

HEALTH PROMOTION

19 Wing Comox

Library

Check out the list below and if something catches your interest, drop by the Health Promotion office to sign out one of the books/DVDs from our Library.

Nutrition Information **2**

Nutrition - Recipes & Cookbooks **3**

Stress & Anxiety **4**

Addictions Awareness **4**

Communication & Anger Management **5**

Injury Reduction & Physical Activity **5**

Self-Help, ADHD & ADD, & Leadership **6**

General Health Promotion **7**

Any opinions, findings, and conclusions or recommendations expressed in these books/DVDs are those of the author(s) and do not necessarily reflect the views of 19 Wing Health Promotion and the national Strengthening the Forces (StF) Program.

Nutrition Information

Title	Author
Appetite for Profit - How the Food Industry Undermines our Health	Michele Simon
Crohn's Colitis - Understanding & Managing IBD	Dr A Hillary Steinhart
Death by Food Pyramid	Denise Minger
Does This Clutter Make My Butt Look Fat?	Peter Walsh
Fast Food Nation	Eric Schlosser
Fat Chance - Beating the Odds Against Sugar, Processed Food, Obesity and Disease	Robert H Lustig, MD
Food Junkies	Vera Ingrid Tarman
Food Matters - A Guide to Conscious Eating	Mark Bittman
Foods that Harm, Foods that Heal	Reader's Digest
Fortify Your Life	Tieraona Low Dog, MD
Gluten is my Bitch - Rants, Recipes, and Ridiculousness for the Gluten-Free	April Peveteaux
Good Calories. Bad Calories	Gary Taubes
In Defense of Food - An Eater's Manifesto	Michael Pollan
Meals That Heal Inflammation	Julie Daniluk, RHN
Nancy Clark's Sports Nutrition Guidebook	Nancy Clark, MS, RD
Nutrition for a Healthy Pregnancy	Health Canada
Power Foods for the Brain	Neal D. Barnard, MD
Quick Check Food Facts	Linda McDonald, MS, R.D.
Salt Sugar Fat: How the Food Giants Hooked Us	Michael Moss
Savour - Mindful Eating, Mindful Life	Thich Nhat Hanh and Dr. Lilian Cheung
Suicide by Sugar	Nancy Appleton, PhD & G.N. Jacobs
Tasty	John McQuaid
The Big Fat Surprise	Nina Teicholz
The Complete IBS Health & Diet Guide	Dr. Maitreyi Raman, MD, MSc, FRCPC, Angela Sirounis, BSc, RD & Jennifer Shrubsole, BSc, RD
The End of Food	Paul Roberts
The End of Overeating	David A. Kessler, MD
The Hunger Fix	Pam Peeke MD, MPH, FACP
The Table Comes First	Adam Gopnik
The Way We Eat - Why Our Food Choices Matter	Peter Singer & Jim Mason
What Are You Hungry For?	Deepak Chopra, MD
What's Your Poo Telling You?	Josh Richman and Anish Sheth, MD
Wheat Belly	William Davis, MD
Why We Get Fat and What to Do About It	Gary Taubes
DVD - Dying to be Thin	NOVA
DVD - Fat - What No One is Telling You	PBS Home Video
DVD - Fed Up	Starz/Anchor Bay
DVD - Food, Inc	Alliance
DVD - Forks Over Knives	Maple Pictures
DVD - Killer at Large	Shinebox Media Productions
DVD - Super Size Me	Alliance

Nutrition - Recipes & Cookbooks

	Title	Author
	500 15 Minute Low Sodium Recipes: Fast and Flavourful Low Sodium Recipes	Dick Logue
	500 Low Sodium Recipes: Lose the Salt, Not the Flavour	Dick Logue
	Best Ever Vegetarian Cooked	Linda Fraser Michael Pollan
	Healing Foods	Susan Curtis, Pat Thomas, Dagan Vilinac
	Healing with Whole Foods	Paul Pitchford
	How to Cook Everything <i>fast</i> - A Better Way to Cook Great Food	Mark Bittman
	How to Cook Everything the Basics -All You Need to Make Great Food	Mark Bittman
	Hungry Girl - Recipes and Survival Strategies for Guilt-Free Eating in the Real World	Lisa Lillien
	It's Not About The Food	Esther Kane
	Kale - The Complete Guide to the World's Most Powerful Superfood	Stephanie Pedersen
	Nutrition Concepts and Controversies	Frances Sizer & Eleanor Whitney
	One Pan, Two Plates: More Than 70 Complete Week-night Meals for Two	Carla Snyder
	Quinoa Revolution	Patricia Green and Carolyn Hemming
	Simplement délicieux - Les diététistes du canada	Patricia Chuey, MSc, RD, Eileen Campbell and Mary Sue Waisman, MSc, RD
	Simply Great Food - Dietitians of Canada	Patricia Chuey, MSc, RD, Eileen Campbell and Mary Sue Waisman, MSc, RD
	Sodium Girls Limitless Low Sodium Cookbook: How to Lose the Salt and Eat the Foods You Love	Jessica Goldman Foug
	The BC Seasonal Cookbook	Ogle - Pateman - Darcy
	The Diabetes Prevention & Management Cookbook	Johanna Burkhard and Barbara Allan, RD, CDE
	The Everyday Squash Cook	Rob Firing, Ivy Knight & Kerry Knight
	The Looneyspoons Collection	Janet & Greta Podleski
	The Meat Free Monday Cookbook	Paul, Stella & Mary McCartney
	The Omnivore's Dilemma	Michael Pollan
	Wheat Belly Cookbook	William Davis, MD
	The Coconut Oil Miracle - Fifth Edition	Bruce Fife, CN, ND

Stress & Anxiety

Title	Author
Calming Your Anxious Mind - How mindfulness & compassion can free you from anxiety, fear & panic	Jeffrey Brantley, MD
How to Weep in Public - Feeble Offerings on Depression from One Who Knows	Jacqueline Novak
My Age of Anxiety - Fear, Hope, Dread, and the Search for Peace of Mind	Scott Stossel
Stress Management for Dummies	Allen Elkin, PhD
The Anxiety & Phobia Workbook	Edmund J. Bourne, PhD
The Little Book of Stress Relief	David Posen, MD
The Mindful Way through Depression	Mark Williams, John Teasdale, Zindel Segal & Jon Kabat-Zinn
The Power of Meditation	Edward Viljoen
The Relaxation & Stress Reduction Workbook	Martha Davis, PhD; Elizabeth Robbins Eshelman, MSW; Matthew McKay, PhD
Thoughts & Feelings - Taking Control of Your Moods & Your Life	Matthew McKay, PhD, Martha Davis, PhD, Patrick Fanning
When the Body Says No - The Cost of Hidden Stress	Gabor Maté, MD
DVD - Depression - Out of the Shadows	PBS Home Videos
DVD - Men Get Depression	PBS
DVD - Stress - Portrait of a Killer	National Geographic
DVD - Tough Guise 2	Jackson Katz

Addictions Awareness

Title	Author
Allen Carr's Easy Way to Stop Smoking	Allen Carr
Change Your Gambling Change Your Life	Howard Shaffer, PhD with Ryan Martin, PhD, John Keschinisky, MPH, and Liz Neporent, MA
DRINK - The Intimate Relationship Between Women and Alcohol	Ann Dowsett Johnston
In the Realm of Hungry Ghosts	Gabor Maté, MD
Mocktails	David Biggs
The Slow Fix - Solve Problems, Work Smarter and Live Better in a World Addicted to Speed	Carl Honoré
DVD - Addiction - 4-Disc Set - New	HBO Documentary Films
DVD - Drugged - Marijuana, Cocaine, and Ecstasy	National Geographic

Communication & Anger Management

Title	Author
Alone Together - Why We Expect More from Technology and Less from Each Other	Sherry Turkle
Anger Management	Howard Kassinove PhD, ABPP & Raymond Chip Tafrate PhD
Anger Management for Dummies	W. Doyle Gentry, PhD
Angry All the Time	Ronald T Potter-Efron, MSW, PHD
Beyond Anger - A Guide for Men	Thomas J Harbin, PHD
Body Language for Dummies	Elizabeth Kuhnke
Fighting for Your Marriage	Howard J. Markman, Scott M. Stanley & Susan L. Blumberg
How to Instantly Connect with Anyone	Leil Lowndes
How to Talk to Anyone - 92 Little Tricks	Leil Lowndes
Reclaiming Conversation - The Power of Talk in a Digital Age	Sherry Turkle
Transforming Anger	Doc Childre & Deborah Rozman, PhD
DVD - Tale of Two Brains - Unlocking the Secrets to Life, Love, and Marriage	Mark Gungor

Injury Reduction & Physical Activity

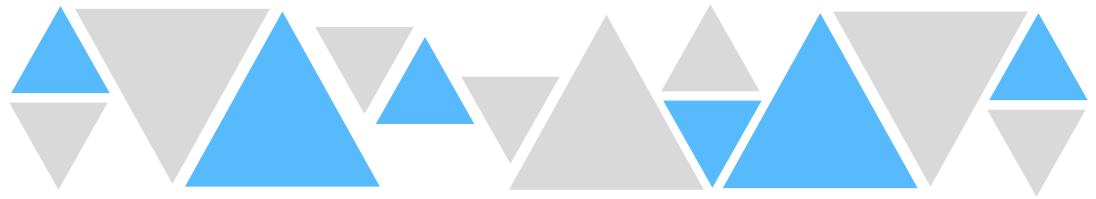
Title	Author
Active Living Everyday - 20 Steps to Lifelong Vitality	Steven N. Blair, Andrea L. Dunn, Bess H. Marcus, Ruth Ann Carpenter & Peter Jaret
Anatomy of Exercise	Pat Manocchia
Becoming a Supple Leopard	Dr. Kelly Starrett with Glen Cordoza
Camping British Columbia - Sixth Edition - A Complete Guide to Provincial and National Park Campgrounds	Jayne Seagrave
Get on the Ball - Develop a Strong Core and a Lean, Toned Body	Lisa Westlake
Nano Workouts: Get in Shape & Lose Weight During Everyday Activities	Joakim Christoffersson
Pain Free - A Revolutionary Method for Stopping Chronic Pain	Pete Egoscue with Roger Gittines
Promoting Physical Activity	U.S. Department of Health and Human Services
Starting Strength - Basic Barbell Training - 3rd Edition	Mark Rippetoe
Strength Anatomy (600 Full-Colour Illustrations) 3rd Edition	Frédéric Delavier
Stretching	Bob Anderson
The BC Coast Explorer and Marine Trail Guide	John Kimantas
The Whartons' Stretch Book	Jim and Phil Wharton
Vancouver Island Book of Musts - The 101 Places Every Islander Must See	Peter Grant
Which Comes First, Cardio or Weights - Workout Myths, Trg Truths, and Other Surprising Discoveries from the Science of Exercise	Alex Hutchinson, PH D
Working Out, Working Within - The Tao of Inner Fitness Through Sports and Exercise	Jerry Lynch & Chungliang Al Huang

Self-Help, ADHD & ADD, & Leadership

Title	Author
Delivered from Distraction - Getting the Most out of Life with Attention Deficit Disorder	Edward M. Hallowell, MD, and John J. Ratey, MD
Drunk Tank Pink - And Other Unexpected Forces That Shape How We Think, Feel, and Behave	Adam Alter
Emotional Freedom	Judith Orloff, MD
Emotional Intelligence - Why it Can Matter More Than IQ	Daniel Goleman
Forgiveness	Robin Casarjian
Leadership - 50 Points of Wisdom for Today's Leaders	General Rick Hillier
Loving What Is - Four questions that can change your life	Byron Katie
Mind Over Mood	Dennis Greenberger, PhD and Christine A Padesky, PhD
Quiet: The Power of Introverts in a World That Can't Stop Talking	Susan Cain
Scattered Minds - A New Look at the Origins and Healing of ADD	Gabor Maté ,MD
Stepping Up - How Taking Responsibility Changes Everything	John Izzo PhD
The 7 Habits of Highly Effective People - Powerful Lessons in Personal Change	Stephen R. Covey
The Assertiveness Workbook	Randy J. Paterson, PhD
The Get-It-Together Guide for Figuring Out What To Do with Your Life - Roadmap	Roadmap Nation
The Introvert Advantage: How to Thrive in an Extrovert World	Marti Olsen Laney, Psy.D.
The Power of Habit - Why We Do What We Do in Life and Business	Charles Duhigg
The Power of Positive Thinking	Norman Vincent Peale
The Power of Your Subconscious Mind	Joseph Murphy, PhD., D.D.
The Social Skills Guidebook - Manage Shyness, Improve Your Conversations, and Make Friends, Without Giving Up Who You Are	Chris MacLeod, MSW
Train Your Brain	Ryuta Kawashima
Warrior Rising - A Soldier's Journey to PTSD and Back	LCol Chris Linford

General Health Promotion

Title	Author
A Slap in the Face: Why Insults Hurt and Why They Shouldn't	William B Irvine
AHA! The Moments of Insight that Shape our World	William B Irvine
Blink - The Power of Thinking Without Thinking	Malcolm Gladwell
Daily Inspiration from the Monk Who Sold His Ferrari	Robin Sharma
Eight Ways to Take an Active Role in Your Health	Bill Little, PhD
Finding Your Element	Ken Robinson
Furiously Happy - A Funny Book About Horrible Things	Jenny Lawson
Hardwiring Happiness: The New Brain Science of Contentment, Calm & Confidence	Rich Hanson
Is it Me or My Hormones - The Good, the Bad, and the Ugly About PMS, Perimenopause, and all the Crazy Things that Occur with Hormone Imbalance	Marcelle Pick, MSN, OB/GYN NP
Lives per Gallon - The True Cost of Our Oil Addiction	Terry Tamminen
Living Me to We - The Guide for Socially Conscious Canadians	Craig Kielburger, Mar Kielburger
Me to We - Finding Meaning in the Material World	Craig Kielburger, Mark Keilburger
Mental Traps - The Overthinker's Guide to a Happier Life	André Kukla
Mind Over Medicine	Lissa Rankin, MD
My Grandma Follows Me on Twitter	Craig & Marc Kielburger
Originals - How Non-Conformists Move the World - New	Adam Grant
Outliers - The Story of Success	Malcolm Gladwell
Soap and Water & Common Sense	Dr. Bonnie Henry
Sway - The Irresistible Pull of Irrational Behaviour	Ori Brafman and Rom Brafman
The Antidote: Happiness for People Who Can't Stand Positive Thinking	Oliver Burkeman
The Book of (Even More) Awesome	Neil Pasricha
The Book of Awesome	Neil Pasricha
The Dumbest Generation	Mark Bauerlein
The End of Illness	David B Angus, MD
The Happiness Project	Gretchen Rubin
The Leader Who Had No Title	Robin Sharma
The Menopause Book	Pat Wingert and Barbara Kantrowitz
The Power of Why	Amanda Lang
The Tipping Point	Malcolm Gladwell
The Wealthy Barber Returns	David Chilton



There's Lead in Your Lipstick - Toxins in our Everyday Body Care and How to Avoid Them	Gillian Deacon
TOXIN TOXOUT - Getting Harmful Chemicals Out of Our Bodies and the World	Bruce Lourie, Rick Smith
Traffic - Why We Drive the Way We Do	Tom Vanderbilt
What the Dog Saw	Malcolm Gladwell
What's Your Poo Telling You?	Josh Richman and Anish Sheth, MD
DVD - America the Beautiful	Xenon Pictures
DVD - If I Should Fall - A True Story of the Afghan Experience	Brendon Culliton
DVD - Pink Ribbons, Inc	National Film Board of Canada
DVD - The Invisible War	Docudrama Films
DVD - This Emotional Life - 3-Disc Set	PBS Home Videos
DVD -The Hunting Ground	Starz / Anchor Bay



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