

Health Promotion Library

Check out the list below and if something catches your interest, drop by the HP office to sign out one of the books/DVDs from our Library.

Any opinions, findings, and conclusions or recommendations expressed in these books/DVDs are those of the Author(s) and do not necessarily reflect the views of 19 Wing Health Promotion and the national Strengthening the Forces (StF) Program.

Nutritional Wellness

500 15 Minute Low Sodium Recipes: Fast and Flavourful Low Sodium Recipes	Dick Logue
500 Low Sodium Recipes: Lose the Salt, Not the Flavour	Dick Logue
Best Ever Vegetarian	Linda Fraser
Cooked	Michael Pollan
Crohn's Colitis - Understanding & Managing IBD	Dr A Hillary Steinhart
Death by Food Pyramid	Denise Minger
Does This Clutter Make My Butt Look Fat?	Peter Walsh
Fast Food Nation	Eric Schlosser
Fat Chance - Beating the Odds Against Sugar, Processed Food, Obesity and Disease	Robert H Lustig, MD
Food Matters - A Guide to Conscious Eating	Mark Bittman
Food Rules	Michael Pollan
Foods that Harm, Foods that Heal	Reader's Digest
Gluten is my Bitch - Rants, Recipes, and Ridiculousness for the Gluten-Free	April Peveteaux
Healing Foods	Susan Curtis, Pat Thomas, Dagan Vilinac
How to Cook Everything the Basics All You Need to Make Great Food	Mark Bittman
In Defense of Food - An Eater's Manifesto	Michael Pollan
Kale - The Complete Guide to the World's Most Powerful Superfood	Stephanie Pedersen
Meals That Heal Inflammation	Julie Daniluk, RHN
Nancy Clark's Sports Nutrition Guidebook	Nancy Clark, MS, RD
One Pan, Two Plates: More Than 70 Complete Weeknight Meals for Two	Carla Snyder
Power Foods for the Brain	Neal D. Barnard, MD
Quick Check Food Facts	Linda McDonald, MS, R.D.
Quinoa Revolution	Patricia Green and Carolyn Hemming
Salt Sugar Fat: How the Food Giants Hooked Us	Michael Moss
Savour - Mindful Eating, Mindful Life	Thich Nhat Hanh and Dr. Lilian Cheung
Simplement délicieux - Les diététistes du canada	Patricia Chuey, MSc, RD, Eileen Campbell and Mary Sue Waisman, MSc, RD
Simply Great Food - Dietitions of Canada	Patricia Chuey, MSc, RD, Eileen Campbell and Mary Sue Waisman, MSc, RD
Sodium Girls Limitless Low Sodium Cookbook: How to Lose the Salt and Eat the Foods You Love	
Stranger Here - How Weight-Loss Surgery Transformed My Body and Messed with my Head - New	Jen Larsen
The BC Seasonal Cookbook	Ogle - Pateman - Darcy
The Coconut Oil Miracle - Fifth Edition	Bruce Fife, CN, ND

The Complete IBS Health & Diet Guide	Dr. Maitreyi Raman, MD, MSc, FRCPC, Angela Sirounis, BSc, RD & Jennifer Shrubsole, BSc, RD
The Diabetes Prevention & Management Cookbook	Johanna Burkhard and Barbara Allan, RD, CDE
The End of Food	Paul Roberts
The Looneyspoons Collection	Janet & Greta Podleski
The Meat Free Monday Cookbook	Paul, Stella & Mary McCartney
The South Beach Wake-Up Call	Arthur Agatston, MD
The Table Comes First	Adam Gopnik
Weight Loss, Well-Being and Lightness of Soul	Deepak Chopra, MD
What's Your Poo Telling You?	Josh Richman and Anish Sheth, MD
Wheat Belly	William Davis, MD
Wheat Belly Cookbook	William Davis, MD
DVD - Dying to be Thin	NOVA
DVD - Fat - What No One is Telling You - New	PBS Home Video
DVD - Fed Up - New	Starz/Anchor Bay
DVD - Food Matters	Permacology Productions
DVD - Forks Over Knives	Maple Pictures
DVD - Hungry for Change	Docuramafilms
DVD - Killer at Large	Shinebox Media Productions

Social Wellness

A New Earth - Awakening to Your Life's Purpose	Eckart Tolle
Alone Together - Why We Expect More from Technology and Less from Each Other	Sherry Turkle
Anger Management for Dummies	W. Doyle Gentry, PhD
Angry All the Time	Ronald T Potter-Efron, MSW, PHD
Anxiety & Stress: A Self-Help Program	Susan M. Lark, MD
Beyond Anger - A Guide for Men	Thomas J Harbin, PHD
Body Language for Dummies	Elizabeth Kuhnke
Calming Your Anxious Mind - How mindfulness & compassion can free you from anxiety, fear & panic	Jeffrey Brantley, MD
Delivered from Distraction - Getting the Most out of Life with Attention Deficit Disorder	Edward M. Hallowell, MD, and John J. Ratey, MD
Drunk Tank Pink - And Other Unexpected Forces That Shape How We Think, Feel, and Behave	Adam Alter
Emotional Freedom	Judith Orloff, MD
Emotional Intelligence - Why it Can Matter More Than IQ	Daniel Goleman
Facebook Addiction - The Life and Times of Social Networking Addicts	Nnamdi Godson Osuagwu
Furiously Happy - A Funny Book About Horrible Things – New	Jenny Lawson
Happier at Home	Gretchin Rubin
How to Instantly Connect with Anyone	Leil Lowndes
How to Survive the Loss of a Love	Melba Colgrove, PhD., Harold H. Bloomfield, MD & Peter McWilliams
How to Talk to Anyone - 92 Little Tricks	Leil Lowndes
How to Weep in Public - Feeble Offerings on Depression from One Who Knows - New	Jacqueline Novak
Leadership - 50 Points of Wisdom for Today's Leaders	General Rick Hillier
Loving What Is - Four questions that can change your life	Byron Katie

Managing Your Mind - The Mental Fitness Guide	Gillian Butler, PhD., and Tony Hope, MD
Mental Traps - The Overthinker's Guide to a Happier Life	André Kukla
Mind Over Mood	Dennis Greenberger, PhD and Christine A Padesky, PhD
My Age of Anxiety - Fear, Hope, Dread, and the Search for Peace of Mind	Scott Stossel
Quiet: The Power of Introverts in a World That Can't Stop Talking	Susan Cain
Reclaiming Conversation - The Power of Talk in a Digital Age - New	Sherry Turkle
Scattered Minds - A New Look at the Origins and Healing of ADD	Gabor Maté ,MD
Stepping Up - How Taking Responsibility Changes Everything	John Izzo PhD
Sway - The Irresistible Pull of Irrational Behaviour	Ori Brafman and Rom Brafman
The 7 Habits of Highly Effective People - Powerful Lessons in Personal Change	Stephen R. Covey
The Antidote: Happiness for People Who Can't Stand Positive Thinking	Oliver Burkeman
The Anxiety & Phobia Workbook	Edmund J. Bourne, PhD
The Assertiveness Workbook	Randy J. Paterson, PhD
The Book of (Even More) Awesome	Neil Pasricha
The Book of Awesome	Neil Pasricha
The Happiness Project	Gretchen Rubin
The Introvert Advantage: How to Thrive in an Extrovert World	Marti Olsen Laney, Psy.D.
The Leader Who Had No Title	Robin Sharma
The Little Book of Stress Relief	David Posen, MD
The Mindful Way through Depression	Mark Williams, John Teasdale, Zindel Segal & Jon Kabat-Zinn
The Power of Meditation	Edward Viljoen
The Power of Positive Thinking	Norman Vincent Peale
The Power of Your Subconscious Mind	Joseph Murphy, PhD., D.D.
The Relaxation & Stress Reduction Workbook	Martha Davis, PhD; Elizabeth Robbins Eshelman, MSW; Matthew McKay, PhD
The Road Less Traveled - A New Psychology of Love, Traditional Values and Spiritual Growth	M. Scott Peck, MD
The Social Skills Guidebook - Manage Shyness, Improve Your Conversations, and Make Friends, Without Giving Up Who You Are - New	Chris MacLeod, MSW
Thoughts & Feelings - Taking Control of Your Moods & Your Life	Matthew McKay, PhD, Martha Davis, PhD, Patrick Fanning
Warrior Rising - A Soldier's Journey to PTSD and Back	LCol Chris Linford
When the Body Says No - The Cost of Hidden Stress	Gabor Maté, MD
DVD - America the Beautiful - New	Xenon Pictures
DVD - Depression - Out of the Shadows	PBS Home Videos
DVD - The Invisible War - New	Docudrama Films
DVD -The Hunting Ground - New	Starz / Anchor Bay
DVD - Laugh Your Way to a Better Marriage - Military Edition	Mark Gungor
DVD - Men Get Depression	PBS
DVD - Stress - Portrait of a Killer	National Geographic
DVD - Tough Guise 2 - New	Jackson Katz

Injury Reduction and Physical Activity

Anatomy of Exercise	Pat Manocchia
Becoming a Supple Leopard - New	Dr. Kelly Starrett with Glen Cordoza
Camping British Columbia - Sixth Edition - A Complete Guide to Provincial and National Park Campgrounds	Jayne Seagrave
Nano Workouts: Get in Shape & Lose Weight During Everyday Activities	Joakim Christoffersson
Pain Free - A Revolutionary Method for Stopping Chronic Pain	Pete Egoscue with Roger Gittines
Starting Strength - Basic Barbell Training - 3rd Edition	Mark Rippetoe
Strength Anatomy (600 Full-Colour Illustrations) 3rd Edition	Frédéric Delavier
Stretching	Bob Anderson
The BC Coast Explorer and Marine Trail Guide	John Kimantas
The Whartons' Stretch Book	Jim and Phil Wharton
Vancouver Island Book of Musts - The 101 Places Every Islander Must See	Peter Grant
Which Comes First, Cardio or Weights - Workout Myths, Trg Truths, and Other Surprising Discoveries from the Science of Exercise	Alex Hutchinson, PH D

Addictions Awareness

Allen Carr's Easy Way to Stop Smoking	Allen Carr
Change Your Gambling Change Your Life	Howard Shaffer, PhD with Ryan Martin, PhD, John Keschinisky, MPH, and Liz Neporent, MA
DRINK - The Intimate Relationship Between Women and Alcohol	Ann Dowsett Johnston
In the Realm of Hungry Ghosts	Gabor Maté, MD
Mocktails	David Biggs
The Slow Fix - Solve Problems, Work Smarter and Live Better in a World Addicted to Speed	Carl Honoré
DVD - Addiction - 4-Disc Set - New	HBO Documentary Films
DVD - Drugged - Marijuana, Cocaine, and Ecstasy - New	National Geographic

Health Promotion General

AHA! The Moments of Insight that Shape our World	William B Irvine
A Slap in the Face: Why Insults Hurt and Why They Shouldn't	William B Irvine
Blink - The Power of Thinking Without Thinking	Malcolm Gladwell
Daily Inspiration from the Monk Who Sold His Ferrari	Robin Sharma
Finding Your Element	Ken Robinson
Hardwiring Happiness: The New Brain Science of Contentment, Calm & Confidence	Rich Hanson
Is it Me or My Hormones - The Good, the Bad, and the Ugly About PMS, Perimenopause, and all the Crazy Things that Occur with Hormone Imbalance	Marcelle Pick, MSN, OB/GYN NP
Lives per Gallon - The True Cost of Our Oil Addiction	Terry Tamminen
Living Me to We - The Guide for Socially Conscious Canadians	Craig Kielburger, Mar Kielburger

Me to We - Finding Meaning in the Material World	Craig Kielburger, Mark Keilburger
Mind Over Medicine	Lissa Rankin, MD
My Grandma Follows Me on Twitter	Craig & Marc Kielburger
Originals - How Non-Conformists Move the World - New	Adam Grant
Outliers - The Story of Success	Malcolm Gladwell
Selling Sickness - How the World's Biggest Pharmaceutical Companies are Turning Us All into Patients	Ray Moynihan and Alan Cassels
Soap and Water & Common Sense	Dr. Bonnie Henry
Spark - The Revolutionary New Science of Exercise and the Brain	John J. Ratey, MD, Eric Hagerman
The Dumbest Generation	Mark Bauerlein
The End of Illness	David B Angus, MD
The Menopause Book	Pat Wingert and Barbara Kantrowitz
The Power of Habit - Why We Do What We Do in Life and Business	Charles Duhigg
The Power of Why	Amanda Lang
There's Lead in Your Lipstick - Toxins in our Everyday Body Care and How to Avoid Them	Gillian Deacon
The Secret History of the War on Cancer	Devra Davis
The Tipping Point	Malcolm Gladwell
The Wealthy Barber Returns	David Chilton
TOXIN TOXOUT - Getting Harmful Chemicals Out of Our Bodies and the World	Bruce Lourie, Rick Smith
Traffic - Why We Drive the Way We Do	Tom Vanderbilt
Train Your Brain	Ryuta Kawashima
What the Dog Saw	Malcolm Gladwell
DVD - This Emotional Life - 3-Disc Set	PBS Home Videos
DVD - If I Should Fall - A True Story of the Afghan Experience	Director: Brendon Culliton

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