

| HAVE | TITLE | AUTHOR | ISBN | CATEGORY | TYPE |
|------|---|---|-------------------|-----------|------|
| Y | Aerobics Program For Total Well-Being | Kenneth H. Cooper | 0-553-34677-6 | Fitness | book |
| Y | Bicycling Bliss: Riding to Improve Your Wellness | Portia H. Masterson | 975386808 | Fitness | book |
| Y | Choose To Loose | Ron Goor and Nancy Goor | 978-0-395-97097-3 | Fitness | book |
| Y | Eight Minutes in the Morning | Jorge Cruise | 0-06-050538-9 | Fitness | book |
| Y | Eight Minutes in the Morning for Extra-Easy Weight Loss | Jorge Cruise | 0-06-058085-2 | Fitness | book |
| Y | Eight Minutes in the Morning for Real Shapes Real Sizes | Jorge Cruise | 1-57954-714-1 | Fitness | book |
| Y | Eight Minutes in the Morning to Lean Hips and Thin Thighs | Jorge Cruise | 1-57954-716-8 | Fitness | book |
| Y | Eight Minutes in the Morning: A Simple Way to Shed up to 2 Pounds | Jorge Cruise | 0-06-050538-9 | Fitness | book |
| Y | Fit Over 40 for Dummies | Betsy Nagelsen McCormack | 0-7645-5305-4 | Fitness | book |
| Y | It's Not About the Bike: My Journey Back to Life (2 copies) | Lance Armstrong | 0-399-14611-3 | Fitness | book |
| Y | Maternal Fitness | Julie Tupler & Andrea Thompson | 0-648-80295-3 | Fitness | book |
| Y | Mountain Biking the Hawaiian Islands | John Alford | 0-9649843-1-8 | Fitness | book |
| Y | Non-Runner's Marathon Trainer | David A. Whitsett, Forrest A. Dolgener, Tanjala Mabon Kole | 798-1-57028-182-2 | Fitness | book |
| Y | Pain Free; A Revolutionary Method for Stopping Chronic Pain | Pete Egoscue with Rodger Gittines | 978-0-553-37988-4 | Fitness | book |
| Y | Positive Pregnancy Fitness | Sylvia Klein Olkin | 0-89529-373-0 | Fitness | book |
| Y | Rinnavation | Lisa Rinna | 798-1-4169-4863-6 | Fitness | book |
| Y | Spark: The Revolutionary New Science of Exercise and the Brain | John J. Ratey with Eric Hagerman | 978-0-316-11350-2 | Fitness | book |
| Y | Stretching | Bob Anderson | 936070226 | Fitness | book |
| Y | Strong Women Stay Young | Mariam E. Nelson | 978-0-553-58873-6 | Fitness | book |
| Y | Subtle Body: An Encyclopedia of Your Energetic Anatomy | Cyndi Dale | 978-1-59179-671-8 | Fitness | book |
| Y | Three -Hour Diet: Stop Hunger, Stop Depriving Yourself | Jorge Cruise | 978-0-06-123719-5 | Fitness | book |
| Y | Three-Hour Diet | Jorge Cruise | 0-06-079229-9 | Fitness | book |
| Y | Ultimate Weight Loss Solution | Phil McGraw | 0-7432-3674-2 | Fitness | book |
| Y | Walk Away Pounds | | | Fitness | book |
| Y | Weight Training for Dummies | Liz Neporent and Suzanne Schlosberg | 0-7645-5036-5 | Fitness | book |
| Y | What to do when your mom or dad says...do something besides watching TV | Joy Wilt Berry | 0-941510-11-5 | Fitness | book |
| Y | Younger Next Year | Crowley and Lodge | 978-0-7611-47732 | Fitness | book |
| | | | | | |
| Y | 365 Days of Healthy Eating | Roberta Larson Duyff | 0-471-44221-6 | Nutrition | book |
| Y | Big Green Cookbook | Jackie Newgent | 978-0-470-40449-2 | Nutrition | book |
| Y | Change One: Breakthrough 12-Wk Eating Plan: Lose Weight Simply, Safely, Forever | John Hastings | 762104198 | Nutrition | book |
| Y | Child of Mine: Feeding with Love and Good Sense | Ellyn Satter | 978-0-923521-51-6 | Nutrition | book |
| Y | The Daily Fix (Women's Health) | Alexa Fishback | 978-1594868474 | Nutrition | book |
| Y | Deceptively Delicious: Getting Your Kids Eating Good Food! | Jessica Seinfeld | 978-0-06-176793-7 | Nutrition | book |
| Y | Dieting for Dummies (2 copies) | Jane Kirby | 978-0-7645-4149-0 | Nutrition | book |
| Y | Don't Eat This Book: Fast Food and the Supersizing of America | Morgan Spurlock | 0-399-15260-1 | Nutrition | book |
| Y | Eat More Weigh Less | Dean Ornish | 0-06-016838-2 | Nutrition | book |
| Y | Eat this Not That (2) | David Zinczenko, Matt Goulding | 978-1605298382 | Nutrition | book |
| Y | Eat This Not That: Best & Worst | David Zinczenko, Matt Goulding | 978-1-60529-461-2 | Nutrition | book |
| Y | End of Overeating | David A. Kessler | 978-1605297859 | Nutrition | book |
| Y | End of Overeating: Taking Control of the Insatiable American Appetite | David A. Kessler | 978-1605297859 | Nutrition | book |
| Y | Everyday Cooking with Dr. Dean Ornish | Dean Ornish | 0-06-092811-5 | Nutrition | book |
| Y | Fit or Fat Target Diet | Covert Bailey | 0-395-36139-7 | Nutrition | book |
| Y | Fit or Fat Target Diet: Balancing Your Diet with a full range of Nutrients | Covert Bailey | 0-395-51082-1 | Nutrition | book |
| Y | Food for Life: How the New Four Food Groups Can Save Your Life | Neal Barnard | 0-517-88201-9 | Nutrition | book |
| Y | Food Politics (2) | Marion Nestle | 978-0-520-25403-9 | Nutrition | book |

| | | | | | |
|---|--|--|-------------------|-----------|-------|
| Y | Fresh: The Ultimate Live-Food Cookbook | Sergei and Valya Boutenko | 978-1-55643-708-3 | Nutrition | book |
| Y | Go Green Get Lean | Kate Geagan | 978-1605299891 | Nutrition | book |
| Y | Good Food Book | Jane Brody | 0-393-02210-2 | Nutrition | book |
| Y | Good Food Book (2) | Jane Brody | 0-393-02210-2 | Nutrition | book |
| Y | Good Food Gourmet | Jane Brody | 0-393-02878 | Nutrition | book |
| Y | Gourmet's Guide To Fruit | Judy Bastyra & Julia Canning | 0-89586-849-0 | Nutrition | book |
| Y | Hawaii Diet | Terry Shintani | 0-671-02666-6 | Nutrition | book |
| Y | How to Get Your Child to Eat...but not too much | Ellyn Satter | 978-0-915950-83-6 | Nutrition | book |
| Y | Hungry Girl; 200 recipes under 200 calories | Lisa Lillien | 798-0-312-55617-4 | Nutrition | book |
| Y | Intuitive Eating | Evelyn Tribole & Elyse Resch | 978-0-312-32123-9 | Nutrition | book |
| Y | The Kind Diet: A Simple Guide to Feeling Great, Losing Weight, Saving Planet | Alicia Silverstone | 978-1-60529-644-9 | Nutrition | book |
| Y | King Corn: a feature documentary from mosaic films inc. | Aaron Woolf, Curt Ellis and Ian Cheney | 1-4229-0938-7 | Nutrition | DVD |
| Y | Low fat Cooking for Dummies | Lynn Fischer | 764552147 | Nutrition | book |
| Y | Mindless Eating: Why we Eat More than we Think | Brain Wansink | 978-0-553-38448-2 | Nutrition | book |
| Y | New Fit or Fat: The phenomenal best seller that guides you from fatness to fitness | Covert Bailey | 395585643 | Nutrition | book |
| Y | Nutrition for Dummies (2 copies) | Carol Ann Rinzler | 0-7645-5032-2 | Nutrition | book |
| Y | Nutrition for Dummies (3) | Carol Ann Rinzler | 0-7645-5180-9 | Nutrition | book |
| Y | Omnivore's Dilemma | Michael Pollan | 978-0-14-303858-0 | Nutrition | book |
| Y | Pritikin Principle: The Calorie Density Solution | Robert Pritikin | 0-7370-1616-7 | Nutrition | book |
| Y | Restaurant Confidential | Michael Jacobson and Jayne Hurley | 0-7611-0035-0 | Nutrition | book |
| Y | Secrets of Feeding a Healthy Family | Ellyn Satter | 978-0-9671189-2-5 | Nutrition | book |
| Y | Skinny Bitch in the Kitchen | Rory Freedman and Kim Barnouin | 978-0-7624-3106-9 | Nutrition | book |
| Y | Skinny Bitch: A No-Nonsense, Tough-Love Guide for Savvy Girls Who Want to Stop Eating Crap and Start Looking Fabulous! | Rory Freedman and Kim Barnouin | 978-0-7624-2493-1 | Nutrition | book |
| Y | Small Changes Big Results; A 12-week Action Plan to a Better Life | Ellie Krieger with Kelly James-Enger | 978-0-307-33587-6 | Nutrition | book |
| Y | Sports Nutrition Guidebook(3) | Nancy Clark | 0-7360-7415-5 | Nutrition | book |
| Y | Supersize Me (2) | Morgan Spurlock | 1404967990 | Nutrition | video |
| Y | This Organic Life | Joan Dye Gussow | 978-1-931498-24-1 | Nutrition | book |
| Y | Ultimate Weight Solution the 7 Keys to Weight Loss Freedom | Phil McGraw | 0-7432-5774-x | Nutrition | book |
| Y | Vegetarian Sports Nutrition | D. Enette Larson-Meyer | 736063617 | Nutrition | book |
| Y | Volumetrics Weight-Control Plan | Barbra Rolls and Robert A. Barnett | 978-0-06-093272-5 | Nutrition | book |
| Y | Voluptuous Vegan | Myra Kornfeld and George Minot | 0-609-80489-8 | Nutrition | book |
| Y | What To Eat | Marion Nestle | 978-0-86457-738-4 | Nutrition | book |
| | You on a Diet | Michael Roizen and Mehmet Oz | 978-0-7432-9254-2 | Nutrition | book |
| Y | Younger Next Year | Chris Crowley and Henry S. Lodge | 0-7611-3423-9 | Nutrition | book |
| Y | "Mom, I got a tattoo!: The Survival Guide to Raising A Teenage Daughter | Janet Irwin and Susanna De Vries | 1-58904-011-2 | Wellness | book |
| Y | 22 {Non-Negotiable} laws of wellness | Greg Anderson | 0-06-251238-2 | Wellness | book |
| Y | ADA Complete Guide to Diabetes | American Diabetes Association | 158040237-2 | Wellness | book |
| Y | After the Baby's Birth: A Woman's Way to Wellness | Robin Lim | 0-89087-590-1 | Wellness | book |
| Y | Animal, Vegetable, Miracle: A Year of Food Life | Barbara Kingsolver | 978-0-06-085256-6 | Wellness | book |
| Y | Anti Cancer; A New Way of Life | David Servan-Schreiber | 978-0-670-02034-8 | Wellness | book |
| Y | Asthma for Dummies | William E. Berger | 0-7645-4233-8 | Wellness | book |
| | Book of Women's Health: The Latest on Feeling Fit, Eating Right, Staying Well | Jane E. Brody | 0-86730-806-0 | Wellness | book |
| Y | Daily Fix: Your Guide to Healthy Habits for Nutrition | Alexa L. Fishback | 798-1594868474 | Wellness | book |
| Y | Diabetes for Dummies | Alan L. Rubin | 0-7645-6820-5 | Wellness | book |
| Y | EightWeeks to Optimum Helath | Andrew Weil | 0-449-00026-5 | Wellness | book |

| | | | | | |
|---|--|--|-------------------|----------------|-------|
| Y | Flexitarian Diet | Dawn Jackson Blatner | 978-0-07-154957-8 | Wellness | book |
| Y | Health and Healing | Andrew Weil | 0-618-47908-2 | Wellness | book |
| Y | Healthier at Home: The Proven Guide to Self-Care & Being a Wise Health Consumer | Don Powell | 0-9765048-0-4 | Wellness | book |
| Y | Healthy with Whole Foods | Paul Pitchford | 978-1-55643-430-3 | Wellness | book |
| Y | How not to be a perfect mother | Libby Purves | 0-00-63988-x | Wellness | book |
| Y | Leslie Sansone's Eat Smart, Walk Strong | Leslie Sansone | 0-446-69337-5 | Wellness | book |
| Y | Losing It: And Gaining My Life Back One Pound at a Time | Valerie Bertinelli | 978-1-4165-6818-6 | Wellness | book |
| Y | Making the Most of Your Money | Jane Bryant Quinn | 0-671-65952-9 | Wellness | book |
| Y | Natural Health, Natural Medicine | Andrew Weil | 978-0-618-47903-0 | Wellness | book |
| Y | Nursing Mothers Companion (2) | Kathleen Huggins | 978-155832304-9 | Wellness | book |
| Y | Okinawa Program | Bradley J. Willcox, et.al | 0-609-80750-1 | Wellness | book |
| Y | Overcoming Overeating | Jane R. Hirschmann and Carol H. Munter | 978-0-7382-1117-6 | Wellness | book |
| Y | Parenting for Dummies | Sandra Hardin Gookin | 1-56884-383-6 | Wellness | book |
| Y | Pregnancy Baby Care | Good Housekeeping | 978-1-58816-376-9 | Wellness | book |
| Y | Pritikin Promise; 28 Days to a Longer, Healthier Life | Nathan Pritikin | 0-671-54634-1 | Wellness | book |
| Y | Que Se Puede Esperar Cuando Se Esta Esperando | Arlene Eisenberg, et.al | 0-7611-0949-8 | Wellness | book |
| Y | Safe Food: Bacteria, Biotechnology, and Bioterrorism | Marion Nestle | 978-0-520-24223-4 | Wellness | book |
| Y | Simply Well; choices for a healthy life | John W. Travis & Regina Sara Ryan | 1-58008-292-0 | Wellness | book |
| Y | Strong Women Strong Bones | Miriam E. Nelson | 0-399-53249-8 | Wellness | book |
| Y | Stuffed: an insider's look at who's really making america fat | Hank Cardello | 978-0-06-136386-3 | Wellness | book |
| Y | Super Baby Food | Ruth Yaron | 0-9652603-1-3 | Wellness | book |
| Y | Three-Hour Diet | Jorge Cruise | 0-06-079229-9 | Wellness | book |
| Y | Wellness Book; The Comprehensive Guide to Maintaining Health and Treating Stress-Related Illness | Herbert Benson and Eileen M. Sturart | 978-0-671-79750-8 | Wellness | book |
| Y | Wellness Coaching for Lasting Lifestyle Change | Michael Arloski | 978-1-57025-221-1 | Wellness | book |
| | Wellness Encyclopedia | | | Wellness | book |
| Y | Wellness Revolution | Paul Zane Pilzer | 978-0-470-10618-1 | Wellness | book |
| Y | What to expect the first year | Eisenberg, Murkoff, and Hathaway | 0-89480-577-0 | Wellness | book |
| Y | What to expect when you're expecting | Arlene Eisenberg, et.al | 0-89480-829-x | Wellness | book |
| Y | What to expect when you're expecting (2) | Arlene Eisenberg, et.al | 0-89480-829-x | Wellness | book |
| Y | Womanly Art of Breastfeeding | Le Leche League International | 0-452-27908-9 | Wellness | book |
| Y | World is FAT | Barry Popkin | 978-1-58333-313-6 | Wellness | book |
| Y | Your Child's Weight | Ellyn Satter | 0-9671189-1-3 | Wellness | book |
| | | | | | |
| Y | Believing Cassandra: An Optimist Looks at a Pessimists World | Alan AtKisson | 1-890132-16-0 | Sustainability | book |
| Y | Building Sustainability with the Natural Step: Houston's Journey | Brian Yeoman (producer) | | Sustainability | video |
| Y | Cook's Essential Companion: Fish Without a Doubt | Rick Moonen and Roy Finamore | 978-0-618-53119-6 | Sustainability | book |
| Y | Creating Web Pages Simplified | Maran Graphics | 0-7645-6007-7 | Sustainability | book |
| Y | Dancing with the Tiger: Learning Sustainability Step by Natural Step | Brain Nattrass and Mary Altomare | 0-86571-455-x | Sustainability | book |
| Y | Earth in Mind | David W Orr | 1-55963-295-x | Sustainability | book |
| Y | Ecology of Commerce | Paul Hawken | 0-88730-704-3 | Sustainability | book |
| Y | End of Food | Paul Roberts | 978-0-618-60623-8 | Sustainability | book |
| Y | End of Oil | Paul Roberts | 978-0-6185-6211-4 | Sustainability | book |
| Y | Face on Your Plate; The Truth About Food | Jeffrey Moussaieff Masson | 978-0-393-06595-4 | Sustainability | book |
| Y | Fast Food Nation | Eric Schlosser | 978-0-06-083858-4 | Sustainability | book |
| Y | Food Politics (2) | Marion Nestle | 978-0-520-25403-9 | Sustainability | book |
| Y | Food Revolution | John Robbins | 978-1-57324-702-3 | Sustainability | book |

| | | | | | |
|---|--|---|-------------------|----------------|-----------|
| Y | Gaviotas: A Village to Reinvent the World | Alan Weisman | 978-1-603580-56-4 | Sustainability | book |
| Y | Global Mind Change: The Promise of the 21st Century | Willis Harman | 1-57675-029-9 | Sustainability | book |
| Y | Hot, Flat, and Crowded | Thomas L. Friedman | 978-0-374-16685-4 | Sustainability | book |
| Y | In Defense Of Food (2) | Michael Pollan | 978-1-59420-145-5 | Sustainability | book |
| Y | Ishmael: An Adventure of the Mind and Spirit | Daniel Quinn | 0-553-37540-7 | Sustainability | book |
| Y | Jungle | Upton Sinclair | 978-0-7434-8762-7 | Sustainability | book |
| Y | My Ishmael: A Sequel The Phenomenon Continues | Daniel Quinn | 0-553-37965-8 | Sustainability | book |
| Y | Natural Step (video set) | Karl-Henrik Robet | | Sustainability | 11 videos |
| Y | Natural Step for Business (2) | Brain Nattrass and Mary Altomare | 0-86571-384-7 | Sustainability | book |
| Y | Natural Step Story: Seeging a Quiet Revolution | Karl-Henrik Robet | 0-86571-453-3 | Sustainability | book |
| Y | Natures Services: Societal Dependence on Natural Ecosystems | Gretchen C. Daily | 1-55963-476-6 | Sustainability | book |
| Y | New Economy of Nature | Gretchen C. Daily and Katherine Ellison | 1-55963-945-8 | Sustainability | book |
| Y | Omnivore's Dilemma: A Natural History of Four Meals (2) | Michael Pollan | 1-59420-082-3 | Sustainability | book |
| Y | Our Future, Our Planet: The Spirit of Youth Service | WorldLink | | Sustainability | video |
| Y | Plenty (2) | Alisa Smith and J.B. Mackinnon | 978-0-307-34733-6 | Sustainability | book |
| Y | Silent Spring | Rachel Carson | 978-0-618-24906-0 | Sustainability | book |
| Y | Slow Food Story: Politics and Pleasure | Geoff Andrews | 978-0-7735-3478-0 | Sustainability | book |
| Y | Thinking Like a Mountain: Towards a Council of All Beings | John Seed et al. | 0-86571-132-1 | Sustainability | book |
| Y | Toxic Sludge Is Good For You! Lies, Damn Lies and the PR Industry | John Stauber and Sheldon Rampton | 978-1-56751-060-7 | Sustainability | book |
| Y | Turning Point: Science, Society, and the Rising Culture | Fritjof Capra | 0-553-34572-9 | Sustainability | book |
| Y | Way We Eat: Why Our Food Choices Matter | Peter Singer and Jim Mason | 1-57954-889-x | Sustainability | book |
| Y | Witness to the Future: A Call for Environmental Action | Branda Miller (producer) | videoproject.org | Sustainability | video |
| Y | World is Fat: Fads, Trends, Politics, and Products That are Fattening the Human Race | Barry Popkin | 978-1-58333-313-6 | Sustainability | book |
| Y | World Population: A Graphic Simulation of the History of Human Pop. | Zero Population Growth, Inc. | | Sustainability | video |
| | | | | | |
| Y | Ten Simple Solutions to Stress | Claire Michaels Wheeler | 978-1-57224-476-3 | Relaxation | book |
| Y | 8 Minute Meditation: Quiet Your Mind, Change Your Life | Victor Davich | 798-0-399-52995-5 | Relaxation | book |
| Y | Authentic Happiness | Martin E.P. Seligman | 978-0-7432-2298-3 | Relaxation | book |
| Y | Complete Idiot's Guide to Short Meditations | Susan Gregg | 978-1-59257-614-2 | Relaxation | book |
| Y | Connect: 12 Vital Ties That Open Your Heart, Lengthen Your Life, Deepen Your Soul | Edward M. Hallowell | 0-375-40357-4 | Relaxation | book |
| | Eating Mindfully: how to end mindless eating & enjoy a balanced relationship with food | Susan Albers | 978-57224-350-7 | Relaxation | book |
| Y | Eight Weeks to Optimum Health | Andrew Weil | 0-307-26492-0 | Relaxation | book |
| Y | End of Overeating: Taking Control of the Insatiable American Appetite | David Kessler | 978-1605297859 | Relaxation | book |
| Y | Life Stragegies: Doing What Works , Doing What Matters | Phillip C. McGraw | 0-7868-8459-2 | Relaxation | book |
| Y | Meditation for Dummies | Stephan Bodian | 0-471-77774-9 | Relaxation | book |
| Y | Sound Body, Sound Mind: Music for Healing | Andrew Weil | | Relaxation | CD |
| Y | Stress Management for Dummies | Allen Elkin | 0-7645-5144-2 | Relaxation | book |