

Stress & Its Management

113 S. Garfield Ave. Pocatello, ID 83204 www.marshallpl.org11/2013 kc

- 155.5 PRE Pressure: true stories by teens about stress
- 155.9 BOS Healthier, happier you: 101 steps for lessening stress
- 155.9 GRA Why Mars and Venus collide
- 155.9 HUL Stress pandemic
- 155.904 ADA Everything stress management book
- 155.904 BER Myth of stress: where stress really comes from, and...
- 155.904 T Truth about stress
- 158.108 SCA Hot stones & funny bones: teens helping teens cope...
- 158.4 THO Stress effect
- 155.9 TAS Taste-berry teen guide to managing the stress and...
- 155.904 PAC Coping with stress
- 248.8 O Making stress work for you
- 355.001 SHE Untold war: inside the hearts, minds & souls of our soldiers
- 615.822 VON Everything reflexology book
- 616.85 ALB50 ways to soothe yourself without food
- 616.85 ROS Life after Trauma
- 616.852 ELL Overcoming anxiety for dummies
- 616.852 SIM Coping with post-traumatic stress disorder
- 616.98 MCE End of stress as we know it
- 650.13 B Dinosaur brains
- 650.1 CAR Don't sweat the small stuff at work

Adult DVD 613.704 Y Yoga for beginners

- CD 155.9 COL Stress less
- CD 646.7 ALL Getting things done



Ask for passwords to
online resources such as
magazines and
newspapers, made
possible by The Idaho
Commission for Libraries
and Marshall Public