

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	eacd	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	eacd	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 rec	CD Spoken 158	eaab	3 1135 01765 1529	24
Before happiness : the 5 hidden keys to achieving success, spreading happiness, and sustaining posi	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 Sep	158 Sep	ean	3 1135 01921 9309	0
Live happy : ten practices for choosing joy / by Deborah K. Heisz.	CD Spoken 158	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 - M	eatg	3 1135 02004 8515	12

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 -	eatg	3 1135 01984 1169	12

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	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>				
I spy Christmas : a book of picture riddles / photographs by Walter Wick riddles by Jean Marzollo.	J E Wic	ekh	3 1135 00557 8106	112
My grandma is coming to town / Anna Grossnickle Hines illustrated by Melissa Sweet.	J Picture Family Hines,	eke	3 1135 00722 0145	100
Grandparents are the greatest because-- / by Adele Aron Greenspun & Joanie Schwarz.	J Picture Family	eke	3113500746 0113	100
Grandpa's surprise / Rosalind Beardshaw.	J Picture Family	eke	3 1135 00763 9724	100
A Charlie Brown Christmas [videorecording].	J DVD Cha	ekh	3 1135 01006 0629	136
Rockhopper penguin puppet [toy].	J Toy #991	ekty	3 1135 00974 5545	154
Superfoods for babies and children / Annabel Karmel.	641.5622 Kar	ean	3 1135 01024 7515	1
The Muppets [videorecording] / Walt Disney Studios.	J DVD Mup	ekff	3 1135 01748 3014	136
A child's Christmas in Wales / Dylan Thomas illustrated by Chris Raschka.	J E Tho	ekh	3 1135 01822 1678	112
Candy land : the classic game of sweet adventures.	J BG Candy Land	ekbg	3 1135 01961 9383	150
Gingerbread man cake pan	Baking Pan #26	eacc	3 1135 01977 1754	55

TITLE	CALL #(Item)	LOC	BARCODE	iType
<u>NUTCRACKER-31135 019620886</u>				
The nutcracker [sound recording] = der Nussknacker = Casse-noisette (complete ballet music) / Tchaikovsky.	CD 783.4 Tch	eacd	3 1135 00711 6608	21
Sugarplum dead : a death on demand mystery / Carolyn Hart.	Mystery Hart	eamy	3 1135 00604 6418	0
The Nutcracker [videorecording] / an American Ballet Theatre and Mikhail Baryshnikov production produced by Yanna Kroyt Brandt directed Tony Charmoli.	DVD 792.842 Nut	eadv	3 1135 00766 4011	36
Christmas baking : fun and delicious holiday treats / text and recipes, Mia Ohrn photos, Ulrika Pousette translated by Monika Romare.	641.5686 Ohr	ean	3 1135 01781 1461	0
The nutcracker / adaptaton by Kate Davies illustrated by Niroot Puttapipat.	J 398.2 Dav	ekn	3 1135 01952 7651	100

TITLE	CALL #(Item)	LOC	BARCODE	iType
<u>90's NOSTALGIA-3 1135 01988 8368</u>				
Jagged little pill [sound recording] / Alanis Morissette.	CD Pop Morisse	eadcd	3 1135 00674 2529	21
Tragic kingdom [sound recording] / No Doubt.	CD Rock No Do	eadcd	3 1135 00670 7829	21
Batman forever [videorecording] / Warner Bros. presents a Tim Burton production a Joel Schumac	DVD Bat	eadv	3 1135 00928 6714	32
Whatever [sound recording] : the '90s pop & culture box.	CD Decades 19	eadcd	3 1135 00805 0194	21
Whatever [sound recording] : the '90s pop & culture box.	CD Decades 19	eadcd	3 1135 00805 0202	21
Whatever [sound recording] : the '90s pop & culture box.	CD Decades 19	eadcd	3 1135 00805 0210	21
The 90s : the inside stories from the decade that rocked / by the editors of Rolling Stone and Jason	782.42166 Nin	ean	3 1135 01015 3036	0
Jurassic Park [videorecording] / Universal Pictures presents an Amblin Entertainment Production d	DVD Jur	eadv	3 1135 01893 1094	32
Nevermind [sound recording] / Nirvana.	CD Rock Nirvar	eadcd	3 1135 01738 2117	21
90s : all-American ads / edited by Jim Heimann with an introduction by Steven Heller.	659.109 Nin	ean	3 1135 02007 8611	0

TITLE	CALL #(Item)	LOC	BARCODE	iType
<u>COFFEE- 3 1135 01988 8376</u>				
Starbucked : a double tall tale of caffeine, commerce, and culture / Taylor Clark.	338.17373 Cla	ean	3 1135 00860 6078	0
Making your own gourmet coffee drinks : espressos, cappuccinos, lattes, mochas, and more! / Math	641.3373 Tek	ean	3 1135 01806 4847	0
Coffee time treats : coffee cakes, sticky buns, muffins, and more.	641.815 Cof	ean	3 1135 018705308	0
The coffee lover's diet : change your coffee, change your life / Bob Arnot, M.D..	615.854 Arn	ean	3 1135 01974 3373	0
Where the wild coffee grows : the untold story of coffee from the cloud forests of Ethiopia to your c	338.17373 Koe	ean	3 1135 01992 0666	0
The infinite emotions of coffee / Alon Y. Halevy.	641.3373 Hal	ean	3 1135 02004 2906	0

TITLE	CALL #(Item)	LOC	BARCODE	iType
<u>BOOK LOVERS-3 1135 01962 0795</u>				
1001 books for every mood / Hallie Ephron.	011.73 Eph	ean	3 1135 00941 6105	1
Fictitious dishes : an album of literature's most memorable meals / Dinah Fried.	809.39355 Fri	ean	3 1135 01845 8908	0
Bookmarks. [2002 to]		eam	3 1135 01954 4037	4
Novel destinations : a travel guide to literary landmarks from Jane Austen's Bath to Ernest Hemingway	910.202 Sch	eatc	3 1135 01968 2399	0
The book of books / foreword by Meredith Vieira text by Jessica Allen.	011.73 All	enan	3 1135 02016 9089	0
Bookmarks. [2002 to]		eam	3 1135 02017 1184	4
Book club / Paramount Pictures presents in association with June Pictures and Endeavor Content	DVD Boo	enadv	3 1135 02017 6431	32
Decorating a room of one's own : conversations on interior design with Miss Havisham, Jane Eyre, V	809 Har	enan	3 1135 02022 4678	0
The little library cookbook : 100 recipes from your favorite books / Kate Young photographs by Lea	641.5 You	enan	3 1135 02028 4953	0

TITLE	CALL #(Item)	LOC	BARCODE	iType
<u>SLOW COOKER-3 1135 01962 0878</u>				
The Mexican slow cooker : recipes for mole, enchiladas, carnitas, chile verde pork, and more favorites / Dina Cheney.	641.5884 Sch	ean	3 1135 01773 2279	1
Year-round slow cooker : 100 favorite recipes for every season / Dina Cheney.	641.588 Che	ean	3 1135 01792 0163	1
The new Indian slow cooker : recipes for curries, dals, chutneys, masalas, biryani, and more / Neela Panikkar.	641.5954 Pan	ean	3 1135 01860 3487	1
The gluten-free slow cooker : set it and go with quick and easy wheat-free meals your whole family will love / Jennifer Palmer.	641.5884 Com	ean	3 1135 01905 9119	1
Slow cooker dump dinners : 5-ingredient recipes for meals that (practically) cook themselves / Jennifer Palmer.	641.5884 McC	ean	3 1135 01907 3714	1
Slow cooker dump desserts : cozy sweets and easy treats to make ahead / Jennifer Palmer.	641.86 Pal	ean	3 1135 01960 8394	1
Slow cooker dump BBQ : everyday recipes for barbecue without the fuss / Jennifer Palmer.	641.5784 Pal	ean	3 1135 01964 2617	1
Slow cook modern : 200 recipes for the way we eat today / Liana Krissoff photographs by Rinne Allen.	641.5884 Kri	ean	3 1135 01983 6128	1
The chef and the slow cooker / Hugh Acheson photographs by Andrew Thomas Lee.	641.5884 Ach	ean	3 1135 01984 5483	0
No-prep slow cooker : easy, few-ingredient meals without the browning, saut�ing or pre-baking / Taylor.	641.5884 Tay	ean	3 1135 01988 4771	1

TITLE	CALL #(Item)	LOC	BARCODE	iType
<u>COLLEGE APPLICATION HELPER-3 1135 01962 0860</u>				
Best answers to the 201 most frequently asked questions about getting into college / Mary Kay Sha	378.161 Sha	ean	3 1135 00896 9468	1
Conquering the college admissions essay in 10 steps : crafting a winning personal statement / Alan C	378.1616 Gel	ean	3 1135 01806 2122	1
The gatekeepers : inside the admissions process of a premier college / Jacques Steinberg.	378.161 Ste	ean	3 1135 00723 6141	0
Admission [videorecording] / Focus Features presents a Depth of Field production produced by P&D	DVD Adm	eadv	3 1135 01811 4055	32
What color is your parachute? for teens : discover yourself, design your future, and plan for your dr	331.7020835 C	ean	3 1135 01891 6673	0
Teens' guide to college & career planning : your high school roadmap for college and career success	378.161 Muc	ean	3 1135 01919 5384	1
Get it together for college : a planner to help you get organized and get in.	378.161 Get	ean	3 1135 01976 1029	1

TITLE	CALL #(Item)	LOC	BARCODE	iType
<u>BAKING-3 1135 019620910</u>				
Meet me at the Cupcake Caf�� : a novel with recipes / Jenny Colgan.	Fic Colgan	eaf	3 1135 01809 8886	1
The big book of easy baking with refrigerated dough.	641.815 Big	ean	3 1135 01860 8098	1
Cool cake mix cupcakes : fun & easy baking recipes for kids! / Alex Kuskowski.	J 641.8653 Kus	ekn	3 1135 01869 9758	100
Katie and the cupcake cure / by Coco Simon.	J Fic Simon	ekf	3 1135 01890 7474	100
Nordic Ware leak proof springform pan.	Baking Pan #22	eacc	3 1135 01961 9391	55
The great British baking show. Season 1 / produced by Love Productions for BBC producers, Helen	DVD-TV Gre	eadv	3 1135 01966 1310	34
Cook's illustrated baking book : baking demystified with 450 foolproof recipes from America's most	641.815 Co	ean	3 1135 02012 3409	0
Magazines to Go - Adult	Taste of Home	eatg	3 1135 02018 9541	12
Magazines to Go - Adult	VegNews -Nov	eatg	3 1135 02026 8097	12

TITLE	CALL #(Item)	LOC	BARCODE	iType
<u>PLANT-BASED DIET-3 1135 01962 0811</u>				
The end of dieting : how to live for life / Joel Fuhrman, MD.	CD Spoken 613	eaab	3 1135 01839 9805	24
Overfed & undernourished.	DVD 613.2 Ove	eadv	3 1135 01888 3394	32
In defense of food : an eater's manifesto / producer and director, Michael Schwarz producer and t	DVD 613 In	eadv	3 1135 01920 1364	36
Forks over knives family : every parent's guide to raising healthy, happy kids on a whole-food, plant	641.5636 Pul	ean	3 1135 01943 8701	0
The 22-day revolution cookbook : unleash the life-changing health benefits of a plant-based diet / M	641.5636 Bor	ean	3 1135 01945 0219	0
The China study / by T. Colin Campbell, PhD, and Thomas M. Campbell II, MD.	CD Spoken 613	eaab	3 1135 01954 0332	24
Bosh! : simple recipes, amazing food, all plants / Henry Firth & Ian Theasby.	641.5636 Fir	ean	3 1135 02006 0502	0
Vegan reset : the 28-day plan to kickstart your healthy lifestyle / Kim-Julie Hansen.	641.5636 Han	enan	3 1135 02021 6732	1
Magazines to Go - Adult	Vegan food & l	eatg	3 1135 02026 4062	12