

**HEALTH & WELLNESS
LIBRARY MATERIALS AVAILABLE IN CLAMS**

This is a selection of materials available at the Oak Bluffs Public Library, or through the CLAMS network that are related to the topic of Health & Wellness. Please speak to a staff member if you have trouble finding or requesting an item listed below or if you are looking for a different item.

TITLE	AUTHOR	CALL #	<u>AVAIL.@O.B.</u>
Chasing Life: new discoveries in the search for immortality to help you age less today	Sanjay Gupta	613.2 GUP	Yes
Quantum Wellness: a practical & spiritual guide to health & happiness	Kathy Freson	613 FRE	Yes
The Spectrum: A scientifically proven program to feel better, live longer	Dean Ornish	613.2 ORN	Yes
Breakthrough: eight steps to wellness	Suzanne Somers	613 SOM	Yes
The Gift of Years: growing older gracefully	Joan Chittister	200.846 CHI	Yes
Juicing, fasting and detoxing for life: unleash the healing power of fresh juices and cleansing diets	Cherie Calbom	613 CAL	Yes
Foods that harm, Foods that heal		613.2 FOO	Yes
You staying young: the owner's manual for extending your warranty	Free Press	613.2 YOU	Yes
Can't remember what I forgot: the good news from the front lines of memory research	Sue Halpern	616.85 HAL	Yes
Mayo Clinic Wellness Solutions (series of DVDs on health issues)	Mayo Clinic	616.849 MAY	No
Ultra-longevity: the seven-step program for a younger, healthier you	Mark Liponis	613.2 LIP	No
Secrets of self-healing: harness nature's power to heal common ailments, boost your vitality, and achieve optimum	Maoshing Ni	610.22 NI	No

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wellness			
Women's encyclopedia of natural medicine: alternative therapies and integrative medicine for total health and wellness	Tori Hudson	618.1 HUD	No
Worried sick: a prescription for health in an over-treated America	Nortin Hadler	362.1 HAD	No
Longevity made simple: how to add 20 good years to your life: lessons from decades of research	Richard Flanigan	613.2 FLA	No
Generation ageless: how baby boomers are changing the way we live today – and they're just getting started	J. Walker Smith	303.3 SMI	No
Where did I leave my glasses?: the what, when, and why of normal memory loss	Martha W. Lear	155.67 LEA	No
Naomi's guide to aging gratefully: facts, myths, and good news for boomers	Naomi Judd	646.7 JUD	No
The Anti-ageing cookbook: with over 70 recipes	Robyn Martin	613.2 MAR	No
The 100-year lifestyle	Eric Plasker	613.2 PLA	No
Superhealth: six simple steps, six easy weeks, one longer, healthier life	Steven Pratt	613 PRA	No
The wellness kitchen: bringing the latest nutrition information to your table	Rebus	641.563 WEL	No
The healthy guide to unhealthy living: how to survive your bad habits	David Clayton	613 CLA	No
Younger you: unlock the hidden power of your brain to look and feel 15 years younger	Eric Braverman	613.2 BRA	No