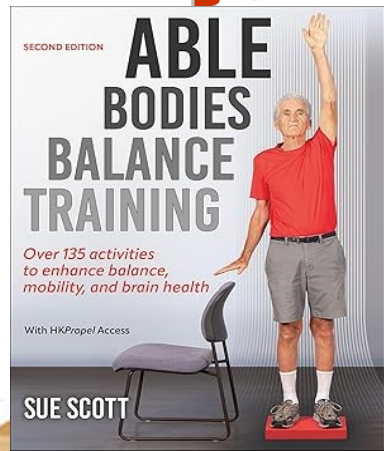


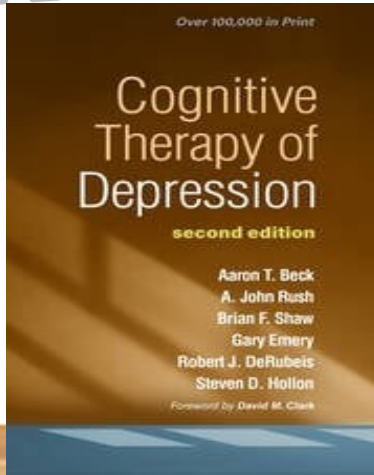
New Titles September 2025



ABLE Bodies Balance Training, 2nd ed. / Scott

With over 135 activities to enhance balance, mobility and brain health this resource provides health practitioners a broad range of physically and intellectually engaging activities suitable for teaching to older or frail populations. Functionally designed to support activities of daily living, the activities start simple and become progressively more challenging as participants' successes and strengths build.

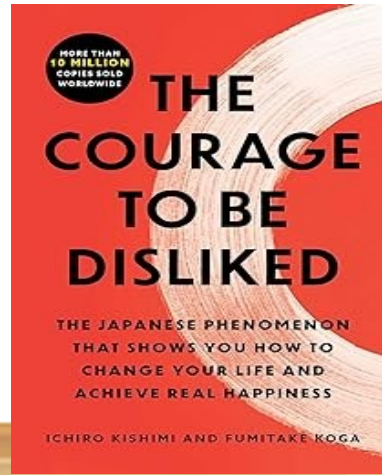
WB 541 S36 2026



Cognitive Therapy of Depression, 2nd ed. / Beck

Reflecting major contemporary developments in theory and clinical practice, the second edition of this authoritative guide has been significantly rewritten with 85% new material. Cognitive therapy (CT) pioneer Aaron T. Beck and associates provide cutting-edge knowledge about the cognitive model of depression and the most effective, lasting ways to reduce clients' suffering.

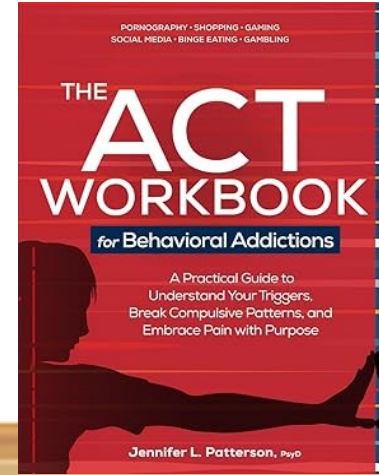
WM 171 B43 2024



The Courage to be Disliked: The Japanese phenomenon that shows you how to change your life and achieve real happiness / Kishimi

This book guides you through the concepts of self-forgiveness, self-care, and mind decluttering ... a deeply liberating way of thinking, allowing you to develop the courage to change and ignore the limitations that you might be placing on yourself. This plainspoken and profoundly moving book unlocks the power within you to find the person you truly want to be.

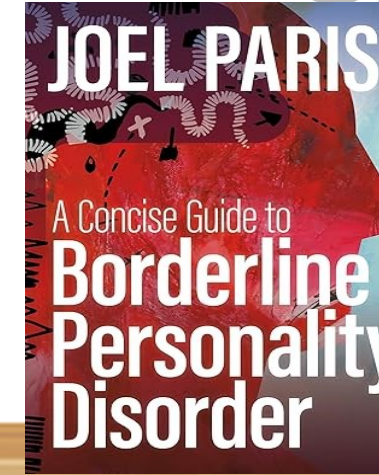
BF 637 K57 2024



The ACT Workbook for Behavioral Addictions: A practical guide to understand your triggers, break compulsive patterns, and embrace pain with purpose / Patterson

Written from the lens of acceptance and commitment therapy, this book provides a shame-free approach that therapists can use to help people get “unstuck” in their lives. It provides actionable exercises to help them take back control of their lives and make choices that move them closer to their values, goals, and dreams, even in the face of discomfort.

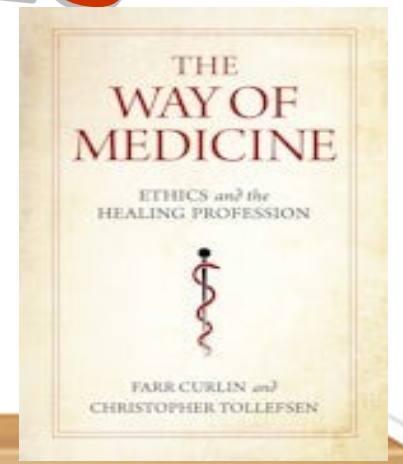
WM 425.5 P56 2025



A Concise Guide to Borderline Personality Disorder / Paris

In this updated, practical and evidence-based guide, the biopsychosocial model is used to contextualize and inform diagnosis and treatment. Chapters describe risk factors associated with borderline personality disorder (BPD), the development of BPD across the lifespan, and how BPD can be managed in therapy in order to help patients regulate emotions, reduce impulsivity, and improve their interpersonal skills.

WM 190 P37 2025



The Way of Medicine: Ethics and the healing profession / Curlin

In *The Way of Medicine*, the authors explore and analyze the how's and why's of medical practice, from the ancient model of Hippocrates to the modern Service-Provider Model. Using case examples, moral theory, foundational ethics, and experience, they answer the central questions of “what is medicine?” and “what is medicine for?”.

WB 50 C78 2021



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