

The Office of Faculty & Staff Assistance and Work/Life Program Book Lending Library

TITLE	AUTHOR
“God Isn’t Done With Me Yet...”	Covenant House
1-2-3 Magic	Thomas W. Phelp
50/50 Marriage, The	Gayle Kimball
50/50 Parenting	Gayle Kimball
800-Cocaine	Mark S. Gold
Ad-dic-tion-ary	Jan R. Wilson & Judith A. Wilson
Addictive Organization, The	Anne Wilson Schaef & Diane Fassel
Adult Children of Alcoholics	Janet Geringer Woititz
Adult Children of Alcoholism	Janet Geringer Woititz
Adult Children Raising Children	Randy Colton Rolfe
Aids Book, The	Louise L. Hay
Alcohol and Birth Defects: The Fetal Alcohol Syndrome and Related Disorders	U.S. Department of Health and Human Resources
Alcohol In America, The Price We Pay	Rashi Fein & Walter Heller
Are You Out There, God?	Sister Mary Rose McGeady
Audio Guide To Natural Sleep, The	Philip Goldberg
Beginning To Heal	Ellen Bass & Laura Davis
Bereaved Parent, The	Harriet Sarnoff Schiff
Beyond Codependency	Melody Beattie
Breast Cancer Treatment Guidelines for Patients	American Cancer Society
Breast Cancer Treatment Guidelines for Patients	American Cancer Society
Career Planning for the 80s	Mencke & Hummel
Carpal Tunnel Syndrome and Overuse Injuries	Tommy Crouch & Michael Madden
Chemical Dependency-The Next Ten Years	David Smith

Children of Alcoholics	Robert J. Ackerman
Children of Alcoholism	Judith S. Seixas & Geraldine Youcha
Clean and Sober Parenting	Jane Nelson, Riki Intrier & Lynn Lott
Codependency No More	Melody Beattie
Codependency, Sexuality & Depression	William E. Thornton
Cold Feet	Dr. Sonya Rhodes & Dr. Marlin S. Potash
Courage To Be Yourself, The	Sue Patton Thoele
Courage To Change, The	Dennis Wholey
Deadly Diet, The	Terence J. Sandbek
Denton's Detectives	Department of Education
Developing Capable Young People	Dr. Michael Leeds
Diagnostic Criteria	American Psychiatric Association
Diagnostic Criteria From DSM-IV-TR	American Psychiatric Association
Double Duty	Claudia Black
Dressing With Color	Jeanne Allen
Drug Use In America	U.S. Department of Health & Human Services
Dyslexia	John F. Savage
Eat Right	Donald R. Land
Facts About Drugs & Alcohol, The	Mark S. Gold
Feel the Fear & Do It Anyway	Susan Jeffers
Fifth Billion Dollar Drain, The	John Krizay & Edward J. Carels
Fit Or Fat Target Diet, The	Covert Bailey
Fit Or Fat Target Recipes	Covert Bailey & Lea Bishop
Fit or Fat Woman, The	Covert Bailey & Lea Bishop
Flatter Your Figure	Jan Larkey
Food Addiction	Kay Sheppard
Freedom From Smoking	American Lung Association
Friends Can Be Good Medicine	California Department of Mental Health

From Survival To Recovery	Al-Anon Family Groups
Get Ready...Here I Go	Department of Education
Getting Love Right	Terence T. Gorski
Getting Them Sober-Volume 3	Toby Rice Drews
Getting Them Sober-Volume 4	Toby Rice Drews
He	Robert A. Johnson
Healing The Wounded Heart	Wayne Kritsberg
Healing Your Sexual Self	Janet G. Woititz
Healthy Companies	Robert H. Rosen
Heart Attack Recovery Handbook, The	Harvey Wolinsky
High Times/Low Times	John E. Meeks
Holding Back	Marie Lindquist
Home Away From Home	Janet Geringer Woititz
Home Care for the Elderly	Jay Portnow & Martha Houtmann
How To Be A Couple & Still Be Free	Riley K. Smith & Tina B. Tessina
How To Be The Parent You Always Wanted To Be	Adele Faber & Elaine Mazlish
How To Break Your Addiction To a Person	Howard M. Halpern
How To Care For Your Parents	Nora Jean Levin
How To Father	Dr. Fitzhugh Dodson
How To Handle Negativity in the Workplace	Dr. Cherle Carter-Scott
How To Handle Trouble	John Carmody
How To Identify A Substance Abuser	T. Dimoff
How To Live With an Alcoholic and Win	Jim and Cyndy Hunt
How To Survive the Loss of a Love	Melba Colgrove, Harold H. Bloomfield, Peter McWilliams
I'm Such A Big Help	Department of Education
Internal Politics of Desire, The	Joe Russo
It Will Never Happen To Me!	Claudia Black

Joy of Recovery, The	Robert Ackerman
Juggling	Faye J. Crosby
Keeping Secrets	Suzanne Somers
Keisha Ann: That's Who I Am	Department of Education
Kids, Alcohol & Drugs	Ruth Maxwell
Let Go and Grow	Robert J. Ackerman
Let's Talk About Being Selfish	Joy Berry
Let's Talk About Disobeying	Joy Berry
Let's Talk About Teasing	Joy Berry
Letting Go With Love	Julia H. & Randy Davis
Life Skills for Adult Children	Janet G. Woititz & Alan Garner
Magic Child Suite, The	Patricia Troth Ricker
Magic Child, The	Wayne Kritsberg
Making Peace With Your Parents	Harold H. Bloomfield
Male Survivors	Timothy L. Sanders
Man In Transition	Kenneth Byers
Many Roads, One Journey	Charlotte Davis Kasl
Medicine for the Layman: Allergies	U.S. Department of Health and Human Services
Meditations for Parents Who Do Too Much	Jonathan and Wendy Lazear
Memories, Dreams, Reflections	C.G. Jung
Mind Over Illness	Norman Cousins
Mommy Doesn't Live Here Anymore	Maureen H. Duggan
My Baby...Strong and Healthy	U.S. Department of Health and Human Services
Narcotics Anonymous	W.S.O. Inc.
Needing Cocaine	Terry Webster

New Medicines of the Mind	Jeffrey L. Berlant, Irl Extein, Lary S. Kirstein
Organization Executive, The	Stephanie Winston
Overcoming Perfectionism	Ann W. Smith
Parent/Child Manual on Daycare, The	Charlene Solomon
Parent/Child Manual on Latchkey Kids, The	Charlene Solomon
Peer Pressure Reversal	Sharon Scott
Perfect Daughters	Robert J. Ackerman
Preparing for a Parent's Death	Marilyn R. Becker
Prescription For Anger	Gary Hankins & Carol Hankins
Reclaiming Our Days	Helena See
Recovery At Work	Carol Cox Smith
Relationships and Recovery	Terence T. Gorski
Reversing Heart Disease	Dr. Dean Ornish
Reviving Ophelia	Mary Pipher
Right To Feel Bad, The	Lesley Hazleton
Secret Everyone Knows, The	Cathleen Brooks
Self Esteem & The Family	Charles E. Nelson
Shake The Anger Habit!	Betty Doty & Pat Rooney
She	Robert A. Johnson
Siblings Without Rivalry	Adele Faber & Elaine Mazlish
Signs of Addictive Love	Brenda Schaeffer
Sixty Ways To Make Stress Work For You	Andrew E. Slaby
Sleep Management Plan, The	Dale Hanson Bourke
So Your Happily Ever After Isn't	
Solving Your Child's Eating Problems	Jane R. Hirschmann & Lela Zaphiropoulos
Stomach Ulcers and Acidity	Leonard Mervyn

Stress and Tiger Juice	Stewart Bedford
Stress Strategies for Parents	Kimberly Barrett
Super Duper Timothy Cooper	Department of Education
Teaching The Elephant To Dance: Empowering Change In Your Organization	James A. Belasco
Twelve Steps and Twelve Traditions	Alcoholics Anonymous
Under One Roof	Sheelagh McGurn
Violence in the Workplace	EAP Association
Wellness Made Easy	University of California at Berkeley
What's "Drunk," Mama?	Al-Anon Family Group
When I Say No, I Feel Guilty	Manuel J. Smith
When Society Becomes an Addict	Ann Wilson Schaefer
When Someone You Love Has a Mental Illness	Rebecca Woolis
Who Can Help Me?	Department of Education
Wisdom of Menopause, The	Christiane Northrup
Woman's Dress for Success Book, The	John T. Molly
Women and Drugs	Emanuel Peluso & Lucy Silway Peluso
Women, Sex and Addiction	Charlotte Davis Kasl
You Can Do Something About Aids	Alyson (ED)
You Mean I Don't Have To Feel This Way?	Colette Dowling
Your Personally Tailored Diet	Stephen Lehane Publications Unit

The Office of Faculty & Staff Assistance and Work/Life Program Video Tape Lending Library

TITLE	AUTHOR
A Costly Proposition	BNA Communication Inc.
A Letter To Dad	Catherine M. Goedert
Aspen Achievement Academy	Aspen
Aspen Health Services Parent Version	Aspen
Aspen Health Services Professional Version	Aspen
Behind Closed Doors With Joan Lunden	Joan Lunden
Betty Ford Center	Betty Ford Center
Bishop Gooden Home	Bishop Gooden
Drug Abuse Training – Organizational Implications of Drug Abuse Programming	CSU, Chico
Drug Abuse Training – Overview of Drug Abuse and Employment Assistance Program	CSU, Chico
Drug Abuse Training – Pharmacology of Abused Drugs Cross-Culture Aspects	CSU, Chico
Eldercare: Options For The 90s	Old Dominican University
Family Baggage	Creative Recovery
Father Martin’s Ashley	
Freedom From Smoking	
Fresh Start – Personal Recovery Systems	IR Systems
Friends, Parents and Siblings of Homosexuals	
Generation at Risk	
How To Handle Negativity In The Workplace	Negaholics
Kathy Rigby on Eating Disorders	Kathy Rigby
La Hacienda Treatment Center	La Hacienda Treatment Center
Recovery Becomes Reality	Meadows
Relationships and Recovery	Terence T. Gorski
Sex, Power and The Workplace	Channel 9
Sierra Tuscon	Sierra Tuscon
Star Process, The	Star Foundation
Substance Abuse – Reasonable Suspicion	American Training Resources
Surviving and Thriving on Campus: Burnout and Boredom	CSU, Chico
Surviving and Thriving on Campus: Doing Well and Staying Well	CSU, Chico
Surviving and Thriving on Campus: Planning and Getting Ahead and Getting Things Said	CSU, Chico
Surviving and Thriving on Campus: Program #2 Managing Your Stress	CSU, Chico

Tai Chi Chuan	Grand Master Lenny Vavalette
To Your Health	Dr. Hans Diehl
What Every Woman Should Know About Estrogen	Premarin
Wilderness Quest	Wilderness Quest
You Are The Game – Sexual Harassment on Campus	

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How To Survive The Loss of Love	Bloomfield, Colgrove, McWilliams
Joy of Recovery, The	Robert Ackerman
Magic Child Suite, The	Patricia Troth Ricker
Magical Child, The	Wayne Kritsberg
Organized Executive, The	Stephanie Winston
Reversing Heart Disease	Dr. Dean Ornish's
Violence In The Workplace	EAP Association