

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



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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

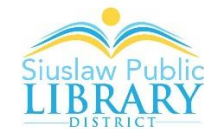
The Practical Preppers complete guide to disaster preparedness by Scott Hunt



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 9th Street
Florence, OR 97439
(541) 997-3132

Mapleton Branch Library

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

<https://www.siuslawlibrary.info>