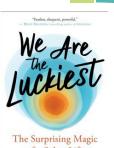
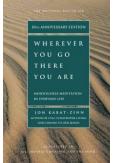
### **MENTAL HEALTH & WELLNESS**

# ebooks & digital audiobooks

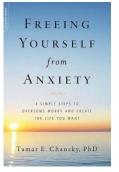


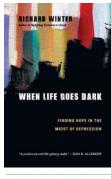
Click a cover to see it in mediaondemand





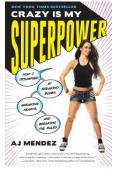






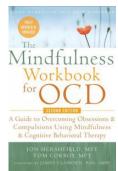




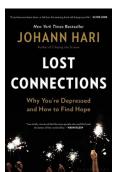




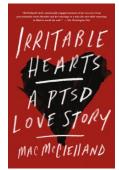


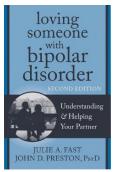


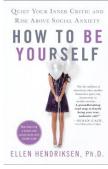


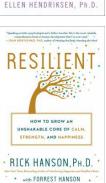




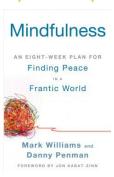




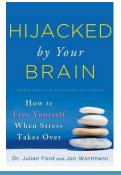


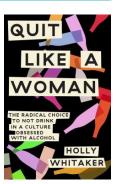


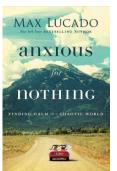


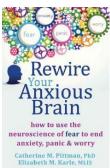












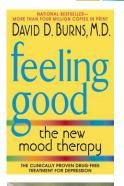




## MENTAL HEALTH & WELLNESS



Click a cover to see it in Hoopla!



YOGA-CBT Workbook

for Anxiety

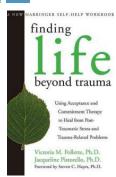
Total Relief for Mind & Bod

stop

walking on

eggshells

PAUL T. MASON, MS



What to

Do When

Sad

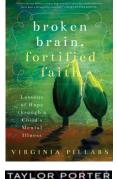
LOST

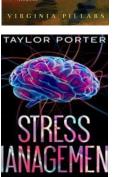


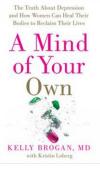
FROM YOUR FIRST YEAR
CLEAN TO THE LIFE
OF YOUR DREAMS

BILLY MANAS

WAYSTO

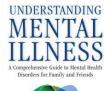






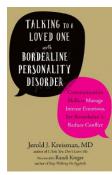




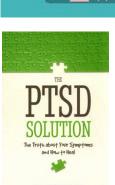


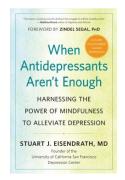


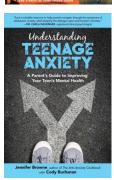


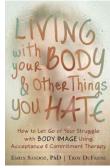






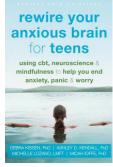


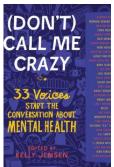


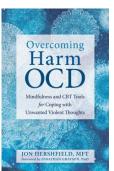


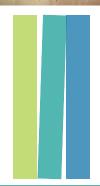








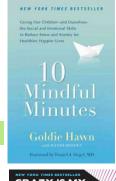


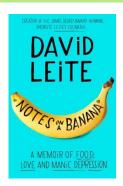


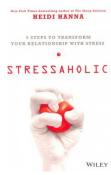


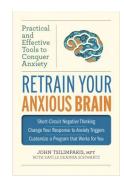
# MENTAL HEALTH & WELLNESS books & digital audiobooks

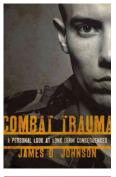


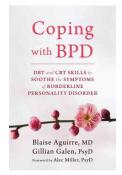


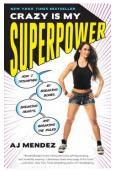




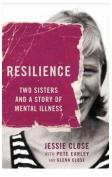


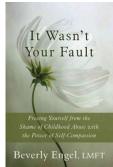


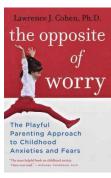


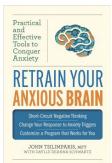




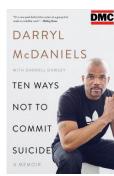


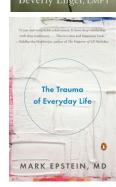






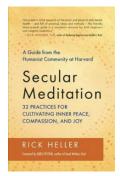




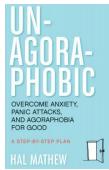


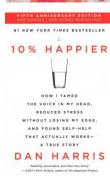


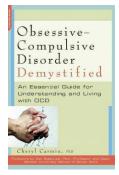


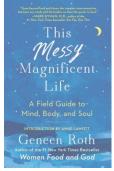


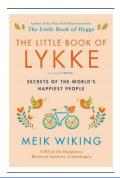


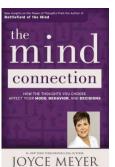


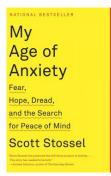












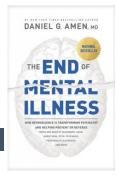


## **MENTAL HEALTH & WELLNESS**

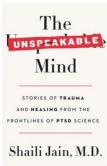
## books

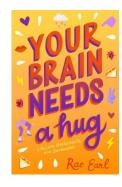


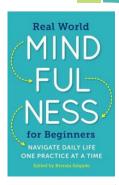
Click a cover to see it in the SWAN catalog













Words to Say and Things to Do

Susan J. Noonan, MD, MPH

