

UW Benefits Work/Life Self-Care Library

Author	Title	Year	Call #	Annotation
Wemhoff, Richard	Anxiety & depression : the best resources to help you cope	1998	S-1	No one is doomed to suffer indefinitely from depression. The key: reliable, respected help--but where do you start? This guidebook provides objective evaluations of nearly 200 books and websites which address these issues.
Myna German-Schleifer	Booming into Mid-Life	1998	S-3	Midlife brings chaos, laughter and tears. You find women in their 40's having "last chance" babies, and many people changing careers while they still can. Couples, meanwhile, are fighting about whether to stay together, and many women who have been home are trying to jump-start their careers. Boyfriends, girlfriends, and "last chance" affairs complicate matters even more. The author takes you with her on a search for order, trying to find patterns in the chaos, traveling the routes of the past, examining the lives of baby-boomer friends, while renewing an earlier commitment to journalism, which had lapsed during a ten-year stint in the business world.
Sorensen, Marilyn	Breaking the chain of low self-esteem	1998	S-4, S-5	Finally, a book that fully reveals the devastating inner experience of low self-esteem and explains how LSE negatively controls the thinking, feelings, and behavior of those who suffer from it. Readers say they are astonished at how closely this book mirrors their lives, and that years of therapy did not explain what they read in this book.
Moore, Thomas	Care of the soul : a guide for cultivating depth and sacredness in everyday life	1992	S-6;S-7; S-8	With all the care given to our bodies, intellect, and emotions, Moore feels it's about time we look after the source of it all--the soul. Moore draws from his experiences as a therapist and his lifelong campaign of exposing the connection between spirituality and the problems of individuals and society.
Canfield, Jack,	Chicken soup for the soul : 101 stories to open the heart & rekindle the spirit	1993	S-9	Two of America's best-loved inspirational speakers team up to share recipes for spiritual healing--stories that represent the prime ingredients of what is possible, that warm the heart, delight the spirit, and confirm our right to be more fully human.
Judy Tatelbaum	Courage to Grieve: Creative Living, Recovery & Growth Through Grief	1980	S-10	Judy Tatelbaum provides excellent advice on how to help oneself and others get through the immediate experience of death and the grief that follows, as well as how to understand the special grief of children. Particularly useful are the techniques for completing or "finishing" grief--counteracting the popular misconception that grief never ends. <i>The Courage to Grieve</i> shows us how to live life with the ultimate courage: not fearing death.
Murphy-Milano, Susan	Defending our lives : getting away from domestic violence and staying safe	1996	S-11, S-12	Thousands of women are abused, battered, stalked, and killed by their husbands, boyfriends, lovers, and partners every year. In <i>Defending Our Lives</i> , Susan Murphy-Milano, the founder of Project: Protect, presents the first comprehensive guide to the options available to battered women as well as to the family and friends who want to help them. With detailed, practical information, Murphy-Milano guides women through the process of protecting themselves from domestic violence and stalking.

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Peterson, David	Development First: Strategies for Self-Development	1995	S-2	The first in a series of books dealing with practical approaches to individual and team development within the changing corporate environment. Its five concise development strategies enable users to plan and execute their own development in a busy, demanding world.
Wemhoff, Richard Theodore,	Divorce: the best resource to help you survive	1997	S-13	In "Divorce: The Best Resources to Help You Survive," the editor, a licensed clinical psychologist with 25 years of experience in counseling, gives a brief overview of how divorce has been viewed in our society and introduces each of nine subject areas with one or two pages of thoughtful and encouraging topic background. Brief bibliographic information, ratings, and annotations are provided for each resource.
Stephen R. Covey, A. Roger Merrill, Rebecca R. Merrill	First Things First: To Live, to Love, to Learn, to Leave a Legacy	1996	S-15	I'm getting more done in less time, but where are the rich relationships, the inner peace, the balance, the confidence that I'm doing what matters most and doing it well? Does this nagging question haunt you, even when you feel you are being your most efficient? If so, First Things First can help you understand why so often our first things aren't first. Rather than offering you another clock, First Things First provides you with a compass, because where you're headed is more important than how fast you're going.
Kabat-Zinn, Jon	Full catastrophe living : using the wisdom of your body and mind to face stress, pain, and illness	1990	S-16, S-17	The founder of the Stress Reduction Program at the University of Massachusetts Medical Center explains how to use "mindfulness"--moment-to-moment awareness--to cope with both illness and the everyday tensions encountered in life.
Wilber, Ken	Grace and Grit: Spirituality and Healing in the Life and Death of Treya Killam Wilber	2000	S-18	Ten days after transpersonal psychologist Wilber married Terry Killam in 1983, she was diagnosed with breast cancer. This harrowing account of her losing battle against disease is unusual in several respects. Killam (who changed her first name to Treya) shared her husband's belief in the "perennial philosophy" of the world's wisdom traditions embracing rebirth, enlightenment and the all-pervasiveness of Spirit. Wilber (The Spectrum of Consciousness) disputes the imputed New Age view that mind alone causes all physical illness. He intimately participated in his wife's ordeal, and here presents cancer as a healing crisis, an occasion for self-confrontation and growth.
Sean D. Sammon	Life After Youth: Making Sense of One Man's Journey Through the Transition at Mid-Life	1997	S-20	Midlife is a central part of our pilgrimage to what is deepest and best within each of us. It can leave us whole, better integrated, spiritually alive and more life-giving if we make good use of the opportunities it affords. This book shows us how.
Kubler-Ross, Elizabeth, Kessler, David	Life Lessons	2000	S-21	Each one of us at some point asks this question, "Is this really how I want to live my life?". The tragedy is not that life is short but that we often see only in hindsight what really matters. Known for their work in grief and loss, death and dying, Kubler-Ross and Kessler guide us through the practical and spiritual lessons we need to learn so that we can live life to its fullest in every moment.

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Merrill, Roger & Rebecca	Life Matters: Creating a Dynamic Balance of Work, Family, Time, & Money	2003	S-42	From their decades of professional and personal experience, the authors identify the essential "Gotta Do's" that serve as the framework for creating positive change. As you apply the principles and insights the Merrills share to your unique situation, you will soon discover that your checkbook, credit card statement, and calendar all reflect that you're spending your time and money on what matters most.
Levey, Joel & Michelle Levey	Living in balance : a dynamic approach for creating harmony & wholeness in a chaotic world	1998	S-22	A balanced life equals health--mental, emotional, and physical. "Living in Balance", written by two experts on the subject of balance, offers a synthesis of ancient wisdom traditions, such as mindfulness, with cutting-edge research on peak human performance, to show readers how to master the art of balancing within an environment of rapid change.
Levey, Joel & Michelle Levey	Living in balance : a dynamic approach for creating harmony & wholeness in a chaotic world	1998	S-43	A balanced life equals health--mental, emotional, and physical. "Living in Balance", written by two experts on the subject of balance, offers a synthesis of ancient wisdom traditions, such as mindfulness, with cutting-edge research on peak human performance, to show readers how to master the art of balancing within an environment of rapid change.
Wemhoff, Richard Theodore,	Marriage: the best resource to help you thrive	1999	S-23	The latest title in our popular LifeCycles Series, this guidebook provides, for those contemplating marriage and for couples wrestling with marital problems, a clear pathway to the best books and websites available (of nearly 200 reviewed). This new title includes helpful introductions to subjects of concern, including conflict/communication, intimacy/ sexuality, deciding to have children, marriages in crisis, and healing wounded marriages. Comprehensive reviews, multiple indexes, and clear recommendations are included.
Newman, Susan	Nobody's Baby Now	2003	S-39	Do your parents still drive you crazy, even though you tell yourself not to let what they say get to you? Regardless of how much you love your mother and father, no one can bother you quite like they do. A social psychologist who specializes in family dynamics offers realistic strategies for improving the adult child-parent relationship.
Rosenberg, Marshall	Nonviolent Communication: A Language of Life	2003	S-44	A 12-week curriculum for use in conjunction with Dr. Rosenberg's book (above). Contains exercises and activities, leader's guides, and hints for structuring and maintaining a practice group. This is the new edition of the workbook, and includes new material dealing with self-empathy
Clarke, Jean Illsley	Self-esteem, a Family Affair	1986	S-25, S-26	Self-esteem is the foundation for a successful life, a happy family, and a healthy culture. This popular book offers a series of blueprints for building that foundation at home in the everyday interactions between parents and children and in the big decisions about child care and lifestyle.

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Khan, Adam	Self-help stuff that works	1999	S-27, S-28	Since the things we learn are not etched in stone but stored in a gooey organ, it's important to not only learn good ideas, but to be reminded of them when we need them. Browse this book when you're feeling a negative emotion like stress or frustration or annoyance. Leaf through the book looking for a chapter that answers your situation. You'll come away from it with a tool you can use to improve either your situation or your attitude toward it.
Luhrs, Janet	Simple Loving: a path to deeper more sustainable relationships	2000	S-29, S-30	Janet Luhrs is the author of the bestselling <i>The Simple Living Guide</i> and publisher of a leading newsletter in the field. In this extraordinarily useful sourcebook she shows readers how to apply the principles of simplicity to develop deeper, more passionate, and more loving relationships. Woven throughout are inspirational quotes, effective relationship practices, and many recommended resources
St. James, Elaine	Simplify your Work Life	2001	S-41	Bestselling author and simplicity guru Elaine St. James shows readers how to scale down and simplify one of the most important and all-consuming aspects of their lives: their work. James's "Simplify" series has taught the world how to start doing less and enjoying it more.
Weiss, Elaine	Surviving Domestic Violence: Voices of Women Who Broke Free	2000	S-31, S-32	Domestic violence doesn't just happen "out there" somewhere. It happens in our town, in our neighborhood, on our street. It happens to women we see at the supermarket, the movie theater, the ballet, and the PTA board meeting. It happens to our friends and our co-workers. It happens to our mothers, our sisters, our daughters, and ourselves. This book tells the stories of twelve women. Each was a victim of domestic violence. Each escaped from her abuser. Each reclaimed her dignity, reconstructed her life, rediscovered peace. Every woman who has left an abusive man, every woman who has yet to leave, will find encouragement and hope in the voices of these women who broke free.
Cameron, Julia	The artist's way : a spiritual path to higher creativity	1992	S-24	Asserting that creative expression is the natural direction of life, noted Hollywood screenwriter and director Julia Cameron presents an exciting method for artists to recover their creativity from limiting beliefs, self-sabotage, inattention, fear, jealousy, guilt, addictions, and other forces that inhibit the creative process.
Berry, Dawn Bradley	The Domestic Violence Sourcebook : Everything you Need to Know	1998	S-33	A comprehensive, compassionate look at domestic violence--including historical, psychological, social, familial, and legal issues--this well-organized, accessible book offers the most current information available on prevention and recovery, along with practical steps for escaping a violent domestic situation.
Buscaglia, Leo F	The fall of Freddie the leaf : a story of life for all ages	1985	S-34, S-35, S-36	As Freddie experiences the changing seasons along with his companion leaves, he learns about the delicate balance between life and death.

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Pimental-Habib, Richard	The Power of a Partner: Creating and Maintaining Healthy Gay and Lesbian Relationships	2002	S-14	Using real-life relationships as examples, <i>The Power of a Partner</i> illustrates the importance and value of healthy relationships with family, friends, and lovers. The book's in-depth exploration of various relationships focuses on: Love, lust, and healthy commitments; Why we choose who we choose; Working through the grief of a breakup; Successful strategies of long-term relationships; Tips for healthy open relationships; Coping with the ex; Nurturing all your friendships; Dealing with family relationships; Improving the quality of your love relationships; Learning to love yourself as a foundation for loving others.
Bridges, William	Transitions: Making Sense of Life's Changes	1980	S-37	Provides guidance in dealing with critical changes in one's personal and professional lives, details approaches for negotiating major transitions, and offers skills and advice.
Marie-Annette Brown, Jo Robinson	When Your Body Gets the Blues: The Clinically Proven Program for Women Who Feel Tired, Stressed, and Eat Too Much!	2002	S-19	Millions of women don't feel their best and don't know why. They're not outright depressed, but they aren't really happy either. They eat too much or have gained weight lately. They find it hard to concentrate or have trouble sleeping. They feel tense, anxious, or irritable, or they're highly sensitive to criticism. They're tired and not very interested in sex (or even everyday life). <i>When Your Body Gets the Blues</i> offers a clinically proven solution. A simple, drug-free treatment known as the LEVITY program-- Light, Exercise, and Vitamin Intervention TherapY-- can help women think clearly, sleep soundly, cope easily with stress, reduce anxiety and depression, and lose unwanted pounds-- in 8 weeks or less!
Harvard Business Review	Work and Life Balance	2000	S-45	With articles ranging from an in-depth look at the "mommy-track" to perspectives on telecommuting, this book will help HR professionals and employees at all levels understand the oftentimes delicate balance between our professional and personal lives.
Mason, Linda	Working Mother's Guide to Life (The)	2002	S-38,S-40	The award-winning co-founder of Bright Horizons, the world's largest provider of work-site child care, offers a virtual bible of strategies, tips, and emotional support for any woman who seeks to balance a satisfying work life with a fulfilling, healthy home life.