

Wellness Resource Library

BOOKS

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TITLE	AUTHOR	ISBN/ITEM #	QTY.	DESCRIPTION
<i>Atkins for Life - The Complete Controlled Carb Program For Permanent Weight Loss and Good Health</i>	Robert C. Atkins, M.D.	0-312-31522-8	1	This book is filled with advice and tips on navigating the everyday challenges that come with eating low carb in a high carb world, the book provides a simple and straight forward lifetime program that anyone can follow. <i>With Atkins for Life</i> , finding your ideal weight and staying there has never been so easy or so good!
Eating on the Run	Evelyn Tribole	0736046089 Paperback	1	As nutritional advisor the "Good Morning America" and columnist for SHAPE, author Evelyn Tribole has proven her savvy concerning all foods, savory and sweet. Her insights and strategies will help you avoid flavorless, fast-fried choices and eat healthfully - no matter how busy you are.
Healthy Homestyle Cooking	Evelyn Tribole	0875963617 Paperback	1	200 of Your Favorite Family Recipes - With a Fraction of the Fat
Lickety-Split Meals for Health Conscious People on the Go!	Zonya Foco	1890926019 Spiral-bound	1	Delicious meals that: Balance good carbs, proteins and fats, Manage cholesterol, diabetes and blood pressure, and Control Weight for the entire family. This cookbook gives exact time limits, complete nutrition facts for each recipe, complete grocery list, convenient weekly menu solutions and shows you how to "Speedsize" your kitchen.
<i>Lose Weight with the Power of One: A Motivational Journey to Nutritional Sanity</i>	Stephen Moss	0973322802	1	
<i>Low-Fat Living: Skillpower not Willpower</i>	Robert K. Cooper, PHD with Leslie L. Cooper	0875962955	1	AN excellent summary of stat-of-the-art thinking about what a powerful difference lifestyle choices can make in helping you live better, not just longer. This book replaces dieting with fat-burning - with an easy to follow lifestyle plan that will work for the entire family. Dozens of mouth-watering recipes that ensure you'll never miss the fat you're skipping. All based on the very latest worldwide research.

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Mayo Clinic Family Health Book, Revised Second Edition	Mayo Clinic	0688144780 Hardcover	1	The ultimate illustrated home medical reference - latest facts on how to stay well, symptoms and what they mean, first aid and emergencies, thorough discussions of more than 1000 diseases and disorders, essential information on pregnancy and child care, advice on nutrition, stress, and fitness, new color guide to common disorders, where to go for more information, easy to understand and for people of all ages.
Mayo Clinic on Healthy Weight	Mayo Clinic	1-893005-05-4	1	Weight is an issue of health as well as appearance. Following the tips in this book will help you achieve and maintain the weight that's healthiest for you - and reduce your risk of weight-related diseases.
Practical Low Fat Cookbook		0-75259-367-6	1	Beautiful and practical, this exciting cookbook shows you how to create mouthwatering, healthy dishes - without spending hours in the kitchen. This cookbook provides an array of healthy, lowfat appetizers, entrees, side dishes, and desserts for you, your family and your guests to enjoy.
Running: <i>Getting Started</i>	Jeff Galloway	1841261661 Paperback	1	This book will take anyone, at any level of fitness, into the running lifestyle. Jeff Galloway, a US Olympian in 1972, has helped over 150,000 people make this journey while reducing or eliminating aches, pains, and injuries suffered during most training programs. Jeff developed the Run-Walk method of training, in which running is repeatedly interrupted by walk breaks, and offers a step by step program that is easy to use and easy to understand.
<i>The Portion Teller: Smartsizes Your Way to Permanent Weight Loss</i>	Lisa R. Young	0767920686 Hardcover	1	

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<i>The Power of Now: A Guide to Spiritual Enlightenment</i>	Eckhart Tolle	1577311523 Hardcover	1	The make the journey in The Power of Now we will need to leave our analytical mind and its false created self, the ego, behind. From the beginning of the first chapter we move rapidly into a significantly higher altitude where one breathes a lighter air, the air of the spiritual. Although the journey is challenging, Eckhart Tolle offers simple language and a question and answer format to guide us. The words themselves are the signposts.
The Real Vitamin & Mineral Book	Shari Lieberman, PH.D. CNS, FACN and Nancy Bruning	1-58333-152-2 Paperback	1	Look and Feel Your Best, Fight Illness, Slow Aging, Strengthen Your Immune System and Maximize Your Health. This book gives you: Safe, effective, and proven ways to achieve optimal health, the most up-to-date scientifically documented nutrient guidelines, easy to follow worksheets and supplement checklists and complete coverage of every essential nutrient from vitamin A to zinc - including how and why they work.
<i>Thin People Don't Clean Their Plates Simple Lifestyle Choices for Permanent Weight Loss</i>	Jill Fleming, MS,RD	0-9754888-4-8 Hardcover	1	Stop dieting and start living like a thin person. Whether you need to lose just a few pounds or 75, learn how you can make a few simple changes in your lifestyle to begin enjoying your body again.
<i>Walk Away the Pounds: The Breakthrough 6-Week Program That Helps You Burn Fat, Tone Muscle, and Feel Great Without Dieting</i>	Leslie Sansone	0446577006 Hardcover	1	If you can walk - you can WALK AWAY the pounds! The breakthrough 6-week program that helps you burn fat, tone muscle, and feel great without dieting.
Weigh Down Diet	Gwen Shamblin	038549324X Paperback	1	Gwen's groundbreaking approach to weight loss has taught tens of thousands of people how to remove the irresistible desire for food. This book gives new hope and help to millions who have failed on conventional diets and will guide you to the richer satisfaction and nourishment that come not from food but from faith.
Weight Watchers - Shortcut Cookbook	Weight Watchers	0-8487-2629-4	1	This cookbook is a collection of 141 kitchen-tested quick and easy recipes. Each recipe reveals cooking secrets, tricks, and shortcuts from a staff with years of cooking experience, many of whom follow the Weight Watchers program to maintain a healthy weight. The shortcuts, plus shopping, cooking and meal planning suggestions will encourage you to prepare healthy, delicious meals for yourself and your family with a minimum of time and effort.

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Weight Watchers - Annual Recipes for Success - 2003 Cookbook	Weight Watchers	0-8487-2545-x	1	This cookbook offers you more than 300 brand new, kitchen-tested recipes to fit any occasion, delicious side dish suggestions to round out your meals, step-by-step photos and helpful hints to make recipe preparation easier, plus nine "real-life" weight loss success stories
Weight Watchers - <i>great cooking every day</i> Cookbook	Weight Watchers	0-02-863530-2	1	250 delicious recipes plus techniques and tips from the Culinary Institute of America- To help maintain a healthful diet, every recipe also includes both nutrition information and POINTS values. With straightforward recipes and more than 30 tantalizing color photos for salads, soups, fish, meats, breads, desserts, and more, this cookbook will tempt you with how easy it is to make good food and to be a creative cook.
YOU: The Owner's Manual: <i>An Insider's Guide to the Body that Will Make You Healthier and Younger</i>	Michael F. Roizen	0060765313 Hardcover	1	This book challenges your preconceived notions about how the human body works and ages, then takes you on a tour through all the highways, backroads, and landmarks inside of you. After taking a quiz that tests your body of knowledge, you'll learn about all of your blood-pumping, food digesting, and keys-remembering systems and organs.