

TITLE	CALL #(Item)	LOC	BARCODE	iType
<u>MINDFULNESS</u>				
8 minute meditation : quiet your mind, change your life / Victor Davich.	158.128 Dav	ean	3 1135 00788 1763	1
The meditation bible : a definitive guide to meditations for every purpose / Madonna Gauding.	158.128 Gau	ean	3 1135 00838 3223	1
Meditation and relaxation in plain English / Bob Sharples.	158.12 Sha	ean	3 1135 01806 5422	1
Mindfulness for beginners [sound recording] / Jon Kabat-Zinn.	CD Spoken 158.12 Kab	eaab	3 1135 01032 8562	24
A Guide to meditation techniques [videorecording] / produced and directed by Rod Rodrigo, Dave Morgan executive producer, Ken Gray.	DVD 158.12 Gui	eadv	3 1135 00932 1800	36
The meditation experience : your complete meditation workshop in a book / Madonna Gauding.	158.12 Gau	ean	3 1135 01049 5551	1
Mindfulness meditation : [sound recording] nine guided practices to awaken presence and open your heart / Tara Brach.	CD Spoken 294.3443 Bra	eaab	3 1135 01754 2710	36
Meditation : the beautiful music of Massenet [sound recording].	CD 786.2 Mas	eadc	3 1135 01765 5231	21
Guided meditations : evoking the divine ground of your being / Adyashanti.	CD Spoken 294.3443 Ady	eaab	3 1135 01907 0751	24
Mindful piano : music for meditation / Steven Halpern.	CD New Age Halpern	eadc	3 1135 01911 4583	21

TITLE	CALL #(Item)	LOC	BARCODE	iType
<u>HAPPINESS-31135019620902</u>				
Happier : learn the secrets to daily joy and lasting fulfillment / Tal Ben-Shahar.	158 Ben	ean	3 1135 00869 3498	0
The spontaneous happiness prescription : [guided practices for peak emotional wellness] [sound reco	CD Spoken 158 Wei	eaab	3 1135 01765 1529	24
Before happiness : the 5 hidden keys to achieving success, spreading happiness, and sustaining positiv	158 Ach	ean	3 1135 01817 9264	0
Broadcasting happiness : the science of igniting and sustaining positive change / Michelle Gielan.	658.406 Gie	ean	3 1135 01916 1667	0
The happiness track : how to apply the science of happiness to accelerate your success / Emma Seppä	158 Sep	ean	3 1135 01921 9309	0
Live happy : ten practices for choosing joy / by Deborah K. Heisz.	CD Spoken 158 Hei	eaab	3 1135 01926 1103	24
The little book of hygge : Danish secrets to happy living / Meik Wiking.	158.1 Wik	ean	3 1135 01959 5641	0
The blue zones of happiness : lessons from the world's happiest people / Dan Buettner.	158 Bue	ean	3 1135 01986 0649	0
Magazines to Go - Adult	Live happy - May 20	eatg	3 1135 02004 8515	12

TITLE	CALL #(Item)	LOC	BARCODE	iType
<u>DISNEY - 31135 01962 0795</u>				
Aladdin [videorecording] / [presented by] Walt Disney Pictures produced and directed by John Musker, Ron Clements original story by Alan Menken screenplay by Ron Clements and John	J DVD Disney Ala	ekdv	3 1135 00974 6956	136
Scaring lessons / by Susan Amerikaner illustrated by Fabio Laguna, Lori Tyminski, Adrienne Brown, Jeff Jenney, Frank Anduiza, and the Disney Storybook Artists.	J B Disney	ekr	3 1135 01802 5939	100
Sofia the first / written by Catherine Hapka illustrated by Grace Lee.	J E Dis	eke	3 1135 01820 8816	100
Race team / by Dennis R. Shealy illustrated by the Disney Storybook Artists.	J B Disney	ekr	3 1135 01827 0659	100
Disney timeless classics [sound recording].	J CD Film/TV Disney	ekcd	3 1135 01834 5527	121
Big hero 6 / director, Chris Williams, Don Hall.	J DVD Disney Big	ekdv	3 1135 01879 9731	136
Disney lands / Ridley Pearson.	J Fic Pearson (Fantas	ekf	3 1135 01882 7797	100
The Disney book : a celebration of the World of Disney / written by Jim Fanning.	384.8 Fan	ean	3 1135 01907 8721	0
Let's play, Dory! / by Bonita Garr illustrated by the Disney Storybook Art Team.	J E Disney	ekpp	3 1135 01965 5262	100
Beware the Kakamora! / by Bill Scollon illustrated by the Disney Storybook Art Team.	J E Disney	ekpp	3 1135 01968 6218	100
Disney Mickey and friends : the story of Mickey's adventures.	J E Dis	eke	3 1135 01969 8049	100
The unofficial guide to Walt Disney World with kids 2018 / Bob Sehlinger and Lilane J. Opsomer with Len Testa.	917.5924 Uno	eatc	3 1135 01982 3761	1
Birnbaum's 2018 Walt Disney World : expert advice from the inside source / Wendy Lefkon, editorial director Jill Safro, editor Jennie Hess, contributing editor Clark Wakabayshi, designer Alexandra	917.5924 Bir	eatc	3 1135 01983 1194	1

TITLE	CALL #(Item)	LOC	BARCODE	iType
<u>BE A MAKER-31135 01962 0811</u>				
The complete idiot's guide to knitting / Becca Smith.	746.432 Smi	ean	3 1135 01002 2025	1
Stick it! : 99 D.I.Y. duct tape projects / by T.L. Bonaddio illustrated by Andrew Tomlinson.	745.5 Bon	easn3	3 1135 01790 2740	1
Sew me! sewing basics / Choly Knight.	646.2044 Kni	ean	3 1135 01838 7719	1
The illustrated project book of making gift cards and scrapbooking : 360 easy-to-follow projects and techniques with 2300 lavish photographs / Cheryl Owen and Alison Lindsay.	745.5941 Owe	ean	3 1135 01858 6591	1
The sewing machine embroiderer's Bible : get the most from your machine with embroidery designs and inbuilt decorative stitches / Liz Keegan.	746.44028 Kee	ean	3 1135 01863 0928	1
Knit Picks straight knitting needles	Knitting Needles	eaet	3 1135 01863 0399	56
Soldering / by David Erik Nelson.	J 621.381 Nel	ekn	3 1135 01894 5441	100
Apparel sewing basics / with Liesl Gibson.	DVD 646.4 App	eadv	3 1135 01976 3926	36
3D printing / by Terence O'Neill and Josh Williams.	J 621.988 O'Ne	ekn	3 1135 01958 3753	100
3D modeling / by Theo Zizka.	J 620.0042 Ziz	ekn	3 1135 01958 3761	100
Creating with laser cutters and engravers / Mary-Lane Kamberg.	J 621.93 Kam	enkn	3 1135 01979 3899	100
Creating with 3D printers / Amie Jane Leavitt.	J 621.988 Lea	enkn	3 1135 01979 3923	100
Creating with 3D scanners / Kerry Hinton.	J 621.988 Hin	enkn	3 1135 01979 3915	100

TITLE	CALL #(Item)	LOC	BARCODE	iType
<u>NATURAL BEAUTY AND SKINCARE - 3 1135 01962 0803</u>				
Soapmaking : [videorecording] easy melt & pour creations.	DVD 668.12 Soa	eadv	3 1135 00969 8611	36
Soap crafting : step-by-step techniques for making 31 unique cold-process soaps / Anne-Marie Faiola, the soap queen photography by Lara Ferroni.	668.12 Fai	ean	3 1135 01816 3797	0
200 tips, techniques & recipes for natural beauty / Shannon Buck.	646.72 Buc	ean	3 1135 01861 8618	1
The best natural homemade soaps : 40 recipes for moisturizing olive oil-based soaps / Mar GÃ³mez.	668.12 Gom	ean	3 1135 01868 0733	1
The coconut oil cure : essential recipes and remedies to heal your body inside and out.	615.3245 Coc	ean	3 1135 01898 3764	1
Essential oils natural remedies : the complete A-Z reference of essential oils for health and healing.	615.3219 Ess	ean	3 1135 01919 6002	1
Spray, smooth, and shampoo : DIY crafts and recipes for healthy hair / by Aubre Andrus.	J 646.724 And	ekn	3 1135 01962 1405	100
Bathe, buff, and beautify : DIY crafts and recipes for natural body care / by Aubre Andrus.	J 646.726 And	ekn	3 1135 01962 1439	100
Magazines to Go - Adult	Newsweek special - Holistic Living 2017	eatg	3 1135 01984 1169	12

TITLE	CALL #(Item)	LOC	BARCODE	iType
<u>SENIORS -31135019888376</u>				
A treasury of senior humor / edited by James E. Myers.	808.87 Tre	ean	3 1135 00377 8039	1
65 things to do when you retire. Travel / edited by Mark Evan Chimsky.	910.2 Six	eatc	3 1135 01812 9483	1
How to age in place : planning for a happy, independent, and financially secure retirement / Mary A. Languirand, PhD and Robert F. Bornstein, PhD.	362.6 Lan	ean	3 1135 01818 0866	1
The best exotic Marigold Hotel [videorecording] / Fox Searchlight Pictures presents in association with Participant Media and Imagenation Abu Dhabi a Blueprint Pictures production produced by	DVD Bes	eadv	3 1135 01885 9626	32
My digital entertainment for seniors / Jason R. Rich.	004.167 Ric	ean	3 1135 01929 3775	1
The art and science of aging well : a physician's guide to a healthy body, mind, and spirit / Mark E. Williams, M.D.	612.67 Wil	ean	3 1135 01941 4637	0
Senior moments : looking back, looking ahead / Willard Spiegelman.	814.6 Sp43	ean	3 1135 01945 3510	0
Social security made simple : social security retirement benefits and related planning topics explained in 100 pages or less / Mike Piper.	368.43 Pip	ean	3 1135 01982 5444	1

TITLE	CALL #(Item)	LOC	BARCODE	iType
<u>CAMPING WITH KIDS-31135019620878</u>				
Campfire songs / edited by Irene Maddox & Rosalyn Cobb.	SCORE 782.421532 C	ean	3 1135 00551 4374	1
P.S. I hate it here! : kids' letters from camp / selected and edited by Diane Falanga.	796.54 P.S.	ean	3 1135 01005 0695	1
Tag, toss & run : 40 classic lawn games / Paul Tukey & Victoria Rowell.	790.1922 Tuk	ean	3 1135 01764 4268	1
Camping's top secrets : a lexicon of expert camping tips / Cliff Jacobson.	796.54 Jac	ean	3 1135 01797 6421	1
Paracord outdoor gear projects : simple instructions for survival bracelets and other DIY projects / Joel Hooks.	746.422 Hoo	ean	3 1135 01856 9787	1
Campfire cuisine : gourmet recipes for the great outdoors / by Robin Donovan.	641.578 Don	ean	3 1135 01869 5467	1
Camp Sunset : a modern camper's guide to the great outdoors / edited by Elaine Johnson and the editors of Sunset with Matt Jaffe.	796.54 Cam	ean	3 1135 01933 2672	1
Fifty places to camp before you die : camping experts share the world's greatest destinations / Chris Santella foreword by Mike Harrelson.	910.202 San	eatc	3 1135 01937 1266	0

TITLE	CALL #(Item)	LOC	BARCODE	iType
<u>GRATITUDE-31135 01962 0852</u>				
Town & country, the art of gratitude : thank you notes for every occasion / Caroline Tiger illustrations by Tania Lee.	395.4 Tow	ean	3 1135 00929 1854	1
Gratitude at work : how to say thank you, give kudos, and get the best from those you lead / April Kelly.	658.4092 Kel	ean	3 1135 01723 6727	0
Living life as a thank you : [sound recording] the transformative power of gratitude / Nina Lesowitz and Mary Beth Sammons.	CD Spoken 179.9 Les	eaab	3 1135 01039 9985	24
Simple act of gratitude : how learning to say thank you changed my life / John Kralik.	179.9 Kra	ean	3 1135 01742 5825	1
The gratitude diaries : how a year looking on the bright side transformed my life / Janice Kaplan.	179.9 Kap	ean	3 1135 01899 0587	0
Gratitude / Oliver Sacks.	921 SACKS	ean	3 1135 01913 2114	0
Chicken soup for the soul : the power of gratitude : 101 stories about how being thankful can change your life / Amy Newmark, Deborah Norville.	179.9 Chi	ean	3 1135 01948 1172	1

TITLE	CALL #(Item)	LOC	BARCODE	iType
<u>MINDFULNESS-31135 01988 8400</u>				
The science of mindfulness : a research-based path to well-being / Professor Ronald D. Siegel.	CD Spoken 158.12 Sie	eagc	3 1135 01864 2824	24
The art of stillness : adventures in going nowhere / Pico Iyer photography by Eydis Einarsdóttir.	158.12 Iye	ean	3 1135 01873 8952	0
Mindfulness for beginners : reclaiming the present moment--and your life / Jon Kabat-Zinn.	158.12 Kab	ean	3 1135 01889 9853	0
No time like the present : finding freedom, love, and joy right where you are / Jack Kornfield.	204.4 Kor	ean	3 1135 01972 7699	0
Zentangle. 11, Lettering, quotes & inspirational sayings / Suzanne McNeill, CZT.	741.2 McN	ean	3 1135 01979 4905	1
Mindfulness goes mainstream : techniques.	DVD 158.12 Min	enadv	3 1135 01990 7903	36
Magazines to Go - Adult	Mindfulness made simple 2018	eatg	3 1135 01993 6456	12
Magazines to Go - Adult	Power of mindfulness	eatg	3 1135 01996 2254	12

TITLE	CALL #(Item)	LOC	BARCODE	iType
<u>GRANDPARENT SURVIVAL KIT-31135 01962 0894</u>				
Clifford, the big red dog puppet [toy]	J Toy #56	ekty	3 1135 00858 0273	154
Elmo's world. Families, mail & bath time [videorecording].	J DVD 372.21 Elm	ekdv	3 1135 00956 0571	136
Clifford the big red dog. Dog days of summer [videorecording].	J DVD Cli	ekdv	3 1135 01045 2917	136
I would tuck you in / Sarah Asper-Smith.	J Picture Bedtime Asper-Smith, S.	eke	3 1135 01799 1826	0
Tea with Grandpa / Barney Saltzberg.	J Picture Family Saltzberg, B.	eke	3 1135 01852 5698	100
When a grandpa says I love you / Douglas Wood illustrated by Jennifer A. Bell.	J Picture Family Wood, D.	eke	3 1135 01867 0890	100
America's most wanted recipes kids' menu : restaurant favorites your family's pickiest eaters will love / Ron Douglas.	641.5622 Dou	ean	3 1135 01893 4866	1
My grandma's a ninja / by Todd Tarpley illustrated by Danny Chatzikonstantinou.	J Picture Family Tarpley, T.	eke	3 1135 01912 4822	100
Chutes and ladders.	J BG Chutes and ladders	ekbg	3 1135 01918 2655	150
Wilton Doughnut pan.	Baking pan #21	ekdp	3 1135 01936 2414	55
I love my grandma / Giles Andreae & Emma Dodd.	J Picture Family Andreae, G.	eke	3 1135 01965 0164	100

TITLE	CALL #(Item)	LOC	BARCODE	iType
<u>FAMILY WEEKEND ACTIVITIES-31135 01988 8368</u>				
The art of stone skipping and other fun old-time games : stoopball, jacks, string games, coin flipping, line baseball, jump rope, and more/ by J.J. Ferrer illustrated by Todd Dakins.	J 790.1 Fer	ekn	3 1135 01806 1371	101
Get outside guide : all things adventure, exploration, and fun! / by Nancy Honovich and Julie Beer foreword by Richard Louv, author of Last child in the woods.	J 790.1922 Hon	ekn	3 1135 01847 8948	100
FlapDoodle : a game of totally silly nonsensical fun!	J BG FlapDoodle	ekbg	3 1135 01918 2697	150
Well played : the ultimate guide to awakening your family's playful spirit / Meredith Sinclair.	790.1 Sin	ean	3 1135 01934 0089	1
Craft camp : over 40 fun projects for kids / [illustrations by Sue Havens].	J Fic Cra	ekn	3 1135 01966 3415	101
Draw your own animal zendoodles / by Abby Huff illustrated by Angelika Scudamore.	J 741.2 Huff	ekn	3 1135 01969 5300	100
Familyfun. [1991 to]	Kids's Magazines to go	ektg	3 1135 02000 4666	12