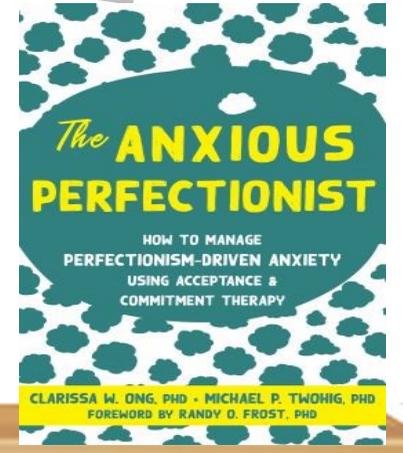
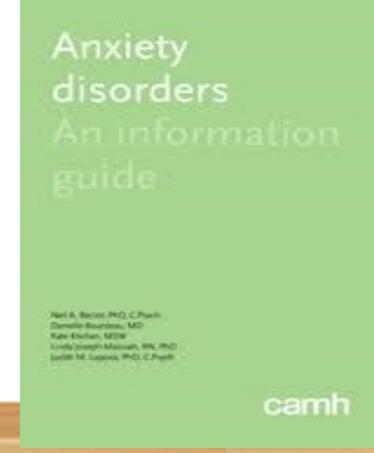
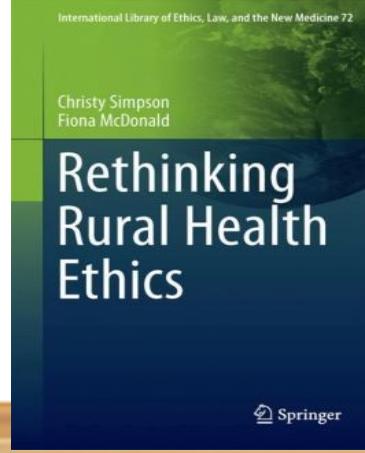
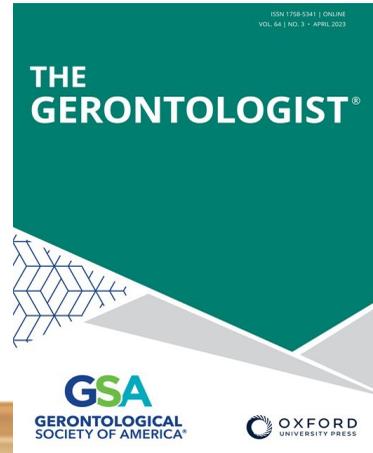
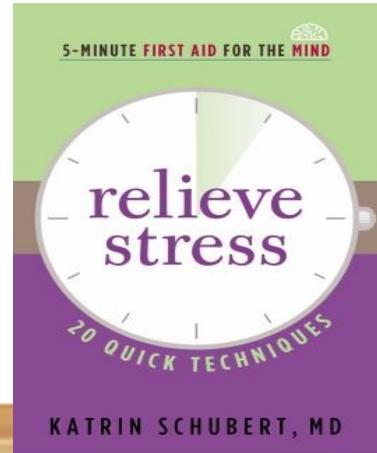
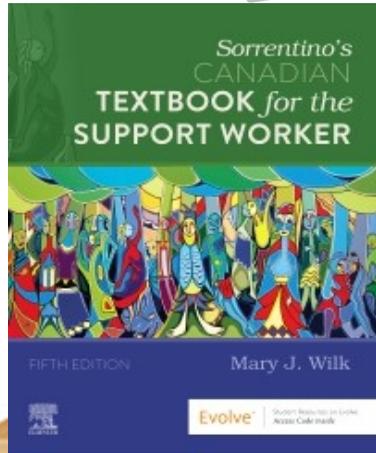


New Titles May 2024



Sorrentino's Canadian Textbook for the Support Worker, 5th ed. / Wilk

Learn to provide personal care and professional support in a variety of health care settings. This text helps build the skills you need to succeed as a PSW (personal support worker). Illustrated, step-by-step guidelines to 93 procedures show how to perform your role safely and effectively. New to this edition are more case studies plus coverage of the latest issues relating to supportive care in long-term care facilities, hospitals, and home care.

[WY 193 S57 2021](#)

Relieve Stress: 20 quick techniques / Schubert

In this quick guide from the "5 Minute First Aid for the Mind" series, you will learn easy techniques, including acupressure, breathing exercises, and guided imagery, to relieve stress in five minutes or less. Illustrations will show you how to apply specific science-based techniques in common stressful situations and how to effectively use these techniques in your daily life.

[WM 172.4 S37 2016](#)

The Gerontologist / Gerontological Society of America (GSA)

Published by GSA, the oldest and largest interdisciplinary organization devoted to practice in the field of aging, *The Gerontologist* publishes applied, multidisciplinary research on social issues related to human aging. It informs the community of professions involved in understanding the aging process and providing care to older people.

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[Online Journal](#)

Rethinking Rural Health Ethics / Simpson & McDonald

Essential reading for rural health providers, this is the first book to critique the existing urban-centric understanding of health ethics. It examines key values in the rural context including community and place, and reframes our understanding of how ethics operates in rural settings. It offers an ethical approach which supports decision-making about policy and practices at the micro, meso and macro levels in rural health care.

[W 50 R67 2017](#)

Anxiety Disorders: An information guide / CAMH

This guide explores the difference between normal anxiety and anxiety disorders, such as panic disorder, generalized anxiety disorder and specific phobias. It looks at the reasons why some people develop anxiety disorders and presents an overview of psychological and medication treatments. The guide also looks at long-term strategies to help people with anxiety disorders manage their anxiety and suggests ways that family members can help.

[WM 172 R42 2023](#)

The Anxious Perfectionist: How to manage perfectionism driven anxiety using Acceptance & Commitment Therapy / Ong

People don't always see their perfectionism as a problem. But they do recognize that their pursuit of perfection can lead to stress, worry, and anxiety. Written by two clinical psychologists this book addresses the hidden costs of "being the best," and offers readers essential skills based in Acceptance & Commitment Therapy for coping with the anxiety that is driven by their perfectionism.

[WM 425.5 O65 2022](#)



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