36
Elder Care	Planning & Decision Making For The Elderly		James A. Wilkinson			Fairview Press	1999	260
Elder Care	And Now What Do We Do?		Robin and Loranelle Schroeder			EMMPS, Inc.	1996	98

Catageory	Title	Subtitle	Author	Author 2	Author 3	Publisher	Published Date	Pages
Elder Care	The Handbook of Child and Elder Care Resources		United States Office of Personnel Management			U.S. Government Printing Office	June 1997	115
Elder Care	Selecting Retirement Housing		AARP			AARP	1998	
Elder Care	Alz's: The Answers You Need							
Elder Care	Elder Law Handbook		Strauss, P.J.					
Elder Care	Planning and Decision Making for the Elderly		Wilkinson, J.A.					
Elder Care	Modern Maturity							
Elder Care	The Guide to Retirement Living							
Financial Management	Your Money or your Life		Joe Dominguez	Vicki Robin		Penguin Books	1999	364
Financial Management	The Complete Book of Trusts		Martin M. Shenkman			John Wiley & Sons, Inc.	1997	300
Financial Management	Retire Early		John F. Wasik			Henry Holt & Company	2000	221
Financial Management	How To Raise A Family On Less Than Two Incomes		Denise Topolnicki			Broadway Books	2001	331
Financial Management	The 9 Steps To Financial Freedom		Suze Orman			Three Rivers Press	1997	338
Financial Management	The Procrastinator's Guide to Financial Security		David F. Teitelbaum			American Management Association	2001	306
Financial Management	The Complete Idiot's Guide To Wills and Estates		Steve Maple			Alpha Books	1997	313
Financial Management	Estate Planning for Baby Boomers and Retirees		Stewart H. Welch III, CFP, AEP			Macmillan	1998	305
Financial Management	Finance		AARP			AARP	1996	
Financial Management	Smart Woman Finish Rich		David Bach			Broadway Books		
Financial Management	E & Y Personal Planning guide							
Financial Management	How to Raise a Family on Less Than Two Incomes							
Financial Management	Complete Book of Trusts	Shenkman, M						
Financial Management	Idiot's Guide to Wills and Estates		Maple, S.					
Financial Management	Kiplinger's Personal Finance							
Health & Wellness	Magic Trees of the Mind	How to Nurture Your Child's Intelligence, Creativity, and Healthy Emotions from Birth...	Marian Diamond, Ph.D	Janet Hopson		The Penguin Group	1999	466

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Health & Wellness	Eating Expectantly		Bridget Swinney M.S. R.D.	Tracey Anderson R.N., B.S. F.A.C.C.E.		Meadowbrook Press	2000	398
Health & Wellness	Learning Disabilities A to Z		Corinne Smith, Ph.D	Lisa Strick		Simon &Schuster	1997	407
Health & Wellness	The ADD/ADHD Checklist		Sandra Rief, M.A.			Prentice Hall	1998	256
Health & Wellness	Helping Children Overcome Learning Difficulties		Jerome Rosner			Walker and Company	1993	286
Health & Wellness	The Child With Special Needs		Stanley I. Greespan, MD	Serena Wieder, Ph.D		Perseus Book	1998	496
Health & Wellness	Choices & Consequences		Dick Schaefer			Johnson Institute Hazelden	1987	156
Health & Wellness	Don't Despair on Thursdays	Childhood Depression	Adolph Moser, Ed.D			Landmark Editions, Inc.	1996	61
Health & Wellness	Bipolar Disorders		Mitzi Waltz			O'Reilly & Associates, Inc.	2000	442
Health & Wellness	Lesbian & Gay Youth		Caitlin Ryan	Donna Futterman		Columbia University Press	1998	175
Health & Wellness	Now That You Know	Understanding Their Gay and Lesbian Children	Betty Fairchild	Nancy Hayward		Harcourt Brace & Company		281
Health & Wellness	Helping Your Depressed Teenager		Gerald D. Oster, Ph.D	Sarah S. Montgomery, MSW		John Wiley & Sons	1995	184
Health & Wellness	The Depressed Child		Dr. Douglas A. Riley			Taylor Trade Publishing	2000	195
Health & Wellness	Fostering Children's Social Competence		Lilian G. Katz	Diane E. McClellan		NAEYC	1997	116
Health & Wellness	Reducing Stress in Young Children's Lives		Janet Brown McCracken			National Association For The Education of Yg	1986	169
Health & Wellness	Encouraging Self-Esteem & Self-Discipline i	In Infants, Toddlers & Two- Year Olds	Polly Greenberg			National Ass. for the Education of Young Chd	1991	198
Health & Wellness	Your Childs's Growing Mind		Jane M. Healy, Ph.D			Doubleday	1987	353

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Health & Wellness	After School Programs to Promote Child and Adolescent Dev		National Research Council Institute of Med			National Academy Press		54
Health & Wellness	A Guide for Helping Children with Asthma		Kathleen McNiff Mortimer, Sc.D.	Herman E. itchell, Ph.D		National Cooperative Inner-City Asthma Study		
Health & Wellness	Asthma Awareness Day		National Institutes of Health			National Institutes of Health	June 1995	84
Health & Wellness	Substance Abuse Prevention		American Academy of Pediatrics			American Academy of Pediatrics	1999	
Health & Wellness	Alcohol Facts for Teenagers					Channing L. Bete Co., Inc.	1993	
Health & Wellness	About Teens & Drugs					Channing L. Bete Co., Inc.	1993	
Health & Wellness	Lyme Disease		U.S. Dept. of Health and Human Services			NIH Publications	1998	
Health & Wellness	When Disaster Strikes: Helping Young Children Cope		Jane M. Farish			National Ass. for the Education of Young Chin	1995	
Health & Wellness	Keeping Healthy	Parents, Teachers and Children	National Ass. for the Education of Young Chd			National Ass. for the Education of Young C	1999	
Health & Wellness	Helping Children Learn Self-Control		National Ass. for the Education of Young Chd			National Ass. for the Education of Young C	1998	
Health & Wellness	Responding to Linguistic and Cultural Diversity		National Ass. for the Education of Young Ch			National Ass. for the Education of Young Ch	1996	
Health & Wellness	Self-Esteem		Channing L. Bete Co., Inc.			Channing L. Bete Co., Inc.	1983	
Health & Wellness	A Path to Healing		Dr. Andrea D. Sullivan			Broadway Books	2000	293

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Health & Wellness	In The Kitchen With Rosie		Rosie Daley			Alfred A. Knopf		129
Health & Wellness	Rituals for Women Coping with Breast Cancer		Rosalie Muschal-Reinhardt	Barbara S. Mitrano	Mary Rose McCarthy	The Prism Collective	2000	49
Health & Wellness	Helping Your Mate Face Breast Cancer		Judy C. Kneece, RN, OCN			Edu Care Publishing	2001	133
Health & Wellness	Life after Loss		Bob Deits			Fisher Books	2000	242
Health & Wellness	Guiding Your Child Through Grief		Mary Ann Emswiler, M.A. M.P.S.	James P. Emswiler, M.A., M.Ed		Bantam Books	2000	286
Health & Wellness	Coping with Prostate Cancer		Robert H. Phillips, Ph.D.			Avery Publishing Group	1994	291
Health & Wellness	The Road Back to Health		Neil A. Fiore, Ph.D			Celestial Arts	1990	225
Health & Wellness	Mind, Body and Soul		Nancy Hassett Daham			Taylor Hill Publishing	2000	309
Health & Wellness	The Family Nutrition Book		William Sears, MD	Martha Sears, RN		Little, Brown and Company	1999	416
Health & Wellness	All Around The World Cookbook		Shelia Lukins			Workman Publishing Company, Inc.	1994	591
Health & Wellness	Overcoming Depression and Manic Depression		Paul Wider, M.A.				1993	201
Health & Wellness	The Noonday Demon		Andrew Solomon			Scribner	2001	569
Health & Wellness	Healing Mind, Healthy Woman		Alice D. Domar, Ph.D	Henry Dreher		Delta	1996	422
Health & Wellness	Fell's Official Know-It-All Guide	Health & Wellmess	Dr. M. Ted Morter, Jr. M.A.			Frederick Fell Publishers	2000	277
Health & Wellness	The Healing Power of Exercise		Linn Goldberg, M.D.	Diane L. Elliot, M.D.		John Wiley & Sons, Inc.	2000	298
Health & Wellness	Anger and Conflict		Lynne McClure, PhD.			Impact Publications	2000	166
Health & Wellness	Reviving Ophelia							
Health & Wellness	From Panic to Power							
Health & Wellness	Mayo Clinic Healthy Way of Life -pamphlet							
Health & Wellness	The Promise of Sleep							
Health & Wellness	Anger and Conflict in the Workplace							

Catageory	Title	Subtitle	Author	Author 2	Author 3	Publisher	Published Date	Pages
Health & Wellness	Overcoming Postpartum Depression & Anxiety		Linda Sebastian			Addicus Books		
Health & Wellness	The Wellness Book	The Comprehensive Guide to Maintaining Health & Treating Stress related illness	Herbet Benson, MD	Eileen Stuart				
Health & Wellness	Eat, Drink & Be Healthy	The Harvard Medical School Guide to Healthy Eating	Walter Willett, MD					
Health & Wellness	A Delicate Balance	Living Successfully with Chronic Illness	Susan Milstrey Wells					
Health & Wellness	The Portable Personal Trainer	100 Ways to Energize Your Workouts and Bring Out the Athlete in You	Eric Harr	Dara Torres				
Health & Wellness	The Wellness Community Guide to Fighting for Recovery from r		Harold H. Benjamin	Susan M. Love				
Health & Wellness	After Surgery, Illness or Trauma	10 Practical Steps to Renewed Energy and Health	Regina Sara Ryan					
Health & Wellness	Healing Images for Children	Teaching Relaxation and Guided Imagery to Children Facing Cancer and Other Serious Illness						
Health & Wellness	Living Better:	Every Patient's Guide to Living with Illness	Carol Langenfeld					
Health & Wellness	The Chronic Illness Experience	Embracing the Imperfect Life	Cheri Register					
Health & Wellness	Health Journeys	For People Managing Pain	Belleruth Naparstek					
Health & Wellness	Coping With Your Child's Chronic Illness		Alesia Singer					
Health & Wellness	American College of Physicians Complete Home Medical Guide		David R Goldman	American College of Physicians				
Health & Wellness	Love During the Breast Cancer Experience		Judy C. Kneece					
Health & Wellness	Sleep and Pain - Brochure		National Sleep Foundation					
Health & Wellness	Living with Nacolepsy - Brochure		National Sleep Foundation					

Catageory	Title	Subtitle	Author	Author 2	Author 3	Publisher	Published Date	Pages
Health & Wellness	Sleep Medicine Alert Archives - Newsletter		National Sleep Foundation					
Health & Wellness	Adolescent Sleep Research and Resources - Newsletter		National Sleep Foundation					
Health & Wellness	Nation Narcolepsy Registry - Newsletter		National Sleep Foundation					
Health & Wellness	Health							
Learning Disabilities	Learning Disabilities and Young Adults		American Academy of Pediatrics			American Academy of Pediatrics		
Learning Disabilities	Learning Disabilities and Children		American Academy of Pediatrics			American Academy of Pediatrics	1989	
Learning Disabilities	The Misunderstood Child	Understanding and Coping With Your Child's Learning Disabilities	Larry Silver					
Learning Disabilities	Nobody's Perfect	Living and Growing With Children Who Have Special Needs	Nancy B Miller	J.C. Dieterle				
Newsletters	Disease Management							
Newsletters	Senior Care Management							
Newsletters	AARP Bulletin							
Newsletters	Aging Today							
Newsletters	Women's Health Source							
Newsletters	Consumer Reports							
Newsletters	Fatherhood Today							
Newsletters	Child Health Alert							
Newsletters	Parent and Preschooler							
Newsletters	Body Bulletin							
Newsletters	Work & Family Trend							
Newsletters	Work & Family Newsbrief							
Newsletters	Work & Family Life							
Newsletters	The National Report on Work & Family							
Nursing Mothers	The Nursing Mother's Problem Solver		Claire Martin	Nancy Funnemark Krebs		Simon & Schuster		
Nursing Mothers	Breastfeeding Naturally		Hannah Lothrop			Fisher Books		

Catageory	Title	Subtitle	Author	Author 2	Author 3	Publisher	Published Date	Pages
Nursing Mothers	The Womanly Art of Breastfeeding		La Leche League International			A Plume Book		
Nursing Mothers	The New Bestfeeding - Getting Breastfeeding Right for You		Mary Renfrew	Chloe Fisher	Suzanne Arms			
Nursing Mothers	The Breastfeeding Book		Martha Sears, R.N.	William Sears, MD		Littel, Brown & Company		
Nursing Mothers	Learn to Relax		C. Eugene Walker, PhD			John Wiley & Sons, Inc		
Nursing Mothers	Breastfeeding		Renfrew					
Nursing Mothers	Establishing a Nursing Mother Program	A Guide for the Federal Workplace	Office of Personnel Management					
Nursing Mothers	The Womanly Art of Breastfeeding		Gwen Gotsch	Judy Torgus				
Pamphlets	Assisted Living: Weighing the Options							
Pamphlets	Consumer Rights							
Pamphlets	Crime Prevention							
Pamphlets	AARP	Connection for Independent Living Fact Sheet						
Pamphlets	AARP	Look Before You Leap						
Pamphlets	AARP	Life Transitions						
Pamphlets	AARP	Grandparent Information Center						
Pamphlets	AARP	Health Care Delivery and Insurance						
Pamphlets	AARP	Caregiving						
Pamphlets	AARP	Staying at Home						
Pamphlets	AARP	The Do-Able Renewable Home						
Pamphlets	AARP	Housing						
Pamphlets	AARP	Legal Q & A						
Pamphlets	AARP	Medicaid						
Pamphlets	AARP	Medicare Basics						
Pamphlets	AARP	Manage Stress						
Pamphlets	AARP	Choosing Good Care : A Guide to Finding a Nursing Homes						
Pamphlets	AARP	Finance						
Pamphlets	AARP	Staying Healthy At 50 plus						

Catageory	Title	Subtitle	Author	Author 2	Author 3	Publisher	Published Date	Pages
Pamphlets	AARP	Selecting Retirement Housing						
Pamphlets	AARP	Retirement Planning						
Pamphlets	AARP	Home Safe Home						
Pamphlets	AARP	Telemarketing Fraud						
Pamphlets	AARP	Working Options						
Pamphlets	AARP	On Being Alone						
Pamphlets	NAEYC	A Good Place For Your Infant						
Pamphlets	NAEYC	A Good Place For Your Toddler						
Pamphlets	NAEYC	A Good Preschool for Your Child						
Pamphlets	NAEYC	A Good Kindergarten For Your Child						
Pamphlets	NAEYC	A Good Primary School For Your Child						
Pamphlets	NAEYC	Play if FUNdamental						
Pamphlets	NAEYC	Raising a Reader, Raising a Writer						
Pamphlets	NAEYC	Choosing a Good Early Childhood Program						
Pamphlets	NAEYC	Early Childhood Program Accreditation						
Pamphlets	Keeping Healthy - Parents, teachers & children							
Pamphlets	Media Violence & Children							
Pamphlets	Responding to Linguistic and Cultural Diversity							
Pamphlets	When Disaster Strikes	Helping Children Through Difficult Times						
Pamphlets	NAEYC	What are the Benefits of High Quality Education?						
Pamphlets	NAEYC	Helping Children Learn Self-Control						
Pamphlets	NAEYC	Ready to go: School Readiness						
Pamphlets	Channing L. Bete	About Parenting						
Pamphlets	Parents & Stress		Channing L. Bete					

Catageory	Title	Subtitle	Author	Author 2	Author 3	Publisher	Published Date	Pages
Pamphlets	About Foster Parenting		Channing L. Bete					
Pamphlets	You, Your Child & Values		Channing L. Bete					
Pamphlets	A Positive Role Model For Your Child		Channing L. Bete					
Pamphlets	About Child Safety		Channing L. Bete					
Pamphlets	Teaching a Child Problem Solving		Channing L. Bete					
Pamphlets	How to Balance Work & Family		Channing L. Bete					
Pamphlets	Latchkey Children		Channing L. Bete					
Pamphlets	Communicating with Your School Age Child		Channing L. Bete					
Pamphlets	Understanding Adolescence		Channing L. Bete					
Pamphlets	Teen Behavior		Channing L. Bete					
Pamphlets	How to Talk with Your Parents		Channing L. Bete					
Pamphlets	About Making Decisions		Channing L. Bete					
Pamphlets	Alcohol Facts for Teens		Channing L. Bete					
Pamphlets	About Teens & Drugs		Channing L. Bete					
Pamphlets	About Stress		Channing L. Bete					
Pamphlets	About Anger		Channing L. Bete					
Pamphlets	Building Relationships		Channing L. Bete					
Pamphlets	Television and the Family		Academy of Pediatrics					
Pamphlets	Discipline and Your Child		Academy of Pediatrics					
Pamphlets	Temper Tantrums		Academy of Pediatrics					

Catageory	Title	Subtitle	Author	Author 2	Author 3	Publisher	Published Date	Pages
Pamphlets	Understanding ADHD		Academy of Pediatrics					
Pamphlets	Child Care: What's Best For Your Family		Academy of Pediatrics					
Pamphlets	Divorce and Children		Academy of Pediatrics					
Pamphlets	Healthy Communication With Your Child		Academy of Pediatrics					
Pamphlets	Sibling Relationships		Academy of Pediatrics					
Pamphlets	Learning Disabilities in Children		Academy of Pediatrics					
Pamphlets	Learning Disabilities in Young Adults		Academy of Pediatrics					
Pamphlets	Understanding the Impact of Media		Academy of Pediatrics					
Pamphlets	Developmental Milestones		Academy of Pediatrics					
Pamphlets	About Single Parenting		Academy of Pediatrics					
Pamphlets	Substance Abuse Prevention		Academy of Pediatrics					
Pamphlets	Tips for Parents of Adolescents		Academy of Pediatrics					
Pamphlets	Understanding Puberty		Academy of Pediatrics					
Pamphlets	The Teen Driver		Academy of Pediatrics					
Pamphlets	Facts of HIV and AIDS		Academy of Pediatrics					
Pamphlets	Listing of Sex Ed. Resources and Materials		Academy of Pediatrics					
Parenting	The Gift of Fatherhood		Dr. Aaron Hass			Simon & Schuster	1994	203
Parenting	Nursing Mother, Working Mother		Gale Pryor			The Harvard Common Press	1997	184
Parenting	So that's what they are for!		Janet Tamaro			Adams Media Corporation	1996	
Parenting	Sleeping Through The Night		Jodi A. Mindell, PH.D			Harper Perennial	1997	291
Parenting	The Expectant Father		Armin A. Brott	Jennifer Ash		Abbeville Press	1995	215

Catageory	Title	Subtitle	Author	Author 2	Author 3	Publisher	Published Date	Pages
Parenting	Fathers And Babies		Jean Marzollo	Irene Trivas		Harper Perennial	1993	235
Parenting	The Parent Pages for Metropolitan Washington						1998	115
Parenting	The Daddy Guide		Kevin Nelson			Contemporary Books	1998	319
Parenting	Raising Self-Reliant Children in a Self-Indulgent World		H. Stephen Glenn, Ph.D	Jane Nelsen, Ed.D		Prima Publishing		230
Parenting	Raising Your Spirited Child		Mary Sheedy Kurcinka			Harper Perennial	1991	302
Parenting	Driven to Distraction		Edward M. Hallowell, MD	John J. Ratey, MD		Simon & Schuster	1994	319
Parenting	Power Parenting for Children with ADD/ADHD		Grad L. Flick, Ph.D	Harvey C. Parker, Ph.D		The Center For Applied Research in Education	1996	242
Parenting	Taking Charge of ADHD		Russell A. Barkley, Ph.D			The Guilford Press	2000	321
Parenting	How To Talk So Kids Will Listen & Listen So Kids Will Talk		Adele Faber	Elaine Mazlish		Avon Books	1980	286
Parenting	A Tribe Apart		Patricia Hersch			Ballantine Books		391
Parenting	Taking Children Seriously		Margaret F. Skutch	Sherry Andrews		World Books	1988	157
Parenting	Raising a Thinking Preteen		Myrna B. Shure, Ph.D	Roberta Israeloff		Henry Holt and Company	2000	254
Parenting	Teen Proofing		John Rosemond			Andrews McMeel	1998	272
Parenting	Uncommon Sense for Parents with Teenagers		Michawl Riera, Ph.D.			Celestial Arts	1995	222
Parenting	Parenting Teens With Love & Logic		Foster Cline, M.D.	Jim Fay		Pinon	1992	269
Parenting	Surviving Your Adolescents		Thomas W. Phelan, Ph.D.			Login Publishers	1998	175
Parenting	Blended Families		Maxine Marsolini			Moody Press	2000	270
Parenting	Siblings Without Rivalry		Adele Faber	Elaine Mazlish		Avon Books		250
Parenting	Positive Discipline for Preschoolers		Jane Nelsen, Ed.D.	Cheryl Erwin, M.A.	Roslyn Duffy	Prima Publishing	1998	351
Parenting	Positive Discipline for Teenagers		Jane Nelsen, Ed.D.	Lynn Lott, M.A.		Prima Publishing	2000	349
Parenting	Youth and Family Resource Guide		Loudoun County Office on Youth			Loudoun County Office on Youth	1996	127

Catageory	Title	Subtitle	Author	Author 2	Author 3	Publisher	Published Date	Pages
Parenting	Raising a Thinking Child		Myrna B. Shure, Ph.D.	Theresa Foy DiGeronimo, M.Ed.		Simon & Schuster	1994	212
Parenting	Sticks and Stones		Scott Cooper			Times Books	2000	194
Parenting	Making the Best of Second Best		Kathleen Fox			FoxCraft, Inc.	1998	183
Parenting	Raising Cain	Protecting the Emotional Life of Boys	Dan Kindlon, Ph.D	Michael Thompson, Ph.D		Ballantine Books	1999	298
Parenting	Divorce and New Beginnings		Genevieve Clapp, Ph.D			John Wiley & Sons, Inc.	1992	377
Parenting	Parenting With Love and Logic		Foster Cline, MD	Jim Fay		Pinon	1990	229
Parenting	Parenting after Divorce		Philip M. Stahl, Ph.D			Impact Publishers, Inc.	2000	178
Parenting	How to Generate Values in Young Children		Sue Spayth Riley			National Ass. For The Education of young Chd	1984	94
Parenting	Boundaries with Kids		Dr. Henry Cloud	Dr. John Townsend		Zondervan Publishing House	1998	223
Parenting	What to Expect The First Year		Henry Harris, M.D. F.A.A.P			Workman Publishing	1989	671
Parenting	Your Child	What Every Parent Needs to Know	David B. Pruitt, MD			Harper Collins	1998	470
Parenting	You Can Teach Someone To Read		Lorraine Peoples			GloBooks Publishing	2000	303
Parenting	How to Teach Your Children Discipline		Marilyn E. Gootman			National Committee to Prevent Child Abuse	1990	
Parenting	Sibling Relationships Guidelines for Parents		American Academy of Pediatrics			American Academy of Pediatrics	1996	
Parenting	Divorce and Children	Guidelines for Parents	American Academy of Pediatrics			American Academy of Pediatrics	1994	
Parenting	Single Parenting: What You Need to Know		American Academy of Pediatrics			American Academy of Pediatrics	1994	
Parenting	Television and the Family		American Academy of Pediatrics			American Academy of Pediatrics	1999	

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Parenting	Healthy Communication With Your Child		American Academy of Pediatrics			American Academy of Pediatrics	1996	
Parenting	Tips for Parents of Adolescents		American Academy of Pediatrics			American Academy of Pediatrics	2000	
Parenting	About Foster Parenting						1998	
Parenting	The Latchkey Children	Tips for Working Parents	Channing L. Bete Co., Inc.			Channing L. Bete Co., Inc.	1984	
Parenting	Media and Children Violence		National Association for the Education of Yn			National Association for the Education of Y	200	
Parenting	Helping Children Cope with Divorce							
Parenting	Emotional Intelligent Parenting							
Parenting	Get Out of My Life							
Parenting	You & Your Adolescent							
Parenting	Infant Massage							
Parenting	After School Programs to Promote Child & Adolescent Behavior							
Parenting	Birth to Age 5	Caring for Your Baby and Young Child						
Parenting	Almost Grown	Launching your Child from High School to College	Patricia Pasick					
Parenting	The New Mom's Manual	Over 800 Tips and Advice from Hundreds of Moms for Baby's First Year	Mary Jeanne Menna					
Parenting	Finding Time for Fatherhood: The Important Considerations	Men Face When They Become Parents	Bruce Linton					
Parenting	It's So Amazing!	A Book About Eggs, Sperm, Birth, Babies and Families	Robie Harris	Michael Emberly				
Parenting	Changing Bodies, Changing Lives:	A Book for Teens on Sex and Relationships	Ruth Bell Alexander					
Parenting	What's Happening to My Body?	Book for Boys: The New Growing Up Guide for Parents and Sons	Lynda Madaras					
Parenting	What's Happening to my Body?	Book for Girls; The New Growing up Guide for Parents and Daughters	Lynda Madaras					

Catageory	Title	Subtitle	Author	Author 2	Author 3	Publisher	Published Date	Pages
Parenting	The Underground Guide to Teenage Sexuality	An Essential Handbook for Today's Teen's and Parents	Machael J. Basso					
Parenting	Washington Parents							
Parenting	Washington Families							
Parenting	Young Children							
Parenting	Child							
Shift Work	Night and Shift Work	Biological and Social Aspects	Alain Reinberg					
Shift Work	Work Concepts For The Future	Managing Alternative Work Arrangements	Patricia Schiff Estess					
Shift Work	Wake Up!							
Shift Work	Adapting Shiftwork Arrangements		E.N. Corlett	Y. Queinnec				
Shift Work	Strategies for Shift Workers - Brochure							
Shift Work	Plain Language About Shiftwork					National Institute for Occupational Safety		
Stress Management	The Hurried Child		David Elkind			Perseus Books	1988	
Stress Management	Responding to Stress							
Stress Management	365 Ways to Relax: Mind, Body, & Soul		Barbara L. Heller			Storey Books		
Stress Management	Stress Relief & Relaxation Techniques		Judith Lazarus					
Stress Management	The Self-Nourishment Companion - 52 Inspiring Ways to Take f		Matthew McKay, PhD	Catharine Sutker	Kristin Beck	New Harbinger Publications, Inc.		
Stress Management	The Relaxation & Stress Reduction Book		Martha Davis	Elizabeth Robbins Eshelman	Matthew McKay	New Harbinger Publications		
Stress Management	Hypno Concepts					2000 Hypnovision, inc		
Stress Management	Letting Go of Stress		Frederick R. Honig					
Stress Management	Inner Awakenings		Peggy Farmer, PhD	Toni Pierce	Steven Halpern			
Stress Management	A Journey of Relaxation		Anna Vitale					
Stress Management	Stress Release							
Stress Management	Hawaiian Zen - Waves Virtual Vacation		Greg Voevodsky					
Stress Management	Road Rage Relaxation							
Stress Management	Stress Management for Dummies		Allen Elkin					
Stress Management	The Relaxation Response		Herbert Benson, MD	Miriam Klipper				
Stress Management	Calm at Work		Paul Wilson					

Catageory	Title	Subtitle	Author	Author 2	Author 3	Publisher	Published Date	Pages
Stress Management	Learn to Relax	Proven Techniques for Reducing Stress, Tension, & Anxiety						
Stress Management	Stress Management for Dummies		Allen Elkin					
Stress Management	Learn to Relax	A Practical Guide to Easign Tension and Conquering Stress	Mike George					
Stress Management	Total Relaxation	Healing Practices for Body, Mind, & Spirit	John Harvey					
Stress Management	A Boy And A Bear	The Children's Relaxation Book	Lori Lite	M. Hartigan				
Stress Management	Don't Sweat the Small Stuff		Carlson, R.					
Stress Management	Relaxation and Stress Reduction Workbook		Davis, M.					
Stress Management	10 Natural Laws of Successful Time and Life Management		Smith, H.W.					
Stress Management	Coming Up For Air		Sawi, B.					
Working At Sea	Working At Sea							
Working At Sea	Navy Marriages and Deployment		Elwood Carlson	Ruth Carlson				