

# 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.

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*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**

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

## **Nutrition - Recipes & Cookbooks**

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

## **Stress & Anxiety**

<b>Title</b>	<b>Author</b>
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**

<b>Title</b>	<b>Author</b>
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**

<b>Title</b>	<b>Author</b>
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**

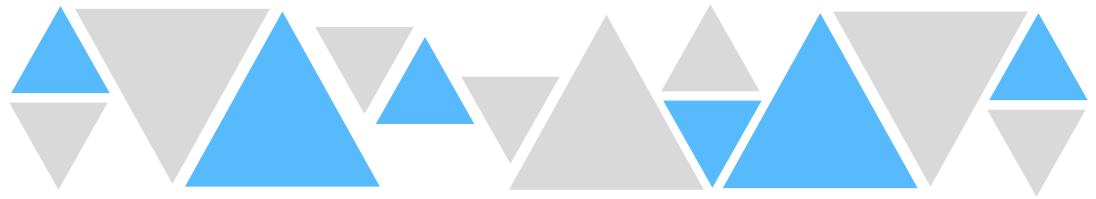
<b>Title</b>	<b>Author</b>
Active Living Everyday - 20 Steps to Lifelong Vitality	Steven N. Blair, Andrea L. Dunn, Bess H. Marcus, Ruth Ann Carpenter & Peter Jaret
Anatomy of Exercise	Pat Manocchia
Becoming a Supple Leopard	Dr. Kelly Starrett with Glen Cordoza
Camping British Columbia - Sixth Edition - 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**

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

## **General Health Promotion**

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



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



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