

Hospice Lennox & Addington Resource Library

General Health

TITLE	AUTHOR	DESCRIPTION	PGS	QTY
Don't Sweat the Small Stuff at Work	Carlson, Richard	Simple ways to minimize stress and conflict while bringing out the best in yourself and others	284	1
What If...	Chevalier, A.J.	Daily thoughts for those who worry too much	378	1
Get With the Program	Greene, Bob	Tips on how to lose weight and stay fit for a lifetime.	221	1
Energy Up	High Voltage	Shed pounds, gain stamina, get fit	270	1
Reality is Overrated	Kimmett, Deborah	A comedy on family, work and life's ever changing reality	73	1
Life Strategies	McGraw, Philip C.	Doing what works, doing what matters	282	1
Relationship Rescue	McGraw, Phillip C.	A 7-step strategy for reconnecting with your partner	152	1
The Ultimate Weight Solution	McGraw, Philip C.	The 7 keys to weight loss freedom	320	1
The Ultimate Weight Solution Food Guide	McGraw, Philip C.	Food guide to accompany 'The Ultimate Weight Solution'	710	1
Growing Somewhere	Walker, Kelly	Living life after mid-life	230	1