

RESOURCES FOR CELEBRATING LIFE!

CELEBRATE FOOD & NON-DIETING:

- ◆ **Cultivating Health! A Resource Guide & Healthy Weight Kit**

The Resource Guide contains easy-to-use information for creating a healthier lifestyle. It covers Healthy Attitudes, Physical Activity and Healthy Eating. Get the *Healthy Weight Kit* to learn tips, tools and strategies for optimizing your weight and your health.

- ◆ Resource Guide, \$5.00
- ◆ Healthy Weight Kit, \$15.00

To order from Kaiser Permanente call Regional Health Education Department at (503) 286-6816

- ◆ **Thin For Life, Eating Thin For Life**, by Anne M. Fletcher, M.S., R.D., (2003), Chapters Publishing LTD., Shelburne, Vermont, 05482
- ◆ **Intuitive Eating**, by Evelyn Tribole, M.S., R.D. and Elyse Resch, M.S., R.D., (2003), St. Martin's Paperbacks
- ◆ **Lickety-Split Meals**, by Zonya Foco, RD, (1998), ZHI Publishing; www.zonya.com, 1-888-884-LEAN
- ◆ **Making Peace With Food**, by Susan Kano, (1989), Harper & Row, Publishers, New York
- ◆ **Outwit Your Weight & Outwit Your Weight Journal**, By Cathy Nonas, R.D., and Julia VanTine with Jennifer Bright, (2002), Rodale Press
- ◆ **The Non-Diet Solution- 6 Winning Ways to Permanent Weight Loss**, by Laurel Mellin, M.A., R.D., (1997), Reagan Books An excellent book on transforming emotional eating patterns.
- ◆ **The Ultimate Weight Loss Solution**, by Dr. Phil McGraw, (2003), The Free Press, New York, www.drphil.com
- ◆ **The Zen of Eating**, by Ronna Kabatznick, Ph.D., (1998), By The Penguin Putnam, Inc., www.Penguinputnam.com
- ◆ **500 Fat-Free Recipes**, by Sarah Schlesinger, (1994), Villard Books, New York
- ◆ **Moosewood Restaurant Low-Fat Favorites**, by The Moosewood Collective, (1996), Clarkson Potter Publishers, New York

CELEBRATE MOVEMENT:

- ◆ **Biomarkers-The 10 Keys To Prolonging Vitality**, by William Evens, Ph.D. and Irwin H. Rosenberg, M.D., (1991), A Fireside Book Published by Simon & Schuster
- ◆ **365 Activities for Fitness, Food and Fun for the Whole Family**, Ideas to help your family get fit, avoid boredom, and have fun, Julia Sweet, (2001), McGraw-Hill/Contemporary Books
- ◆ **I Know I Should Exercise, But..."** Seven steps to remove your "but" from activity planning. (1998), Joe Sweeney, Pacific Valley Press
- ◆ **It's Your Move**, by Robert Sweetgall & Robert Neeves, (2002), Creative Walking, Inc., 1-800-762-9255; **Walk The Four Seasons-** Walking and Cross-Training Logbook, (1992) www.goyaasma.com

- ◆ **Sports Nutrition Guidebook – Eating to Fuel Your Active Lifestyle**, (1997), by Nancy Clark, M.S., R.D., Human Kinetics Press
- ◆ **Stretching**, by Bob Anderson, (2000), Shelter Publications, Inc. Tips for everyday fitness and most sports. Clear illustrations are easy to follow.
- ◆ **Easy Does It Yoga**, Safe and gentle yoga for those challenged by age, chronic health problems, injury, or inactivity. Alice Christensen, (1999), American Yoga Association
- ◆ **Exercise Videos:** Collage Video has hundreds of videos and DVD options from physical limitations to aerobics, strength, and flexibility. Free catalog. 1-800-433-6769; www.collagevideo.com
- ◆ **Exercise:** A guide from the National Institute on Aging. This exercise video addresses strength, flexibility, and balance for beginners or those over 50. Includes an 80-page booklet, which is available separately free upon request. Contact: NIAIC, Dept. W, P.O. Box 8057, Gaithersburg, MD 20898-8057, 1-800-222-2225
- ◆ **National center for Physical Activity and Disability**, Phone them to describe your needs and personalized resources can be sent to you. Web site has information on adapting physical activity to the needs of people with disabilities, support groups, and more. 1-800-900-8086

CELEBRATE SIMPLICITY, BALANCE & PERSONAL EVOLUTION IN LIFE:

- ◆ **Simplify Your Life- 100 Ways To Slow Down and Enjoy The Things That Really Matter**, by Elaine St. James, (1994), Hyperion, New York
- ◆ **The Simple Living Guide**, by Janet Luhrs, (1997), Broadway Books, New York
- ◆ **Work to Live**, by Joe Robinson, (2003), www.worktolive.info/; Reclaim your life & sanity!

CELEBRATE SELF-NURTURING & SELF-ESTEEM:

- ◆ **Learning To Love Your Self**, by Gay Hendricks, (1982), Prentice Hall Press, New York
- ◆ **Living Juicy-Daily Morsels For Your Creative Soul, & The Bodacious Book of Succulence** by Sark (1994), Celestial Arts, Berkeley, California For a catalog, call: (800) 841-BOOK www.campsark.com
- ◆ **Self-Esteem**, by Matthew McKay, PH.D. & Patrick Fanning, (2000), New Harbinger Publications, Inc.
- ◆ **Healing from Depression: 12 Weeks to a Better Mood**, by Douglas Bloch, M.A., (2002), Celestial Arts Publishers, www.healingfromdepression.com
- ◆ **The Relaxation & Stress Reduction Workbook**, by Martha Davis and Mathew McKay, (2002), New Harbinger Publication, Inc.
- ◆ **Women's Comfort Book**, By Jennifer Loudon, (1992), Harper-Collins, NY
- ◆ **You Can Heal Your Life**, by Louise L. Hay, (1984), Hay House, Santa Monica, CA