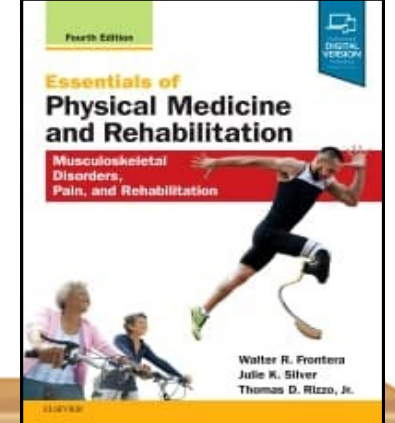
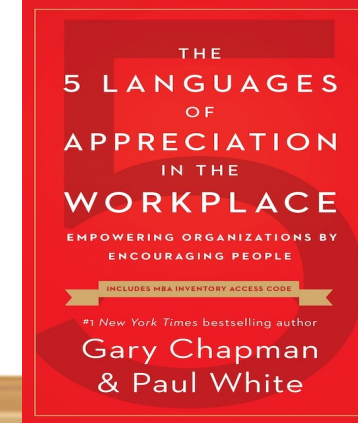
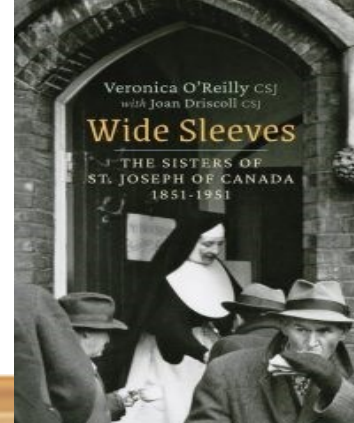
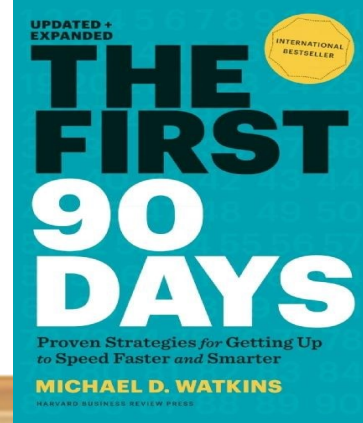
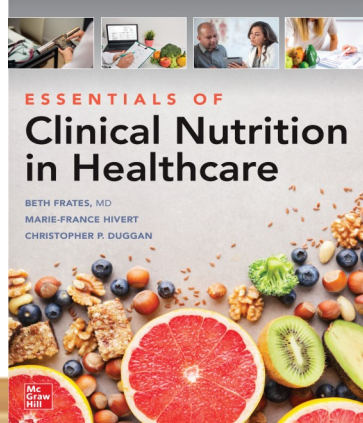
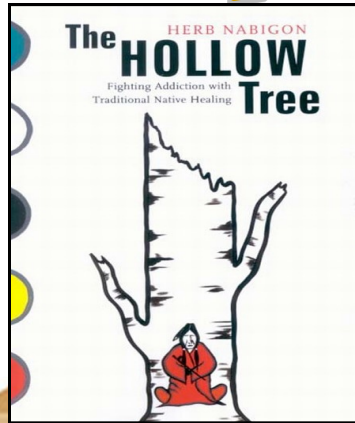


# New Titles October 2024



***The Hollow Tree: Fighting Addiction With Traditional Native Healing / Nabigon***

Herb Nabigon's powerful autobiography, *The Hollow Tree*, tells the story of his struggle to overcome addiction with the help of the spiritual teachings and brotherly love of his elders. His healing journey guided him to a life of kindness, honesty, courage, and humility. This book is one person's testament to the power of Indigenous culture to heal.

[WM 274 N23 2006](#)

***Essentials of Clinical Nutrition in Healthcare / Frates***

This book offers proven methods for diagnosing and managing nutritional changes in patients with chronic diseases and conditions. Focusing on nutrition and dietetics, it walks you through the process of maintaining patients' energy balance while also providing sufficient nutrients, such as protein, vitamins, and minerals. Evidence-based chapters address the effects of diet on health and a comprehensive array of illnesses.

[WB 400 F56 2024](#)

***The First 90 Days: Proven Strategies for Getting Up to Speed Faster and Smarter / Watkins***

Transitions are a critical time for leaders. Missteps made during the crucial first three months in a new role can jeopardize your success. In this updated international bestseller, the author offers proven strategies for conquering the challenges of transitions no matter where you are in your career. Whether starting a new job or being promoted from within, this is the guide you'll need to succeed in your first 90 days and beyond.

[HD 57.7 W38 2013](#)

***Wide Sleeves: The Sisters of St. Joseph of Canada 1851-1951 / O'Reilly***

*Wide Sleeves* is a rich historical panorama documenting the first hundred years of the Sisters of St. Joseph in Canada. The book's main purpose is the story of the Sisters' mission efforts to educate, to heal the sick and to care for those who were physically and spiritually in need. Over the decades, their work touched countless lives and demonstrated their love for Jesus and their ability to see him in those they served.

[WY 11 O56 2023](#)

***The 5 Languages of Appreciation in the Workplace: Empowering Organizations by Encouraging People / Chapman & White***

It is crucial for employees to feel valued but that's a challenge when you and your employees communicate appreciation differently. This book will help you elevate employee engagement by making staff feel truly valued; decrease turnover and increase loyalty with your employees and supervisors; reduce cynicism and create a more positive work environment.

[HF 5549 C43 2019](#)

***Essentials of Physical Medicine & Rehabilitation: Musculoskeletal Disorders, Pain, and Rehabilitation, 4th ed. / Frontera***

This text is packed with practical guidance to help you prevent, diagnose, and treat musculoskeletal disorders, pain syndromes, and chronic disabling conditions in day-to-day patient care. Easy-to-use reference provides information to improve patient function and performance by using both traditional and cutting-edge therapies, designing effective treatment plans, and working with interdisciplinary teams.

[WE 140 E84 2019](#)



Email the Library at [SJCG.LibraryServices@tbh.net](mailto:SJCG.LibraryServices@tbh.net) to borrow one of these books!