

A_Health_Catalog

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Page 1

A-232

SIEGEL, BERNIE M.D. LOVE, MEDICINE & MIRACLES : (A/NF HEA 07).
1991. READ BY: Joe Weimer. Miracles happen when patients
have the courage to love and to work with their doctors to
influence their recovery.

A-245

WHITE, BETTY & SULLIVAN, TOM. LEADING LADY -DINAH'S STORY :
(A/NF HEA 05). READ BY: Dolores Rogers. The story of a
world class working animal, Dinah, a guide dog for the
blind, and of her outreach and influence on the lives of her
friends.

A-273

BRINKLEY, DANNION. SAVED BY THE LIGHT : (A/NF HEA 04). 1997.
Read By: Judy Davis. Two near death experiences put the
author in touch with a new way of living.

A-305

REMEN MD., RACHEL. KITCHEN TABLE WISDOM : (A/NF HEA 06). 2002.
READ By: Joyce Herzog. Kitchen Table Wisdom combines a
physician's knowledge and experience with a psychologist's
approach to healing. Spiritual stories of struggling,
meaning, love, faith and miracles told from a physician's
point of view.

A-365

TREASURER, BILL. POSITIVELY M.A.D. (MAKING A DIFFERENCE) : (A/NF
HEA 04). 2004. READ BY: Carla Hines. This book tells the
stories of people who pursued "crazy" ideas that challenged
conventional thinking, and, ultimately made a difference.

A-388

DIDION, JOAN. THE YEAR OF MAGICAL THINKING : (A/NF HEA 04).
2005. READ BY: Nancy Adrian. The author describes her
family's emotional survival of months of severe trial with
illness and death.

B-021

LAIR, JESS PH.D. I AIN'T MUCH BABY, BUT I'M ALL I'VE GOT : (A/NF
HEA 11). Read by: Tom Newcomb. A book teaching oneself how
to learn to love oneself and thereby learn how to love

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others.

B-272

KING, MIKE. MIKE KING STORY (A/NF HEA 02). 1995. READ BY: Bob Edwards. A paraplegic journeys 5600 miles from Fairbanks, Alaska to Washington D.C., in a wheelchair and brings inspiration through his triumph over his handicaps.

B-302

EDELL, M.D., DEAN. EAT, DRINK & BE MERRY : (A/NF HEA 11). READ BY: Dolores Rogers. America's Doctor tells you why the health experts are wrong. How do you sort out the messages from the media on what is good for you whether it's exercise, or food, or the latest health scare.

C-019

LINDBERGH, ANNE MORROW. A GIFT FROM THE SEA : (A/NF HEA 02).

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Page 2

Read by: Pat Buchser. Reflections on possessions, love and marriage, and solitude, written when the author spent a quiet vacation by the sea.

C-273

UNSWORTH, TIM. LAMBS OF LIBERTYVILLE : (A/NF HEA 04). Read by: Marcella Britton. The story of the Lamb Farm, home to 180 mentally retarded adults who remain productive thanks to a successful approach.

C-312

CHOPRA, DEEPAK. GROW YOUNGER, LIVE LONGER : (A/NF HEA 07). 2003. READ BY: Mary Carson. This book gives you 10 steps to reverse aging. It helps you with food, sleep, relaxation, healing, vitamins, etc.

C-438

GLADWELL, MALCOLM. THE TIPPING POINT : (A/NF HEA). 2000. READ BY: Will Golden. An exploration of "The Tipping Point" as a magic moment when an idea, trend, or social behavior crosses a threshold, tips and spreads like wildfire.

C-469

GROOPMAN, JEROME M.D. HOW DOCTORS THINK : (A/NF HEA 07). 2007. READ BY: Jim Lathrop. The physician author gives an

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understanding of what goes on in a doctor's mind as he or she treats a patient and learns how to evaluate the "clues" of a condition.

CA-412

PHILLIPS, HOLLY FAITH. WHAT DOES SHE WANT FORM ME, ANYWAY? : (A/NF HEA 02). 1997. READ BY: Author. By addressing the tough questions real men are asking, not the questions women think they should ask, Holly helps men and women sit down together to hear and be heard. Drawing on lessons she's learned from her own marriage, Holly shows the need for mutual respect, and provides a blueprint for attaining it.

CA-438

PECK, M. SCOTT. THE ROAD LESS TRAVELED - RELIGION & GRACE (A/NF HEA 01). 1987. READ BY: M. Scott Peck, M.D. Dr. Peck shares his unique insights on religion and grace, two concepts that are relevant (and crucial) to enjoying life in our secular world.

CB-438

PECK, M. SCOTT. THE ROAD LESS TRAVELED - LOVE (A/NF HEA 01). 1987. READ BY: M. Scott Peck, M.D. Dr. Peck explores love, our key to personal growth and fulfillment.

CC-370

EADIE, BETTY J. THE AWAKENING HEART : (A/F HEA 04). 1996. READ BY: Betty J. Eadie. THE AWAKENING HEART expands on the invaluable knowledge and insights she has received showing us how the healing power of positive energy can effect and uplift every aspect of our daily lives.

CC-449

HARTMAN, TAYLOR, PH.D. THE COLOR CODE : (A/NF HEA 02). 1998. READ BY: Taylor Hartman. ABRIDGED. We are all born with

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our personalities intact. In The Color Code, Dr. Hartman builds on this common wisdom interpreted with new zest and insight to offer you an exciting tool to understanding yourself and others.

CE-390

GRAY Ph.D., JOHN. MARS AND VENUS IN THE BEDROOM : (A/NF HEA 02).

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1995. READ BY: John Gray Ph.D. ABRIDGED. Sometimes it seem like our partners are from different planets, as if he's from Mars and she's from Venus. In the bedroom its obvious that men and women are different, but we may not realize just how different.

CE-453

MANDINO, OG. THE GREATEST MYSTERY IN THE WORLD : (A/F HEA 03). 1997. READ BY: Nelson Runger. Whenever Mandino most needed encouragement, his elderly friend Simon was there to offer encouragement and guidance. After Simon's death, Mandino discovers the source of his friend's inspiring wisdom in a tattered manuscript addressed to himself. Mandino uses the words and ideas of others relate some universal and timeless wisdom.

CF-362

BENNETT, WILLIAM J. THE BOOK OF VIRTUES : (A/F HEA 04). 1994. READ BY: Various Readers. Responsibility. Courage. Compassion. Loyalty. Honesty. Friendship. Persistence. Hard Work. Self-Discipline. Faith. Everyone recognizes these traits as essentials of good character. In order for our children develop such traits, we have to offer them examples for good and, right and wrong.

CF-378

FRIEDAN, BETTY. THE FOUNTAIN OF AGE : (A/NF HEA 02). 1993. READ BY: The Author. Drawing on a solid body of startling but obscure scientific evidence, she demolishes constraining old myths and offers compelling alternatives for living one's age as a unique, exuberant time of life, proposing a new movement of women with men, old with young, that will transform our society.

CF-415

BRADSHAW, JOHN. FAMILY SECRETS : (A/NF HEA 04). 1995. READ BY: John Bradshaw. Written for everyone who has ever lived in a family, this new program offers courage and hope, showing the way from a life spent under the shadow of destructive secrets into an open, healthy life.

CG-344

BREATHNACH, SARAH BAN. SOMETHING MORE : (A/F HEA 04). 1998. READ BY: The Author. ABRIDGED. You may have a beautiful home, a family you adore, and work that you enjoy, so why do you secretly sense that you need something more to be truly happy? Because it's true.

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CG-415

BLANCHARD, KEN - BOWLES, SHELDON - CAREW, DON - PARISI-CARREW, EUNICE. HIGH FIVE : (A/NF HEA 03). 2001. RED BY: Ken Blanchard & Sheldon Bowles. A charming story that delivers a powerful message on teambuilding and why ten simple words,

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"None of us is as smart as all of us" can work magic for any organization.

CG-449

SCHLESSINGER, DR. LAURA. TEN STUPID THINGS MEN DO TO MESS UP THEIR LIVES : (A/NF HEA 02). 1997. READ BY: Dr. Laura Schlessinger. ABRIDGED. From real examples on her radio show and strikingly honest letters from her male listeners, Dr. Laura reveals that many men demonstrate a level of sensitivity and insight that will surprise most women. Dr. Laura provides commonsense guidelines to show men how to appreciate their own nature and needs.

CG-500

HANSEN, MAREN TONDER. MOTHER-MYSTERIES : (A/NF HEA 02). 1998. Read By Maren Tonder Hansen. ABRIDGED. Drawing on the experience of her own three pregnancies, Maren Hansen invites us on the journey into motherhood.

CH-347

SCHULLER, ROBERT H. POSSIBILITY THINKING : (A/NF HEA 06). READ BY: Dr. Robert H. Schuller. What great thing would you attempt, if you knew you could not fail? Dr. Schuller tells you how to turn your dreams into reality.

CH-349

LANDERS, ANN. WAKE UP AND SMELL THE COFFEE : (A/NF HEA 04). 1996. READ BY: Ann Landers. ABRIDGED. In her first collection in over a decade, Ann Landers reprises the counsel and anecdotes that have made her the most popular columnist in the United States.

CH-382

JONG, ERICA. FEAR OF FIFTY : (A/NF HEA 02). 1994. READ BY: The Author. Fear of fifty provides powerful, provocative insights into the politics of gender and age, sexuality in the era of AIDS, the cult of political correctness,

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feminism, past, present, and future, the writing life, motherhood and family, marriage and monogamy, on identity and love, loyalty, and loss.

CI-349

SIMMONS,RICHARD. RICHARD SIMMONS' NEVER GIVE UP : (A/NF HEA 02). 1993. READ BY: Richard Simmons. ABRIDGED. Moving, inspiring, true stories of seriously overweight people who never thought they could beat the odds and slim down until Richard taught them how to value themselves and how to fight for a healthy and fulfilling life.

CI-391

DILENSCHNEIDER, ROBERT L. ON POWER : (A/NF HEA 02). 1994. READ BY: The Author. ABRIDGED. In On Power, Robert Dilenschneider, a world renowned public relations expert outlines the nature and form of power, beginning with the simple notion that power is the ability to get things done.

CI-433

GRAY, JOHN. CHILDREN ARE FROM HEAVEN : (A/NF HEA 07). 1999. READ BY: The Author. The author covers different skills of positive parenting to help improve communication, increase

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cooperation, and motivate your children. Author of "Men are from Mars, Women are from Venus."

CJ-422

VAUGHAN, PHD, FRANCES and WALSH, MD, PHD, ROGER. ACCEPT THIS GIFT : (A/NF HEA 01). 1988. READ BY: Richard Thomas. A thought provoking compilation of passages carefully chosen that have vision, philosophical depth, psychological insight and spiritual guidance.

CL-383

GRAY Ph.D., JOHN. MARS AND VENUS IN LOVE : (A/NF HEA 02). 1996. READ BY: The Author. Inspiring and heartfelt stories of relationships that work.

CL-402

ZUCK, COLLEN & JACKSON, CHRIS (EDITORS). DAILY WORD : (A/NF HEA 02). 1997. January 2008. READ BY: Michael York. Daily Word magazine is a collection of articles that provide

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inspiration and faith giving energizing light and reassuring hope.

CL-421

VAN PRAAGH, JAMES. TUNING INTO: HEALING/FORGIVENESS : (A/NF HEA 01). 1998. READ BY: James Van Praagh. How to help remedy the imbalance that negative thinking can do and rediscover the positive natural energy that we all possess and apply it to every aspect of life.

CL-456

GOLEMAN, DANIEL. EMOTIONAL INTELLIGENCE : (A/NF HEA 02). READ BY: The Author. Daniel Goleman argues that our view of intelligence is too narrow, ignoring a crucial range of abilities that matter immensely in terms of how we do in life. As a result of brain and behavioral research, he noted that people with a high IQ flounder in some situations where people with a normal IQ excel. He calls this emotional intelligence and explains how to develop it.

CM-301

CARLSON PH.D., RICHARD. DON'T SWEAT THE SMALL STUFF... : (A/NF HEA 02). READ BY: the authors. abridged. Each of the hundred short chapters contains ideas and examples of how to work around the little things so life will be more livable and enjoyable by the minute or by the hour.

CM-448

COVEY, STEPHEN. 7 HABITS OF HIGHLY EFFECTIVE PEOPLE : (A/NF HEA 04). 1992. READ BY: Stephen Covey. As the founder of the Covey Leadership Center, Covey writes about the most effective habits of people in business leadership and provides lessons in personal change.

CN-319

ZUKAV, GARY. THE SEAT OF THE SOUL : (A/F HEA 04). 1999. READ BY: William David Griffith. In his simple, elegant, poetic style, Mr. Zukav shows how the pursuit of external power has produced our mentality of survival of the fittest and generated conflict between individuals, races, and nations. He shows how to create our own reality through our

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intentions and choices.

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CN-381

SULLIVAN, SUSAN O. IF THE SHOE FITS, ...OR... A PATCHWORK OF A WOMAN AND ...FROM... THE CHRONICLES OF A CRAZY GIRL : (A/NF HEA 21). 2001-2003. READ BY: Not listed. A novel in three parts for the adult children of divorced parents and their parents.

CN-391

COX, ALLAN. STRAIGHT TALK FOR MONDAY MORNING : (A/NF HEA 02). 1991. READ BY: The Author. ABRIDGED. Drawing lessons from "little things that mean a lot," Cox delivers stories to illustrate the dynamic personal qualities that evoke the best responses from people.

CN-448

COVEY, STEPHEN, MERRILL, ROGER & REBECCA. FIRST THINGS FIRST : (A/NF HEA 04). 1994. READ BY: Stephen Covey, Rebecca and Roger Merrill. A book on self improvement written by three leaders in business management, organizational behavior, time management, and leadership development.

CN-451

CAMPBELL, JOSEPH. MAN AND MYTH : (A/NF HEA 05). 1997. READ BY: Joseph Campbell. Joseph Campbell has had an effect on many things in our contemporary society from Star Wars to Grateful Dead lyrics. In Man and Myth, Campbell points out that we have been influenced by traditional beliefs in one way or another. It is through inner development that an individual grows to embrace a personal mythology. He further discusses ancient rites and rituals, symbolism in society, the insights of Carl Jung, and the literary art of James Joyce.

CN-457

MYSS, CAROLINE. SPIRITUAL POWER, SPIRITUAL PRACTICE : (A/NF HEA 02). READ BY: author. A daily program for recognizing, cultivating, and harnessing the massive spiritual power inherent each of us. Dr. Myss shares prayers, reflections, and other teachings developed by her as part of her own spiritual practice, including two complete meditations for morning and evening.

CO-412

ZUKAV, GARY. SOUL STORIES : (A/NF HEA 04). 2000. READ BY: Gary Zukav. Short stories that show how intuition, harmony, sharing, and forgiveness actually express themselves in people's lives. Soul Stories has practical advice on how to

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discover your own truths about the deepest sources of your being.

CO-443

BROWN, REBECCA. GIFTS OF THE BODY : (A/NF HEA 03). 1995. READ BY: Rebecca Brown. The narrator is a home care worker who assists people with AIDS. She tells us their stories as she takes us on her rounds, deeply driven by the need to honor the people she cares for, in all their dignity, all their frailty, all their humanity.

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CO-457

LaBELLE, PATTI. PATTI'S PEARLS : (A/NF HEA 02). 2001. READ BY:author. Patti LaBelle has heard pearls of wisdom throughout her life, which have saved her a lot of pain or could have is she had the good sense to listen to them when they were first said to her. She feels that these pearls can make as big a difference in your life as they have made in hers.

CP-378

ABURDENE, PATRICIA AND NAISBITT, JOHN. MEGATRENDS FOR WOMEN : (A/NF HEA 02). 1992. READ BY: Jane Altman and Agnes Herrmann. Megatrends for women shows us how women are using their new power to transform every sector of contemporary life for the 21st century. They are developing a leadership style that empowers employees.

CP-418

SIMMONS, RACHEL. ODD GIRL OUT : (A/NF HEA 07). 2002. READ BY: Ruth Ann Phimister. Exposes the aggression in girls while destroying the myth that the "gentler" gender is all sugar and spice.

CP-419

CARLSON PH.D., RICHARD. CREATING MIRACLES EVERY DAY : (A/NF HEA 02). This book will provide you with new strategies for increasing your vitality and worrying less. As a result, you'll gradually begin attracting more abundance and wealth into your life.

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CP-497

EDELMAN, HOPE. MOTHER LOSS - A DAUGHTER'S SEARCH FOR TRUTH & HEALING : (A/NF HEA 02). 1995. READ BY: Hope Edelman. Interlacing her personal experience with original research and interviews, this shows, through the eyes of women, what it is like to grow up without a mother.

CQ-398

MCGRAW, PHILLIP. LIFE STRATEGIES : (A/NF HEA 04). 1998. READ BY: Phillip McGraw. ABRIDGED. Life strategies will give you the most honest explanation of your life and how you got where you are that has ever been published. It also includes Dr. Phil's assistance to Oprah Winfrey in her defense against the beef industry for slander.

CQ-417

BENNETT, WILLIAM J. THE MORAL COMPASS : (A/F HEA 04). 1995. READ BY: William Bennett, Charlton Heston, etc. The Moral Compass guides the reader through the ethical and spiritual challenges along the pathway of life: leaving home, entering into marriage, easing the burdens of others, nurturing one's children, and fulfilling the obligations of citizenship.

CR-367

BRADSHAW, JOHN. CREATING LOVE : (A/NF HEA 04). 1992. REA BY: John Bradshaw. In Creating Love, John Bradshaw provides a new way to understand our most crucial relationships: with parents and children, with friends and co-workers, with ourselves, and with God.

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CS-350

MOORE, THOMAS. SOUL MATES : (A/NF HEA 02). 1993. READ BY: the author. ABRIDGED. Explores how relationships of all kinds, with all their difficulties, deepen our lives and help fulfill the needs of the soul.

CS-457

CARLSON PH.D., RICHARD. DON'T SWEAT THE SMALL STUFF WITH YOUR FAMILY : (A/NF HEA 01). 1998. READ BY: author. Lessons in not letting the small annoyances in our home lives get us down. From defusing kids who are whining or fighting, to working out issues with a spouse, to reducing the hassles

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over household chores, Richard Carlson tells us ways to make our relationships at home more peaceful and loving.

CT-328

HANH, THICH NHAT. TEACHINGS ON LOVE : (A/NF HEA 02). 1996.
READ BY: The Author. How Mindfulness can enhance your intimate relationships.

CT-373

GREENE, BOB AND WINFREY, OPRAH. MAKE THE CONNECTION : (A/F HEA 02). 1996. READ BY: The Authors. In Make the Connection, Oprah Winfrey and Bob Greene tell you exactly what to do every day, physically and mentally, to start looking and feeling fantastic.

CT-426

GRAY Ph.D., JOHN. PRACTICAL MIRACLES FOR MARS & VENUS : (A/NF HEA 06). 2000. READ BY: Author. John Gray provides nine guiding principles for creating miracles in your life as well as new practical tools and techniques for taking charge of your personal destiny.

CT-457

CARLSON PH.D., RICHARD. DON'T WORRY, MAKE MONEY : (A/NF HEA 01). 1997. READ BY: author. Richard Carlson provides more new strategies for living more fully and worrying less as a means of attracting more wealth and abundance in our lives.

CU-366

BROOK GUSIC, DIANE. A COURSE IN MIRACLES AND EVERY DAY LIFE : (A/F HEA 02). 1992. READ BY: Diane Brook Gusic. In these two tapes Diane Brook Gusic delivers lucid, concise, and easy to understand lectures on the metaphysical and psychological concepts that are the cornerstones of ACIM.

CU-367

STEINEM, GLORIA. REVOLUTION FROM WITHIN : (A/NF HEA 02). 1992. READ BY: Gloria Steinem. This book is an unique blend of her own experience, parables from the lives of others as diverse as Mahatma Gandhi, Julie Andrews, and kids from Spanish Harlem, plus research and reportage on the meaning of self esteem in this country and around the world.

CU-451

SHEEHY, GAIL. MIDDLETOWN AMERICA : (A/NF HIS 11). 2003. READ BY: Sandra Burr. Fifty people never came home to Middletown, New Jersey after September 11th. Wall Street

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fathers, young Port Authority police, single working moms, the beloved coach of the championship girls traveling basketball team. The book was written as the year progressed following parallel and intertwining stories of selected individuals and their families and detailing how they dealt with the disaster and the trauma that followed.

CW-457

KENISON, KATRINA. MITTEN STRINGS FOR GOD : (A/NF HEA 02). 2000. READ BY: author. We rush headlong through our days feeling scattered and exhausted, unable to luxuriate in the quiet gifts of everyday life. This book is a series of reminders to slow down, pare down our schedules, and tune into a gentler rhythm.

CX-342

CLINTON, HILLARY RODHAM. IT TAKES A VILLAGE : (A/F HEA 02). 1999. READ BY: The Author. ABRIDGED. For more than 25 years, First Lady Hillary Rodham Clinton has made children her passion and her cause.

CX-375

HANSEN, MARK VICTOR AND NICHOLS BARBARA WITH PATTY HANSEN. OUT OF THE BLUE : (A/NF HEA 02). 1996. READ BY: Mark Victor and cast. Out of the blue includes stories by Brian Boitano, Victoria Jackson, Wayne Dyer, Mary Lou Retton, Wally Amos, Doris Roberts and other celebrities who have brought delight to the world.

CY-398

PECK MD, M. SCOTT. IN SEARCH OF STONES : (A/NF HEA 02). 1995. READ BY: Scott Peck. ABRIDGED. A story of three week trip through the English countryside, which Dr. Peck took with his wife Lily, looking for Stonehenge and other ancient sites. He discusses all aspects of his life, good and bad, and the relationship he and his wife share. In Search of Stones is a blend of autobiography, travel, spiritual meditation, and Arthurian legend.

CY-416

PECK, M. SCOTT. IN HEAVEN AS ON EARTH : (A/NF HEA 04). 1996. READ BY: David Dukes. Rich in finding a place and purpose in this life and beyond, In Heaven as on Earth flows with

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nourishment for both the soul and the psyche.

CY-422

CHOPRA, DEEPAK. SACRED VERSES, HEALING SOUNDS : (A/NF HEA 01).
1994. READ BY: The Author. Deepak Chopra explores the
therapeutic power of sound as it is expressed through
language and music. It is an unforgettable journey through
the vast expanse of consciousness.

CY-424

SMITH, DOUGLAS K. TAKING CHARGE OF CHANGE : (A/NF HEA 04).
1996. READ BY: Douglas K. Smith. This program provides
managers with the principles and tools needed to guide
themselves and others through the entire period of change,
including how to use the all important link between
assessable performance goals and change to help people
overcome reluctance and take responsibility.

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CZ-417

FORD, DEBBIE. THE SECRET OF THE SHADOW : (A/NF HEA 04). 2002.
READ BY: Debbie Ford. Practical advice about uncovering our
beliefs, attitudes, and behaviors that prevent us from
having all of the love, happiness, and success we desire.
Techniques are provided for reflecting and taking action.

CZ-463

MCGRAW, PHILLIP. SELF MATTERS : (A/NF HEA 04). 2001. READ BY:
Phillip McGraw. ABRIDGED. Your life has a root core that,
once understood, unlocks a powerful force that enables you
to create the life you want. Key questions and an amazing
clear 'map' are now at your finger tips to so you can Live
by Design.

D-032

LAIR, JESS PH.D. I AIN'T WELL, BUT I SURE AM BETTER : (A/NF HEA
06). Read by: Doreen Pritts. In this self help book, the
author takes up the problem of loneliness. His answer to the
problem is to establish good relationships with a few
intimate friends whom we trust, care about, and who care
about us. He tells us how to form these life giving
relationships.

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D-259

JOHNSON, EVA MARIA. I TOO SHALL WEAR PURPLE (A/NF HEA 10). Read by: Pat Gustke. A lady of many talents and experiences who lives her life to the fullest, in spite of illness, grief, alcoholism and cancer. A truly inspirational story.

D-260

LEAR, MARTHA WEINMAN. HEARTSOUNDS : (A/NF HEA 12). 1995. READ BY: Dolores Rogers. He was a prominent surgeon. She was an international journalist. They were married, in love, and perfectly happy until a heart attack exploded their perfect world. A funny, tender, engaging, and remarkable account of loving and dying. EXPLICIT SEX.

D-327

KENDRICK, DEBORAH. TEACHERS WHO ARE BLIND OR VISUALLY IMPAIRED : (A/NF HEA 02). 1998. READ BY: Flyn Naumchik. From preschool to college to special ed and music, these remarkable teachers have made a difference in spite of their disabilities.

DCE-446

BRONSON, PO. WHY DO I LOVE THESE PEOPLE? : (A/NF HEA 05). 2005. READ BY: John Dossett. Explores the incredibly complicated feelings that we have for our families. Honest and amazing stories of real families.

DCI-421

SHRIVER, MARIA. AND ONE MORE THING BEFORE YOU GO... : (A/NF HEA 01). 2005. Read By: The Author. Maria Shriver provides a loving and heartfelt guide for girls as they go off to college. Her ten rules offer a firm grasp on what's really important in life.

DCI-439

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GREENE, BOB. AND YOU KNOW YOU SHOULD BE GLAD : (A/NF HEA 04). 2006. READ BY: Bob Greene. Tremendously moving, funny, and honest, this is an uplifting exploration of the power of friendship to uphold us, sustain us, and ultimately set us free.

DCI-494

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BROOKS, DAVID. THE SOCIAL ANIMAL : (A/nf HEA 13). 2015. READ BY: Arthur Morey. This is a story of how success happens.

DCJ-446

AMEN, DANIEL M.D. CHANGE YOUR BRAIN, CHANGE YOUR RELATIONSHIP : (A/NF HEA 03). 2006. READ BY: Daniel Amen and Earl Henslin. Your brain is involved in everything you do, especially your relationships. The authors explore how the brain both helps and hurts your love life. They explore how different brain systems impact behavior and how certain problems such as mood disorders, anxiety and ADD impact relationships.

DCN-428

BYRNE, RHONDA. THE SECRET : (A/NF HEA 04). 2006. READ BY: The Author and Contributors. This book will help you learn how to use The Secret in every single area of your life. You will hear from men and women who have used The Secret to achieve health, prosperity, relationships and happiness.

DCU-494

DRAPER, MAUREEN MCCARTHY. THE NATURE OF MUSIC VOL. 2 EVENING MUSIC : (A/NF 01). 2014. EVENING MUSIC.

DI-332

ARMSTRON, LANCE /W JENKINS, SALLY. IT'S NOT ABOUT THE BIKE : (A/NF HEA 07 CD). 2000. READ BY: Ben Hannah. Lance Armstrong doesn't whine, doesn't sugarcoat the tough parts and doesn't forget to thank the people who helped him through his success and his near fatal bout with cancer. STRONG LANGUAGE.

E-270

JOHNSON, BARBARA. SO, STICK A GERANIUM IN YOUR HAT : (A/NF HEA 05). Read by: Mary Carson. A witty book about how to be happy and survive even in difficult situations.

E-306

UCLA. 50 SIMPLE THINGS TO SAVE YOUR LIFE : (A/NF HEA 03). 2002. Read BY: Monica Schneider. Things to do for your health, safety and nutrition.

E-313

CARTER, JIMMY. SOURCES OF STRENGTH (A/NF HEA 05). Read by: Jim Campbell. Words of inspiration and strength as they apply to everyday life.

E-409

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SCHLESSINGER, DR. LAURA. THE PROPER CARE AND FEEDING OF MARRIAGE : (A/NF HEA 05). 2007. READ BY: Gloria Elizabeth. Dr. Laura focuses on how men and women need to understand and appreciate the uniqueness of masculinity and femininity.

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F-264

THEROUX, PHYLLIS. NIGHT LIGHTS : (A/F HEA 04). 1996. READ BY: Darcy Foster. Adult discourse on raising children, done with patience, love, empathy, and humor.

F-309

REMEN, RACHAEL. MY GRANDFATHER'S BLESSINGS : (A/NF HEA 07). 2002. READ BY: Alice Pualuan. Inspirational stories of strength, refuge, and belonging as told by the author, a doctor, from her own personal experiences.

G-050

CRAIG, ELEANOR. P.S. YOU'RE NOT LISTENING : (A/NF HEA 05). 1980. READ BY: Ruth Callner. A teacher's story of her work with five emotionally disturbed children.

G-242

LESHAN, EDA. IT'S BETTER TO BE OVER THE HILL THAN UNDER IT : (A/NF HEA 04). 1993. READ BY: Dolores Rogers. Thoughts on life over sixty, "wise and entertaining."

G-297

HOFF, BENJAMIN. TAO OF POOH : (A/NF HEA 02). 2000. READ BY: Flynn Naumchik. The Tao is "The Way." Great masters have lessons for us. Using the well known Winnie the Pooh adventures, we learn that wisdom and enlightenment can be gained in a very natural way.

H-054

VALENS, E.G. OTHER SIDE OF THE MOUNTAIN : (A/NF HEA 07). READ BY: Penny Hall. The story of Jill Kinmont, talented skier, who was crippled by a skiing accident. #1 IN KINMONT SERIES.

H-098

BUSCAGLIA, LEO. BUS 9 TO PARADISE : (A/NF HEA 05). 1987. READ BY: Marcella Britton. The author shows us that an earthly

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paradise can be a loving journey here and now.

H-248

BLY, ROBERT. IRON JOHN : (A/NF HEA 08). 1994. READ BY: Dana Grover. The author relates his research and views on the roles of father and son, including the historical practice of initiating young men into the world of men and their place therein. Thought provoking and challenging.

H-304

JOHNSON, M.D., SPENCER. WHO MOVED MY CHEESE? : (A/NF HEA 01). 2002. READ BY: Dave Rich. A motivational book addressing the problem of change and the various ways individuals react to it.

H-322

SCHULZ, MONA LISA. AWAKENING INTUITION (A/NF HEA 11). 2004. READ BY: Joyce Herzog. The author reveals innovative, fresh and exciting ways to tap into intuitions that have the power to improve your health and save your life.

H-485

MACOMBER, DEBBIE. GOD'S GUEST LIST : (A/NF HEA 04). 2010. READ

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Page 13

BY: Geri Watson. Through touching true stories and inspiring insight, the author shows the shaping influence others have on us and the power we have to shape and influence those whose paths we cross.

I-311

LAMA, DALAI. ART OF HAPPINESS : (A/NF HEA 08). 2003. READ BY: Don Ivester. Introduction to the philosophical and spiritual connections of East and West, with fresh insight from the wisdom of the Dalai Lama.

I-312

KABATZNICK, RONNA. ZEN OF EATING (A/NF HEA 04). 2003. READ BY: Jean Knofler. A person is capable of changing his or her reasons for eating, thus controlling harmful or poor habits. The wisdom of Buddhist teachings is shown.

I-332

ARMSTRON, LANCE /W JENKINS, SALLY. IT'S NOT ABOUT THE BIKE :

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(A/NF HEA 06). 2000. READ BY: Ben Hannah. Lance Armstrong doesn't whine, doesn't sugarcoat the tough parts and doesn't forget to thank the people who helped him through his success and his near fatal bout with cancer. STRONG LANGUAGE.

I-352

SWINDOLL, LUCI. YOU BRING THE CONFETTI, GOD BRINGS THE JOY : (A/NF HEA 04). 1986. READ BY: Carson, Mary. We have a choice, says Luci Swindoll. We can trudge through our lives, shoulder to the wheel, worried, stressed and hassled, or we can choose to really live, to celebrate life's richness, it's beauty, its pleasures and perks.

I-397

IRLEN, HELEN. READING BY THE COLORS : (A/NF HEA 04). 2005. READ BY: Catherine Navarro. The Irlen method provides a simple solution to several reading difficulties.

J-068

LAIR, JESS PH.D. I DON'T KNOW WHERE I'M GOING, BUT I SURE AIN'T LOST : (A/NF HEA 07). 1982. READ BY: Catherine Shannon. Walk a brand new road and enjoy abundant love and riches in life that are yours for the taking.

J-074

HAMMARSKJOLD, DAG. MARKINGS : (A/NF HEA 04). 1983. READ BY: Richard Bimson. The former Secretary General of the United Nations, Dag Hammerskjold, was univerrally known and admired as a peacemaker. Markings is a journal of poems and spiritual meditations reflecting the author's efforts to live his creed that all men are equally the children of God and his sense of living a life of selfless service to others.

J-285

CLAIRMONT, JOHNSON, MEGERG ETC. JOYFUL JOURNEY : (A/NF HEA 05). 1999. READ By: Penny Hall. Amidst all the complexities and challenges of being a woman today, these four colorful women of faith will remind you that joy is waiting to be found around every bend of the road.

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J-286

MOORE, THOMAS. CARE OF THE SOUL : (A/NF HEA 09). 1999. READ BY: Dolores Rogers. A guide for cultivating depth and sacredness in everyday life. Moore, a therapist and religious historian, trained as a monk, but did not take the final vows. He approaches everyday life with "modest care, not miraculous cure."

J-304

BOLEN, JEAN SHINODA. TAO OF PSYCHOLOGY : (A/NF HEA 04). 2001. READ BY: Mary Carson. Who hasn't experienced that eerie coincidence, that occasional flash of ESP that astonishes? This book offers an "Agatha Christie" approach for uncovering the hidden messages in such happenings.

K-278

NEER, FRANCES LIEF. PERCEIVING THE ELEPHANT : (A/NF HEA 05). 1998. READ BY: Dolores Rogers. Essays on eyesight and living creatively with loss of vision.

K-312

COHEN, LEAH HAGER. TRAIN GO SORRY (A/NF HEA 08). 2003. READ BY: Joyce Herzog. Interaction between the deaf and the hearing world, a chronicle of the Lexington School for the Deaf and a story of the human will.

K-322

KENDRICK, DEBORAH. BUSINESS OWNERS WHO ARE BLIND... : (A/NF HEA 02). 2004. READ BY Roberta Kelm. Devoted to the personal stories of individuals who are blind or visually impaired, these profiles offer inspiring role models for blind and visually impaired students and adults who want to achieve satisfaction in the world of work.

L-260

RUTHERFORD PUBLISHING CO. TOTAL WELLNESS : (A/NF HEA 01). 1995. READ BY: Launa Carlson. Pamphlet on general subject of wellness.

L-315

SMOLLIN, ANNE BRYAN. GOD KNOWS YOU'RE STRESSED (A/NF HEA 03). 2004. READ BY: Claudia Nicolai. The author warmly explains 12 proven steps to make stress work for you to restore balance in your life.

L-321

ARMSTRONG, LANCE. EVERY SECOND COUNTS (A/NF HEA 05). 2004. READER: Ben Hannah. A fresh perspective on the spirit of

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survivors everywhere. Addresses the daunting challenge of living in the aftermath of cancer and the work involved in subsequent victories in the Tour de France. He also talks about the French court system during the doping scandal that almost brought down his career. STRONG LANGUAGE.

L-325

ATTMORE, MARIE. CAREER PERSPECTIVES : (A/NF HEA 02). 1990. READ BY: Derrick Williamson. These 20 blind people offer sound advice and tips on how to prepare for job interviews and life in the world of work.

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L-331

KENDRICK, DEBORAH. HEALTH CARE PROFESSIONALS WHO ARE BLIND OR VISUALLY IMPAIRED : (A/NF HEA 03). 2001. READ BY: Cynthia Every. These profiles of visually impaired individuals offer proof that a disability need not impair one's hope to achieve success and satisfaction in a wide range of medical professions.

M-024

SULLIVAN, TOM. IF YOU COULD SEE WHAT I HEAR : (A/NF HEA 05). 1976. READ BY: Tom Newcomb. The author's own experience after becoming blind and having to learn to live a very different life...and coming to know what wonderful things other senses were able to bring to him.

M-030

SHEEHY, GAIL. PASSAGES : (A/NF HEA 11). 1976. READ BY:. Sheehy describes how to use each life crisis as an opportunity for creative change. This road map of adult life talks about the personality and sexual changes that we encounter in our 20's, 30's, 40's, and 50's.

M-070

GAYLIN, WILLARD MD. FEELINGS : (A/NF HEA 06). 1982. READ BY: Pat Buchser. Some feelings hurt, some make you happy, but all feelings are good for you.

M-301

CARLSON PH.D., RICHARD. DON'T SWEAT THE SMALL STUFF... : (A/NF HEA 04). READ BY: Judy Davis. Each of the hundred short

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chapters contains ideas and examples of how to work around the little things so life will be more livable and enjoyable by the minute or by the hour.

M-313

RICHMOND, LEWIS. HEALING LAZARUS (A/NF HEA 05). 2003. READ BY: Jean Knofler. One man's affirmation of life. An inspiring journey for those who face days which are physically and emotionally challenging.

M-369

DRAPER, MAUREEN McCARTHY. THE NATURE OF MUSIC : (A/NF HEA 04). 2001. READ BY: Nancy Abreo. A book about the use of our love of music in our daily lives.

N-207

HAYES, HELEN. LOVING LIFE : (A/NF HEA 05). 1988. READ BY: Marcella Britton. The author shares insights, opinions and ideas gleaned from her own life.

N-263

NEER, FRANCES LIEF. DANCING IN THE DARK (A/NF HEA 03). 1996. READ BY: Dorothy Lesyna. Here are answers to: What is it like to be blind? How does one cope? Where is help? How much is self help?.

N-268

MCLEAN, TERESA. METAL JAM : (A/NF HEA 05). 1996. READ BY: Deb Wible. A young woman's account of her experience as a

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Page 16

diabetic. Her story is honest, profoundly moving, but also surprisingly hilarious.

N-269

HULL, JOHN. TOUCHING THE ROCK : (A/NF HEA 06). 1996. READ BY: Stu Richel. The blind author lets us "see" with no trace of self pity or self praise, how blindness has become for him an acquisition, a rich gift that has made him an observer of life. He is guided by a strong religious faith.

O-069

JAMPOLSKY, GERALD G., M.D. LOVE IS LETTING GO OF FEAR : (A/NF HEA 02). 1983. READ BY: Beverly Pearson. In spite of

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being written in 1979, this book is as timely today as it was then. The only thing that stands between us and the energy of love is fear. The book teaches us to release our paralyzing preoccupation with the past and apprehension of the future.

0-081

BUSCAGLIA, LEO. LIVING, LOVING AND LEARNING (A/NF HEA 07). 1984. READ BY: Jeanne Ferguson. The effervescent professor lectures from 1970 to 1981 are documented for those eager to accept the challenge of life and profit from the wonder of love.

0-235

TANNEN, DEBORAH. YOU JUST DON'T UNDERSTAND (A/NF HEA 07). 1992. READ BY: Mayetta Behringer. Understanding the other person's way of talking closes the communication gap between men and women and is essential to opening lines of communication. STRONG LANGUAGE.

0-290

DALEY, ROSIE. IN THE KITCHEN WITH ROSIE : (A/NF HEA 03). 1999. READ BY: Dorothy Lesyna. Oprah Winfrey explains that her new way of "Clean eating" (low fat, low sugar, and low salt) has made a big difference in her life. Included are her favorite recipes.

P-083

KELLER, HELEN. OPEN DOOR : (A/NF HEA 02). 1984. READ BY: Jim Kelly. Thoughts and observations of the most famous blind person who ever lived.

P-090

PUTNAM, PETER. KEEP YOUR HEAD UP, MR. PUTNAM : (A/NF HEA 04). 1985. READ BY: Dave Weller. The story of how an oddly assorted group of people, whose only bond was blindness, were brought together in a vigorous world of laughter by the problems they shared at Seeing Eye Masters.

P-297

SCHLESSINGER, DR LAURA. 10 STUPID THINGS WOMEN DO (A/NF HEA 05). 2000. READ BY: Rita Love. 10 stupid things women do to mess up their lives with actual examples from Dr. Laura's radio show and private practice.

Q-026

MARSHALL, CATHERINE. TO LIVE AGAIN : (A/NF HEA 08). 1977. READ

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Page 17

BY: Irene Lawton. Seeking God's help through prayer and the Bible, Catherine Marshall strives to "live again" after her husband's early death. The triumph of faith over grief and love over loneliness enable her and her son to help others as well.

Q-305

MARTIN, KATHERINE. WOMEN OF COURAGE : (A/NF HEA 09). March 2002. READ BY: DEB WIBLE. Women who have faced unjust or dangerous circumstances share their stories about how they overcame adversity.

Q-306

WULF, HELEN HARLAN. APHASIA, MY WORLD ALONE : (A/NF HEA 05). 2002. READ BY: Dolores Rogers. Helen Harlan Wulf provides a sensitive description of her struggle with the isolation and helplessness she felt as a victim of aphasia. Aphasia affects the language and speech areas of the brain.

R-281

CHOPRA, DEEPAK. THE WAY OF THE WIZARD : (A/NF HEA 05). 1998. READ BY: Mary Carson. Twenty spiritual lessons to help the reader transcend ordinary reality & open the mind to the value of spiritual transformation.

R-304

LUNDEN, JOAN. WAKE-UP CALLS : (A/NF HEA 03). 2001. READ BY: Rita Love. Faith, dreams, goals and personal experiences shared by former "Good Morning, America" co-host. Included are many priceless quotes to guide and to aid in wakeup calls.

R-305

MCCRUM, ROBERT. MY YEAR OFF : (A/NF HEA 05). 2003. READ BY: Dave Rich. The author takes us through his own education about strokes and the reality of medical science in relation to strokes. It is also a love story between the author and his wife as he struggles to recover. STRONG LANGUAGE.

S&S-A-388

DIDION, JOAN. THE YEAR OF MAGICAL THINKING : (A/NF HEA 04, 227p). 2005. READ BY: Nancy Adrian. The author describes her family's emotional survival of months of severe trial

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with illness and death.

S&S-B-442

POLLAN, MICHAEL. IN DEFENSE OF FOOD : (A/NF HEA 05c 201p).
2008. READ BY: Scott Ellner. Pollan's eater's manifesto
shows how to make thoughtful food choices that will enrich
life and enlarge a sense of being healthy.

S&S-I-332

ARMSTRONG, LANCE. IT'S NOT ABOUT THE BIKE : (A/NF HEA 06, 04).
2000. READ BY: Ben Hannah, Patrick Snell. Lance Armstrong
doesn't whine, doesn't sugarcoat the tough parts and doesn't
forget to thank the people who helped him through his
success and his near fatal bout with cancer. STRONG
LANGUAGE.

S&S-M-369

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Page 18

DRAPER, MAUREEN M. THE NATURE OF MUSIC : (A/NF HEA 04, 196p).
2004. READ BY: Nancy Abreo. A book about the use of our
love of music in our daily lives.

S&S-X-372

CALLAHAN, MAGGIE & KELLEY, PATRICIA. FINAL GIFTS : (A/NF HEA
06). 1992. READ BY: Sara Hart. Understanding the special
awareness, needs and communications of the dying.

S-268

GRAY Ph.D., JOHN. MEN ARE FROM MARS, WOMEN ARE FROM VENUS :
(A/NF HEA 07). 1996. READ BY: Barbara Niemann. A
practical guide for improving communication and getting what
you want in your relationships.

S-326

COPING WITH SIGHT LOSS IN NORTHERN CALIFORNIA : (A/NF HEA 04).
2008. READ BY: Northern California Society to Prevent
Blindness, Pam Matteoni. A guidebook to help blind people
get the help they need. Lists organizations and services.

T-018

HODGINS, ERIC. EPISODE : (A/NF HEA 09). 1975. READ BY: Ruth
Dyche. Heart attack experiences.

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T-055

POWELL, JOHN. WHY AM I AFRAID TO LOVE? : (A/NF HEA 02). 1980. READ BY: Doreen Pritts. The author's deep insights gained as teacher, counselor and lecturer give people a rare opportunity to break the shell that may enclose them.

T-092

HAYES, HELEN WITH MARION GLASSERON GLADNEY. OUR BEST YEARS : (A/NF HEA 04). 1985. READ BY: Lois Henderson. Gems of wisdom from the well known actress on making the most of one's golden years.

T-226

GILMAN, DR WAYNE & RUTH. I'LL CLIMB THIS MOUNTAIN (A/NF HEA 05). 1991. READ BY: Darcy Foster. A beautifully simple story of the experience of facing obstacles (with God's help) and finding the joy and triumph of accomplishment.

T-269

EDLEMAN, MARIAN WRIGHT. MEASURE OF OUR SUCCESS : (A/NF HEA 02). 1997. READ BY: Kathleen Hulburd. As the first black woman admitted to the Mississippi bar and president of the Child Defense Fund, Edelman provides advice to parents on instilling traditional values, hard work, service, responsibility and faith, in their children.

T-302

SWINDOLL, CHARLES. KILLING GIANTS, PULLING THORNS : (A/NF HEA 03). Read by: Dorothy Lesnya. Charles Swindoll is president of the Dallas Theological Seminary and a Bible teacher on a daily radio broadcast. "Killing Giants, Pulling Thorns" provides inspiring advice on circumstances that test our faith.

T-441

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Page 19

GLADWELL, MALCOLM. BLINK : (A/NF HEA 08C). 2005. READ BY: Hugh Co. Gladwell shows how we all can become better decision makers in our homes, in our offices and in everyday life.

U-047

BACH, RICHARD. THERE'S NO SUCH PLACE AS FAR AWAY : (A/NF HEA 01). 1980. READ BY: Sandra Lewis. Can miles really

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separate you from friends? If you want to be with someone you truly love, aren't you already there?.

U-296

PECK, M. SCOTT. ROAD LESS TRAVELED (A/NF HEA 09). 2000. READ BY: Dolores Rogers. Dr. Scott draws upon his own experiences in suggesting ways to confront and resolve problems.

U-407

BLAKE, RICH. THE DAY DONNY HERBERT WOKE UP : (A/NF HEA 04). 2007. READ BY: Nancy Adrian. A true story of a man who has been in a coma for nearly 10 years suddenly awakening and spending sixteen lucid hours with his family.

U-441

GLADWELL, MALCOLM. OUTLIERS: THE STORY OF SUCCESS : (A/NF HEA 06). 2008. READ BY: Dana Grover. The author argues that the reasons for success are determined by what goes on around successful people, family, birthplace and even birth.

V-021

PEALE, NORMAN VINCENT. THE POWER OF POSITIVE THINKING : (A/NF HEA 08, 06). 1987. READ BY: Charlotte Davidson. A great preacher shows how to live by certain rules of thinking that will make life better and provide a positive approach to all problems.

V-094

VALENS, E.G. OTHER SIDE OF THE MOUNTAIN - PART II : (A/NF HEA 06). 1986. READ BY: Alta Day. A continuation of the life and career of Jill Kinmont who was injured while skiing. #2 IN KINMONT SERIES.

V-204

WEBSTER, ELIZABETH. BRACKEN : (A/NF HEA 06). 1987. READ BY: Pat Gustke. The haunting story of a friendship that teaches an embittered man the true meaning of life.

V-271

HELLER, J. & VOGEL, S. NO LAUGHING MATTER : (A/NF HEA 09). 1997. READ BY: Joe Weimer. An inspiring, hilarious memoir of a calamitous illness and the rocky road to recuperation as friends rally around the sickbed.

V-303

NEER, FRANCES LIEF. BREAKING BARRIERS : (A/NF HEA 05). 2001. READ BY: Dolores Rogers. A collection of stories by

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extraordinary people. They relate how touch, taste, smell,
and hearing compensate for sight loss.

V-305

SCHLOSSER, ERIC. FAST FOOD NATION : (A/NF HEA 08). 2002. READ

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Page 20

BY: Larry Cohen. Fast food has hastened the mauling of our landscape, widened the chasm between rich and poor, fueled an epidemic of obesity, and propelled American imperialism abroad.

W-278

CARLSON, R. & SHEILA, B. HANDBOOK FOR THE SOUL : (A/NF HEA 05). 1998. READ BY Dorothy Lesyna. A magnificent gathering of warmth and wisdom to nourish your soul.

W-481

AMOS, WALLY "FAMOUS". THE POWER IN YOU : (A/NF HEA 06). December 2012. READ BY: Wally "Famous" Amos. Creating those yummy cookies that made him famous is far less significant than the work he has done on himself, and the humorous manner in which he relates his quest to develop a sense of his own humanity. His "ten secret ingredients" are the Power that emanates from Love, Positive Attitude, Self esteem, Commitment, Integrity, Giving Imagination, Enthusiasm, Words, and Faith.

X-254

RYAN, CORNELIAS & CATHERINE. A PRIVATE BATTLE (A/NF HEA 11). 1994. READ BY: Dolores Rogers. The story of a man's courage and a family's love in the face of terrifying odds as together they face prostate cancer. A moving, touching chronicle about real people.

X-296

FULGHUM, ROBERT. ALL I REALLY NEED TO KNOW I LEARNED IN KINDERGARTEN : (A/NF HEA 03). 2000. READ BY: John Kane. The wisdom in how to live, what to do, and how to be.

X-327

POTAMKIN, LEXIE BROCKWAY. WHAT IS SPIRIT? : (A/NF HEA 03). 1999. READ BY: Donna Spencer. Spirit is something that we all have in common, yet the way in which we see spirit is as

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individual as a fingerprint.

X-330

YOUNGS, PH D, BETTIE B. TASTE BERRY TALES : (A/NF HEA 05).
1998. READ BY: Laura Levin. Stories of real life people
who have made a difference in the lives of others, and by
their example, show that we can improve the world we live in
and the lives of those around us.

X-348

JOHNSON, BARBARA. PACK UP YOUR GLOOMEES IN A GREAT BIG BOX :
(A/NF HEA 07). 1993. READ BY: Claudia Nicolai. The author
helps you learn not only to endure life, but to enjoy it.

X-372

CALLAHAN, MAGGIE & KELLEY, PATRICIA. FINAL GIFTS : (A/NF HEA
06). 1992. READ BY: Sara Hart. Understanding the special
awareness, needs and communications of the dying.

Y-018

MASSIE, ROBERT & SUSAN. JOURNEY : (A/NF HEA 10). 1973. READ
BY: Elna Barrett. A son has hemophilia and the lives of a
whole family are ruled by the disease. A powerful appeal for

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better managed health laws in the United States.

Y-019

DAHL, BORGHILD. FINDING MY WAY : (A/NF HEA 04). 1980. READ BY:
Millie Scheele. Inspiring story of the author's adjustment
to total blindness, which came to her as an adult.

Y-036

GILL, DEREK L.T. TOM SULLIVAN'S ADVENTURES IN DARKNESS : (A/NF
HEA 02). 1979. READ BY: Elna Barrett. Inspiring story of
a boy, blind from birth, who succeeds in doing nearly
everything he wants to do, becoming famous and wealthy,
succeeding not only in terms of money but also in terms of a
happy life.

Y-043

KRENTS, HAROLD. TO RACE THE WIND : (A/NF HEA 06). 1979. READ
BY: Ruth Callner. A blind law student tries to overcome his
handicap and be accepted as normal by using his wits and his

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strong sense of humor.

Y-044

BROWNING, NORMA LEE AND OGG, RUSSELL. HE SAW A HUMMINGBIRD : (A/NF HEA 04). 1979. READ By: Jean Davis. A man going blind finds some measure of courage and comfort in a hummingbird.

Y-045

MARSHALL, CATHERINE. BEYOND OURSELVES : (A/NF HEA 06). 1979. READ BY: Doreen Pritts. Poignant revelation of author's search for a meaningful life, a practical faith, and a closer relationship to God.

Y-052

LANDORF, JOYCE. MOURNING SONG : (A/NF HEA 08). 1979. READ BY: Jean Smith. A family copes with cancer and death with the support of their faith in God.

Y-060

LUND, DORIS. ERIC : (A/NF HEA 07). 1980. READ BY: Ruth Callner. Acute leukemia is defied by a 17yr old youth. Told by his mother.

Y-064

PENINSULA CENTER FOR THE BLIND. FIRST STEPS : (A/NF HEA 03). 1982. READ BY: Margaret Rockwell. How to help people who are losing their sight.

Y-065

RICKETT, FRANCES & MCGRAW, STEVEN. TOTALED : (A/NF HEA 05). 1982. READ BY: Darlene Greb. The healing power of love and one family's strength in the face of tragedy.

Y-073

BLUMBERG, RENA. HEADSTRONG : (A/NF HEA 03). 1984. READ BY: Ann Shepherd. A woman's account of her own breast cancer and the treatment, and how she coped.

Y-078

BECKLER, ALFRED W. A GIFT OF LIFE : (A/NF HEA 06). 1985. READ

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Page 22

BY: Maria Tranberg. The true story of how family love and

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one man's indomitable spirit brought him back from death to a joyous life. In 1954, 14 year old Al Beckler was diagnosed with diabetes. The rest of the book deals with his health struggles, kidney failure, transplant and blindness. When he recieved his final "gift of life" at the book's end, the reader realizes that all the aspects of his entire life helped support him through that difficult time, supportive family, caring doctors, helping friends. It made the devastating things that happened to him easier to bear. Anyone who has gone through multiple devastating illnesses needs to read this book, it will lift your spirits.

Y-294

MILLMAN, DAN. LAWS OF THE SPIRIT : (A/NF HEA 02). 2000. READ BY: Flyn Naumchik. The author presents a number of life's lessons in the form of a story. A young man meets a sage who takes him on a journey of choices and tests, to awaken his senses, thus giving his life a deeper meaning.

Y-311

THOMAS, MARLO. RIGHT WORDS AT THE RIGHT TIME (A/NF HEA 08). 2003. READ BY: Dorothy Mollerus. An inspiring collection of personal revelations from more than 100 remarkable men and women who share a moment when words changed their lives.

Y-323

KENDRICK, DEBORAH. JOBS TO BE PROUD OF - PROFILES OF WORKERS WHO ARE BLIND OR VISUALLY IMPAIRED : (A/NF HEA 02). 1993. READ BY: Mary Carson. A profile of 12 blind individuals who enjoy satisfying work in a wide range of industries as part of a full and productive life.

Z-034

GORDON, ARTHUR. A TOUCH OF WONDER : (A/NF HEA 05). 1984. READ BY: Mary Carson. The author shares his discoveries of gifts: the gift of caring, of shared wisdom, of self discovery, of faith, bright encounters, awareness, adaptability, and of life and beyond.

Z-048

KIEMEL, ANN. I LOVE THE WORD IMPOSSIBLE : (A/NF HEA 02). 1979. READ BY: Elna Barrett. "'Impossible' meant that I, an ordinary young woman, can be something special and significant in an enormous, hurting world. I can be loved where I live, and that is with Christ...and he really does make all the difference!".

Z-075

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EASTMAN, DICK. NO EASY ROAD : (A/NF HEA 04). READ BY: Richard Bimson. Subtitled: Discover the Extraordinary Power of Personal Prayer.

Z-092

MANDINO, OG. GREATEST MIRACLE IN THE WORLD (A/F HEA 03). 1988. READ BY: Gunnar Hoglund. A publisher encounters a wise old man and as a result of their mystical relationship, receives from him the laws for finding happiness and success.

Z-282

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Page 23

WALSH, MEL. GUERRILLA COOKING : (A/NF HEA 04). 1999. READ BY: Marcella Britton. The survival manual for people who don't like to cook or don't have time to cook.

Z-383

LOEHR, JAMES E. & MIGDOW, JEROME A. M. D. BREATHE IN, BREATHE OUT : (A/NF HEA). 1986-1999. READ BY: Nancy Adrian. Techniques to enhance your ability to inhale energy and exhale stress by guiding and controlling your breathing.