

**AGING AND DISABILITY RESOURCE CENTER
CAREGIVER RESOURCE LIBRARY
CASSETTE BIBLIOGRAPHY**

ANCHORS AWEIGH

Produced by:

Number of Copies: 1 **RES_ID:** 283

Chicken Soup for the Golden Soul

Produced by:

Number of Copies: 1 **RES_ID:** 1235

Do you remember when the milkman delivered and TV was a test pattern and a snowy channel? When Fibber McGee and Molly captured your imagination on Monday-night radio and cars had rumble seats and running boards? Then you are a golden soul, someone rich with experience who can embrace life with more freedom and perspective than you ever had when you were younger.

Through touching, entertaining and inspiring stories, this latest Chicken Soup collection shares the stories of people sixty and over who are redefining the expression "better with age" by greeting life's joys and challenges with grace, vibrancy and a positive attitude. Chapters include: Staying Young at Heart, Living Your Dream, On Overcoming, Reminiscing, On Love, Sharing with Others and Ageless Wisdom.

Combat Depression

Produced by:

Number of Copies: 1 **RES_ID:** 1196

Designed to reduce hopelessness and self-hatred, to mobilize energy, reduce fatigue, to elicit memories that inspire feelings of love, hope and gratitude, to help the listener connect with inner strength, to reduce anxiety and marshal spiritual support. 35 minutes.

COME DANCE AGAIN

Produced by:

Number of Copies: 2 **RES_ID:** 285

Getting Ready

Produced by:

Number of Copies: 6 **RES_ID:** 1236

On the uplifting audiocassette, Dr. Bernie Siegel brings you a series of visualization exercises to help you mentally prepare for medical procedures such as surgery and chemotherapy. He explains how your desire and intention affect the physical world, and how these visualizations can help you alter your perceptions and heal.

I HEAR AMERICA SINGING

Produced by:

Number of Copies: 1 **RES_ID:** 284

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KATE SMITH ON THE AIR

Produced by:

Number of Copies: 2 **RES_ID:** 282

Marianne Williamson on Hope and Happiness

Produced by:

Number of Copies: 1 **RES_ID:** 1234

The twelfth lecture in Marianne Williamson's series based on A COURSE IN MIRACLES examines how we can create hope and happiness within our lives by shifting our thinking away from how difficult life is to how wonderful life is.

In her lectures Hope and The Choice To Be Happy, Marianne tells us that moving beyond our past mistakes requires only that we realize who we are: the perfect children of God. We've all made mistakes in life, but instead of moving on with our lives, we often become stuck in the past with ideas of guilt, sin and self-judgment. A personal transformation can happen simply by seeking the God within us and asking for a hearing of the past.

Meditations For Women Who Do Too Much

Produced by:

Number of Copies: 1 **RES_ID:** 1245

Daily meditations to help women break the cycle of doing too much—for workaholics, busyaholics, rushaholics, and careaholics. Many of today's women are overextended—addiction to working, rushing, taking care of other people's needs. With wisdom, insight, and humor, these 365 meditations—combined with quotations from women of different ages, cultures, and perspectives—will help women recognize that cycle. A welcome antidote to the mad rush of modern living. Schaefer's concise meditations will open new doors to new ways of living.

Morning & Evening Meditations

Produced by:

Number of Copies: 1 **RES_ID:** 1283

On side one of this inspirational audiocassette, Louise motivates you to begin your day with positive affirmations that can open up new possibilities for you. On side two, she helps you close the day with gratitude for all that has been experienced, preparing you for a deep and restful sleep.

Natural Healing: for Anxiety and Depression

Produced by:

Number of Copies: 1 **RES_ID:** 1242

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.

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Nothing Is Impossible: Reflections o a New Life

Produced by:

Number of Copies: 1 **RES_ID:** 1228

Christopher Reeve has mastered the art of turning the impossible into the inevitable. In Nothing Is Impossible, the author of the bestselling autobiography Still Me shows that we are all capable of overcoming seemingly insurmountable hardships. He interweaves anecdotes from his own life with excerpts from speeches and interviews he's given and with evocative photos taken by his son Matthew.

PRAYERS & HYMNS

Produced by:

Number of Copies: 1 **RES_ID:** 286

Jesus Loves Me, The Battle Hymn of the Republic...Jesus, Tender Shepherds. 30 Min.

SUPERSTARS OF COMEDY MARILYN MONROE

Produced by:

Number of Copies: 1 **RES_ID:** 694

TAKING YOUR OWN BLOOD PRESSURE

Produced by:

Number of Copies: 1 **RES_ID:** 1217

Ten Minutes To Relax (3 cassette set)

Produced by:

Number of Copies: 1 **RES_ID:** 1197

When stress levels get too high, relaxation is more than a luxury...it's a necessity. Physical and psychological health depends more on the ability to control excess stress than on any other single factor. The good news is that one can learn to control the stress-cycle. Spoken instructions using imagery and calming techniques melt away stress, jitters, and anxiety. 3 CD set

THE GEORGE BURNS & GRACIE ALLEN SHOW

Produced by:

Number of Copies: 1 **RES_ID:** 672

Audio

The Serenity Prayer: Affirmatins & Meditations For Recovery

Produced by:

Number of Copies: 1 **RES_ID:** 1231

This rich and artistic presentation uses affirmations, music, poetry, and timeless truths to create a supportive atmosphere and promote an inner resonance with serenity, courage, and wisdom.

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AGING AND SPIRITUALITY

Chicken Soup for the Unsinkable Soul

Produced by:

Number of Copies: 1 **RES_ID:** 1249

Jack Canfield and Mark Victor Hansen are joined by Heather McNamara, senior editor of the series, in this unforgettable collection of inspiring and uplifting stories. Sure to become a favorite of readers who love Chicken Soup for its stories of overcoming life's obstacles, challenges, heartbreaks and pain, this book emphasizes triumph in the face of overwhelming odds. A timeless testament to the indomitable human spirit, this collection is sure to encourage, support, comfort and, most of all, inspire all readers for years to come.

ALZHEIMER'S & DEMENTIA CARE

At Ease with Alzheimer's

Produced by:

Number of Copies: 1 **RES_ID:** 1545

Coping skills for caregivers. This CD explains skills and techniques for handling many situations that you may encounter. Using these tools empower you. As Steven's music touches your soul, Dr. Madeleine Singer's soothing voice guides you on a journey to renew your strength with gentle courage and an unshaken will. She brings a welcome lightness and humor to a challenging subject.

MANAGING DEMENTIA: BEHAVIORAL STRATEGIES

Produced by:

Number of Copies: 1 **RES_ID:** 730

Audio cassette

MANAGING DEMENTIA: MEDICATION STRATEGIES

Produced by:

Number of Copies: 1 **RES_ID:** 729

Audio Cassette

CANCER

The Holistic Approach to Cancer Treatment

Produced by:

Number of Copies: 1 **RES_ID:** 967

In this informative dialogue, holistic approaches to the treatment of cancer are discussed. Learn how to integrate the best of Western medicine with timeless healing traditions and really help you find your memory of wholeness.

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CAREGIVER

Coping Skills for Caregivers

Produced by:

Number of Copies: 1 **RES_ID:** 1546

This CD combines Madeleine's exquisite voice with Steven's specially composed music that relaxes the body, opens the heart and soothes the soul. She becomes your personal coach as she guides you into peaceful realms of understanding and inner peace.

GRANDPARENTING/PARENTING

POSITIVE PARENTING WITH A PLAN

Produced by:

Number of Copies: 0 **RES_ID:** 1990

Helping to empower parents with family rules.

Four cassettes & workbook

MENTAL HEALTH

Personality Disorders in Social Work & Healthcare

Produced by:

Number of Copies: 1 **RES_ID:** 1113

MULTIPLE SCLEROSIS

Multiple Sclerosis

Produced by:

Number of Copies: 1 **RES_ID:** 1246

These tapes are by far the most powerful, responsible and inspiring guided imagery tapes I have heard. Evocative language, inspiring music, physiologically accurate images, and sensible, easy-to-follow instructions are what distinguish these excellent tapes.

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NATURE AND STRESS REDUCTION

Gifts of the Angels

Produced by:

Number of Copies: 1 **RES_ID:** 1547

Some albums you hear with your ears. This one you hear with your soul. Gifts of the Angels surrounds you with a luminous halo of sound vibrations that leaves you relaxed, renewed and uplifted. This exquisite anthology features an angelic choir with piano, harp, and gently sustained violins.

Overcoming Fears: Affirmations & Meditation

Produced by:

Number of Copies: 2 **RES_ID:** 1266

On this powerful audiocassette, bestselling author and lecturer Louise L. Hay helps you overcome fear through the positive strength of meditation and affirmations.

On Side One, Louise leads you through a series of affirmations designed to help you overcome fears. By listening to them on a regular basis, you can change your negative thought patterns into healthy, positive ones.

On Side Two, Louise's meditation visualizes a world where it's safe to grow and love each other without fear. She stresses the importance of loving your inner child, and her vision of the world as a secure, loving place will help give you the confidence and power to make your own contribution to a productive and caring society.

ROM Relaxation: Body Awareness & Breathing & The ROM Dance in Moonlight

Produced by: *St Marys Hospital Medical Ctr - Madison Ctr*

Number of Copies: 1 **RES_ID:** 1945

2 cassettes - both sides

The Procrastinator's Handbook

Produced by:

Number of Copies: 1 **RES_ID:** 1854

Audio Renaissance - audio book.

Mastering the Art of Doing it Now

"Don't put off reading this book. Among the techniques and concepts, stories and humor, quotes and 'quick tips' you will find something to help you get started."

Almost everyone procrastinates. This book is filled with practical, useful, common-sense advice and real-life stories of people who have overcome procrastination, this program is as entertaining as it is rewarding. Rita Emmett's proven strategies will help you change your attitude toward your work and play, and help you regain control of your time and your life.

2 cassettes - 3 hrs

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RESPIRE

I HEAR MEMORIES AUDIO/HANDBOOK

Produced by:

Number of Copies: 1 **RES_ID:** 290

Stages 4 - 5

Sounds from the past to recall experiences and stories. Side 1 includes 14 old familiar settings (train station, farm, etc.). Side 2 includes "mystery" sounds (sewing machine, handsaw, rotary mower, etc.). Accompanied by 17 page handbook descriptions of sounds and suggest questions, props, and songs to play or sing.

Million Seller Hits from Mexico - 101 Strings

Produced by: *Alshire Stereo*

Number of Copies: 1 **RES_ID:** 1750

Program 1 - Solamente Una Vez (You Belong to My Heart) El Rancho Grande, Puerto Vallarta, Medley: El Rascapetate/Adelita, La Negra, Program 2 - Jesusita en Chihuahua, La Bamba, Cu Cu Ru Cu Cu Paloma, Be Mine Tonight, La Paz.

SONGS OF FAITH CD & SONGBOOK

Produced by:

Number of Copies: 1 **RES_ID:** 427

Songs of Faith is a collection of the most popular Christian hymns and music. The CD features 25 gospel songs sung by the Baylor Chamber Singers, directed by Donald Bailey, with Kurt Kaiser at the piano. Songs are played in lower keys to make every word and note easier to hear and sing. Comes with a large-print book of lyrics. Songs include: Praise the Lord, All Hail the Power of Jesus' Name, Holy Holy Holy, How Great Thou Art, To God Be the Glory, The Old Rugged Cross, I Love to Tell the Story, Amazing Grace, Sweet Hour of Prayer, Fairest Lord Jesus, Guide Me O Thou Great Jehovah, Be Thou My Vision, He leadeth Me, In the Garden, What a Friend We Have in Jesus, Rock of Ages, Blessed Assurance, How Firm a Foundation, It is Well with My Soul, Wonderful Words of Life, Because He Lives, When the Roll is Called Up Yonder, Take My Life and Let It Be, Great is Thy Faithfulness, Praise and Thanksgiving, God's Strength, God With us, Psalm 23, and Benedictions.

SUPERSTARS OF COMEDY

Produced by:

Number of Copies: 1 **RES_ID:** 294

Stages 2 - 5

Original radio comedy shows from the greats, W.C. Fields, Burns and Allen, Berle, Hope, Skelton, and more! Great early evening activity to relax and reminisce. 4 tape audio series.

the Soul of Israel - 101 Strings

Produced by: *Alshire Stereo*

Number of Copies: 1 **RES_ID:** 1946

TRANSITIONS

Produced by:

Number of Copies: 1 **RES_ID:** 1544

Music for Comfort and Solace in times of loss and grief. These heartfelt compositions by Steven Halpern, the world's leading composer of healing and relaxing music, feature grand piano, electric piano, flute, and wordless choir. Transitions helps you reach a state of deeper understanding, inner peace and closure in your time of healing.

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RESPIRE SING-A-LONG

SONGS OF FAITH CASSETTE & SONGBOOK

Produced by:

Number of Copies: 1 **RES_ID:** 426

Songs of Faith is a collection of the most popular Christian hymns and music. The cassette features 25 gospel songs sung by the Baylor Chamber Singers, directed by Donald Bailey, with Kurt Kaiser at the piano. Songs are played in lower keys to make every word and note easier to hear and sing. Comes with a large-print book of lyrics. Songs include: Praise the Lord, All Hail the Power of Jesus' Name, Holy Holy Holy, How Great Thou Art, To God Be the Glory, The Old Rugged Cross, I Love to Tell the Story, Amazing Grace, Sweet Hour of Prayer, Fairest Lord Jesus, Guide Me O Thou Great Jehovah, Be Thou My Vision, He leadeth Me, In the Garden, What a Friend We Have in Jesus, Rock of Ages, Blessed Assurance, How Firm a Foundation, It is Well with My Soul, Wonderful Words of Life, Because He Lives, When the Roll is Called Up Yonder, Take My Life and Let It Be, Great is Thy Faithfulness, Praise and Thanksgiving, God's Strength, God With us, Psalm 23, and Benedictions.

SELF-HELP COURT

A TRIBUTE TO IRVING BERLIN

Produced by:

Number of Copies: 1 **RES_ID:** 281

GEORGE BURNS & GRACIE ALLEN SHOW

Produced by:

Number of Copies: 1 **RES_ID:** 279

NEW YEAR'S (1946) RADIO DANCING

Produced by:

Number of Copies: 1 **RES_ID:** 280