

## Stress Management

152.4 BRANT

*Calming your anxious mind* by Jeffrey Brantley

152.4 HANSO

*The Anxiety first-aid kit: quick tools for extreme uncertain times* by Rick Hanson

152.4 WIL

*In control: no more snapping at your family, sulking at work, steaming in the grocery line, seething at meetings, stuffing your frustration* by Redford B. Williams

153.83 BOGEL

*Don't overthink it*  
by Anne Bogel

155 GOL

*:60 second stress management: the quickest way to relax and ease anxiety*  
by Andrew Goliszek

155.24 HANSO

*Resilient: how to grove an unshakeable core of calm, strength, and happiness*  
by Rick Hanson

155.24 HOLLI

*Living between worlds: finding personal resilience in changing times* by James Hollis

+155.41246

*Outsmarting worry: an older kid's guide to managing anxiety* by Dawn Huebner

## Stress Management

155.9 BRI

*Instant relief: tell me where it hurts and I'll tell you what to do* by Peggy Brill

155.9 CHA

*Stress management: a comprehensive guide to wellness* by Edward Charlesworth

155.9 JAS

*Don't get mad, get funny!: a light-hearted approach to stress management* by Leigh Anne Jasheway

155.9042 LAROC

*Relax—you may only have a few minutes left: using the power of humor to overcome stress in your life and work*  
by Loretta LaRoche

158.1 BISHO

*Unfu\*ck yourself: get out of your head and into your life* by Gary John Bishop

158.1 GREEN

*How to be fine: what we learned from living by the rules of 50 self-help books*  
by Jolenta Greenberg and Kristin Meinzer

616.85 ALBER

*50 more ways to sooth yourself without food* by Susan Albers



## Stress Management

616.85 BRO

*When your body gets the blues: the clinically proven program for women who feel tired and stress and eat too much* by Marie Brown

616.8522 ANTON

*The anti-anxiety workbook* by Martin Antony and Peter J. Norton

616.98 WHE

*10 simple solutions to stress: how to tame tension and start enjoying your life*  
by Claire Wheeler MD

646.7 WIS

*A patchwork of comforts: small pleasures for peace of mind* by Carol Wiseman

## AUDIOBOOKS

152.46 ELLIS RB

*How to control your anxiety: before it controls you* by Albert Ellis

158.1 HARRI RB

*Meditation for fidgety skeptics: a 10% happier how-to book* by Dan Harris

158.1 PERMU RB

*Meditation workshop: a complete guide to meditation* by Philip Permutt

158.12 SCHWA RB

*Unplug: a simple guide to meditation for busy skeptics and modern soul seekers*  
by Suze Yalof Schwartz

## SIMPLE CELEBRATIONS

394.2 SAL

*A simple Christmas: celebrating the old-fashioned way in a modern world* by Lori Salkin and Rob Sperry

394.2 TWI

*Celebrate simply: your guide to simpler, more meaningful holidays and special occasions* by Nancy Twigg

394.26 SETON

*Simple pleasures for the holidays: a treasury of stories and suggestions for creating meaningful celebrations* by Susannah Seton

394.2663 SAI

*Simplify your Christmas: 100 ways to reduce the stress and recapture the joy of the holidays* by Elaine St. James

+394.268 KAM

*Make a Christmas memory: simple things you can do to celebrate the true meaning of Christmas* by Julaine Kammrath

641.54 ANDER

*Perfect one-dish dinners: all you need for easy get-togethers* by Pam Anderson

641.555 ROBIN

*5 Ingredient fix: easy, elegant, and irresistible recipes* by Claire Robinson

## DEPRESSION

362.25 WILLI

*The mindful way through depression: freeing yourself from chronic unhappiness* by Mark Williams

616.85 BROGA

*A mind of your own: the truth about depression and how women can heal their bodies to reclaim their lives* by Kelly Brogan

616.85 BUR

*When panic attacks: the new, drug-free anxiety therapy that can change your life* by David D. Burns

616.85 MERKI

*This close to happy: a reckoning with depression* by Daphne Merkin

## DISASTER PREPAREDNESS

613.9 EDWAR

*Preparedness now: an emergency survival guide for civilians and their families* by Aton Edwards

613.69 HUNT

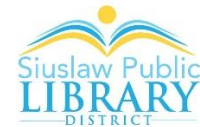
*The Practical Preppers complete guide to disaster preparedness* by Scott Hunt



# STRESSED

# OUT?

**Whether it is pandemics, holidays, natural disasters, seasonal depression, or other stressors, we have some resources which might help.**



**Siuslaw Public Library  
District**

**1460 9<sup>th</sup> Street  
Florence, OR 97439  
(541) 997-3132**

**Mapleton Branch Library**

**88148 Riverview Avenue  
Mapleton, OR 97453  
(541) 268-4033**

<https://www.siuslawlibrary.info>