



A Better You

Non-Fiction

Elaine Aron

The Highly Sensitive Person: How to Thrive When the World Overwhelms You
155.232 A769

Sarah Ban Breathnach

Simple Abundance: A Daybook of Comfort and Joy
158.1 B212

Susan Shapiro Barash

The Men Out There: A Woman's Little Black Book
301.41 S529

Jack Canfield

Chicken Soup for the Soul: 101 Stories to Open the Heart and Rekindle the Soul
158.1 C222

Krishan Chopra

Your Life is In Your Hands: The Path to Lasting Health and Happiness
158.1 C5492

Stephen R. Covey

The 8th Habit: From Effectiveness to Greatness
158.1 C873e

Alice D. Domar

Self-Nurture: Learning to Care For Yourself as Effectively as You Care For Everyone Else
155.633 D666

Sonya Friedman

On a Clear Day You Can See Yourself: Turning the Life You Have Into the Life You Want
155.633 F911

Shakti Gawain

Creative Visualization: Use the Power of Your Imagination to Create What You Want in Your Life
158.12 G284

Louise Hay

Empowering Women: Every Woman's Guide to Successful Living
155.633 H412e

Spencer Johnson

Who Moved My Cheese?: An Amazing Way to Deal With Change in Your Work and in Your Life
155.2 J69

Don Jones

Walk Softly and Carry a Big Idea: A Fable: The Seven Lessons to Finding Meaning, Passion and Balance in Your Life and Work
650.1 J76

Ariel Kane

Being Here: Tales of Modern Day Enlightenment
158.1 K16

Craig Kielburger

Me to We: Finding Meaning in a Material World
171.8 K47

André Kukla

Mental Traps: A Field Guide to the Stupid Mistakes That Can Ruin Your Life
158.1 K96

Harriet Goldhor Lerner

Fear and Other Uninvited Guests: Tackling the Anxiety, Fear, and Shame That Keep Us From Optimal Living and Loving
152.46 L616

Michael J. Losier

Law of Attraction: The Science of Attracting More of What You Want and Less of What You Don't
158.1 L834

Laurie E. Maguire

Where There's a Will There's a Way, or, All I Really Need to Know I Learned From Shakespeare
158.1 M213

Nancy O'Hara

Just Listen: A Guide to Finding Your Own True Voice
291.4 O36

Tom Rath

How Full is Your Bucket?: Positive Strategies for Work and Life
158.1 R234

Rose Reisman

The Balance of Living Well: 6 Ways to
Achieve Total Harmony in Your Life

158.1 R377

Neal J. Roese

If Only: How to Turn Regret Into
Opportunity

155.2 R718

Laura Schlessinger

Bad Childhood, Good Life: How to Blossom
and Thrive in Spite of an Unhappy
Childhood

158.1 S342

Kenneth Schuman

The Michelangelo Method: Release Your
Inner Masterpiece and Create an
Extraordinary Life

158.1 S392

Fiction**Maria Beaumont**

Motherland

F B379m

Roland Merullo

Breakfast With Buddha

F M575b

Shannon Olson

Children of God Go Bowling

F O524c

Philip Roth

Exit Ghost

F R845ex

John Salter

A Trout in the Sea

F S177t

Robin S. Sharma

The Greatness Guide: The Best Lessons
Life Has Taught Me

158.1 S531

Barbara Sher

Refuse to Choose!: A Revolutionary
Program for Doing Everything That You

Love

158.1 S551r

Sarah Susanka

The Not So Big Life: Making Room for
What Really Matters

158.1 S964

Mary Sheepshanks

Picking Up the Pieces

F S5413pi

Jonathan Strong

Secret Words

F S923

Nancy Thayer

The Hot Flash Club

F T372h

Alice Walker

Now Is the Time to Open Your Heart

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