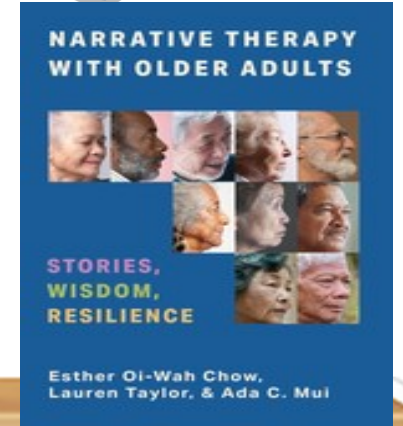
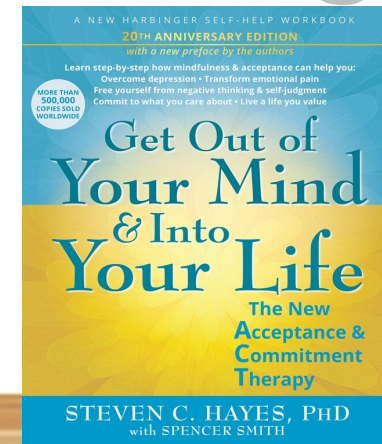
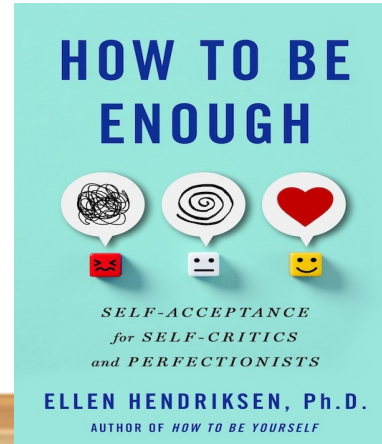
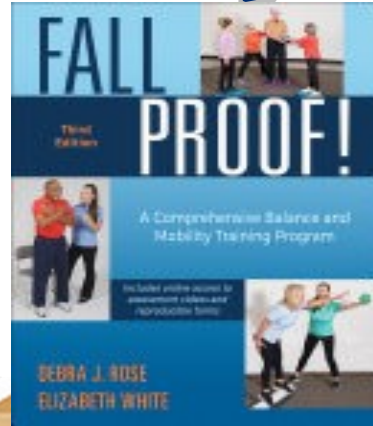


New Titles November 2025



***FallProof!: A comprehensive balance and mobility training program, 3rd ed.* / Rose**

This book provides a comprehensive exercise program to assess and train older adult clients in becoming functionally fit and preventing falls by improving strength and balance before falls occur. It covers fall prevention and mobility training, including center-of-gravity control training, multisensory training, postural strategy training and gait pattern enhancement.

[WT 104 R67 2026](#)

Geriatric Nursing / Gerontological Advanced Practice Nurses Association

Geriatric Nursing is the best source for clinical information and management advice relating to the care of older adults. Written for nurses and nurse managers who work in hospitals, long-term care facilities, senior centres, or in home care, the journal's peer-reviewed articles report the latest developments in the management of acute and chronic disorders.

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[Serial](#)

***How to Be Enough: Self-acceptance for self-critics and perfectionists* / Hendriksen**

With compassion and humor, clinical psychologist, Ellen Hendriksen, lays out a clear guide to enjoy rather than improve, be real rather than impressive, and be good to yourself when you're wired to be hard on yourself. She delivers seven shifts—including from self-criticism to kindness, control to authenticity, comparison to contentment—to find self-acceptance and cultivate the authentic human connections we all crave.

[BF 575 H46 2025](#)

***Rehabilitation Nursing Journal* / Association of Rehabilitation Nurses**

The purpose of this journal is to provide rehabilitation professionals with excellent articles whose primary focus is rehabilitation nursing, including areas of clinical practice, education, administration, healthcare policy, evidence-based practice, quality improvement, and research in a variety of settings including long term care and the community.

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***Get Our of Your Mind & Into Your Life: The new acceptance & commitment therapy, 20th Anniversary ed.* / Hayes**

Offering practical acceptance and commitment therapy (ACT) strategies, this updated workbook guides readers to stop avoiding pain, build psychological flexibility, face fears mindfully and focus on what truly matters for a more meaningful life. If you're struggling with painful thoughts and emotions, anxiety about the future or depression, this game-changing book can help.

[WM 425.5 H39 2025](#)

***Narrative Therapy with Older Adults: Stories, wisdom, resilience* / Chow**

The practice of narrative therapy (NT) focuses on the resilience of older adults by encouraging the construction of meaningful life stories. This book is an in-depth guide to NT for practitioners in social work, gerontology, and counseling. It presents the theories, methods, skills, and techniques of transformative narrative practice with older people in individual, family, group and collective settings.

[WT 152 C46 2025](#)



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