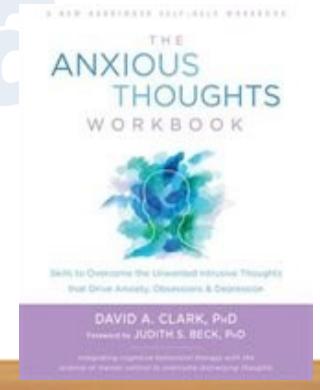
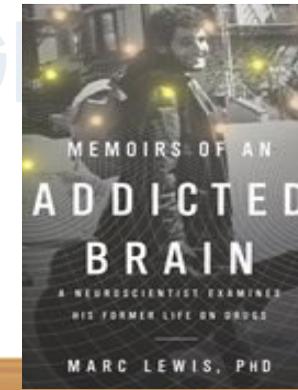
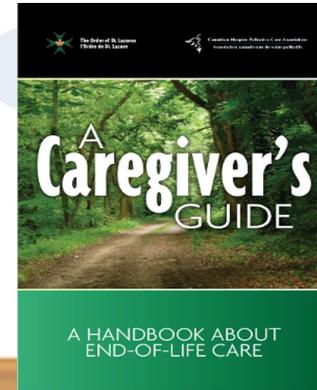
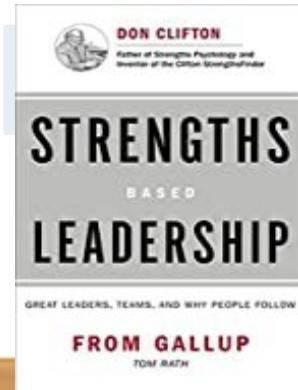
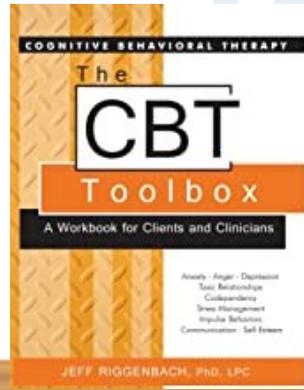


# New Titles October 2019



***The CBT Toolbox: A workbook for clients and clinicians / Rigenbach***

The CBT Toolbox guides you through evidence-based exercises to help navigate the road to recovery. For a client's use on their own or for use in a therapeutic setting, this book will teach how to overcome unhealthy life patterns, providing fresh and proven approaches to help.

HF 5549 P67 2016

***Canadian Guidelines for Cardiac Rehabilitation and Cardiovascular Disease Prevention / CACRC***

Includes guidelines for the treatment of lipids, hypertension, smoking cessation, diabetes, physical activity, stroke, CHF, as well as nutrition, stress testing, exercise prescription, psychological services, program management, in-and-out-patient services and much more.

WG 120 C21 2009

***Strengths Based Leadership: Great leaders, teams, and why people follow / Clifton***

This book identifies three keys to being a more effective leader: knowing your strengths and investing in others' strengths, getting people with the right strengths on your team, and understanding and meeting the four basic needs of those who look to you for leadership.

HM 1261 R38 2008

***A Caregiver's Guide: A handbook about end-of-life care / The Canadian Hospice Palliative Care Association***

This guide was created to provide information for family caregivers to draw upon when preparing and caring for a loved one who has a progressive illness, especially at home. It was developed to complement resources and information provided to caregivers by healthcare professionals, including hospice palliative care teams.

WB 310 C37 2014

***Memoirs of an addicted Brain: A neuroscientist examines his former life on drugs / Lewis***

Dr. Marc Lewis is a distinguished neuroscientist. For many years, he was a drug addict. He shows in detail the different neurological effects of a variety of powerful drugs, from oxycodone to heroin, from drink to love. This is the story of his journey, seen from the inside out.

HV 5805 L49 2012

***The Anxious Thoughts Workbook: Skills to overcome the unwanted intrusive thoughts that drive anxiety / Clark***

Are your thoughts getting in the way of living your life? Based on cutting-edge neuroscience and cognitive behavioral therapy (CBT), this important workbook will help you regain control from unwanted thoughts and get back to the things that matter.

WM 172 C47 2018



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