

Subject	Title	Catalogue No.
Administrative assistants	Beyond secretary	VC0018
Administrative assistants	Indispensable assistant, The	AC0152
Adolescents	Parenting adolescents	PC0121
Alternative medicine	Best alternative medicine: What works, what does not, The	HC0074
Alternative medicine	Dr. Rosenfeld's guide to alternative medicine	PB0077
Alternative medicine	Woman's guide to vitamins, minerals and alternative healing, A	PB0078
Anger management	Power breaks	AC0055
Anger management	21 ways to defuse anger and calm people down	VC0016
Anger management	Dance of anger, The	PB0034
Anger management	Letting go of anger	PB0083
Anger management	Dr. Weisinger's anger work-out book	PB0085
Anger management	Breaking free from anger & unforgiveness	PB0153
Anger management	Hot stuff to help kids chill out: The anger management book	PB0173
Anxiety	Getting unstuck	PB0157
Anxiety	Overcoming panic, anxiety & phobias	PB0088
Assertiveness	Promoting yourself in the workplace	AC0002
Assertiveness	Your perfect right	PB0060
Assertiveness	People pleasers	HC0100
Assertiveness	Assert yourself	PB0141
Assertiveness	Making your mark	PB0144
Attention-deficit hyperactivity disorder ADHD	Ritalin is not the answer action guide	PB0122
Attitude (Psychology)	Winning attitude, A	PB0146
Attitude (Psychology)	Power of positivity, The	PB0204
Behaviour management	Tough kids audio series level 2 Advanced systems for tough kids, The	AC0017
Behaviour management	Tough kid book: Practical classroom mangement, The	PB0107
Behaviour management	Teacher's encyclopedia of behavior management, The	PB0108
Behaviour modification	Tough kid tool box, The	PB0109
Behaviour modification	Handbook of school-based interventions	HC0120
Behaviour modification	Ritalin is not the answer action guide	PB0122
Bereavement	How to go on living when someone you love dies	PB0038
Bereavement	When your parent dies	PB0044
Body image in adolescence	You have to say I'm pretty, you're my mother	HC0130
Buddhists	Words of my perfect teacher	DVD0205
Bullying	Gossiping, taunting, bullying: It's all harassment	VC0126
Bullying	Bullying at school	PB0115
Bullying	Bully free classroom, The	PB0140

Bullying	Bully POV	VC0167
Bullying	The bully at work	PB0099
Business communication	Lifescrpts	PB0064
Business communication	Power phrases	PB0203
Business letters	How to create high-impact letters and memos	PB0022
Business letters	Letters and memos	PB0149
Caregivers	I'm with you now	PB0080
Child rearing	Discipline without tears	PB0158
Child rearing	Children: the challenge	PB0159
Child rearing	Kids are worth it	PB0160
Child rearing	Building moral intelligence	PB0168
Child rearing	No more misbehavin'	PB0169
Child rearing	Boundaries	PB0111
Christian life	Breaking free from anger & unforgiveness	PB0153
Christian life	Breaking free from a negative self-image	PB0154
Christian life	Breaking free from depression	PB0155
Christian life	Breaking free from stress	PB0156
Christian life	Boundaries	PB0111
Christianity and other religions	One god shared hope	PB0134
Classroom management	Tough kids audio series level 1 Basic systems for tough kids, The	AC0116
Classroom management	Tough kid book: Practical classroom mangement, The	PB0107
Classroom management	Teacher's encyclopedia of behavior management, The	PB0108
Classroom management	Tough kid tool box, The	PB0109
Classroom management	Handbook of school-based interventions	HC0120
Classroom management	Art of assisting in the classroom, The	PB0138
Classroom management	Assisting in the language arts classroom	PB0139
Classroom management	Educating oppositional & defiant children	PB0170
Codependence	Playing it by heart	AC0067
Codependence	Codependent no more	AC0066
Codependence	Codependency conspiracy, The	HC0101
Communication	9 deadliest sins of communication, The	VC0003
Communication	Focused listening skills	VC0005
Communication	Professional telephone skills	VC0006
Communication	How to be an outstanding receptionist	VC0011
Communication	Power talking	AC0023
Communication	Golden rule of schmoozing, The	AC0024
Communication	Breaking the ice	PB0145

Communication	Dealing with difficult people	PB0098
Communication in the family	How to talk so kids will listen & listen so kids will talk	PB0095
Communication in the family	How to say it to your kids	PB0097
Communication in the family	Boundaries with kids	PB0114
Computers and children	Keep your kids safe on the internet	PB0182
Conduct of life	Spiritual notes to myself	PB0090
Conduct of life	Boundaries	PB0111
Conflict	Magic of conflict, The	VC0010
Conflict	Dealing with difficult people	PB0098
Conflict resolution	Magic of conflict, The	VC0010
Conflict resolution	Resolving conflicts at work	PB0081
Conflict resolution	Conflict resolution	PB0082
Corporations - Economic policy	Beyond McWorld: Challenging corporate rule	VC0124
Couples - Health and hygiene	Healthy together	PB0071
Customer relations	Developing a customer retention program	VC0009
Customer service	How to be an outstanding receptionist	VC0011
Customer service	How to provide excellent customer service	AC0050
Depression	Focusing on feeling good	AC0118
Depression	Wisdom of depression	PB0069
Depression	Breaking the patterns of depression	PB0113
Depression	Breaking free from depression	PB0155
Depression	Getting unstuck	PB0157
Depression	Coping with depression in young people	PB0177
Depression in children	Beyond the blues: child and youth depression	VC0193
Dietary supplements	Natural health bible	PB0075
Dietary supplements	Woman's guide to vitamins, minerals and alternative healing, A	PB0078
Discipline of children	Kids are worth it	PB0160
Discipline of children	No more misbehavin'	PB0169
Discipline of children	Boundaries with kids	PB0114
Divorce	Ex-wife syndrome, The	HC0119
Dyslexia	Secret life of the dyslexic child, The	PB0175
Edmonton Catholic Schools	Expression of faith...Rejoicing in our family	DVD0189
Elderly - Home care	Eldercare for dummies	PB0133
Employee morale	How to overcome negativity in the workplace	VC0008
Employee morale	Saying "no" to negativity (at work)	PB0061
Employees - Conduct of life	Chicken soup for the soul at work	PB0091
Equal pay for equal work	Starting with women's lives/Changing today's economy	PB0105

Ergonomics	Office ergonomics	PB0162
Estate planning	Complete idiot's guide to estate planning in 6 simple steps for Canadian:	PB0093
Fear	Feel the fear and do it anyway	PB0033
Fear	End the struggle and dance with life	PB0035
Feng shui	Feng shui your workspace for dummies	PB0202
Fetal alcohol syndrome	Fast forward: A fresh look at fetal alcohol syndrome	VC0125
Fetal alcohol syndrome	Fetal alcohol syndrome & other alcohol related birth defects	PB0104
Fetal alcohol syndrome	David with F.A.S.	VC0192
Goal setting	Setting and achieving goals	AC0058
Gossip	Gossiping, taunting, bullying: It's all harassment	VC0126
Handicapped children	You will dream new dreams	PB0087
Happiness	30 days to happiness	AC0019
Happiness	End the struggle and dance with life	PB0035
Harassment	Gossiping, taunting, bullying: It's all harassment	VC0126
Health	Parents' guide to teen health	PB0112
Health self-care	Healthy boomer, The	PB0070
Health self-care	Breathing: The master key to self-healing	AC0068
Health self-care	Focusing on feeling good	AC0018
Health self-care	Spontaneous healing	PB0031
Health self-care	Wellness book, The	PB0043
Health self-care	Healthy boomer, The	PB0070
Health self-care	Healthy together	PB0071
Health self-care	Lifescrpts	PB0064
Helping behavior	People pleasers	HC0100
Herbs - Therapeutic use	Natural health bible	PB0075
Hypnotist	Wayne Lee: The hypnotist of the 90s	VC0026
Incurable diseases	I'm with you now	PB0080
Industrial relations	Sweatshops	HC0127
Industrial relations	Tools for troublemakers	HC0128
Interpersonal communication	Lifescrpts	PB0064
Interpersonal communication	Life by design	AC0015
Interpersonal relations	Ties that bind, The	PB0073
Interpersonal relations	How to disagree without being disagreeable	PB0084
Interpersonal relations	Dealing with difficult people	PB0098
Interpersonal relations	Ties that bind, The	PB0073
Interpersonal relations	Resolving conflicts at work	PB0081
Interpersonal relations	Boundaries	PB0111

Interpersonal relations	Getting the love you want	PB0037
Labour disputes (Port Alice, BC)	Saving Alice - CEP	VC0207
Labour movement	Tools for troublemakers	HC0128
Labour policy	Sweatshops	HC0127
Lee, Wayne	Wayne Lee: The hypnotist of the 90s	VC0026
Literacy	Literacy & life long learning: The CEP experience	VC0123
Literacy	Literacy is a union issue	VC0185
Male menopause	Understanding men's passages	HC0032
Maquila Solidarity Network	Maquila Solidarity Network (MSN) Update	HC0129
Massage	Massage	HC0131
Meditation	Blessings	PB0040
Meditation	8 minute meditation	PB0179
Meditation	Flip the switch: 40 anytime, anywhere meditations	PB0180
Meditation	Meditations for women who do too much	PB0183
Meditation - Songs	Ocean surf	CD0187
Meditation - Songs	Algonquin suite	CD0188
Memory	Memory power	AC0013
Memory	Complete idiot's guide to improving your memory	PB0094
Memos	How to create high-impact letters and memos	PB0022
Menopause	Silent passage, The	PB0029
Menopause	Menopause	HC0046
Moral education	Building moral intelligence	PB0168
Morale	Power of positivity, The	PB0204
Mother and child	Mother dance, The	HC0047
Mothers - Family relationships	Mother dance, The	HC0047
Mothers and daughters	You have to say I'm pretty, you're my mother	HC0130
Mothers and daughters	Between mother and daughter	PB0079
Mothers and daughters	You have to say I'm pretty, you're my mother	HC0130
Naturopathy	Natural health bible	PB0075
Negotiations	Leadership through knowledge: Negotiating shorter hours	PB0172
Obsessive compulsive disorder	OCD: The war inside	DVD0206
Occupational health and safety	Saving ourselves: A basic reference manual	PB0184
Occupational health and safety	School workers health and safety guide	PB0163
Oral communication	Power phrases	PB0203
Organization	How to organize your life & get rid of clutter	AC0001
Organization	Organized for success	PB0063
Panic disorders	Overcoming panic, anxiety & phobias	PB0088

Parenting	Kids are worth it	PB0160
Parenting	No more misbehavin'	PB0169
Parenting	Boundaries	PB0111
Parenting	How to talk so kids will listen & listen so kids will talk	PB0095
Parenting	Building self-esteem in your child	VC0014
Parenting	Parenting adolescents	PB0121
Parenting	Educating oppositional & defiant children	PB0170
Parents-in-law	Ties that bind, The	PB0073
Peace	Peace in every step	PB0042
Personal finance	Personal finance for Canadians for dummies	PB0096
Personal reflection	Power breaks	AC0055
Phobias	Overcoming panic, anxiety & phobias	PB0088
Prayers	1000 world prayers	PB0135
Procrastination	Overcoming procrastination	VC0017
Project management	How to manage projects	AC0049
Project management	Managing multiple projects, objectives and deadlines	AC0053
Project management	Productivity power	PB0062
Proofreading	Proofreading & editing skills	VC0021
Proofreading	Powerful proofreading and editing skills	AC006
Public speaking	Great openings and closings	PB0143
Public speaking	Having something to say when you have to say something	PB0148
Quality of life	Self matters	HC0102
Quality of life	Simple living: The path to joy and freedom	PB0181
Quality of life	Making every minute count	VC0190
Reading comprehension	Reading essentials: How to read faster & improve your retention	AC0057
Relationships	When things fall apart	PB0089
Relationships	Playing it by heart	AC0067
Relationships	Getting the love you want	PB0037
Relationships	Letters from women who love too much	HC0103
Religious life - Buddhism	When things fall apart	PB0089
Respiration	Breathing: The master key to self-healing	AC0068
Retirement	Retirement strategies for women	PB0086
Retirement	101 secrets for a great retirement	PB0092
Secretaries	Beyond secretary	VC0018
Secretaries	Innovative secretary, the	PB0151
Self-concept	Self matters	HC0102
Self-confidence	Promoting yourself in the workplace	AC0002

Self-confidence	Confidence, composure and competence for working women	VC0012
Self-esteem	Women's barriers to effectiveness	AC0059
Self-esteem	People pleasers	HC0100
Self-esteem	Self-esteem & peak performance	AC0007
Self-esteem	Dynamics of high self-esteem	AC0048
Self-esteem	Breaking free from a negative self-image	PB0154
Self-esteem	You have to say I'm pretty, you're my mother	HC0130
Self-esteem	Feel the fear and do it anyway	PB0033
Self-esteem in adolescence	Building self-esteem in your child	VC0014
Self-esteem in children	Building self-esteem in your child	VC0014
Smoking	Know smoking	PB0072
Socialization	Tough kids audio series level 1 Basic systems for tough kids, the	AC0116
Socialization	Tough kid social skills book, The	PB0106
Spiritual growth	Re-enchantment of everyday life, The	PB0041
Spiritual growth	Road less traveled, The	PB0027
Spiritual growth	Road less traveled and beyond, The	PB0027
Spiritual growth	Care of the soul	PB0036
Spiritual growth	I'd say yes, God, if I knew what you wanted	PB0136
Spiritual life	Spiritual notes to myself	PB0090
Spiritual life	Blessings	PB0040
Spiritual life	Spiritual notes to myself	PB0090
Spiritual life	Chicken soup for the soul at work	PB0091
Spiritual life	I'd say yes, God, if I knew what you wanted	PB0136
Spiritual life	Stories of awe and abundance	PB0171
Stress	Breaking free from stress	PB0156
Stress	Stress skills for turbulent times	AC0020
Stress	Stress skills for turbulent times	AC0020
Stress	Principles of stress management	AC0065
Stress	Don't sweat the small stuff	PB0039
Stress	Stress control	PB0150
Stress	Breaking free from a negative self-image	PB0156
Strikes - Alberta	A-Channel strike: struggle for respect	VC0186
Student achievement	Professional learning communities at work	PB0030
Supervisors	How to supervise people	AC0051
Supervisors	Management & supervisory skills for women	AC0052
Supervisors	Positive supervisory skills	AC0054
Sweatshops	Sweatshops	HC0127

Sweatshops	Mickey Mouse Goes to Haiti	VC0166
Teenagers - Conduct of life	Teen torment	PB0137
Teenagers - Health and hygiene	Parents' guide to teen health	PB0112
Teenagers - Health and hygiene	Parents' guide to teen health	PB0112
Terminal care	I'm with you now	PB0080
Terminally ill	Final gifts	PB0076
Terminally ill	I'm with you	PB0080
Time management	Productivity power	PB0062
Time management	How to organize your life & get rid of clutter	AC0001
Time management	Taking control of your workday	VC0004
Time management	How to be an outstanding receptionist	VC0011
Time management	Organized for success	PB0063
Time management	Defeating procrastination	PB0147
Tobacco habit	Know smoking	PB0072
Tourette Syndrome	Life's a twitch	VC0191
Verbal abuse	Teen torment	PB0137
Verbal abuse	Explosive child, The	PB0178
Women - Conferences	6th annual CEP women's conference	HC0208
Women - Economic aspects	Starting with women's lives/Changing today's economy	PB0105
Women - Economic conditions	6th annual CEP women's conference	HC0208
Women - Health and hygiene	Woman's guide to vitamins, minerals and alternative healing, A	PB0078
Women - Social conditions	Ex-wife syndrome, The	HC0119
Women - Social conditions	6th annual CEP women's conference	HC0208
Women's rights	6th annual CEP women's conference	HC0208
Work - Moral and ethical aspects	Chicken soup for the soul at work	PB0091
Work environment - Humour	Learning to laugh at work	PB0142
Work environment - Humour	You can't be serious!	AC0164
Work environment - Humour	You can't be serious!	PB0165
Worry	Worry...controlling it and using it wisely	HC0045
Worry	Overcoming panic, anxiety & phobias	PB0088
Worry	Worry workbook, The	PB0110
Worry	Worried Child, The	PB0176
Yoga	Book of yoga, The	HC0132
Yoga	Yoga directory, The	HC0161
Youth and violence	Teen torment	PB0137