

EAP LENDING LIBRARY



CHECK OUT OUR NEW LENDING LIBRARY IN THE EAP OFFICE!

The new Lending Library was funded through an EAP Grant offered by the Governor's Office of Employee Relations (GOER.)

All of the books in the EAP Lending Library are available to borrow! If you are interested in checking a book out, please contact the EAP Office at 386-7404 to reserve. One of our confidential coordinators will return your call, and make arrangements to get the book to you.

Adoption:

Adoption: Choosing It, Living It, Loving It

Dr. Ray Guarendi

Bereavement:

Children and Grief: Helping Your Child Understand Death

Joey O'Connor

How to go on Living When Someone You Love Dies

Therese A. Rando

Understanding Your Grief: Ten Essential Touchstones for Finding Hope and Healing Your Heart

Alan D. Wolfelt

Career:

What Color is Your Parachute? 2015: A Practical Manual for Job-Hunters and Career Changers

Richard N. Bolles

Conflict:

The Cowards Guide to Conflict: Empowering Solutions for Those Who Would Rather Run Than Fight

Tim Ursiny

Co-Parenting:

Co-Parenting 101: Helping Your Kids Thrive in Two Households After Divorce

Deesha Philyaw

The Co-Parents Handbook: Raising Well-Adjusted, Resilient, and Resourceful Kids in a Two Home Family from Little Ones to Young Adults

Karen Bonnell

Depression:

The Depression Cure: The 6-Step Program to Beat Depression without Drugs

Stephen S. Ilardi

Divorce:

Nolo's Essential Guide to Divorce

Emily Doskow

The High Conflict Custody Battle: Protect Yourself and Your Kids from a Toxic Divorce, False Accusations, and Parental Alienation

Amy J. Baker, PhD

Domestic Violence:

Is it My Fault? Hope and Healing for Those Suffering Domestic Violence

Lindsey A. Holcomb

The Verbally Abusive Relationship, Expanded 3rd Edition: How to Recognize It and How to Respond

Patricia Evans

Family:

Family First: Your Step-by-Step Plan for Creating a Phenomenal Family

Dr. Phil McGraw

How to Care for Aging Parents, 3rd Edition: A One-Stop Resource for All Your Medical, Financial, Housing, and Emotional Issues

Virginia Morris

Financial:

Get What's Yours: The Secrets to Maxing Out Your Social Security

Laurence J. Kotlikoff

Money Master the Game: 7 Simple Steps to Financial Freedom

Tony Robbins

Mental Health:

The 10 Best Anxiety Busters: Simple Strategies to Take Control of Your Worry

Margaret Wehrenberg

The Family Guide to Mental Health Care

Lloyd I. Sederer, MD

The Mayo Clinic Guide to Stress Free Living

Amit Sood, MD

Organization:

The Life-Changing Magic of Tidying Up: The Japanese Art of Decluttering and Organizing

Marie Kondo

Parenting:

Getting to Calm: Cool-Headed Strategies for Parenting Tweens & Teens

Laura S. Kastner

Raising Teens in the 21st Century

James G. Wellborn

The Bully, the Bullied, and the Bystander: From Preschool to High School - How Parents and Teachers Can Help Break the Cycle

Barbara Coloroso

Relationship:

The Five Love Languages: The Secret to Love that Lasts

Gary D. Chapman

Retirement:

How to Retire Happy, Fourth Edition: The 12 Most Important Decisions
You Must Make Before You Retire

Stan Hinden

I Want to Retire! Essential Considerations for the Retiree to Be

Dave Bernard

Substance Abuse:

Why You Drink and How to Stop: A Journey to Freedom

Veronica Valli

Weight Management:

Slim for Life: My Insider Secrets to Simple, Fast, and Lasting Weight Loss

Jillian Michaels

The 20/20 Diet: Turn Your Weight Loss Vision Into Reality

Dr. Phil McGraw

The Biggest Loser: 6 Weeks to a Healthier You: Loose Weight and Get
Healthy for Life!

Cheryl Forberg

The Whole 30: The 30-Day Guide to Total Health and Food Freedom

Melissa Hartwig



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