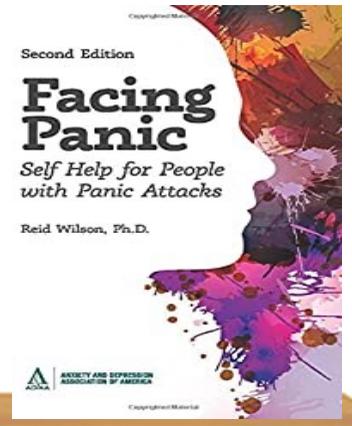
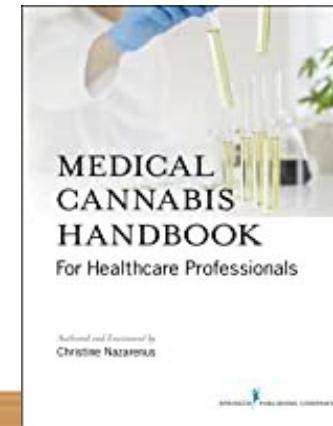
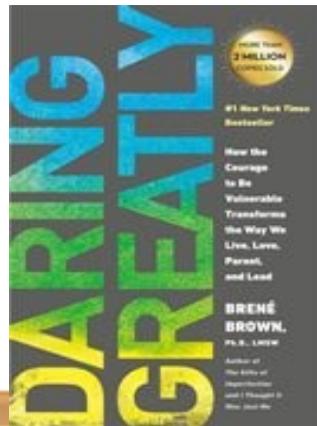
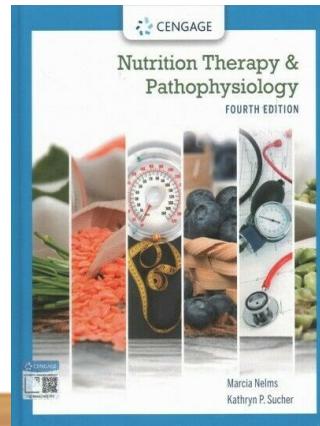
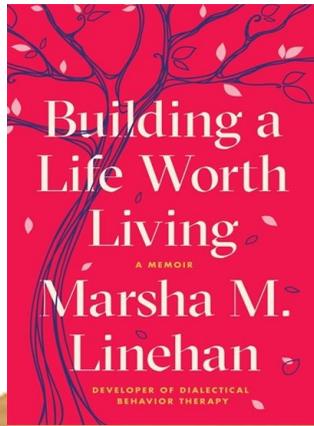


New Titles March 2020



Building a Life Worth Living: A Memoir / Marsha Linehan

Marsha Linehan tells the story of her journey from suicidal teenager to world-renowned developer of the life-saving behavioral therapy DBT, using her own struggle to develop life skills for others. In this remarkable and inspiring memoir Linehan shows how the principles of DBT really work and how, through using her techniques, people can build lives worth living.

RJ 506 L56 2020

Nutrition Therapy & Pathophysiology, 4th ed. / Nelms & Sucher

Reflecting the latest research and evidence-based practices, this edition provides comprehensive coverage of disease pathophysiology and treatment that emphasizes the best application of the nutrition care process. It clearly connects nutrition therapy practices and expected outcomes to underlying disease at every level--from cells to organ systems.

WB 400 N67 2018

Daring Greatly: How the Courage to Be Vulnerable Transforms the Way We Live, Love, Parent, and Lead / Brené Brown

Brown explains how vulnerability is both the core of difficult emotions like fear, grief, and disappointment, *and* the birthplace of love, belonging, joy, empathy, innovation, and creativity. *Daring Greatly* is a practice and a powerful new vision for letting ourselves be seen.

BF 575 B76 2015

Integrating Technology into 21st Century Psychiatry: Telemedicine, Social Media, and other Technologies

Topics covered in this issue of *Psychiatric Clinics of North America* include review and implementation of self-help and automated tools in mental health care, patient-provider relationship across modalities, child and adolescent telepsychiatry education, and consequence in the digital age of psychiatry among others.

W3 C6P7 v52 no4 2019

Medical Cannabis Handbook / C Nazarenus

Written for healthcare professionals who are considering including medical cannabis in their treatment plans, this is the first handbook to disseminate all the information needed to advise patients safely. Replete with evidence-based guidelines firmly grounded in the most up-to-date research, this resource covers the historical, legal, and biological context of medical cannabis.

QV 766 N23 2020

Facing Panic: Self Help for People with Panic Attacks / Reid Wilson

Written by renowned anxiety disorders expert Reid Wilson, this book teaches seven steps to break the cycle of panic and regain control of your life, including techniques and exercises to manage and overcome panic attacks and panic disorder. Charts to help you practice and track the skills you learn to overcome your panic are provided.

WM 172 W55 2019



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