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ABSTRACT

This annotated bibliography lists approximately 150 braille books and 300 audiocassettes of books which address coping skills for people in a variety of situations. All items listed are available in the network library collections provided by the National Library Service for the Blind and Physically Handicapped of the Library of Congress. Cassettes and braille formats are listed separately under each of the following topical areas: self development; relationships; marriage and divorce; families; child abuse; health and healing; alcohol, drug, and other addictions; aging; disabilities (subdivided into general, visual issues, and mobility issues); providing care for a loved one; death and bereavement; and general. A list of other bibliographies of books available in disc, cassette, and braille formats is provided. An order form and general information about the free reading program of the National Library Service are also provided.

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Coping Skills

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Coping Skills

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Introduction

Situations that require people to change the way they live can be very disorienting. *Coping Skills* is a selected list of books about dealing with problems and adjusting to changes in life. Most sections are devoted to a specific subject: self development, relationships, marriage and divorce, families, child abuse, health and healing, alcoholism and other addictions, aging, disabilities, providing care for a loved one, and death and bereavement. In each section titles are separated according to medium, then listed in alphabetical order by author. All books listed are available on cassette or in braille in the network library collections provided by the National Library Service for the Blind and Physically Handicapped, Library of Congress.

Few things can make people feel isolated more quickly than a serious problem. Support from family and friends, communication with others who have dealt with similar situations, and the advice of trained professionals are important. Gerald Jahoda in his book *How Do I Do This When I Can't See What I'm Doing?* comments on the loss of his sight in terms that apply to other major life changes:

All of us who face loss of sight have to go through this period of adjustment and transition. It may take a year or it may take longer, depending on how good we are at solving problems. We can and should draw on outside help to shorten this period of adjustment.

In an age of fractured communities, people frequently lack the support system that family and friends have traditionally provided. Books can be an important part

of the outside help that eases the way of transition.

Throughout every section of this bibliography, developing self esteem is a common theme. It is a prominent feature of the first section, "Self Development," which includes a variety of self-improvement topics. Some of the best known authors of the self-help genre are cited here: John Bradshaw, Robert Fulghum, Wayne Dyer, M. Scott Peck, and Dale Carnegie.

Relationships between men and women are examined in "Relationships" and "Marriage and Divorce." "Relationships" includes books about romantic and nonromantic alliances, including the work of Melody Beattie on codependency.

"Families" concentrates chiefly on parenting topics. Families often believe that their personal difficulties are a sign of failure and find it a relief to discover that they are not alone.

"Child Abuse" covers several aspects of the topic from *The Courage to Heal*, which concentrates on the emotional damage that surfaces in later life, and *Children at Risk, My Fight against Child Abuse*, which includes preventive steps for parents.

"Health and Healing" includes books on stress management, depression, and phobias. The effects of mind-body interaction on healing, as seen in the work of Norman Cousins and Bernie Siegel, also come under this heading.

"Alcohol, Drug, and Other Addictions" includes the classic texts of Alcoholics Anonymous, Al-Anon, Ala-Teen, and Rational Recovery. Books about dealing with a parent or child with a problem of substance abuse are here rather than in "Families."

Aging is a process that begins at birth. "Aging" contains books about special problems arising after the age of fifty. Information to help people understand how the aging process affects them personally and advice for the children of elderly parents come under this heading.

People with disabilities frequently find it productive to compare notes on assistive devices they have discovered and various alternative techniques they have developed to increase their independence. Books in "Disabilities" cover general topics, such as self esteem, finding the right doctor, and family relationships, as well as the specific areas of adjustment for loss of vision and mobility. Personal techniques for many activities are detailed in such books as *When the Cook Can't Look, An Easier Way, The Wheelchair Child, and How Do I Do This When I Can't See What I'm Doing?*

Serious illnesses pose problems on a number of fronts for both patient and caregiver. It is easy to concentrate on medical treatment and forget that illness takes its toll in many ways. "Providing Care for a Loved One" includes books such as *Caring for the Parkinson Patient, Heartmates: A Survival Guide for the Cardiac Spouse, and Mainstay: For the Well Spouse of the Chronically Ill* that help the caregiver deal with the emotional impact and physical stress of the situation.

An important type of support comes from shared experience. It is now common knowledge that grief goes through a series of distinct phases. However, until the ground-breaking work of Elisabeth Kübler-Ross, mourners were sometimes embarrassed by their feelings and thought they were alone in their reactions. "Death

and Bereavement" includes books for specific situations, such as *Widower and The Bereaved Parent*, as well as more general works such as *Living Through Mourning*.

Books that cover a variety of topics are listed under the heading of "General." Distillations of the advice columns of Dear Abby and Ann Landers are found here along with *Kim Williams' Book of Uncommon Sense: A Practical Guide with Ten Rules for Nearly Everything*.

The large-print edition of this bibliography lists both recorded and braille titles. The disc edition lists only cassettes; the braille edition lists only braille. In the large-print and disc editions, books available on flexible disc are cited at the end of the annotation for the cassette version.

To order books, fill out the order form at the back of the bibliography and send it to your cooperating library. Book numbers are separated according to medium. Flexible discs are listed separately.

Self Development

Cassettes

Playing the Game: A Psychopolitical Strategy for Your Career RC 17189

by Raymond Blank

narrated by Jerry Fordyce

2 cassettes

The author contends that ability, dedication, and competence are not sufficient to guarantee success or even survival in the work world. He sets forth the essential political and interpersonal skills an employee needs to manipulate subordinates, peers, and supervisors successfully. 1981.

Homecoming: Reclaiming and Championing Your Inner Child RC 31960

by John Bradshaw

narrated by Bill Wallace

3 cassettes

A counselor, theologian, and television personality claims that many people harbor a wounded inner child with leftover feelings from past hurts. This inner child can contaminate an individual's life and cause overreactions, marital problems, addictions, toxic parenting, and destructive relationships. He describes how to heal the wounded child within. Also issued on flexible disc as FD 31960.

Bestseller 1990.

The Magic of Believing RC 19698

by Claude M. Bristol

narrated by Russ Weinstein

2 cassettes

A hard-headed businessman and skeptical newspaper man tells how to get whatever you want in life by harnessing the unlimited power of your subconscious mind. 1948.

Intimate Connections: The New and Clinically Tested Program for Overcoming Loneliness Developed at the Presbyterian-University of Pennsylvania Medical Center RC 23228

by David D. Burns

narrated by Paul Baker

3 cassettes

A self-help manual for achieving self-confidence. Assuming that thoughts have an impact on the way we feel and behave, the author suggests ways to overcome shyness and depression and explores the role of intimacy in our lives. 1985.

Bus 9 to Paradise: A Loving Voyage RC 23902

by Leo Buscaglia

narrated by Paul Baker

2 cassettes

The author celebrates the here and now with the ultimate message that "life is wonderful, joy is our birthright, and love is what it's all about." Also issued on flexible disc as FD 23902. Bestseller 1986.

Living, Loving, and Learning RC 17739

by Leo Buscaglia

narrated by Bob Askey

2 cassettes

Series of lectures originally delivered between 1970 and 1981 on the need of people for one another. Includes stories and anecdotes illustrating the joys and pitfalls that the search for love entails in these troubled times. Reassuring self-help philosophy. Also issued on flexible disc as FD 17739. Bestseller 1982.

How to Win Friends and Influence People RC 10972

by Dale Carnegie
narrated by Edwin Horton
2 cassettes

This popular guide to getting along with people in business or in society cites examples of successes or failures of well-known people. Also issued on flexible disc as FD 10972. 1936.

Everything to Gain: Making the Most of the Rest of Your Life RC 25995

by Jimmy and Rosalynn Carter
narrated by Mitzi Friedlander
2 cassettes

Account of how the former president and first lady made the transition from the White House to Plains, Georgia. In this joint narrative with individual interjections when recollections or interpretations differ, the Carters tell of their involvement in a host of projects and volunteerism. Also issued on flexible disc as FD 25995. Bestseller 1987.

The Inner World of the Middle-Aged Man RC 16153

by Peter Chew
narrated by Don T. Robinson
2 cassettes

A journalist examines the numerous problems and pitfalls that confront men in their middle years and suggests positive ways to face the future. 1976.

How to Be a Really Nice Person: Doing the Right Thing—Your Way RC 21306

by Pat Collins and John Malone
narrated by Nita Elliott
1 cassette

Undertakes to replace traditional rules of correct behavior and etiquette with guidelines designed to convey "niceness" without interfering with one's own priorities.

"Don't let people take advantage of your purse, connections, talent, knowledge, time, and energy," she counsels. She believes that nice people have rights too. 1983.

The Sky's the Limit RC 15805

by Wayne W. Dyer
narrated by Bob Butz
3 cassettes

Explains how we can achieve heights of happiness and fulfillment by developing our human potential. Advises that we adopt a no-limit attitude to personal achievement, "accept our animal nature, and retain the fantasy and candor of childhood." Also issued on flexible disc as FD 15805. Bestseller 1980.

You'll See It When You Believe It RC 30718

by Wayne W. Dyer
narrated by Andy Chappell
2 cassettes

The author gives a set of directions for personal transformation. He argues that the human being is a spirit in a body, not a body with a spirit, and emphasizes spiritual experience. Using examples and anecdotes, he describes why and how to visualize what you want from life. 1989.

Lifebalance: Priority Balance, Attitude Balance, Goal Balance in All Areas of Your Life RC 27687

by Richard and Linda Eyre
narrated by Jill Ferris
2 cassettes

The authors, who have nine children, run several businesses, revel in the arts, and enjoy life, reveal their "secret"—the ability to balance work and family life. The underlying theme encompasses thinking and rethinking one's priorities and sug-

gests innovative approaches to living life to its fullest. 1987.

Talking between the Lines: How We Mean More Than We Say RC 16052

by Julius and Barbara Fast

narrated by Judi Hanna

1 cassette

Understanding and using metacommunication—how we say what we say. Analyzes the effects of breath, pitch, stress, rhythm, tone, inflection, word choice, and emotional overlay in communicating. 1979.

All I Really Need to Know I Learned in Kindergarten: Uncommon Thoughts on Common Things RC 28047

by Robert Fulghum

narrated by Harry Elders

1 cassette

A retired Unitarian minister presents his thoughts and observations on the joy of life. The essays cover such topics as the joys of Crayolas, Beethoven's Ninth Symphony, jumper cables, a shoebox of childhood mementoes, and the author's wife. A frequently quoted maxim, from a kindergarten graduation speech, is "When you go out into the world, it is best to hold hands and stick together." Also issued on flexible disc as FD 28047. 1988.

It Was on Fire When I Lay Down on It RC 30956

by Robert Fulghum

narrated by John Rayburn

1 cassette

From the author who reminded us that all we really need to know we learned in kindergarten. Fulghum writes about the joy of climbing trees; about the things "grown-ups" do (such as cleaning sink strainers and plunging out toilets); about Rosa Parks, the black woman who began

the Montgomery bus boycott; and about children. He advises, "Love them long, and let them go early." Also issued on flexible disc as FD 30956. Bestseller 1989.

I'm OK, You're OK: A Practical Guide to Transactional Analysis RC 14830

by Thomas A. Harris

narrated by John Stratton

2 cassettes

A popular approach to psychological self-help based on the theory that each person contains three active elements: the parent, the adult, and the child. The goal of transactional analysis is to achieve a healthy balance of these elements, freeing the adult from the archaic recordings of the parent and the child. Bestseller 1969.

Everything You've Always Wanted to Know about Energy, but Were Too Weak to Ask RC 12056

by Naura Hayden

narrated by Mitzi Friedlander

1 cassette

Self-help work that emphasizes reevaluation of habits that drain physical, mental, and emotional energy. Suggests ways of changing these bad habits and developing a reservoir of energy. Also issued on flexible disc as FD 12056. Bestseller 1976.

You Are Not the Target RC 12762

by Laura Archera Huxley

narrated by Ila Toney

2 cassettes

A practical guide to self-improvement that includes "recipes" for living and loving. The author applies psychological principles, Oriental philosophy, and other means to spur the reader on to better mental and physical health. The foreword is written by the author's husband, Aldous Huxley. 1963.

Half the House RC 10044

by Herbert Kohl
narrated by Jack Hrkach
2 cassettes

The educator and author provides a look at his painful journey toward personal liberation. He confronts the question of whether one can live a healthy life in an unhealthy society and whether it is possible to change oneself in midlife. 1974.

Listening as a Way of Becoming RC 11823

by Earl Koile
narrated by Randy Atcher
1 cassette

Importance of effective listening in terms of its positive results on both the person expressing thoughts and the person hearing them. Suggestions are offered on ways to overcome barriers and become more sensitive. 1977.

Watersheds: Mastering Life's Unpredictable Crises RC 27733

by Robert H. and Jeanette C. Lauer
narrated by Mary O'Neal
2 cassettes

The two social scientists interviewed more than six hundred people to learn how they managed what the Lauers term "watersheds": unforeseen, life-altering events and experiences. Includes a multitude of examples of how people successfully cope with change. 1988.

Working Smart: How to Accomplish More in Half the Time RC 14369

by Michael LeBouef
narrated by Brian Rublein
2 cassettes

How to get more done in less time and with less hassle. Teaches how to set specific goals on a daily, intermediate, and

lifetime basis, and how to analyze and revise use of time accordingly. 1979.

A Better Way to Live RC 30865

by Og Mandino
narrated by John Rayburn
1 cassette

At age thirty-five, the author was a derelict who came very close to spending his last few dollars on a gun with which he planned to kill himself. Mandino explains what prevented his suicide, and then offers "Seventeen Rules to Live By" that he hopes will help everyone avoid living even one more day with failure, grief, poverty, shame, or self-pity. Bestseller 1990.

How to Be Awake and Alive RC 11590

by Mildred Newman and Bernard Berkowitz
narrated by Charlie Ryle
1 cassette

How the perceptions and judgments of childhood can be harmful if they are not consciously updated. Advice is given on types of attitudes and how to shake free of them. Includes abbreviated case histories. 1975.

How to Be Your Own Best Friend:

A Conversation with Two Psychoanalysts RC 16481

by Mildred Newman and Bernard Berkowitz
narrated by Georgia Woodson
1 cassette

These practicing psychoanalysts believe that people can help themselves by learning to be aware of their own accomplishments, by having compassion for themselves, and by praising themselves for achievement. Aims to help readers feel more responsible for their own fates and more capable of directing theirs. Bestseller 1971.

The Art of Learning to Love Yourself
RC 11817

by Cecil G. Osborne
 narrated by Bradley Bransford
 1 cassette

Popular-psychology guide by a former clergyman offers positive procedures for creating a better self-image and achieving a greater degree of self-love and self-approval. 1976.

The Mind Goes Forth: The Drama of Understanding RC 10866

by Harry and Bonaro Overstreet
 narrated by Richard Norman
 2 cassettes

A study of mutual understanding among human beings, and how it can be achieved. The authors conceive of understanding as a freedom-making process, within the reach of everyone, which liberates individuals, groups, and nations from the hostilities and extremisms that separate people. 1956.

The Road Less Traveled: A New Psychology of Love, Traditional Values and Spiritual Growth RC 17113

by M. Scott Peck
 narrated by Pat Hurley
 2 cassettes

A practicing psychiatrist suggests ways in which recognizing and resolving our problems can move us toward greater understanding of both ourselves and others. Peck emphasizes mental and spiritual growth, love, and self-discipline. Bestseller 1978.

On Lonely Street with God RC 9094

by Duane Pederson
 narrated by George Casey
 2 cassettes

The author, publisher of an underground Christian publication, offers Jesus Christ

as the solution to personal problems, especially loneliness. He combines his own experience with articles reprinted from his newspaper. 1973.

The Peter Prescription: How to Be Creative, Confident, and Competent
RC 10690

by Laurence J. Peter
 narrated by Richard Braun
 1 cassette

The author presents 66 prescriptions for making things go right. High on the list are the "Peter Peacemaker," or taking a daily vacation, and advice for avoiding the "Incompetence Treadmill." 1972.

Looking Out for Number One
RC 10833

by Robert J. Ringer
 narrated by Bob Butz
 2 cassettes

Brash, cynical guidebook outlines unconventional ideas for leading a life filled with more pleasure and fewer complications. Also issued on flexible disc as FD 10833. Bestseller 1977.

Rogers' Rules for Businesswomen: How to Start a Career and Move Up the Ladder RC 30069

by Henry C. Rogers
 narrated by Sara Morsey
 2 cassettes

From the choice to pursue a career through the major decisions that a woman will make in the business world, Rogers offers inspirational and practical advice. He draws on his own perspective as head of a major public relations firm, and his experiences with female associates and friends. His approach focuses on achieving personal excellence and exercising sound judgment. 1988.

When Am I Going to Be Happy? How to Break the Emotional Bad Habits That Make You Miserable RC 29121

by Penelope Russianoff
narrated by Kerry Cundiff
2 cassettes

A guide to help readers break "emotional bad habits" such as depression, guilt, inferiority, anger, and phobias. Stating that we are conditioned into these ways of thinking by society, Russianoff says the habits can be changed by correcting the erroneous thinking that causes them in the first place. 1988.

The Blessing RC 27180

by Gary Smalley and John Trent
narrated by Butch Hoover
2 cassettes

Discusses the importance of "the blessing," that is, the approval received from our parents, and how it affects the way we feel about ourselves and others. Also details in religious and psychological terms how to overcome the lack of "the blessing" in our lives. 1986.

Sweet Success: How to Understand the Men in Your Business Life—and Win with Your Own Rules RC 25226

by Kathryn B. Stechert
narrated by Kerry Cundiff
2 cassettes

An analysis of gender differences, how they operate to the advantage of men in the business world, and how women can overcome the disadvantage of being female in a world "created by men for men." 1986.

Revolution from Within: A Book of Self-Esteem RC 34110

by Gloria Steinem
narrated by Mitzi Friedlander
3 cassettes

A co-founder of *Ms* magazine and outspoken feminist, Steinem here confronts internal barriers to women's equality. She examines the experiences of individual men and women; researches self-help books; and, recognizing that "Good writers write to find out about themselves—and it lasts forever," she finally listens to herself. 1992.

Living a Beautiful Life: Five-Hundred Ways to Add Elegance, Order, Beauty, and Joy to Every Day of Your Life RC 25856

by Alexandra Stoddard
narrated by Charlotte Stanton
1 cassette

The renowned interior designer offers her prescription for a life lived "vitaly and beautifully." Stoddard believes that "only by paying careful attention to the simple details of daily tasks and to our immediate surroundings" can we achieve joy and serenity in day-to-day existence. 1986.

Solitude: A Return to the Self RC 28598

by Anthony Storr
narrated by George Holmes
2 cassettes

Psychotherapist Storr takes issue with the idea that intimate relationships are the exclusive source of mental and personal satisfaction. He reasons that many creative people work alone and that voluntary and enforced solitude may have a restorative value through which individuals may achieve happiness even when their interpersonal relationships are inferior. 1988.

Positive Illusions: Creative Self-deception and the Healthy Mind RC 31333

by Shelley E. Taylor
narrated by Suzanne Nelson
3 cassettes

“The human mind distorts incoming information in a positive direction.” This is the conclusion reached by a psychology professor from her study of people recovering from tragic situations. She discusses how this tendency toward positive bias helps maintain mental and physical health, promotes creativity, and increases the likelihood of success in the workplace. 1989.

Alphagenics: How to Use Your Brain Waves to Improve Your Life RC 8050

by Anthony A. and Mary Q. Zaffuto
narrated by Richard Norman
3 cassettes

A do-it-yourself book for the layman on self-regulation of mind and body through the inducement of the alpha state, those waves emitted by the brain during the state of deep relaxation prior to sleep. 1974.

Braille

Letitia Baldrige’s Complete Guide to a Great Social Life BR 7404

by Letitia Baldrige
4 volumes

The author, a leading authority on etiquette and one-time chief of staff for former first lady Jacqueline Kennedy, provides an abundance of ideas, suggestions, and advice for improving one’s social life. Included are tips on making conversation, meeting people, making friends, entertaining, and re-establishing a

social life after divorce or a spouse’s death. 1987.

Intimate Connections: The New and Clinically Tested Program for Overcoming Loneliness Developed at the Presbyterian-University of Pennsylvania Medical Center BR 6235

by David D. Burns
3 volumes

A self-help manual for achieving self-confidence. Assuming that thoughts have an impact on the way we feel and behave, the author suggests ways to overcome shyness and depression and explores the role of intimacy in our lives. 1985.

Bus 9 to Paradise: A Loving Voyage BR 6541

by Leo Buscaglia
2 volumes

The author celebrates the here and now with the ultimate message that “Life is wonderful, joy is our birthright, and love is what it’s all about.” Bestseller 1986.

Love BR 5171

by Leo Buscaglia
1 volume

This book is an extension of an experimental class that the author created at the University of Southern California. His basic message is that, while the need to love and to be loved is innate, the way we love is learned and that every single person can learn to love. Bestseller 1982.

The Secrets Men Keep BR 6418

by Ken Druck and James C. Simmons
2 volumes

Masculinity, according to the authors, is a very fragile thing. Men have to work at hiding their feelings, maintaining machismo, and letting women know who is the boss. Because Dr. Druck believes that unacknowledged emotions are disabling to

men, he offers this step-by-step course of renewal and self-understanding with insights into the male psyche. Some strong language. 1985.

All I Really Need to Know I Learned in Kindergarten: Uncommon Thoughts on Common Things BR 7700

by Robert Fulghum

1 volume

A retired Unitarian minister presents his thoughts and observations on the joy of life. The essays cover such topics as the joys of Crayolas, Beethoven's Ninth Symphony, jumper cables, a shoebox of childhood mementoes, and the author's wife. A frequently quoted maxim, from a kindergarten graduation speech, is "When you go out into the world, it is best to hold hands and stick together." 1988.

I'm OK, You're OK: A Practical Guide to Transactional Analysis BR 1880

by Thomas Anthony Harris

4 volumes

Dr. Harris describes a method of psychiatric group therapy and defines transactional analysis, a method developed from the theory that there are three active parts of every individual: the parent, the adult, and the child. Bestseller 1971.

To Love Is to Be Happy With: The First Book of the Option Process BR 7057

by Barry Kaufman

3 volumes

Details the principles and application of the Option Process, for those who want a more loving and life-affirming basis for their lives. Kaufman uses dialogs to illustrate that one always has choices, and basically one can choose to be happy. 1977.

When Bad Things Happen to Good People BR 5310

by Harold S. Kushner

1 volume

Impelled by the personal tragedy in his own life, the author, a rabbi, tries to help others cope with grief, guilt, rage, bitterness, and bewilderment at God's "unfairness." In his search for answers to why tragedies often seemingly strike those undeserving of them, he offers comfort and reassurance to the troubled. 1981.

Escaping the Hostility Trap BR 4455

by Milton Layden

3 volumes

Shows how to free oneself of resentful feelings, not by repression, but by a simple anti-hostility therapy. 1977.

Working Smart: How to Accomplish More in Half the Time BR 4203

by Michael LeBoeuf

2 volumes

How to get more done in less time and with less hassle. Teaches how to set specific goals on a daily, intermediate, and lifetime basis, and how to analyze and revise use of time accordingly. 1979.

Class: What It Is and How to Acquire It BR 5980

by Mortimer Levitt

2 volumes

A personal approach to the art of living well by a self-made millionaire and frequent lecturer on the subject of image. Levitt, a high school dropout who says he was born on the wrong side of the tracks, equates class with integrity and distinguishes between the appurtenances and the substance of class. He divides his practical advice into four categories: what you say, how you say it, how you look, and how you live. 1984.

The Search for Self-Respect BR 2295

by Maxwell Maltz

2 volumes

Dr. Maltz demonstrates, step-by-step, how to stop dwelling on unhappiness and focus on achievement. His attempts to bring commonsense to his discussions include examples for goal-building, self-understanding, and seizing opportunities. 1973.

Your Inner Child of the Past BR 3483

by W. Hugh Missildine

3 volumes

In layman's terms a psychiatrist discusses how individuals can deal with the childhood experiences that affect their adult lives. 1963.

How to Sell Your Ideas BR 6052

by Jesse S. Nirenberg

2 volumes

Instructs the reader in developing communication skills in business and in private life. Describes how to capture a listener's attention, how to anticipate obstacles, and how to persuade others. 1984.

Enough Is Enough: Exploding the Myth of Having It All BR 6819

by Carol Orsborn

2 volumes

A manual that is part autobiography, part self-help guide in which Orsborn shares her own experience as a recovering superwoman and looks at the lives of women today. Her message advocates that women who have achieved career success scale down their expectations in order to enjoy life more fully. 1986.

The Road Less Traveled: A New Psychology of Love, Traditional Values, and Spiritual Growth BR 5732

by M. Scott Peck

3 volumes

A practicing psychiatrist suggests ways in which recognizing and resolving our problems can move us toward greater understanding of both ourselves and others. Peck emphasizes mental and spiritual growth, love, and self-discipline. Bestseller 1983.

The Laughter Prescription: The Tools of Humor and How to Use Them BR 5340

by Laurence J. Peter and Bill Dana

2 volumes

The author of the *Peter Prescription* (BR 1918) teams up with humorist Bill Dana to prescribe laughter as the best medicine. Rather than a bitter pill, they recommend humor as preventive medicine for physiological and psychological health. 1982.

The Peter Prescription: How to Be Creative, Confident, and Competent BR 1918

by Laurence J. Peter

2 volumes

The author presents humorous guidelines for achieving personal and professional happiness through the use of his "prescriptions." 1972.

The Theory of Twenty-one: Finding the Power to Succeed BR 5675

by Chuck Reaves

1 volume

An intriguing business concept that asserts for every person who will say yes, there are twenty who will say no. For a positive response you must find the twenty-first person who will say yes. 1983.

Self Development Braille

Opening Closed Minds and Persuading Others to Act Favorably BR 61

by William John Reilly

1 volume

Written by the founder and director of the National Institute for Straight Thinking, this book examines the problems arising from the pace and complexity of modern life. 1964.

Relationships

Cassettes

Beyond Codependency: And Getting Better All the Time RC 31290

by Melody Beattie

narrated by Pat McDermott

2 cassettes

As a follow-up to *Codependent No More* (RC 28220) in which Beattie discussed stopping the pain of codependency and gaining control of one's life, she now addresses the topic of self care—what to do when the pain has stopped. Using case histories, she discusses topics such as recovery and relapse, breaking free, dealing with shame, overcoming fatal attractions, and dealing with the fear of commitment. Bestseller 1989.

Codependent No More: How to Stop Controlling Others and Start Caring for Yourself RC 28220

by Melody Beattie

narrated by Carol McCartney

2 cassettes

Codependents—those who spend too much time and energy worrying about chemically dependent people—are, according to the author, sometimes sicker than the people addicted to drugs and alcohol. They become hostile, controlling, and manipulative as they try to protect themselves, and yet they don't seem to realize that they too have a problem. The book attempts to help codependents stop the pain and gain control of their lives. 1987.

Being a Man: The Paradox of Masculinity RC 19727

by Donald H. Bell

narrated by Jeff Halberstadt

2 cassettes

Looks at the changes in the lives of men brought about by the sexual revolution and the feminist movement. Based on the author's own experiences and on interviews with middle-class men. 1982.

Intimate Secrets: Which to Keep and Which to Tell RC 25330

by Karen Blaker

narrated by Joe Donovan

2 cassettes

How we communicate our secrets—the unknown facts about ourselves, our feelings, needs, dreams, and desires—is a key to surmising the level of our mental maturity. So says psychologist Blaker, who maintains that most people communicate too little or too much. Her aim is to show how to reach the middle ground of mental health that lies between these two extremes. 1986.

Smart Women, Foolish Choices: Finding the Right Men and Avoiding the Wrong Ones RC 21543

by Connell Cowan and Melvyn Kinder

narrated by Bob Butz

1 cassette

Two Beverly Hills psychologists analyze the successes and failures of women looking for acceptable men. They suggest that today's accomplished, discriminating women should "become more realistic in their expectations if they want to form close long-term relationships with men." Also issued on flexible disc as FD 21543. Bestseller 1985.

Relationships Cassettes

Women Men Love—Women Men Leave: Why Men Are Drawn to Women; What Makes Them Want to Stay RC 31425

by Connell Cowan and Melvyn Kinder
narrated by Jim Bond

2 cassettes

The authors believe that men and women view love differently and that if women understand the difference, they can secure the kind of lasting relationships they want. In particular, the authors examine those attitudes and behaviors of women that destroy intimacy with men and those that foster it. 1987.

Secrets about Men Every Woman Should Know RC 31291

by Barbara De Angelis
narrated by Madelyn Buzzard

2 cassettes

The author believes that a woman has three choices in dealing with men: get angry and complain, give them up, or learn everything there is to know about them so you can have a wonderful relationship. Her secrets include the six biggest mistakes women make with men, the three biggest mysteries about men, the top twenty sexual turn-offs for men, and ways to communicate with men. Bestseller 1990.

Looking for Love in All the Wrong Places: Overcoming Romantic and Sexual Addictions RC 28538

by Jed Diamond
narrated by Lou Harpenau

2 cassettes

Guide to understanding and overcoming destructive romantic attachments. Diamond, a psychotherapist specializing in addiction, explains the characteristics of love addiction, illustrates the phenomenon through real-life examples, and includes a

candid description of his own former addictive behavior. 1988.

Sexual Chemistry: What It Is, How to Use It RC 20143

by Julius Fast and Meredith Bernstein
narrated by Bruce Huntley

1 cassette

The authors believe that sexual chemistry is not an intangible factor, but a process that anyone may learn to develop and use. They also assert that it is the sum of tensions and vibrations that communicates attraction between people. Includes interviews with men and women about what attracts them. 1983.

Men Are Just Desserts RC 21643

by Sonya Friedman
narrated by Bonnie Isaac

2 cassettes

Advice for liberated women from a clinical psychologist known for her radio and TV shows. Friedman holds that men are the delicious final course in the feast of life for a woman who knows that she herself is the main course. She also tells how to make your husband a true partner, how to achieve real intimacy, and how to pull yourself out of the dependency trap. 1983.

Smart Cookies Don't Crumble: A Modern Woman's Guide to Living and Loving Her Own Life RC 22965

by Sonya Friedman
narrated by Madelyn Buzzard

2 cassettes

A practicing psychologist examines the excuses and myths she believes women often use to avoid taking charge of their own lives. She offers women of all ages and backgrounds advice on mining their individual strengths to shape more promis-

ing futures. Also issued on flexible disc as FD 22965. Bestseller 1985.

Living Together, Feeling Alone: Healing Your Hidden Loneliness RC 31518

by Dan Kiley
narrated by Lou Harpenau
1 cassette

Admitting that he is more successful treating women than men, Kiley offers several options for the "Living Together Loneliness" syndrome that many women experience. He identifies the guilt-provoking feelings so many women have and then guides readers through a five-step program of surrender, withdrawal, re-evaluation, reemergence, and discovery, based on the principles of truth, hope, and love. 1989.

The Wendy Dilemma: When Women Stop Mothering Their Men RC 21201

by Dan Kiley
narrated by Bob Butz
2 cassettes

The author of *The Peter Pan Syndrome* (RC 20208) tells how to break the habit of mothering the men in your life without being rejected. Kiley sees mothering wives as those who adopt attitudes and behaviors that make them feel in control of the lives of men, because they lack a sense of mastery over their own lives. He offers practical, commonsense advice on caring for a man without falling into the trap of taking over as his mother. Also issued on flexible disc as FD 21201. 1984.

What to Do When He Won't Change: Getting What You Need from the Man You Love RC 27204

by Dan Kiley
narrated by Carol McCartney
2 cassettes

Bestselling author and psychotherapist Dan Kiley provides advice and guidelines for women who want to change their men and make them more sensitive and responsive. 1987.

The Dance of Anger: A Woman's Guide to Changing the Patterns of Intimate Relationships RC 27934

by Harriet Goldhor Lerner
narrated by Pat McDermott
2 cassettes

A staff psychologist at the Menninger Foundation emphasizes that women have more trouble dealing with anger than men do. Because culture has taught women to be mediators in relationships, she argues, they often fail to express their anger for fear of rocking the boat. Lerner shows readers ways to deal more effectually with anger. 1985.

The Dance of Intimacy: A Woman's Guide to Courageous Acts of Change in Key Relationships RC 29052

by Harriet Goldhor Lerner
narrated by Pat McDermott
2 cassettes

Although directed toward a female audience, this self-help guide can be useful to males as well. Picking up where *Dance of Anger* (RC 27934) left off, the author details how difficult change can be. By using case histories, Lerner shows how to make positive moves within day-to-day relationships with spouses, parents, siblings, and lovers. Also issued on flexible disc as FD 29052. Bestseller 1989.

Relationships

Cassettes, Braille

The Friendship Factor: How to Get Closer to the People You Care For **RC 28873**

by Alan Loy McGinnis
narrated by Miriam Wagner
2 cassettes

The author presents ways in which people can get close and stay close to people they like. Included is information on ways to deepen your relationships, guidelines for cultivating intimacy, ways to handle negative emotions, and what to do when a relationship goes bad. 1979.

Letters from Women Who Love Too Much: A Closer Look at Relationship Addiction and Recovery RC 27603

by Robin Norwood
narrated by Rita Hottois
3 cassettes

Collection of letters-to-the-author inspired by the bestselling *Women Who Love Too Much* (RC 22991). The author amplifies her basic theory, that some women become "addicted" to either long-term or serial relationships that are destructive to their mental and physical well-being. 1988.

Women Who Love Too Much: When You Keep Wishing and Hoping He'll Change **RC 22991**

by Robin Norwood
narrated by Madelyn Buzzard
2 cassettes

The author believes that this work will help anyone who loves too much, though she asserts that it is written for women because loving too much is primarily a female phenomenon. Its purpose is to help women recognize destructive patterns of relating to men, understand their origins, and gain the tools for changing their lives.

Also issued on flexible disc as FD 22991. Bestseller 1985.

How to Make Love to Each Other **RC 20599**

by Alexandra Penney
narrated by Bruce Huntley
1 cassette

Suggests ways that both sexes can better understand the other emotionally and physically. Gives detailed information on establishing and maintaining intimacy, keeping romance alive, talking about desires and feelings, and overcoming fears about performance, body image, and other common barriers to intimacy. Some explicit descriptions of sex. 1982.

Braille

Coping with Difficult People BR 4919

by Robert M. Bramson
2 volumes

A practicing psychologist offers field-tested techniques for identifying, understanding, and coping with seven problematic personality types in the workaday world. The categories include hostile-aggressives, complainers, super-agreeables, negativists, indecisives, know-it-alls, and the silent type. 1981.

Women Men Love—Women Men Leave: Why Men Are Drawn to Women; What Makes Them Want to Stay BR 7078

by Connell Cowan and Melvyn Kinder
2 volumes

The authors believe that men and women view love differently and that if women understand the difference, they can secure the kind of lasting relationship they want. In particular, the authors examine those attitudes and behaviors of women that

destroy intimacy with men and those that foster it. 1987.

Sexual Chemistry: What It Is, How to Use It BR 5660

by Julius Fast and Meredith Bernstein
2 volumes

The authors believe that sexual chemistry is not an intangible factor, but a process that anyone may learn to develop and use. They also assert that it is the sum of tensions and vibrations that communicates attraction between people. Includes interviews with men and women about what attracts them. 1983.

Creative Intimacy: How to Break the Patterns That Poison Your Relationships BR 3399

by Jerry A. Greenwald
2 volumes

Outlines clear, positive steps for discovering intimacy as a prime source of stability, security, and emotional nourishment. 1975.

How to Break Your Addiction to a Person BR 6184

by Howard M. Halpern
2 volumes

Psychotherapist Halpern finds that the three major factors that cause people to remain in unrewarding "love" relationships are practicality, belief, and—most importantly—infant-based "attachment hungers." Halpern suggests that those who are considering "withdrawing" from a relationship keep a detailed diary and develop a network of friends for support. 1982.

Light His Fire: How to Keep Your Man Passionately and Hopelessly in Love with You BR 8108

by Ellen Kreidman
2 volumes

Kreidman's theory is that a man falls in love with a woman because of the way he feels when he is with her. She offers suggestions on how to communicate with your man and make him a sex object, how to express feelings and create moods, and how to keep his fire lit forever. Bestseller 1989.

The Technique of Handling People: Eleven Helps for Your Human Relations BR 1462

by Donald A. and Eleanor C. Laird
2 volumes

Eleven steps are listed to aid in achieving success in human relationships. The authors discuss self-confidence, friendliness, directness, and other concepts needed to overcome hostility and win cooperation in dealing with people. 1954.

The Dance of Anger: A Woman's Guide to Changing the Patterns of Intimate Relationships BR 6419

by Harriet Goldhor Lerner
2 volumes

A staff psychologist at the Menninger Foundation emphasizes that women have more trouble dealing with anger than men do. Because culture has taught women to be mediators in relationships, she argues, they often fail to define themselves through their anger for fear of rocking the boat. Lerner shows readers ways to deal more effectively with anger. 1985.

**Why Can't Men Open Up? Overcoming
Men's Fear of Intimacy BR 5836**

by Steven Naifeh and
Gregory White Smith

2 volumes

While giving women suggestions on how to lead men to intimacy, the authors bring out the complicity of many women in fostering the closed male. Drawing upon psychological studies, case histories, their own experiences, and extensive interviews, they avoid simplistic explanations and assert that there are no easy solutions. "One must be independent and giving."
1984.

**If I'm So Wonderful, Why Am I Still
Single? Ten Strategies That Will Change
Your Love Life Forever BR 7460**

by Susan Page

3 volumes

A romantic self-help book. The author is a feminist former director of women's programs at the University of California at Berkeley and a leader of singles workshops. 1988.

Marriage and Divorce

Cassettes

Is There Sex after Marriage? RC 22844

by Carol Botwin
narrated by Paul Baker
2 cassettes

The lack of sexual desire after marriage is one of the major problems being treated in sex clinics today according to the author. After tracing the decline of sexual activity as two people pass through various stages of life, Botwin searches out the issues that influence sexual desire and suggests ways of achieving happiness in an intimate relationship. 1985.

You Can Be the Wife of a Happy Husband RC 15377

by Darien B. Cooper
narrated by Dayle Malina
1 cassette

The author shares and offers the biblical principles that she feels have completely transformed her own life and marriage. 1974.

Love Must Be Tough: New Hope for Families in Crisis RC 23556

by James C. Dobson
narrated by Phil Regensdorf
2 cassettes

The Christian psychologist offers his counsel on infidelity, wife abuse, alcoholism, and other causes of family breakups. He advocates an attitude of "loving toughness" that will allow one to face any crisis with confidence and courage. He discusses how one can develop this attitude, drawing on personal accounts of individuals in crisis and encouraging a reliance on the Bible. 1983.

Jennifer Fever: Older Men—Younger Women RC 28115

by Barbara Gordon
narrated by Kerry Cundiff
2 cassettes

Presents the author's theories on the menace of pretty, young women who are grouped here under the name "Jennifer." They are the ones for whom older men leave their wives, the "Janets." Gordon quotes people interviewed: the males who catch Jennifer fever and the forsaken wives who are left to care for children rejected by their father. Some strong language and some descriptions of sex. 1988.

Crisis Time! Love, Marriage, and the Male at Mid-life RC 22093

by William A. Nolen
narrated by Bruce Huntley
2 cassettes

When Dr. Nolen turned fifty, his life started to fall apart. He learned he was suffering from male mid-life crisis syndrome. After surviving this trauma, he began research into the phenomenon, proposing that male mid-life crisis is caused by drastic alterations in brain chemistry. Dr. Nolen offers advice to help couples survive this crisis and resurrect their marriages. 1984.

Second Wife, Second Best? Managing Your Marriage as a Second Wife RC 22025

by Glynnis Walker
narrated by Pat McDermott
2 cassettes

Popular social study on the second-wife experience by a second wife. The author presents evidence that the second wife often suffers unnecessarily and unfairly, and discusses such topics as alimony,

children, stepchildren, incest, and wills that may relegate a second wife to second position. 1984.

Marital Separation RC 15261

by Robert S. Weiss

narrated by Ray Hagen

2 cassettes

Deals with coping with the end of a marriage and the transition to being single again and the effect of separation on children, relatives, and friends. Discusses new strategies for starting over. 1975.

Braille

Mothers and Divorce: Legal, Economic, and Social Dilemmas BR 6773

by Terry Arendell

3 volumes

How sixty middle-class divorced mothers have dealt with lawyers, judges, jobs, dating, public assistance, children, sex, and ex-hubbies. 1986.

Talking It Over before Marriage: Exercises in Premarital Communication BR 2814

by Millard J. Bienvenu

1 volume

Deals with the elements contributing to good communication between engaged couples, and focuses on some subjects that young people may find difficult to discuss. Suggests concrete verbal and nonverbal exercises for building communication skills. 1974.

Divorce: The New Freedom; a Guide to Divorcing and Divorce Counseling BR 3020

by Esther Oshiver Fisher

2 volumes

A lawyer provides practical help for the various phases of divorce, including ad-

vice on how to cope with the emotional strains. Emphasis is on personal development. 1974.

The Divorce Handbook: Your Basic Guide to Divorce BR 5201

by James T. Friedmar

2 volumes

Provides information and advice, in question and answer format, on when to consider divorce, responsibilities of parties involved in divorce cases, how to choose a lawyer, child custody and support in divorce situations, financial considerations, and legal proceedings. 1982.

Families

Cassettes

When Parents Love Too Much: What Happens When Parents Won't Let Go RC 32894

by Laurie Ashner and Mitch Meyerson
narrated by Randy Means

2 cassettes

A "spoiled" child is one whose parents love too much. The authors, one a teacher and educational therapist, the other a psychologist specializing in dysfunctional families, look at the dilemmas faced by adult children and by parents caught in the "overparenting" web, and offer suggestions on ways to change those destructive patterns. 1990.

Making It as a Stepparent: New Roles—New Rules RC 17447

by Claire Berman
narrated by Stephanie Deutsch

2 cassettes

Advice on the complex problems of stepfamilies, by the spokeswoman for the North American Center on Adoption. Covers such angles as the role of money and possessions, the confusion involved in merging two or more ways of life, the alienation of children, and the shock of instant parenthood. 1980.

Families: Crisis and Caring RC 31715

by T. Berry Brazelton
narrated by Phil Regensdorf

2 cassettes

Using the predicaments of five real families with different situations—parent rivalry, single parenting, step-parenting, family illness, and adoption—Brazelton offers advice for families confronted with these difficult conditions. 1989.

What Do You Really Want for Your Children? RC 23856

by Wayne W. Dyer
narrated by Paul Baker

3 cassettes

A guide for parents on leading children to become fulfilled, self-directed adults.

Explains in practical terms how to instill self-confidence, self-reliance, creativity, and compassion. 1985.

P.E.T. in Action RC 14476

by Thomas Gordon and
Judith Gordon Sands
narrated by Kay Bergen

2 cassettes

Advice and instructive examples for handling family problems through Parent Effectiveness Training. Dr. Gordon uses verbatim excerpts from his case studies. 1976.

Instant Parent: A Guide for Step-parents, Part-time Parents, and Grandparents RC 16808

by Suzy Kalter
narrated by Michael McCullough

2 cassettes

A guide to the pitfalls and pratfalls of caring for someone else's children. Kalter says she was painfully innocent when she stepped into instant parenthood. Includes a calendar of thirty days' worth of things to do and places to go and a development profile for ages two to twelve. 1979.

The One-minute Scolding: The Amazingly Effective New Approach to Child Discipline RC 22943

by Gerald E. Nelson
narrated by Don Emmick

1 cassette

As a disciplinary technique, the scolding consists of thirty seconds or less of overt, voiced anger at a misdeed, followed by

thirty seconds of equally intense affection. Nelson explains how the technique may be used to teach desirable behavior to children eighteen months to eighteen years old. 1984.

Saying No Is Not Enough: Raising Children Who Make Wise Decisions about Drugs and Alcohol RC 31311

by Robert Schwebel
narrated by Andy Chappell
2 cassettes

A clinical psychologist gives practical advice on how to empower children to make wise decisions about drugs and alcohol. He enumerates ways to raise competent children with well-developed life- and problem-solving skills. He discusses how important it is to communicate and suggests ways to begin a dialog. Includes information on intervention for the child who is already on drugs. 1989.

Braille

Straight from the Heart: How to Talk to Your Teenagers about Love and Sex BR 7091

by Carol Cassell
2 volumes

A former president of the American Association of Sex Educators and mother of six provides a sex education guide for parents of teenagers. Includes suggestions for discussing love, sex, surviving a broken heart, homosexuality, contraception, pregnancy, and sexually transmitted diseases. A list of frequently asked questions with the author's answers is also provided. 1987.

Peace in the Family: A Workbook of Ideas and Actions BR 6058

by Lois Dorn and Penni Eldredge-Martin
2 volumes

This guide for individuals or for family support groups stresses the importance of developing positive relationships. Offers a down-to-earth approach to family living and tells how to find alternatives to traditional discipline and solve problems in ways that meet the needs of everyone involved. 1983.

Saturday Parent: A Book for Separated Families BR 4873

by Peter Rowlands
2 volumes

A book for and about the other parent—the one who lives apart from the children and sees them only occasionally. The author, a psychologist by training and Saturday parent himself, gives specific tips on planning long and short visits, introducing newcomers in the noncustodial parent's life, and handling guilt and confusion. 1980.

When Your Child Is Afraid BR 7392

by Robert Schachter and
Carole Spearin McCauley
2 volumes

The authors present an extensive discussion of the normal fears of childhood from infancy through age sixteen. Parents are advised on identifying fears, helping their children deal with them, and recognizing serious fears that may require professional help. The final section of the book discusses phobias, their symptoms, causes, and treatments. 1988.

**Yes, I Can Say No: A Parent's Guide to
Assertiveness Training for Children
BR 6877**

by Manuel J. Smith

3 volumes

Through adult-child dialog about a range of situations, such as experimentation with sex and drugs, the author elicits responses that can help a young person withstand negative peer pressure. Smith's program reportedly has fostered positive self-images in children by providing coping techniques. Some descriptions of sex. 1986.

**How to Talk with Your Child about
Sexuality BR 6792**

by Faye Wattleton and Elisabeth Keiffer

2 volumes

Sensitive, sensible guide for parents published by Planned Parenthood emphasizing the importance of creating and maintaining avenues of communication with a child from preschool years through adulthood. Presents typical questions that each age group is likely to ask about sex and supplies direct, helpful responses. 1986.

Child Abuse

Cassettes

The Courage to Heal: A Guide for Women Survivors of Child Sexual Abuse RC 28461

by Ellen Bass and Laura Davis
narrated by Catherine Byers
4 cassettes

The authors, one a counselor and one a survivor of child abuse, describe the healing process and the importance of recalling painful incidents clearly and recognizing the emotional damage the abuse caused. They discuss ways to help victims understand that they were not at fault, and ways to develop self-esteem. Some descriptions of sex. 1988.

Children at Risk, My Fight against Child Abuse: A Personal Story and a Public Plea RC 25119

by Paula Hawkins
narrated by Pat McDermott
1 cassette

Combination personal saga and political-action tract on the problem of child abuse by the Florida senator. Hawkins recounts the personal agonizing that led her to publicly announce that she herself had been abused at the age of five. She discusses case histories, outlines preventive steps, recommends resources, and provides a checklist to help individuals protect their children. 1986.

Secret Scars: A Guide for Survivors of Child Sexual Abuse RC 29366

by Cynthia Crosson Tower
narrated by Carol McCartney
2 cassettes

Written by a therapist and educator, this book defines sexual abuse and quotes case histories to describe its impact. The author examines therapy, self-help groups, and

independent survivor goals and offers advice to survivors on raising their own children. Includes a listing of support organizations. Some descriptions of sex. 1988.

Braille

The Courage to Heal: A Guide for Women Survivors of Child Sexual Abuse BR 7673

by Ellen Bass and Laura Davis
6 volumes

The authors, one a counselor and one a survivor of child abuse, describe the healing process and the importance of recalling painful incidents clearly and recognizing the emotional damage the abuse caused. They discuss ways to help victims understand that they were not at fault, and ways to develop self-esteem. Some descriptions of sex. 1988.

Outgrowing the Pain: A Book for and about Adults Abused as Children BR 6379

by Elaina M. Gil
1 volume

A therapist helps victims admit the full effect of abuse in their lives, shows the aftereffects of child abuse, and offers suggestions for healing. 1983.

Health and Healing

Cassettes

The Relaxation Response RC 10647

by Herbert Benson

narrated by Gary Heilsberg

1 cassette

A hypertension specialist defines the risk of stress and explains how tensions can lead to strokes, heart failure, and high blood pressure. Dr. Benson offers simplified instructions in the use of Transcendental Meditation, Yoga, and traditional prayers of the Eastern and Western religions to cope with anxieties. Bestseller 1975.

The Holistic Way to Health and Happiness: A New Approach to Complete Lifetime Wellness RC 14310

by Harold H. Bloomfield and Robert Kory

narrated by Jerry Fordyce

2 cassettes

For what the authors prescribe as "lifetime wellness," this work offers practical, uncomplicated suggestions on how to improve your physical, emotional, and mental health. Covers exercise, weight control, and overcoming bad habits. 1978.

Getting Up When You're Feeling Down: A Woman's Guide to Overcoming and Preventing Depression RC 29402

by Harriet B. Braiker

narrated by Rita Hottois

2 cassettes

The author, a clinical psychologist, has developed a program to help women combat everyday depression. The regimen involves procedures designed to manage negative emotions and raise self-esteem. Overcoming depression, says Braiker, means learning to identify low moods and accepting them as a part of life. 1988.

Feeling Good: The New Mood Therapy RC 17777

by David D. Burns

narrated by Pat Hurley

3 cassettes

The author reports on results of treating depression, from mild blues to serious cases, with "cognitive thinking," a program pioneered by colleagues at the University of Pennsylvania. The therapy involves fighting automatic responses to disappointments by intelligent thinking that can put one's shortcomings into perspective. 1980.

Stress Management: A Comprehensive Guide to Wellness RC 23203

by Edward A. Charlesworth and

Ronald G. Nathan

narrated by Paul Baker

3 cassettes

Two clinical experts identify symptoms and causes of stress and offer step-by-step physical and psychological relaxation techniques. They include chapters on assertiveness, time-management, nutrition, and exercise. 1984.

Anatomy of an Illness as Perceived by the Patient: Reflections on Healing and Regeneration RC 14030

by Norman Cousins

narrated by Ed Scott

1 cassette

The author's reflections generated by his triumph over a crippling illness. Cousins investigates the chemistry of the will to live and the factors that set in motion the capacity for self-healing. He also believes that humor and laughter as well as a strong doctor-patient relationship aid the body in its natural healing powers. Also issued on flexible disc as FD 14030. Bestseller 1979.

Head First: The Biology of Hope RC 31001

by Norman Cousins
narrated by Bob Butz
3 cassettes

The author, a professor at UCLA's School of Medicine, contends that positive attitudes can play important roles in the healing process. Drawing upon his personal experiences as well as those of doctors, researchers, and patients, Cousins argues that faith, love, determination, and humor promote healing within the body. Also issued on flexible disc as FD 31001. Bestseller 1989.

The Secret Strength of Depression RC 8599

by Frederic F. Flach
narrated by Fleetwood
3 cassettes

A psychiatrist asserts that depression, which is a common response to stress, offers the hidden opportunities of personal insight and growth. 1974.

The Hospital Patient: A Guide for Family and Friends RC 26822

by Kenneth France
narrated by Edward Stern
1 cassette

Focuses on how the hospital visitor can relate to a patient, as well as how a patient can cope with and profit by the good intentions of others. The practical matters discussed include the kinds of gifts to bring, how long a visitor should stay, interaction with medical personnel, and how the visitor can pose questions regarding such sensitive areas as a patient's prognosis. 1987.

Overcoming Agoraphobia: Conquering Fear of the Outside World RC 27951

by Alan Goldstein and Berry Stainback
narrated by Lou Harpenau
2 cassettes

A professor of psychiatry discusses the causes of the phobia and the treatment methods he has devised. He also outlines a self-help program based on such techniques as diaphragmatic breathing and positive thinking to rid oneself of "catastrophic thoughts." 1987.

Invisible Scars: A Guide to Coping with the Emotional Impact of Breast Cancer RC 29364

by Mimi Greenberg
narrated by Pat McDermott
2 cassettes

Discusses the options, medical procedures, outcomes, and emotional problems that accompany the treatment of and recovery from breast cancer. Greenberg, herself a recovered cancer patient, tells how to choose a compatible physician, find a personal support system, make treatment decisions, and get back to a normal lifestyle. 1988.

Somatics: Reawakening the Mind's Control of Movement, Flexibility, and Health RC 31741

by Thomas Hanna
narrated by Mimi Bederman
1 cassette

The author explains the "somatic" viewpoint that everything in our lives is a bodily experience. He recommends specific exercises to relieve "sensory-motor amnesia" and slow the aging process. He illustrates his thesis with five case studies and describes exercises in detail. 1988.

You Can Heal Your Life RC 26986

by Louise L. Hay
narrated by Pam Ward
2 cassettes

The author, a metaphysical counselor, asserts that "if we are willing to do the mental work, almost anything can be healed." This handbook tells how to eliminate the blocks to good health and happy life by regaining one's self-esteem and confidence. Also issued on flexible disc as FD 26986. Bestseller 1984.

The Right to Feel Bad: Coming to Terms with Normal Depression RC 21392

by Lesley Hazleton
narrated by Madelyn Buzzard
2 cassettes

A practicing psychologist and journalist defines depression in imaginative, non-medical terms. Hazleton focuses on "normal" as opposed to chronic depression, arguing that this form of the condition should be viewed "not as a problem but as a process." 1984.

Who Gets Sick: How Beliefs, Moods, and Thoughts Affect Your Health RC 29092

by Blair Justice
narrated by Rita Hottois
2 cassettes

Offers recent research on how the body can heal itself. Some of the beliefs cited indicate that a positive and outgoing disposition, faith in oneself, an ability to cope with adversity, and a sense of control produce reactions in the brain that cause the body to heal. 1988.

How to Win over Depression RC 9749

by Tim LaHaye
narrated by Paul Clark
2 cassettes

A pastoral counselor offers a therapeutic formula to combat depression, the leading

mental illness in the United States. Dr. LaHaye believes that acceptance of Jesus Christ will ensure emotional stability. 1974.

Beyond Rage: The Emotional Impact of Chronic Physical Illness RC 31753

by JoAnn LeMaistre
narrated by Dee Weber
1 cassette

The author, a clinical psychologist who counsels chronically ill people and has multiple sclerosis herself, presents a collection of vignettes drawn from actual cases, along with her own commentaries. 1985.

Phobia Free: A Medical Breakthrough Linking 90 Percent of All Phobias and Panic Attacks to a Hidden Physical Problem RC 25252

by Harold N. Levinson and Steven Carter
narrated by Pat McDermott
2 cassettes

Rejecting the traditional view that phobias are a mental disorder, the author suggests that most phobias have a physiological basis, having to do with inner-ear problems that can be treated simply and safely. Dr. Levinson offers case histories and self-diagnostic tests and advocates a holistic approach to treatment. 1986.

Stress Passages: Surviving Life's Transitions Gracefully RC 28955

by L. John Mason
narrated by Mary Pederson
2 cassettes

Divided into chapters on the major stress-causing stages of life—pregnancy, parenting, childhood, adolescence, adulthood and work, midlife transition, aging, and death—this book presents techniques and exercises that are designed to help

people relax in order to more effectively handle these stages and stresses. 1988.

Superimmunity: Master Your Emotions and Improve Your Health RC 29380

by Paul Pearsall

narrated by Kerry Cundiff

3 cassettes

Explores the field of psychoneuro-immunology, which emphasizes the relationship between state of mind and health. The author theorizes that people run in hot and cold cycles; the former leads to heart disease, the latter to cancer. Provides quizzes for determining how one is "running" and helpful hints for cooling off or warming up. 1987.

Living with Chronic Illness: Days of Patience and Passion RC 27433

by Cheri Register

narrated by Kerry Cundiff

3 cassettes

The author, who is herself chronically ill, draws on her experiences and those of others who suffer from a wide range of chronic conditions to paint a vivid and thorough picture of their daily lives. She also discusses the reactions of healthy people to the chronically ill, and offers advice on providing support and assistance. 1987.

Stress without Distress RC 8659

by Hans Selye

narrated by Eugene Kressin

2 cassettes

A researcher who holds doctorates in medicine, science, and philosophy tells how to achieve a rewarding lifestyle in harmony with the laws of nature by using stress as a positive force for personal achievement and happiness. 1974.

Love, Medicine, and Miracles: Lessons Learned about Self-healing from a Surgeon's Experience with Exceptional Patients RC 26318

by Bernie S. Siegel

narrated by Jim Bond

2 cassettes

A surgeon and professor at Yale Medical School, the author became interested in cancer victims who had regained their health, although diagnosed as incurable. He founded ECaP (Exceptional Cancer Patients), which inspired creative programs based on the belief that miracles occur when the mind is focused on healing. Bestseller 1986.

Peace, Love, and Healing: Bodymind Communication and the Path to Self-healing; an Exploration RC 30953

by Bernie S. Siegel

narrated by Jim Bond

2 cassettes

After examining the causes for diseases and the ways people activate illnesses, Siegel discusses how to use self-healing. He does, however, caution people that they should not rely on self-healing alone, but use it in conjunction with treatment by medical professionals. Also issued on flexible disc as FD 30953. Bestseller 1989.

The Work-Stress Connection: How to Cope with Job Burnout RC 18778

by Robert L. Veninga and

James P. Spradley

narrated by Phil Regensdorf

3 cassettes

Explores the effect of unrelieved work-related stress on performance, health, and personal life through a series of interviews with a wide variety of men and women. The authors offer two kinds of positive

strategies to combat burnout: personal ones involving health, life style, and attitudes; and organizational strategies that may result in a detached view of the job. 1981.

The Female Stress Syndrome: How to Recognize and Live with It RC 21796

by Georgia Witkin-Lanoil
narrated by Mimi Bederman
1 cassette

A clinical psychologist zeroes in on the female mind and body, describing special stresses unique to women. Covers working, marriage, living alone, motherhood, hidden stresses, and being female after forty. Offers insight and self-help exercises, relaxation techniques, and other methods for managing female stress syndrome. 1984.

The Male Stress Syndrome: How to Recognize and Live with It RC 25829

by Georgia Witkin-Lanoil
narrated by Phil Regensdorf
2 cassettes

A clinical psychologist offers timely advice to men on the causes of and cures for stress. The author contends that although men and women share many stresses, such as stress from job and family, each sex is likely to experience these situations differently. Includes profiles for self-evaluation. 1986.

Braille

The Holistic Way to Health and Happiness: A New Approach to Complete Lifetime Wellness BR 4196

by Harold H. Bloomfield and Robert Kory
3 volumes

For what the authors prescribe as "lifetime wellness," this work offers practical,

uncomplicated suggestions on how to improve your physical, emotional, and mental health. Covers exercise, weight control, and overcoming bad habits. 1978.

Stress and Survival: The Emotional Realities of Life-threatening Illness BR 6189

edited by Charles A. Garfield
6 volumes

Essays on the importance of interpersonal relations presented by doctors, nurses, mental health professionals, and patients. The basic premise that a supportive human presence can markedly decrease the patient's level of stress while increasing the will to live and capacity to overcome illness is illustrated with concrete examples. 1979.

Somatics: Reawakening the Mind's Control of Movement, Flexibility, and Health BR 7811

by Thomas Hanna
2 volumes

The author explains the "somatic" viewpoint that everything in our lives is a bodily experience. He recommends specific exercises to relieve "sensory-motor amnesia" and slow the aging process. He illustrates his thesis with five case studies and describes exercises in detail. 1988.

The Joy of Stress BR 6755

by Peter G. Hanson
2 volumes

A Canadian family practitioner tells how we can stop letting stress run our lives. People's lives, Hanson argues, are dependent upon financial sufficiency, personal happiness, sound health, and respect on the job. When people master all four areas, stress can be controlled. The author says to "learn to ignore what you can't

control, and learn to control what you can." 1986.

The Real Truth about Women and AIDS: How to Eliminate the Risks without Giving Up Love and Sex BR 7397

by Helen Singer Kaplan
2 volumes

A candid discussion of AIDS specifically aimed at answering questions that women may have about the virus. Includes an explicit discussion of the types of sex deemed "safe" and a warning against relying exclusively on condoms to eliminate the risks of exposure. 1987.

Stress Passages: Surviving Life's Transitions Gracefully BR 7755

by L. John Mason
3 volumes

Divided into chapters on the major stress-causing stages of life—pregnancy, parenting, childhood, adolescence, adulthood and work, midlife transition, aging, and death—this book presents techniques and exercises that are designed to help people relax in order to more effectively handle these stages and stresses. 1988.

Breaking Free from Compulsive Eating BR 6352

by Geneen Roth
2 volumes

A former anorexic believes that one's self-image should not depend on weight or on other people's judgment. Roth presents a practical guide "for daily support, direction, and encouragement" of those who use food as a substitute for constructive action. Includes chapters on healthful family meal habits as well as how to handle eating alone or in company, at home or in restaurants. 1984.

Safe Sex: What Everyone Should Know about Sexually Transmitted Diseases BR 7324

by Angelo T. Scotti and Thomas A. Moore
2 volumes

A former assistant director of the venereal disease section of the federal Centers for Disease Control addresses the symptoms, treatments, and methods of prevention of many familiar and lesser-known sexually transmitted diseases. Includes discussion of the emotional impact of STDs; a short list of self-help groups; and chapters on pregnancy, contraception, and drug usage. 1987.

Stop Killing Yourself: Make Stress Work for You BR 6278

by Susan Seliger
3 volumes

Guidance in achieving better health through self-control, exercise, proper diet, and mental attitude. 1984.

Love, Medicine, and Miracles: Lessons Learned about Self-healing from a Surgeon's Experience with Exceptional Patients BR 6561

by Bernie S. Siegel
3 volumes

A surgeon and professor at Yale Medical School, the author became interested in cancer victims who had regained their health, although diagnosed as incurable. He founded ECaP (Exceptional Cancer Patients), the inspiration for the creative programs based on his belief that miracles occur when the mind is focused on healing. 1986.

**Peace, Love, and Healing: Bodymind
Communication and the Path to Self-
healing; an Exploration BR 7837**

by Bernie S. Siegel

3 volumes

After examining the causes for diseases and the ways people activate illnesses, Siegel discusses how to use self-healing. He does, however, caution people that they should not rely on self-healing alone, but use it in conjunction with treatments by medical professionals. Bestseller 1989.

**Getting Well Again: A Step-by-Step, Self-
help Guide to Overcoming Cancer for
Patients and Their Families BR 6928**

by O. Carl Simonton and
Stephanie Matthews-Simonton

3 volumes

Outlines a psychological treatment program involving mind-body control, positive imaging, and stress management. Endorses the philosophy that individuals must accept responsibility for their own healing. The authors submit considerable evidence that cancer patients can participate successfully in overcoming "terminal" illnesses and have done so. Intended for use in conjunction with standard medical procedures. 1978.

**Learn to Relax: Thirteen Ways to Reduce
Tension BR 2995**

by C. Eugene Walker

1 volume

A self-help guide that briefly presents a number of methods for decreasing anxiety. Among the useful techniques described are relaxation exercises, assertion training, self-hypnosis, and nutrition. 1975.

Alcohol, Drug, and Other Addictions

Cassettes

Alateen—Hope for Children of Alcoholics RC 10360

by Al-Anon Family Group Headquarters
narrated by Flo Gibson

1 cassette

The story of Alateen, the organization of children of alcoholics. Members share personal experiences, explaining how Alateen has helped them. For junior and senior high readers. 1973.

Alcoholism, the Family Disease RC 19492

by Al-Anon Family Group Headquarters
narrated by Dale Carter

1 cassette

For families and friends of alcoholics, Al-Anon provides a program that is also a spiritual way of life. Based on the suggested Twelve Steps of Alcoholics Anonymous. 1972.

Living with an Alcoholic with the Help of Al-Anon RC 18513

by Al-Anon Family Group Headquarters
narrated by Dorothy Murphy

1 cassette

Written "to help those who feel their personal lives are being or have been affected by the obsessive drinking of a family member or friend." Describes the history and organization of Al-Anon, the nature of alcoholism as an illness, and how the organization may help the family of the alcoholic. 1973.

One Day at a Time in Al-Anon RC 12873

by Al-Anon Family Group Headquarters
narrated by Patricia Beaudry

2 cassettes

Daily messages for those who must deal with the problem of alcoholism in the

family. Suggests ways to find in each day a measure of comfort, serenity, and a sense of achievement. 1972.

Alcoholics Anonymous Comes of Age: A Brief History of A.A. RC 27104

by Alcoholics Anonymous
narrated by Randy Atcher

3 cassettes

The first part of the book presents a sketch of the St. Louis, Missouri, convention at which Alcoholics Anonymous (A.A.) came of age. The second part includes three talks on the history of A.A. given by co-founder Bill W. The third part is devoted to A.A.'s friends, who tell of their association with A.A. and their view of what the future holds for this society. 1985.

The Answer to Addiction RC 9818

by John Burns

narrated by Andy Chappell

2 cassettes

A former Madison Avenue advertising man, with the help of three other recovered alcoholics, believes that the solution to alcoholism is a spiritual conversion and a return to God. 1975.

Understanding America's Drinking Problem: How to Combat the Hazards of Alcohol RC 27576

by Don Cahalan

narrated by John Richardson

2 cassettes

Despite the millions of dollars spent on alcoholism treatment through the 1970s and 1980s, little progress has been made in arresting its incidence or prevalence. The author suggests that a major reason is that elected officials are reluctant to enact legislation to control drinking or to place restrictions on the powerful alcohol industry. The costs and efficiency of various

rehabilitative programs, as well as controversies concerning treatment within the health care profession are also discussed. 1987.

How to Stay Sober: Recovery without Religion RC 29176

by James Christopher
narrated by Edward Blake
1 cassette

This book is intended for persons who want to give up alcohol but have had problems with the religious beliefs and practices of more traditional groups such as Alcoholics Anonymous. The author, an alcoholic himself, describes a program of self-control and a day-by-day plan for handling alcohol. 1988.

When Luck Runs Out: Help for Compulsive Gamblers and Their Families RC 23780

by Robert Custer and Harry Milt
narrated by Lou Harpenau
2 cassettes

Custer, who developed the first treatment program for compulsive gamblers, and professional writer, Milt, delineate the roots of the disease. They cite the increasingly destructive stages through which the compulsive gambler passes, discuss how the problem can be recognized, and list the steps that can be taken to remedy the behavior. 1985.

Goodbye Hangovers, Hello Life: Self-help for Women RC 24380

by Jean Kirkpatrick
narrated by Kerry Cundiff
2 cassettes

Vividly describes the pain of alcoholism, the recovery, and keys to "the good life." Kirkpatrick, founder of the Women for Sobriety support group program, outlines steps women must take to recover fully,

including understanding depression and low self-esteem. 1986.

Hope: New Choices and Recovery Strategies for Adult Children of Alcoholics RC 27402

by Emily Marlin
narrated by Carol McCartney
2 cassettes

Drawing on personal experience and professional training, a family therapist offers a self-help guide to adults seeking to recover from the trauma of growing up in an alcoholic household. She stresses that recovery is a lifelong process that begins with understanding the origins of the trauma, and outlines strategies for change and for rebuilding old and forming new relationships. 1987.

The Alcoholics Anonymous Experience: A Close-up View for Professionals RC 22621

by Milton A. Maxwell
narrated by Phil Regensdorf
2 cassettes

A health care professional offers a comprehensive picture of current A.A. operations, including the social setting of the fellowship and the recovery process. Anonymous interviews with members provide an intimate portrait of personal and collective aspects of the A.A. experience. 1984.

The Joy of Being Sober: A Book for Recovering Alcoholics—and Those Who Love Them RC 20841

by Jack Mumey
narrated by Bill Badger
2 cassettes

A former TV producer and "recovering alcoholic" outlines a program designed to replace attitudes of self-pity, regret, and guilt with a positive point of view. Mumey

Alcohol, Drug, and Other Addictions

offers practical suggestions for reestablishing viable family and other personal relationships. 1984.

Tough Love: How Parents Can Deal with Drug Abuse RC 23197

by Pauline Neff

narrated by Ray Foushee

1 cassette

Real-life accounts of young drug users who wanted help and of their parents' role in seeing that they received it. Seven families describe in graphic terms how their children successfully beat the drug habit through the Palmer Drug Abuse Program. 1982.

The Hidden Addiction: And How to Get Free RC 24537

by Janice Keller Phelps and

Alan E. Nourse

narrated by Lou Harpenau

2 cassettes

The authors maintain that four of every ten people are addicted to sugar, caffeine, nicotine, alcohol, or some prescription drugs because they are born with a metabolic or genetic predisposition. Phelps and Nourse offer a program for fighting such addictions that includes heavy doses of vitamin and mineral supplements, exercising, and temporary use of antidepressant drugs under a physician's care. 1986.

How to Stop the One You Love from Drinking: I Know Because Intervention Worked for Me RC 25084

by Mary Ellen Pinkham

narrated by Kerry Cundiff

3 cassettes

As an alcoholic whose habit was destroying her life, Mary Ellen struggled to free herself, and then her husband and sister, from drinking problems. Through the intervention technique, a loving confronta-

tion with the drinker, advocated by the Families in Crisis Center, she accomplished what most believed to be impossible. 1986.

Children of Alcoholism: A Survivor's Manual RC 23123

by Judith S. Seixas and Geraldine Youcha
narrated by Pat McDermott

2 cassettes

Offers peer-group support for the offspring of alcoholic parents. Includes a report on the case histories of more than two hundred children of alcoholics. 1985.

Crisis Intervention: Acting against Addiction RC 30319

by Ed Storti and Janet Keller

narrated by Andy Chappell

2 cassettes

A guide to the technique of controlled confrontation with those addicted to drugs or alcohol. The book includes case histories of interventions, guidance in selecting an interventionist, a list of treatment centers, and a discussion of the twelve steps to recovery. 1988.

Alcoholics Anonymous: The Story of How Many Thousands of Men and Women Have Recovered from Alcoholism RC 11061

by Bill W.

narrated by Ryan Halloran

3 cassettes

The basic text for Alcoholics Anonymous, authorized by the General Service Conference of A.A. This second edition describes the recovery program and includes a doctor's testimony and the personal histories of thirty-seven recovered alcoholics. 1955.

Adult Children of Alcoholics RC 26174

by Janet Geringer Woititz

narrated by John Polk

1 cassette

A handbook to help the children of alcoholics understand their childhood experiences in relating to an alcoholic parent and how these experiences contributed to their personal problems as adults. Demonstrates how the cycle can be broken and problems caused by alcoholism avoided in the next generation. Designed for individual use, for counselors, and for discussion groups. 1983.

Drugs, Alcohol, and Your Children: How to Keep Your Family Substance-Free RC 29858

by Geraldine Youcha and Judith S. Seixas

narrated by Kerry Cundiff

2 cassettes

A commonsense guide for parents whose children may be substance abusers or potential abusers. It offers suggestions on keeping the family together, getting children to talk about their problems, and the merits of various treatment programs. 1989.

Braille

Alateen: A Day at a Time BR 7882

by Al-Anon Family Group Headquarters

2 volumes

A thought for each day of the year contributed by the members of Alateen, a fellowship of young people whose lives have been affected by the alcoholism of a family member or close friend. Includes the Twelve Steps of Alcoholics Anonymous. Alateen is part of the Al-Anon Family Groups. For junior and senior high and older readers. 1983.

How to Stay Sober: Recovery without Religion BR 7599

by James Christopher

2 volumes

This book is intended for persons who want to give up alcohol but have had problems with the religious beliefs and practices of more traditional groups such as Alcoholics Anonymous. The author, an alcoholic himself, describes a program of self-control and a day-by-day plan for handling alcohol. 1988.

Aging

Cassettes

Here Tomorrow: Making the Most of Life after Fifty RC 29830

by Janet K. Belsky
narrated by Liz Jury
3 cassette :

Clinical psychologist Belsky, who states that old age starts closer to eighty-five than sixty-five, reports to those over fifty about research in medicine, psychology, and the social sciences. Divided into four parts, the book covers the self, relationships, transitions, and diseases. 1988.

Aging Is a Family Affair RC 15697

by Victoria E. Bumagin and
Kathryn F. Hirn
narrated by Flo Gibson
2 cassettes

Demonstrates how families have accommodated themselves to changes wrought by time, usually by learning how to listen to and understand other generations. Encourages older men and women to be active and useful. Contains practical advice on managing finances, making decisions for or against nursing homes, and coping with illness and death. 1979.

How to Live to Be 100—or More: The Ultimate Diet, Sex, and Exercise Book RC 19221

by George Burns
narrated by Bob Askey
1 cassette

Chatty George Burns at eighty-seven recommends martinis and a simple half-hour exercise routine. He cautions against worry and stress and offers a sound diet. With humor he warns about fretting over children, and cautions about doctors and funerals. Also issued on flexible disc as FD 19221. Bestseller 1983.

Talking with Your Aging Parents RC 26848

by Mark A. Edinberg
narrated by Phil Regensdorf
2 cassettes

A psychologist specializing in gerontology and family counseling offers a guidebook for children of the elderly. He explains how to open and maintain communication with aging parents and warns offspring against the destructive tendency to act as though they are now "parenting their parents." Explains in detail how to discuss such vital and sensitive issues as terminal illness and death, financial concerns, and nursing homes. 1987.

On Our Own: Independent Living for Older Persons RC 31678

by Ursula A. Falk
narrated by Dee Weber
2 cassettes

Stressing that Americans cherish their independence and find it difficult when age raises the spectre of dependence, Falk suggests ways in which older people can continue to live successfully on their own. She outlines meal programs, alternative living arrangements, family support systems, leisure activities, and employment opportunities. 1989.

Women Coming of Age RC 21229

by Jane Fonda and Mignon McCarthy
narrated by Jill Ferris
2 cassettes

At age forty-six, Jane Fonda advocates a total approach to health and fitness for the special needs of women thirty-five to sixty-five years of age. She offers concrete information, advice, and encouragement on skin care, body mechanics, menopause, middle-age spread, good nutrition, and the

prime-time workout. Also issued on flexible disc as FD 22129. Bestseller 1984.

Add Years to Your Life and Life to Your Years RC 14491

by Irene Gore
narrated by Janis Gray
1 cassette

Handbook of practical suggestions to prevent falling into a rut and accepting a less-than-flattering image of old age. Dr. Gore believes that decline in advancing years should be due primarily to disease; that lack of mental and physical activity and just plain laziness contribute too much to aging. 1973.

Fifty Plus: The Graedons' People's Pharmacy for Older Adults RC 29848

by Joe and Teresa Graedon
narrated by Lou Harpenau
3 cassettes

In this general reference book geared toward older people, the authors advocate that patients become actively involved in their own care. They focus on such problems as aging skin, forgetfulness, and osteoporosis. They provide information on when and how to take certain medications, data on drugs most frequently prescribed, and ways to save money on prescriptions. 1988.

Old Age Is Not for Sissies: Choices for Senior Americans RC 27335

by Art Linkletter
narrated by Lynn Smith
2 cassettes

TV and radio personality Art Linkletter informs and advises senior citizens on the rights, choices, and opportunities at their disposal. A section is devoted to each of the author's seven "Golden Rights of Senior Americans," which include "The Right to Consideration and Dignity," "The

Right to Financial Security," and "The Right to Unrestricted Travel and Leisure." Also included are interviews with celebrated seniors such as Betty White, George Burns, and Bob Hope. 1988.

Mirror, Mirror: The Terror of Not Being Young RC 20840

by Elissa Melamed
narrated by Suzanne Toren
2 cassettes

A psychologist examines our youth-oriented society, where it is acceptable for men to age but not women. Tracing the historical roots of this discrimination that makes growing older such a torment for many women, she encourages them to express their frustration and anger, to affirm their right to age, and to recognize their responsibility to contribute their unique resources to a precarious world. 1983.

Growing Older, Getting Better: A Handbook for Women in the Second Half of Life RC 19979

by Jane Porcino
narrated by Pat McDermott
3 cassettes

A gerontologist provides information and encouraging advice on the social, emotional, and physical well-being of women over forty. Includes chapters on family matters, living alone, new beginnings, changing lifestyles, financial independence, menopause, sexuality, fitness, and common health problems of older women. 1983.

Braille

Sex after Sixty: A Guide for Men and Women for Their Later Years BR 3108

by Robert N. Butler and Myrna I. Lewis
2 volumes

Information and guidance for mature people on continuing sexual activity. 1976.

Vigor Regained: A Simple, Proven Home Program for Restoring Fitness and Vitality BR 2804

by Herbert A. deVries
2 volumes

Fully tested exercise program for adults over fifty. Progressive walking or jogging, modified calisthenics, and stretching are some exercises geared to make you feel younger. 1974.

Ourselves, Growing Older: Women Aging with Knowledge and Power BR 7658

by Paula Brown Doress and
Diana Laskin Siegal
10 volumes

Under the auspices of the Boston Women's Health Book Collective and with the help of 300 other writers, the authors offer practical assistance to women in the "second half of life." Includes information on sexuality, employment, retirement, and women's roles in society. 1987.

On Our Own: Independent Living for Older Persons BR 8291

by Ursula A. Falk
2 volumes

Stressing that Americans cherish their independence and find it difficult when age raises the spectre of dependence, Falk suggests ways in which older people can continue to live successfully on their own. She outlines meal programs, alternative

living arrangements, family support systems, leisure activities, and employment opportunities. 1989.

Life after Work: Planning It, Living It, Loving It BR 6738

by Allan Fromme
2 volumes

A clinical therapist calls upon older Americans to rise to the occasion of retirement and to avoid becoming trapped in patterns that lead them to yearn for the past or to decry the present. Dr. Fromme insists that apathy, boredom, and loneliness do not have to be the lot of today's senior citizens and proposes a plan for making the most of retirement years. 1984.

Fifty Plus: The Graedons' People's Pharmacy for Older Adults BR 7874

by Joe and Teresa Graedon
5 volumes

In this general reference book geared toward older people, the authors advocate that patients become actively involved in their own care. They focus on such problems as aging skin, forgetfulness, and osteoporosis. They provide information on when and how to take certain medications, data on drugs most frequently prescribed, and ways to save money on prescriptions. 1988.

Growing Old, Staying Young BR 6840

by Christopher Hollowell
3 volumes

Science writer Hollowell reports on the aging process as it affects both the individual and society, with attention to the effect that a large older population will have on the United States. He points out that the aged hold an exalted position in some countries, while we segregate our aged in retirement communities. 1985.

**Alone—Not Lonely: Independent Living
for Women over Fifty BR 6748**

by Jane Seskin

2 volumes

Emphasizes the opportunities for self-awareness, self-growth, and self-fulfillment achievable through independent living. Offers encouragement and practical advice on such topics as defining yourself as a single person, being confident in your status, creating or finding friends and support people, and taking responsibility for all decisions. 1985.

The Best Years of Your Life BR 6229

by Miriam Stoppard

3 volumes

Provides advice on maintaining physical and mental health for men and women over the age of fifty. Among the topics discussed are nutrition and exercise, the changes retirement brings, special problems of the older body, sex, and coping with long-term illness. 1984.

Disabilities

General

Cassettes

Personal Computers and Special Needs RC 23573

by Frank G. Bowe
narrated by Phil Regensdorf
2 cassettes

Individual case studies demonstrate the many ways in which computers can make education, employment, and independent living safer and more enjoyable for people with vision and hearing impairments, mobility limitations, and learning disabilities. 1984.

The Disabled and Their Parents: A Counseling Challenge RC 20580

edited by Leo Buscaglia
narrated by John Richardson
3 cassettes

The popular lecturer, writer, and educator emphasizes the importance of quality counseling for disabled persons and their families. He reviews the needs and rights of disabled persons, the role of family in their lives, and, in particular, the role of the counselor. 1983.

The Baby Challenge: A Handbook on Pregnancy for Women with a Physical Disability RC 33357

by Mukti Jain Campion
narrated by Kerry Cundiff
2 cassettes

Practical guide to motherhood. Covers making the decision to become pregnant, available support services, pregnancy, delivery, and assistance from health professionals. Provides specific information about selected physical disabilities, such as visual impairment and diabetes. Appendixes include a list of helpful organiza-

tions, other contacts, and a bibliography. 1990.

Living Fully: A Guide for Young People with a Handicap, Their Parents, Their Teachers, and Professionals RC 12712

by Sol Gordon
narrated by John Stratton
2 cassettes

Takes a practical and honest look at how young people with disabilities can face their problem and achieve full and happy adult lives. 1975.

Making the Best of It: How to Cope with Being Handicapped RC 24717

by Gillian K. Holzhauser
narrated by Rosemary Schwartzel
1 cassette

A young, legally blind woman offers practical advice, based on her own experiences and insights, on how to develop a healthy attitude and a good outlook on life if one has a disability. 1986.

Business and Social Etiquette with Disabled People: A Guide to Getting Along with Persons Who Have Impairments of Mobility, Vision, Hearing, or Speech RC 29501

by Chalda Maloff and
Susan Macduff Wood
narrated by Ralph Lowenstein
1 cassette

After interviewing hundreds of people who have lived with impairments for at least three years, the authors offer suggestions about how people with disabilities wish to be treated in both business and social situations. Foreword by Mel Tillis. 1988.

Promises to Keep: A Handbook for Parents of Learning Disabled, Brain-injured, and Other Exceptional Children RC 22807

by David Melton
narrated by Lou Briganti
2 cassettes

The parent of an exceptional child himself, the author provides detailed advice on such topics as finding Dr. Right, financing necessary medical treatments, selecting good day-care services, preserving family relationships, and dealing with psychologists. Melton strongly supports parents' taking care of their brain-injured child at home. 1984.

The Disabled Child and the Family: An Exceptional Parent Reader RC 25386

by edited by Maxwell J. Schleifer and Stanley D. Klein
narrated by Kerry Cundiff
3 cassettes

Sixty-two articles culled from issues of the *Exceptional Parent* magazine. Focuses on issues of family, growing up, and technology, and deals with such topics as reactions to disability, self-esteem of parent and child, relationship dynamics, community, recreation, education, health care, sex education, residential care, adaptive and communication devices, and utilization of computers. Includes directory of resources. 1985.

Braille

Living Fully: A Guide for Young People with a Handicap, Their Parents, Their Teachers, and Professionals BR 3990

by Sol Gordon
2 volumes

Takes a practical and honest look at how handicapped young people can face their problems and achieve full and happy adult lives. 1975.

After the Years: Parents Talk about Raising a Child with a Disability BR 7173

by Robin Simons
1 volume

Parents of children with disabilities share their emotions, problems, and experiences in this handbook. Provides suggestions for dealing with relatives, strangers, teachers, and other professionals and includes a list of resources. 1987.

Visual Issues

Cassettes

Blindness: What It Is, What It Does, and How to Live with It RC 20473

by Thomas J. Carroll
narrated by Kerry Cundiff
3 cassettes

The national chaplain of the Blinded Veterans Association comments on the problems of the blinded adult. While his main theme is rehabilitation and restoration, he begins by discussing the shattering experience of sight loss and its implications. 1961.

Making Life More Livable: Simple Adaptations for the Homes of Blind and Visually Impaired Older People RC 22319

by Irving R. Dickman
narrated by Richard Dorf
1 cassette

In a question and answer format, the author offers suggestions and options for the older person who has deteriorating vision and lives at home. The author suggests safe ways of dealing with obstacles that may be encountered in the kitchen, bathroom, and other rooms of the house. 1983.

How Do I Do This When I Can't See What I'm Doing? Information Processing for the Visually Disabled RC 36212

by Gerald Jahoda
narrated by John Stratton
1 cassette

Calling upon his own experiences, the author describes how visually impaired persons can gather and process information, including using computers as assistive devices. He also discusses personal information management systems, jobs and leisure activities, daily living, and organizations that assist visually disabled persons. 1993.

When the Cook Can't Look: A Cooking Handbook for the Blind and Visually Handicapped RC 17940

by Ralph Read
narrated by Ray Hagen
1 cassette

The author, who became blind in adulthood, offers practical, safe, and easy cooking methods for sightless people, including how to measure ingredients, light the stove, chop onions, and serve and eat gracefully. Voice indexed. 1981.

If Blindness Strikes—Don't Strike Out: A Lively Look at Living with a Visual Impairment RC 21060

by Margaret M. Smith
narrated by Kerry Cundiff
2 cassettes

The author, blind since birth, has worked with the visually handicapped since completing her master's degree in journalism. Designed primarily to help blind people cope, the volume is crammed with anecdotes and information that offer the sighted a realistic glimpse into what it is like to live without sight. 1984.

Braille

How Do I Do This When I Can't See What I'm Doing? Information Processing for the Visually Disabled BR 9176

by Gerald Jahoda
2 volumes

Calling upon his own experiences, the author describes how visually impaired persons can gather and process information, including using computers as assistive devices. He also discusses personal information management systems, jobs and leisure activities, daily living, and organizations that assist visually disabled persons. 1993.

If Blindness Strikes—Don't Strike Out: A Lively Look at Living with a Visual Impairment BR 5858

by Margaret M. Smith
3 volumes

The author, blind since birth, has worked with the visually handicapped since completing her master's degree in journalism. Designed primarily to help blind people cope, the volume is crammed with anecdotes and information that offer the

sighted a realistic glimpse into what it is like to live without sight. 1984.

Self-Esteem and Adjusting with Blindness: The Process of Responding to Life's Demands BR 6183

by Dean W. Tuttle

4 volumes

Offers a model of adjusting to blindness and developing self-esteem. Includes guidelines for professionals who work with blind individuals. 1984.

Mobility Issues

Cassettes

Sexual Adjustment: A Guide for the Spinal Cord Injured RC 7914

by Martha Ferguson Gregory

narrated by Marjorie March

1 cassette

Overview of the physical and psychological problems of paraplegics, showing how to overcome obstacles to sexual fulfillment. Also informative for individuals with other physical handicaps. 1974.

Triumph! Conquering Your Physical Disability RC 21100

by LeRoy Hayman

narrated by Roy Avers

1 cassette

Hayman was disabled in his early thirties by a freak accident that caused massive brain damage. He tells how the daily victories achieved since his near-death experience have made him a winner. Interviews with other disabled people focus on self-esteem, living in the present, education and careers, health and recreation, and travel. For high school and adult readers. 1982.

The Sensuous Wheeler: Sexual Adjustment for the Spinal Cord Injured RC 16641

by Barry J. Rabin

narrated by Hal Tenny

2 cassettes

An experienced psychologist and sex counselor offers a survey of information on sexuality as it relates to people with spinal cord injuries. Discusses sexual response and functioning, sexual options, and specific methods for achieving sexual satisfaction. May be used by professionals as a counseling guide and by persons with spinal cord injuries as a self-help aid. 1980.

The Wheelchair Child: How Handicapped Children Can Enjoy Life to Its Fullest RC 23481

by Philippa Russell

narrated by Phil Regensdorf

3 cassettes

A comprehensive guide for people living or working with children who use wheelchairs. Detailed discussions cover a variety of concerns, from choosing schools, pets, sports, mobility aids, and special furniture to discussions of toilet training, sibling rivalry, and adolescent sexuality. Lists addresses for manufacturers of special products discussed and organizations serving the handicapped. 1985.

An Easier Way: Handbook for the Elderly and Handicapped RC 21628

Jean Vieth Sargent

narrated by Ila Toney

1 cassette

This book was compiled from a series of articles published in two Iowa newspapers on the needs of elderly and handicapped persons who want to remain independent. Suggestions include cups for shaky hands,

writing aids for arthritic people, a tricky way to puncture a tall juice can with only one hand, and a sock "taker-offer." 1981.

Providing Care for a Loved One

Cassettes

Caring for Your Aging Parents: A Concerned, Complete Guide for Children of the Elderly RC 22946

by Robert R. Cadmus
narrated by Jeff Halberstadt
2 cassettes

Practical guide for dealing with the problem of "what to do with Mom and Dad." Coverage includes healthy attitudes toward retirement, the importance of seeing that one's parents find new and appropriate lifestyles after sixty-five, maintenance of good nutritional and exercise habits, and the dangers of depression and isolation. 1984.

Where Can Mom Live? A Family Guide to Living Arrangements for Elderly Parents RC 27887

by Vivian F. Carlin and Ruth Mansberg
narrated by Noel Bacon
2 cassettes

Describes alternative housing choices for elderly people, such as home sharing, group homes, and congregate and life-care communities, and discusses the pros and cons of each. Also provides lists of agencies and other resources. 1987.

The Loss of Self: A Family Resource for the Care of Alzheimer's Disease and Related Disorders RC 24256

by Donna Cchen and Carl Eisdorfer
narrated by Paul Baker
3 cassettes

The authors offer ground rules to help a family cope with the emotional and physical stress of caring for a loved one with Alzheimer's disease who becomes increasingly irrational, helpless, and even violent. Includes accounts of how various

families have dealt with and solved some of the problems. 1986.

What Every Family Should Know about Strokes RC 20800

by Lucille J. Hess and Robert E. Bahr
narrated by Richard Dorf
1 cassette

A practicing speech pathologist and a family physician describe the causes and the effects of strokes. Book emphasizes how families can cope with the changes in relationships, attitudes, income, and environment that strokes can cause. 1981.

Caring for the Parkinson Patient: A Practical Guide RC 32558

edited by J. Thomas Hutton
and Raye Lynne Dippel
narrated by Butch Hoover
2 cassettes

Parkinson's disease afflicts thousands of older Americans and affects many more who are concerned with their care. Although neither cause nor cure is known, this series of essays addresses the diagnosis, possible complications, and treatment of this neurological disorder. The book also provides professional, practical advice for families and other community support systems. 1989.

Heartmates: A Survival Guide for the Cardiac Spouse RC 27419

by Rhoda F. Levin
foreword by David V. Keith
narrated by Mary O'Neal
2 cassettes

Drawing on personal experience and professional training, a psychotherapist offers a guide for the spouses and families of heart attack survivors. She provides advice on changing roles and responsibilities following a cardiac crisis, and confronts such issues as the long recovery

period, concerns over stress and finances, guilt, fear, fatigue, and sexuality. 1987.

The Thirty-six-hour Day: A Family Guide to Caring for Persons with Alzheimer's Disease, Related Dementing Illnesses, and Memory Loss in Later Life RC 19261

by Nancy L. Mace and Peter V. Rabins
narrated by Janis Gray
3 cassettes

Practical and sympathetic guide for families caring for a relative affected by what is commonly called senility. Covers a wide array of related social, medical, psychological, financial, and legal problems. 1981.

Caring for Your Parents: A Sourcebook of Options and Solutions for Both Generations RC 26535

by Helene MacLean
narrated by Jim Bond
3 cassettes

Provides information on such diverse topics as preparing living wills, dealing with bureaucracies, finding health care specialists, nursing homes, and locating service agencies. Offers a wealth of practical advice along with names and addresses of pertinent organizations. Includes a thorough discussion of Medicare and Medicaid. 1987.

Home Care for the Elderly: A Complete Guide RC 26621

by Jay Portnow and Martha Houtmann
narrated by Art Metzler
2 cassettes

Practical working guide that covers home care from the basics of providing good nutrition and a pleasant, safe environment for the aging to step-by-step instructions on caring for the bedridden. Includes a checklist for evaluating a nursing home; an overview of national resources, and tips

on obtaining emergency assistance, supplies, and facts on Medicare. 1987.

Mainstay: For the Well Spouse of the Chronically Ill RC 28292

by Maggie Strong
narrated by Rita Hottois
3 cassettes

An account of how the author coped with the deteriorating health of her spouse, who had multiple sclerosis. Using her experiences and those of others in similar situations, she offers advice on such topics as maintaining family relationships, rearing children, handling financial burdens, and dealing with health professionals. The appendix lists organizations offering help. 1988.

Home Care for the Elderly RC 19573

by Julie Trocchio
narrated by Pat McDermott
1 cassette

How-to guide in the basics of home care for older invalids. Deals with the aging process, emotional support, nutrition, special conditions often encountered by elderly people, and their need to be treated with respect and love. 1981.

Braille

Helping Your Aging Parents: A Practical Guide for Adult Children BR 7480

by James Halpern
3 volumes

A family therapist with clinical experience offers support and advice to those whose parents are coping with old age. Halpern aims to equip these adult children with information and strategies to aid their parents. Provides lists of state agencies on aging and information on nursing homes, hospice facilities, and donor cards. 1987.

**Mainstay: For the Well Spouse of the
Chronically Ill BR 7572**

by Maggie Strong

4 volumes

An account of how the author coped with the deteriorating health of her spouse, who had multiple sclerosis. Using her experiences and those of others in similar situations, she offers advice on such topics as maintaining family relationships, rearing children, handling financial burdens, and dealing with health professionals. The appendix lists organizations offering help. 1988.

Death and Bereavement

Cassettes

Widower RC 27186

by Scott Campbell and Phyllis Silverman
narrated by Roy Avers

2 cassettes

Firsthand accounts from twenty widowers who describe in depth their reactions to the deaths of their spouses, whether from illness, suicide, or murder. Provides not only a practical guide for the bereaved, but also insight into how self-help programs can ease the pain and help the mourner to live once again. 1987.

Survival Handbook for Widows: And for Relatives and Friends Who Want to Understand RC 25877

by Ruth Jean Loewinsohn
narrated by Pam Ward

1 cassette

Explores what is known about a woman's reaction to the death of her husband and offers practical advice as well as emotional support. Gives suggestions on settling estate claims and on estate planning, on getting others to help, and on entering a new lifestyle. 1984.

The Bereaved Parent RC 29210

by Harriet Sarnoff Schiff
narrated by Sara Morsey

1 cassette

Written by one who suffered "the ultimate tragedy," the death of her child, this book conveys a positive self-help message of survival. Schiff recommends that we carry our sadness rather than let it carry us. 1977.

Living Through Mourning: Finding Comfort and Hope When a Loved One Has Died RC 25917

by Harriet Sarnoff Schiff
narrated by Kay Bergen

2 cassettes

Manual designed to assist the bereaved and those around them. Focuses on the death of a loved one, describing the grieving process and suggesting ways to cope with the loss. Includes advice on relating to others during the mourning period. 1986.

Living through Personal Crisis RC 22639

by Ann Kaiser Stearns
narrated by Sally McQuaid

2 cassettes

A self-help guide to dealing with loss, grief, and guilt. Based on her personal acquaintance and professional experience with bereavement, the author offers insight and support for facing loss and allowing the healing process to unfold. 1984.

Braille

On Children and Death BR 5868

by Elisabeth Kübler-Ross

3 volumes

A renowned psychiatrist considers the difficulties faced by parents who are losing or have lost a child. She offers compassionate and practical help for coping with the loss of a child through miscarriage or stillbirth, terminal illness, or accidental or violent death. 1983.

When Parents Die: A Guide for Adults

BR 6931

by Edward Myers

2 volumes

An analysis of the problems and emotional reactions experienced by those who have lost a parent, and how they coped.

1986.

The Bereaved Parent BR 5475

by Harriet Sarnoff Schiff

1 volume

Written by one who suffered "the ultimate tragedy," the death of her child, this book conveys with strength and compassion a positive self-help message of survival.

Schiff recommends that we carry our sadness rather than let it carry us. 1977.

Living through Personal Crisis BR 5954

by Ann Kaiser Stearns

2 volumes

A self-help guide to dealing with loss, grief, and guilt. Based on her personal acquaintance and professional experience with bereavement, the author offers insight and support for facing loss and allowing the healing process to unfold. 1984.

General

Cassettes

Having It All: Love, Success, Sex, Money, Even if You're Starting with Nothing RC 18684

by Helen Gurley Brown
narrated by Terry Hayes Sales
3 cassettes

The editor of *Cosmopolitan* magazine offers her wit and wisdom and cheery commonsense advice on men and women, sex and marriage, work and love, health and money. Some explicit descriptions of sex. Also issued on flexible disc as FD 18684. Bestseller 1982.

Dr. Dobson Answers Your Questions RC 21187

by James Dobson
narrated by Lou Harpenau
3 cassettes

Contains more than four hundred typical questions that people bring to this family psychologist, with answers drawn from his experience in the counseling office and from the university classroom. Some of the topics included are marital relationships, the care of infants, the disciplining of young children, and physical problems. 1982.

The Ann Landers Encyclopedia, A to Z: Improve Your Life Emotionally, Medically, Sexually, Socially, Spiritually RC 13412

by Ann Landers
narrated by Jill Ferris
10 cassettes

Includes four-hundred essays by physicians, psychiatrists, business people, attorneys, teachers, clergymen, and psychologists, with Landers's comments on the experts' articles and a number of topics of her own. Landers interjects some

of her memorable newspaper columns. Some explicit descriptions of sex. Also issued on flexible disc as FD 13412. Bestseller 1978.

The Best of Dear Abby RC 17329

by Abigail Van Buren
narrated by Jill Ferris
1 cassette

Collection of the author's syndicated columns with a brief story of her life as Pauline Esther Friedman, twin of Esther Pauline, the popular columnist Ann Landers. The remainder of the book is made up of letters and snappy responses. The correspondence is arranged by topics such as marriage, sex, snoring, teen traumas, infidelity, pets, and aging. Also issued on flexible disc as FD 17329. Bestseller 1981.

Braille

The Best of Dear Abby BR 5028

by Abigail Van Buren
2 volumes

Collection of the author's syndicated columns with a brief story of her life as Pauline Esther Friedman, twin of Esther Pauline, the popular columnist Ann Landers. The remainder of the book is made up of letters and snappy responses. The correspondence is arranged by topics such as marriage, sex, snoring, teen traumas, infidelity, pets, and aging. Bestseller 1981.

**Kim Williams' Book of Uncommon Sense:
A Practical Guide with Ten Rules for
Nearly Everything BR 6534**

by Kim Williams

2 volumes

Here, in humorous, witty essays and verses, the author, a popular commentator on the "All Things Considered" radio show delivers tips on coping with life's problems. Among the subjects included are doctors, family life, fickle fashion, stingy banks, politicians, and "practically everything." 1986.

Other Bibliographies

Bibliographies of books on disc and cassette and in braille are available on request from network libraries. They are produced in large-print, disc, and braille formats. Some bibliographies may not be available in all formats.

Careers

Guide to career options. Published in 1989.

Discoveries

A four-part bibliography of juvenile books:

- Fiction for the Youngest Reader
- Fiction for Elementary School Readers
- Fiction for Intermediate School Readers
- Fiction for Young Teens

Published in 1986.

Humor

Guide to fiction and nonfiction comic works. Published in 1987.

More Mysteries

Works of detective and mystery fiction produced since 1982. Published in 1992.

Mysteries

Works of detective and mystery fiction. Published in 1982.

Religion and Inspiration

Sacred writing and books on religions around the world. Published in 1987.

Romances

Lists romantic fiction and love stories. Published in 1984.

Short Novels

Novels of only one cassette, no more than two discs, or no more than two braille volumes. Published in 1985.

Short Stories

Lists collections of short stories and contains an author index to individual stories. Published in 1989.

Westerns

Stories about the American frontier. Published in 1983.

Westerns 1983–1990

More stories about the American frontier. Published in 1991.

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<input type="checkbox"/> RC 28047	RC 31741	BR 5675	BR 7324
<input type="checkbox"/> RC 28115	RC 31753	BR 5732	BR 7392

- | | |
|----------------------------------|-----------------------------------|
| <input type="checkbox"/> BR 7397 | <input type="checkbox"/> FD 28047 |
| <input type="checkbox"/> BR 7404 | <input type="checkbox"/> FD 29052 |
| <input type="checkbox"/> BR 7460 | <input type="checkbox"/> FD 30953 |
| <input type="checkbox"/> BR 7480 | <input type="checkbox"/> FD 30956 |
| <input type="checkbox"/> BR 7572 | <input type="checkbox"/> FD 31001 |
| <input type="checkbox"/> BR 7599 | <input type="checkbox"/> FD 31960 |
| <input type="checkbox"/> BR 7658 | |
| <input type="checkbox"/> BR 7673 | |
| <input type="checkbox"/> BR 7700 | |
| <input type="checkbox"/> BR 7755 | |
| <input type="checkbox"/> BR 7811 | |
| <input type="checkbox"/> BR 7837 | |
| <input type="checkbox"/> BR 7874 | |
| <input type="checkbox"/> BR 7882 | |
| <input type="checkbox"/> BR 8108 | |
| <input type="checkbox"/> BR 8291 | |
| <input type="checkbox"/> BR 9176 | |

Flexible Discs

- FD 10833
- FD 10972
- FD 12056
- FD 13412
- FD 14030
- FD 15805
- FD 17329
- FD 17739
- FD 18684
- FD 19221
- FD 21201
- FD 21543
- FD 22129
- FD 22965
- FD 22991
- FD 23902
- FD 25995
- FD 26986

About the Free Reading Program

The National Library Service for the Blind and Physically Handicapped (NLS) loans books and magazines to individuals who have problems reading because of a visual or physical limitation, temporary or permanent.

Books, playback equipment, headphones, and other aids are delivered by mail. Book descriptions, catalogs, and bibliographies such as this one are also mailed regularly to inform readers of new materials available.

No postage is required to borrow or return books, equipment, and other materials, and all materials are free.

Thousands of books on discs, cassettes, and in braille are available through a network of cooperating libraries. Fiction and nonfiction selections include classics, romances, science fiction, biographies, bestsellers, gothic novels, how-to books, and many more. Popular magazines are converted into discs, cassettes, and braille, and mailed to subscribers directly from producers. Music services are provided directly from NLS.

Eligibility for the program is determined by the inability to see well enough to read a conventional print book or to hold a book and turn pages. Individuals wishing service need a brief statement describing their disability from a competent authority such as a medical doctor, nurse, optometrist, ophthalmologist, staff member of a health care institution, or a librarian.

For specific eligibility requirements and more information, write to the National Library Service for the Blind and Physically Handicapped, Library of Congress, Washington, DC 20542.

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