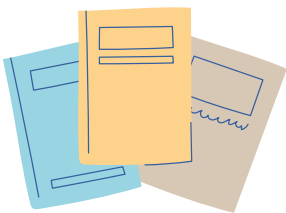


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Any opinions, findings, and conclusions or recommendations expressed in these books/DVDs are those of the author(s) and do not necessarily reflect the views of 19 Wing Health Promotion and the national Strengthening the Forces (StF) Program.

Nutrition Information

| Title | Author |
|--|--|
| Appetite for Profit - How the Food Industry Undermines our Health | Michele Simon |
| Crohn's Colitis - Understanding & Managing IBD | Dr A Hillary Steinhart |
| Death by Food Pyramid | Denise Minger |
| Does This Clutter Make My Butt Look Fat? | Peter Walsh |
| Fast Food Nation | Eric Schlosser |
| Fat Chance - Beating the Odds Against Sugar, Processed Food, Obesity and Disease | Robert H Lustig, MD |
| Food Junkies | Vera Ingrid Tarman |
| Food Matters - A Guide to Conscious Eating | Mark Bittman |
| Foods that Harm, Foods that Heal | Reader's Digest |
| Fortify Your Life | Tieraona Low Dog, MD |
| Gluten is my Bitch - Rants, Recipes, and Ridiculousness for the Gluten-Free | April Peveteaux |
| Good Calories. Bad Calories | Gary Taubes |
| In Defense of Food - An Eater's Manifesto | Michael Pollan |
| Meals That Heal Inflammation | Julie Daniluk, RHN |
| Nancy Clark's Sports Nutrition Guidebook | Nancy Clark, MS, RD |
| Nutrition for a Healthy Pregnancy | Health Canada |
| Power Foods for the Brain | Neal D. Barnard, MD |
| Quick Check Food Facts | Linda McDonald, MS, R.D. |
| Salt Sugar Fat: How the Food Giants Hooked Us | Michael Moss |
| Savour - Mindful Eating, Mindful Life | Thich Nhat Hanh and Dr. Lilian Cheung |
| Suicide by Sugar | Nancy Appleton, PhD & G.N. Jacobs |
| Tasty | John McQuaid |
| The Big Fat Surprise | Nina Teicholz |
| The Complete IBS Health & Diet Guide | Dr. Maitreyi Raman, MD, MSc, FRCPC, Angela Sirounis, BSc, RD & Jennifer Shrubsole, BSc, RD |
| The End of Food | Paul Roberts |
| The End of Overeating | David A. Kessler, MD |
| The Hunger Fix | Pam Peeke MD, MPH, FACP |
| The Table Comes First | Adam Gopnik |
| The Way We Eat - Why Our Food Choices Matter | Peter Singer & Jim Mason |
| What Are You Hungry For? | Deepak Chopra, MD |
| What's Your Poo Telling You? | Josh Richman and Anish Sheth, MD |
| Wheat Belly | William Davis, MD |
| Why We Get Fat and What to Do About It | Gary Taubes |
| DVD - Dying to be Thin | NOVA |
| DVD - Fat - What No One is Telling You | PBS Home Video |
| DVD - Fed Up | Starz/Anchor Bay |
| DVD - Food, Inc | Alliance |
| DVD - Forks Over Knives | Maple Pictures |
| DVD - Killer at Large | Shinebox Media Productions |
| DVD - Super Size Me | Alliance |



Nutrition - Recipes & Cookbooks

| Title | Author |
|---|--|
| 500 15 Minute Low Sodium Recipes: Fast and Flavourful Low Sodium Recipes | Dick Logue |
| 500 Low Sodium Recipes: Lose the Salt, Not the Flavour | Dick Logue |
| Best Ever Vegetarian Cooked | Linda Fraser Michael Pollan |
| Healing Foods | Susan Curtis, Pat Thomas, Dagan Vilinac |
| Healing with Whole Foods | Paul Pitchford |
| How to Cook Everything <i>fast</i> - A Better Way to Cook Great Food | Mark Bittman |
| How to Cook Everything the Basics -All You Need to Make Great Food | Mark Bittman |
| Hungry Girl - Recipes and Survival Strategies for Guilt-Free Eating in the Real World | Lisa Lillien |
| It's Not About The Food | Esther Kane |
| Kale - The Complete Guide to the World's Most Powerful Superfood | Stephanie Pedersen |
| Nutrition Concepts and Controversies | Frances Sizer & Eleanor Whitney |
| One Pan, Two Plates: More Than 70 Complete Week-night Meals for Two | Carla Snyder |
| Quinoa Revolution | Patricia Green and Carolyn Hemming |
| Simplement délicieux - Les diététistes du canada | Patricia Chuey, MSc, RD, Eileen Campbell and Mary Sue Waisman, MSc, RD |
| Simply Great Food - Dietitians of Canada | Patricia Chuey, MSc, RD, Eileen Campbell and Mary Sue Waisman, MSc, RD |
| Sodium Girls Limitless Low Sodium Cookbook: How to Lose the Salt and Eat the Foods You Love | Jessica Goldman Foug |
| The BC Seasonal Cookbook | Ogle - Pateman - Darcy |
| The Diabetes Prevention & Management Cookbook | Johanna Burkhard and Barbara Allan, RD, CDE |
| The Everyday Squash Cook | Rob Firing, Ivy Knight & Kerry Knight |
| The Looneyspoons Collection | Janet & Greta Podleski |
| The Meat Free Monday Cookbook | Paul, Stella & Mary McCartney |
| The Omnivore's Dilemma | Michael Pollan |
| Wheat Belly Cookbook | William Davis, MD |
| The Coconut Oil Miracle - Fifth Edition | Bruce Fife, CN, ND |
| The Oh She Glows Cookbook | Angela Liddon * NEW * |



Stress & Anxiety



| Title | Author |
|--|--|
| Calming Your Anxious Mind - How mindfulness & compassion can free you from anxiety, fear & panic | Jeffrey Brantley, MD |
| How to Weep in Public - Feeble Offerings on Depression from One Who Knows | Jacqueline Novak |
| My Age of Anxiety - Fear, Hope, Dread, and the Search for Peace of Mind | Scott Stossel |
| Stress Management for Dummies | Allen Elkin, PhD |
| The Anxiety & Phobia Workbook | Edmund J. Bourne, PhD |
| The Little Book of Stress Relief | David Posen, MD |
| The Mindful Way through Depression | Mark Williams, John Teasdale, Zindel Segal & Jon Kabat-Zinn |
| The Power of Meditation | Edward Viljoen |
| The Relaxation & Stress Reduction Workbook | Martha Davis, PhD; Elizabeth Robbins Eshelman, MSW; Matthew McKay, PhD |
| Thoughts & Feelings - Taking Control of Your Moods & Your Life | Matthew McKay, PhD, Martha Davis, PhD, Patrick Fanning |
| When the Body Says No - The Cost of Hidden Stress | Gabor Maté, MD |
| DVD - Depression - Out of the Shadows | PBS Home Videos |
| DVD - Men Get Depression | PBS |
| DVD - Stress - Portrait of a Killer | National Geographic |
| DVD - Tough Guise 2 | Jackson Katz |



Addictions Awareness

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

Communication & Anger Management

| Title | Author |
|--|---|
| Alone Together - Why We Expect More from Technology and Less from Each Other | Sherry Turkle |
| Anger Management | Howard Kassinove PhD, ABPP & Raymond Chip Tafrate PhD |
| Anger Management for Dummies | W. Doyle Gentry, PhD |
| Angry All the Time | Ronald T Potter-Efron, MSW, PHD |
| Beyond Anger - A Guide for Men | Thomas J Harbin, PHD |
| Body Language for Dummies | Elizabeth Kuhnke |
| Fighting for Your Marriage | Howard J. Markman, Scott M. Stanley & Susan L. Blumberg |
| How to Instantly Connect with Anyone | Leil Lowndes |
| How to Talk to Anyone - 92 Little Tricks | Leil Lowndes |
| Reclaiming Conversation - The Power of Talk in a Digital Age | Sherry Turkle |
| Transforming Anger | Doc Childre & Deborah Rozman, PhD |
| DVD - Tale of Two Brains - Unlocking the Secrets to Life, Love, and Marriage | Mark Gungor |



Injury Reduction & Physical Activity

| Title | Author |
|---|---|
| Active Living Everyday - 20 Steps to Lifelong Vitality | Steven N. Blair, Andrea L. Dunn, Bess H. Marcus, Ruth Ann Carpenter & Peter Jaret |
| Anatomy of Exercise | Pat Manocchia |
| Becoming a Supple Leopard | Dr. Kelly Starrett with Glen Cordoza |
| Camping British Columbia - Sixth Edition - A Complete Guide to Provincial and National Park Campgrounds | Jayne Seagrave |
| Get on the Ball - Develop a Strong Core and a Lean, Toned Body | Lisa Westlake |
| Nano Workouts: Get in Shape & Lose Weight During Everyday Activities | Joakim Christoffersson |
| Pain Free - A Revolutionary Method for Stopping Chronic Pain | Pete Egoscue with Roger Gittines |
| Promoting Physical Activity | U.S. Department of Health and Human Services |
| Starting Strength - Basic Barbell Training - 3rd Edition | Mark Rippetoe |
| Strength Anatomy (600 Full-Colour Illustrations) 3rd Edition | Frédéric Delavier |
| Stretching | Bob Anderson |
| The BC Coast Explorer and Marine Trail Guide | John Kimantas |
| The Whartons' Stretch Book | Jim and Phil Wharton |
| Vancouver Island Book of Musts - The 101 Places Every Islander Must See | Peter Grant |
| Which Comes First, Cardio or Weights - Workout Myths, Trg Truths, and Other Surprising Discoveries from the Science of Exercise | Alex Hutchinson, PH D |
| Working Out, Working Within - The Tao of Inner Fitness Through Sports and Exercise | Jerry Lynch & Chungliang Al Huang |



Self-Help, ADHD & ADD, & Leadership

| Title | Author |
|---|--|
| Delivered from Distraction - Getting the Most out of Life with Attention Deficit Disorder | Edward M. Hallowell, MD, and John J. Ratey, MD |
| Drunk Tank Pink - And Other Unexpected Forces That Shape How We Think, Feel, and Behave | Adam Alter |
| Emotional Freedom | Judith Orloff, MD |
| Emotional Intelligence - Why it Can Matter More Than IQ | Daniel Goleman |
| Forgiveness | Robin Casarjian |
| It's OK That You're Not OK - Meeting Grief and Loss in a Culture that Doesn't Understand | Megan Devine * NEW * |
| Leadership - 50 Points of Wisdom for Today's Leaders | General Rick Hillier |
| Loving What Is - Four questions that can change your life | Byron Katie |
| Mind Over Mood | Dennis Greenberger, PhD and Christine A Padesky, PhD |
| Quiet: The Power of Introverts in a World That Can't Stop Talking | Susan Cain |
| Scattered Minds - A New Look at the Origins and Healing of ADD | Gabor Maté ,MD |
| Stepping Up - How Taking Responsibility Changes Everything | John Izzo PhD |
| The 7 Habits of Highly Effective People - Powerful Lessons in Personal Change | Stephen R. Covey |
| The Assertiveness Workbook | Randy J. Paterson, PhD |
| The Get-It-Together Guide for Figuring Out What To Do with Your Life - Roadmap | Roadmap Nation |
| The Introvert Advantage: How to Thrive in an Extrovert World | Marti Olsen Laney, Psy.D. |
| The Power of Habit - Why We Do What We Do in Life and Business | Charles Duhigg |
| The Power of Positive Thinking | Norman Vincent Peale |
| The Power of Your Subconscious Mind | Joseph Murphy, PhD., D.D. |
| The Social Skills Guidebook - Manage Shyness, Improve Your Conversations, and Make Friends, Without Giving Up Who You Are | Chris MacLeod, MSW |
| Train Your Brain | Ryuta Kawashima |
| Warrior Rising - A Soldier's Journey to PTSD and Back | LCol Chris Linford |
| Nudge | Ridhard H. Thaler & Cass R. Sunstein * NEW * |



General Health Promotion



| Title | Author |
|--|------------------------------------|
| A Slap in the Face: Why Insults Hurt and Why They Shouldn't | William B Irvine |
| AHA! The Moments of Insight that Shape our World | William B Irvine |
| Blink - The Power of Thinking Without Thinking | Malcolm Gladwell |
| Daily Inspiration from the Monk Who Sold His Ferrari | Robin Sharma |
| Eight Ways to Take an Active Role in Your Health | Bill Little, PhD |
| Finding Your Element | Ken Robinson |
| Furiously Happy - A Funny Book About Horrible Things | Jenny Lawson |
| Hardwiring Happiness: The New Brain Science of Contentment, Calm & Confidence | Rich Hanson |
| Is it Me or My Hormones - The Good, the Bad, and the Ugly About PMS, Perimenopause, and all the Crazy Things that Occur with Hormone Imbalance | Marcelle Pick, MSN, OB/GYN NP |
| Lives per Gallon - The True Cost of Our Oil Addiction | Terry Tamminen |
| Living Me to We - The Guide for Socially Conscious Canadians | Craig Kielburger, Mar Kielburger |
| Me to We - Finding Meaning in the Material World | Craig Kielburger, Mark Keilburger |
| Mental Traps - The Overthinker's Guide to a Happier Life | André Kukla |
| Mind Over Medicine | Lissa Rankin, MD |
| My Grandma Follows Me on Twitter | Craig & Marc Kielburger |
| Originals - How Non-Conformists Move the World - New | Adam Grant |
| Outliers - The Story of Success | Malcolm Gladwell |
| Soap and Water & Common Sense | Dr. Bonnie Henry |
| Sway - The Irresistible Pull of Irrational Behaviour | Ori Brafman and Rom Brafman |
| The Antidote: Happiness for People Who Can't Stand Positive Thinking | Oliver Burkeman |
| The Book of (Even More) Awesome | Neil Pasricha |
| The Book of Awesome | Neil Pasricha |
| The Dumbest Generation | Mark Bauerlein |
| The End of Illness | David B Angus, MD |
| The Happiness Project | Gretchen Rubin |
| The Leader Who Had No Title | Robin Sharma |
| The Menopause Book | Pat Wingert and Barbara Kantrowitz |
| The Power of Why | Amanda Lang |
| The Tipping Point | Malcolm Gladwell |
| The Wealthy Barber Returns | David Chilton |



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|--|----------------------------------|
| There's Lead in Your Lipstick - Toxins in our Everyday Body Care and How to Avoid Them | Gillian Deacon |
| TOXIN TOXOUT - Getting Harmful Chemicals Out of Our Bodies and the World | Bruce Lourie, Rick Smith |
| Traffic - Why We Drive the Way We Do | Tom Vanderbilt |
| What the Dog Saw | Malcolm Gladwell |
| What's Your Poo Telling You? | Josh Richman and Anish Sheth, MD |
| DVD - America the Beautiful | Xenon Pictures |
| DVD - If I Should Fall - A True Story of the Afghan Experience | Brendon Culliton |
| DVD - Pink Ribbons, Inc | National Film Board of Canada |
| DVD - The Invisible War | Docudrama Films |
| DVD - This Emotional Life - 3-Disc Set | PBS Home Videos |
| DVD -The Hunting Ground | Starz / Anchor Bay |

