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AUDIO BOOK BIBLIOGRAPHY**

An Open Heart: Practicing Compassion in Everyday Life

Produced by:

Number of Copies: 1 **RES_ID:** 1244

Compassion -- sympathy for the suffering of others and the desire to free them from it -- is wrestled with in all spiritual traditions. Yet how does one actually become a compassionate person? What are the mechanisms by which a selfish heart is transformed into a generous heart? In this acclaimed bestseller, His Holiness the Dalai Lama writes simply and powerfully about the everyday Buddhist practice of compassion, offering a clear, practical, inspiring introduction to the Buddhist path to enlightenment.

For People With Diabetes

Produced by:

Number of Copies: 1 **RES_ID:** 1288

A powerful aid in helping patients play a stronger role in their own recovery. Careful attention to the physiology of each specific condition, poetic language and beautiful, soothing music guide the imagination without restricting it.

This tape helps listeners achieve a calm sense of mastery over the stress that diabetes imposes.

Guided Imagery for People with Cancer

Produced by:

Number of Copies: 1 **RES_ID:** 1225

Self-Nurture: Learning To Care For Yourself As Effectively AS You Care For Everyone Else

Produced by:

Number of Copies: 1 **RES_ID:** 1226

Tuesdays with Morrie: an old man, a young man, and life's greatest lesson

Produced by:

Number of Copies: 1 **RES_ID:** 1243

Maybe it was a grandparent, or a teacher. Someone older who understood you when you were young and searching, who helped you see the world as a more profound place, and gave you advice to help you make your way through it. For Mitch Albom, that person was Morrie Schwartz, his college professor from nearly twenty years ago.

Maybe, like Mitch, you lost track of your mentor as you made your way, and the insights faded, and the world seemed colder. Wouldn't you like to see that person again, ask the bigger questions that still haunt you?

Mitch Albom had that second chance. He rediscovered Morrie in the last months of the older man's life. Knowing he was dying, Morrie visited with Mitch in his study every Tuesday, just as they used to back in college.

Tuesdays With Morrie is a magical chronicle of their time together, through which Mitch shares Morrie's lasting gift to the world.

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Your Aging Parents - How to Heal and Enrich Your Last Years Together

Produced by:

Number of Copies: 2 **RES_ID:** 1319

Your parents aging - and dying - hold profound information that is available only once in a lifetime. Victoria Howard teaches you how to receive the legacy of their experience before it is gone forever. Join this expert on aging as she teaches you how to: heal old hurts and resentments, understand the mental and emotional changes that come with aging, evaluate caretaking options including homecare.

ALZHEIMER'S & DEMENTIA CARE

LOSING MY MIND: AN INTIMATE LOOK AT LIFE WITH ALZHEIMER'S

Produced by:

Number of Copies: 1 **RES_ID:** 1170

Audio Book 2 CD's

BEREAVEMENT

The Grief Process: Meditations for Healing

Produced by:

Number of Copies: 1 **RES_ID:** 1147

From the Publisher

Who grieves? According to Stephen and Ondrea Levine, we all do. "Whether it manifests as self-judgment, as fear, as guilt, as anger and blame," the Levines teach, "everyone has grief."

THE GRIEF PROCESS is an in-depth workshop with these bestselling authors and teachers that explores how anyone can resolve grief through meditation. Working with a group of people caught in the wake of physical and emotional loss, the Levines explain how grief can lead to an "armoring of the heart," and demonstrate a series of deeply felt exercises they have developed and refined over many years of work with meditation groups, hospice residents, and others. Based on classic principles of awareness training, these techniques -- including a special forgiveness meditation -- offer an opportunity for true healing, even if you have been quietly grieving alone for years. For those who are hurting from this injury of our age that leaves no scars, THE GRIEF PROCESS is a milestone in the Levine's long career as meditation instructors, caregivers, and healers.

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CANCER

Dr. Carl Simonton's Getting Well : A Step-by-Step, Self-Help Guide to Overcoming Cancer for Patients and Their Families (2 Cassettes)

Produced by:

Number of Copies: 1 **RES_ID:** 1132

Annotation

A leading practitioner in the field of psychological causes and treatments of cancer offers proven life extending procedures and specific techniques to enhance the chance of survival and improve the quality of life. 32-page booklet and cassette.

You're Not Alone : Conversations with Breast Cancer Survivors and Those Who Love Them

Produced by:

Number of Copies: 1 **RES_ID:** 1144

From the Publisher

It is estimated that in the next twelve months in the United States, over 180,000 women will be diagnosed with breast cancer. For these women hearing the words, "you've got breast cancer" will profoundly change their lives and the lives of those who love them.

And even though, thankfully, the vast majority of these women will survive to live happy and productive lives well beyond their illness, the crisis of their diagnosis and the many months of their treatment and recovery will confront them and their families with physical, emotional, social, sexual, psychological, and spiritual demands they are often ill-prepared to meet by themselves!

CAREGIVER

Hidden Legacy: the Rewards of Caring for your Aging Parents

Produced by:

Number of Copies: 1 **RES_ID:** 1316

The Buddhist tradition is a natural fit for family challenges that test the limits of our endurance. In this program about caring for an aging parent, the author's emotional authority makes this particular challenge acceptable and even attractive. Her language is that of social work, but her voice is Buddhist — peaceful and integrated with the universal good. Using the knowledge framework of geriatrics and late-life emotional growth, she asks listeners to think about why their parents are difficult, rather than just reacting to them. Do the emotional work, pace the involvement to preserve the self, and learn what you can about being old

DIABETES

Nutritional Tools for Diabetes

Produced by:

Number of Copies: 1 **RES_ID:** 1138

Although doctors are quick to prescribe medication to lower blood sugar, they overlook the adverse side effects of these drugs. Dr. Whitakers experience over the past 25 years in treating thousands of patients with type 2 diabetes is that far safer, equally effective nutritional therapies can usually replace the need for drugs.

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MENTAL HEALTH

Driven to Distraction: Recognizing and Coping with Attention Deficit Disorder from Childhood through Adulthood

Produced by:

Number of Copies: 1 **RES_ID:** 1134

From the Publisher

Procrastination. Disorganization. Distractibility. Millions of adults have long considered these the hallmarks of a lack of self-discipline. But for many, these and other problems in school, at work and in social relationships are actually symptoms of an inborn neurological problem: ADD, or Attention Deficit Disorder.

Through vivid stories of their patients' experiences, Drs. Hallowell and Ratey now offer a comprehensive overview of one of the most controversial psychiatric diagnoses of our day. They show the varied forms ADD takes -- and the transforming impact of precise diagnosis and treatment. And, as successful professionals who are both living with ADD, they extend a message of hope and compassion to all listeners struggling with ADD in their own lives or in the lives of loved ones.

An enlightening exploration of a condition only recently identified, Driven To Distraction is a must for everyone intrigued by the workings of the human mind.

Natural Healing for Anxiety and Depression

Produced by:

Number of Copies: 1 **RES_ID:** 1122

AudioFile

Two professional healers explain the nature of anxiety and depression, and place these symptoms within the growing field of mind/body/spirit medicine. While some of the Ayurvedic words they use to explain Eastern healing will be new to many, what the authors communicate about emotional turbulence and imbalance will be clear to everyone. There is concise advice on the use of herbal medicine and lifestyle approaches to treat emotional pain, as well as valuable distinctions between what we can and cannot control about our emotions. The authors gently encourage listeners to observe and manage their symptoms, as well as their lives. While other programs on mind/body/spirit healing may have a greater range of information, few will offer a more heartfelt invitation to explore this approach to treating emotional pain. T.W. (c) AudioFile 2001, Portland, Maine

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MENTAL HEALTH

The Noonday Demon: An Atlas of Depression

Produced by:

Number of Copies: 1 **RES_ID:** 1142

From the Publisher

The Noonday Demon examines depression in personal, cultural, and scientific terms. Drawing on his own struggles with the illness and interviews with fellow sufferers, doctors and scientists, policy makers and politicians, drug designers and philosophers, Andrew Solomon reveals the subtle complexities and sheer agony of the disease. He confronts the challenge of defining the illness and describes the vast range of available medications, the efficacy of alternative treatments, and the impact the malady has on various demographic populations -- around the world and throughout history. He also explores the thorny patch of moral and ethical questions posed by emerging biological explanations for mental illness. With uncommon humanity, candor, wit, and erudition, award-winning author Solomon takes readers on a journey of incomparable range and resonance into the most pervasive of family secrets. His contribution to our understanding not only of mental illness but also of the human condition is truly stunning.

Synopsis

The Noonday Demon examines depression in personal, cultural, and scientific terms. Drawing on his own struggles with the illness and interviews with fellow sufferers, doctors and scientists, policymakers and politicians, drug designers and philosophers, Solomon reveals the subtle complexities and sheer agony of the disease. He confronts the challenge of defining the illness and describes the vast range of available medications, the efficacy of alternative treatments, and the impact the malady has had on various demographic populations around the world and throughout history. He also explores the thorny patch of moral and ethical questions posed by emerging biological explanations for mental illness.

The Secret Strength of Depression

Produced by:

Number of Copies: 1 **RES_ID:** 1154

From the Publisher

The classic bestseller... completely revised and updated for the new millennium! Over 500,000 copies in print! The Secret Strength of Depression, first published in 1974, has long been acclaimed as one of the clearest and most helpful books on the subject of depression. Fully revised and updated for the new millennium, this new paperback edition includes the latest discoveries in the treatment of depression. It has been expanded to include reports of the myths and miracles of the new antidepressants, the most recent findings on the biology of depression in women, and new information on depression in adolescents and the elderly. In these uncertain times, more and more Americans are struggling with feelings of depression and anxiety. According to Dr. Flach, depression is a natural, healthy reaction to stressful events or major lifestyle changes such as marriage, divorce, career changes, or retirement. By acknowledging that depression can be an adaptive response to certain situations, Dr. Flach helps readers to tap their creative energies to turn depression into a positive force for personal growth. Author Biography: Dr. Frederic Flach is an internationally recognized psychiatrist and author. He was recently made a Knight of the Holy Sepulchre by the late John Cardinal O'Conner for his lifetime of service to others.

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NATURE AND STRESS REDUCTION

FISH! STICKS

Produced by:

Number of Copies: 1 **RES_ID:** 1543

A Remarkable Way to Adapt to Changing Times and Keep Your Work Fresh. Make Change Stick. There are many ways to make good changes. This brilliant new parable will show you how to help make those changes stick - for good. Effecting change in an organization is a piece of cake - compared to the real challenge of getting change to stick. Now, the authors of FISH! And FISH! TALES, the international bestselling book and video have returned with an all-new, stand-alone business parable that shows how anyone can do exactly that. Here is a remarkable way to keep your work vital, alive, and fresh as you navigate staff turnover, tough times, and general run-of-the-mill cynicism and burnout. This book will help you achieve your goals.

FISH! TALES

Produced by:

Number of Copies: 1 **RES_ID:** 1538

The #1 Way to Boost Morale. Bite-sized stories. Unlimited possibilities. Real-Life Stories to Help You Transform Your Workplace and Your Life. The phenomenal international bestseller FISH! Told the story of a fictional company that transformed itself by applying lessons learned from Seattle's Pike Place Fish market. Now, with FISH! TALES, readers can learn how people in real-life businesses boosted morale and improved results by implementing these same principles. Here are specific and tested techniques that can be put to use right away in any kind of business or organization- even at home. This book focuses on four diverse workplaces that centers on employee retention, customer service, salesmanship, teamwork.

FISH! TALES - CD'S

Produced by:

Number of Copies: 1 **RES_ID:** 1539

The #1 Way to Boost Morale. Bite-sized stories. Unlimited possibilities. Real-Life Stories to Help You Transform Your Workplace and Your Life. The phenomenal international bestseller FISH! Told the story of a fictional company that transformed itself by applying lessons learned from Seattle's Pike Place Fish market. Now, with FISH! TALES, readers can learn how people in real-life businesses boosted morale and improved results by implementing these same principles. Here are specific and tested techniques that can be put to use right away in any kind of business or organization- even at home. This book focuses on four diverse workplaces that centers on employee retention, customer service, salesmanship, teamwork.

The Mind/Body medicine Library: Stress Reduction (2 Cassettes)

Produced by:

Number of Copies: 1 **RES_ID:** 1148

From the Publisher

Dr. Collinge begins by explaining the psychophysiology of stress, and how it contributes to hypertension and other diseases. He then explains the most successful self-management strategies and mind/body techniques to fight "stress-related disease". Listeners also learn how to respond to potentially stressful situations in new ways.