

# Resource Library Books

## AIDs

	<b>Title</b>	<b>Author(s)</b>	<b>Review</b>
AIDS	AIDS Benefits Handbook, The	Thomas McCormack,	Step-by-step guide to obtaining welfare benefits for people with Aids. Excellent resource book. 1990
AIDS	AIDS, A guide for Survival	The Harris Co. Med Soc and Houston Acad	Harris County Medical Society's guide to Aids Education and Prevention. 1987
AIDS	America Living With AIDS	Nat'l Commission on AIDS	Report of the National Commission on Aids throughout the US. Describes treatments prevention and government responsibility of this epidemic. 1991
AIDS	An Initial Resource Inven of HIV Prevention Progr. & Care Service	SE AIDS Train & Ed Ctr.Emory	Offers listing of organizations of available HIV prevention and care by region in GA. 2000
AIDS	What Governing...Need to Know About AIDS	Keeling	Provides a basic knowledge and understanding of AIDS for Board Members with employees, students or institutions with AIDS. 1990
AIDS	What You Can Do to Avoid AIDS	Earvin A. Magic Johnson	Wonderful insight into AIDS and HIV by Earvin "MAGIC" Johnson directed toward teenagers. 1992
AIDS	You Can Do Something About AIDS	Sasha Alyson	Offers ideas about concrete action that can be done to fight against AIDS. Does not discuss AIDS prevention or safe sex guidelines. 1988

## Alcohol & Other Drugs

	<b>Title</b>	<b>Author(s)</b>	<b>Review</b>
Alcohol & Other Drugs	Beer & Circus -How Big Time College Sports is Crippling Undergraduate	Murray Sperber	Takes a look at how big time college sports are destroying undergraduate education by increasing the party scene and decreasing the importance of education. 2000
Alcohol & Other Drugs	Buzzed, The Straight Facts About the Most Used/Abused Drugs-Alc	C. Kuhn PHD, S. Swarzwelder PHD, W. Wilson PHD	No-nonsense handbook that gives the most balanced, objective info available on the most used and abused drugs out there. 1998
Alcohol & Other Drugs	Drugs Health Facts	Lucas Stang	Practical guide on getting quick facts on drugs. 1994

Alcohol & Other Drugs	Dying to Drink-Confronting Binge Drinking on College Campuses	H. Weschler, PHD, B. Wuethrich	Uses survey studies across the nation to examine problems associated with different levels of alcohol intake. 2002
Alcohol & Other Drugs	Handbook of Drug Herb and Drug Supplement	Harkness & Bratman	Guide that gives access to reliable info on interactions between herbs and pharmaceuticals. 2003
Alcohol & Other Drugs	Monitoring The Future Vol. 2	U.S. Dept of Health and Human Services	Reports the results through 2000 of all surveys conducted as part of the monitoring the future study of American students and young adults. 2001
Alcohol & Other Drugs	Sex, Drugs and Flunking Out	Epstein, Joel	Comprehensive book to help you and your child select the right school, making wise financial decisions and handle questions about sexuality. 2001
Alcohol & Other Drugs	Survey of Findings From the 2000 National Household Survey on Drug Abuse	U.S. Dept of Health and Human Services	Data collection, analysis and dissemination activities on the incidence and prevalence of substance abuse. 2000
Alcohol & Other Drugs	Uppers, Downers, All Arounders-3rd Ed, Phys & Mental Effects	D. Inaba, Pharm.D, W. Cohen & M. Holstein	Objective nonjudgmental information about drugs and their effects that is important in treatment and crucial in drug abuse prevention. 1997
Tobacco	Tobacco Health Facts	Krantzler & Miller	Discusses influences on tobacco use, explains smoking's effects on the body, examines the health risks of tobacco use and covers cycle of tobacco use and withdrawal. 1996

## Diabetes

	Title	Author(s)	Review
Diabetes	16 Myths of a "Diabetic Diet"	Karen Hanson Chalmers,MS,RD ,CDE. Amy E. Peterson M	Addresses the most commonly held myths about food and diabetes, explains their origins, offers methods for creating a healthy enjoyable way of eating. 1999
Diabetes	American Dietetic Association	Maggie Powers	The definitive guide to eating well and staying healthy with diabetes. 2003
Diabetes	Diabetes 101, 2nd Ed.	Betty Page Brackenridge, MS,RD,CED, Richard Dolina	Practical and understandable guide to diabetes. 1993
Diabetes	Diabetes-Questions you have... Answers You Need	P Brisco	Complete guide to diabetes that cuts through medical jargon and gets to the facts. 1993
Diabetes	Tell Me What to Eat If I Have Diabetes	Elaine Magee MPH, RD	Positive advice about what foods you should be having almost every day. 1999

## Eating Disorders

	<b>Title</b>	<b>Author(s)</b>	<b>Review</b>
Men's Health	Adonis Complex-How to Identify/Treat/ Prevent Body Obsession in Men	Pope, H.,Jr.MD, Phillips, K.,MD, Oviardia, R.PHD	Identifies symptoms & warning signs including: obsession with exercise, binge eating, anorexia nervosa, bulimia, & the abuse of steroids, muscle-building supplements, & fad diets. 2000

## Fitness/Exercise

	<b>Title</b>	<b>Author(s)</b>	<b>Review</b>
Fitness/Exercise	Aerobics	Kenneth H. Cooper, MD,<PH	Program using normal activity and a point system to help you incorporate activity into your life. 1968
Fitness/Exercise	Aerobics for Women	Mildred Cooper, Kenneth Cooper, MD,MPH	Fitness system using points to aid you in figuring out what and how much exercise you need. 1972
Fitness/Exercise	Complete Idiot's Guide to Healthy Stretching, The	Chris Verna, Steve Hosid	Author is recognized as an authority in the sports world on making the body flexible. 1998
Fitness/Exercise	Creative Walking for physical fitness	Harry J. Johnson, MD.	Looks at the many benefits of walking. 1970
Fitness/Exercise	Fitness - Health Facts	N. Krantzler, PhD, MPH, K. Miner,PhD,MPH, CHES	Outlines the health and physiological benefits of exercise. 1994
Fitness/Exercise	Fitness for Dummies	Suzanne Schlosberg, Liz Neporent, MA	Cutting edge fitness tips/reference in a fun, practical and friendly way. Guidance on testing your fitness level, setting realistic goals, designing & sticking with a program & getting great results.
Fitness/Exercise	New Aerobics, The	Kenneth H. Cooper, MD, MPH	Incorporating aerobic exercise into your life. 1970
Fitness/Exercise	Pilates for Dummies	E.Herman, Certified Practitioner	Eight basic principles show you how to get the most out of your mat-based Pilates routines. 2002
Fitness/Exercise	Portrait of a Fitness Fanatic	M.Oman	Humorous view of sports and athletes. 1985
Fitness/Exercise	Sports Medicine Book, The	G. Mirkin, MD and M. Hoffman	How to achieve maximum benefits from exercise and how to obtain peak performance at your chosen field. 1978

Fitness/Exercise	Weight Training for Dummies	L.Neporent & S.Schlosberg	Develop a personal weight training program based on your personal fitness goals and age. 1997
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## General Health

	<b>Title</b>	<b>Author(s)</b>	<b>Review</b>
General Health	"Go Ask Alice" book of answers: A guide to good physical, sexual...(The)	Columbia University Health Education Program	Straightforward book that answers hard-to-ask questions about health. Based off the award winning website Go Ask Alice. 1998
General Health	Adolescent Health Care	L. Neinstein	Information people need to quickly evaluate an adolescent health problem. 2002
General Health	Core Concepts in Health	Paul M. Insel, Walton T. Roth	Textbook that provides scientifically-based, accurate information over health topics. 1998
General Health	Environmental and Community Health	ETR	Background information educators need to teach young people about health. 1994
General Health	Food Allergy News Cookbook, The	Food Allergy Network	A collection of recipes from food Allergy News and Favorite Recipes from members of the food allergy network. 1998
General Health	Full Catastrophe Living-Using the Wisdom of Your Body and Mind	Jon Kabat-Zinn, PhD	Using the wisdom of your body and mind to face stress, pain and illness. 1990
General Health	Injury Prevention	ETR	In depth information about the most at risk injury and costs of injury and approach to injury prevention. 1996
General Health	Jane Brody's Guide to Personal Health	Jane Brody	Overview of health problems and how to deal with them. 1982
General Health	Our Bodies, Ourselves - For the New Century	Boston Women's Health Book Collective	Essential resource on women's health and sexuality. 1998
General Health	The Feeling Good Handbook	Burns, David D. MD	Shows how to overcome depressions, conquer anxiety, and enjoy greater intimacy. 1999
General Health	The Quest for Excellence	R. Hatcher, MD	Covers key topics about sex and contraceptives for teenagers who are afraid to ask questions. 1998

Medical	Disease Health Facts	Lucas Stang, Kathleen Miner, PhD,MPH,CHES	Covers key health topics like health & disease, prevention, infectious and non-infectious diseases, behavior and chronic disease, and an overview of mental illness. 1994
Medical	First Aid	A. Thygerson, Ed.D.	National Safety Council's up-to-date guide on first aid. 2001
Medical	Heartsaver CPR, A Comprehensive Course for the Lay Responder	American Heart Assoc.	American Heart Association's course guide to CPR. 2003
Medical	John Hopkins' medical Handbook, The	Editors of J.H. Med. Letter Health after 50	100 major medical disorders of people over the age of 50 and directory to the leading teaching hospitals, treatment ctrs, and support groups. 1992
Minority Health	Heart of the Matter - The African American's Guide To....., The	Hilton Hudson II, MD, Herbert Stern, PhD	The African American's Guide to Heart Disease, Heart Treatment, and Heart Wellness. Gain knowledge and power about health, take control of your health, adopt a calmer, healthier lifestyle. 1995
Self-Esteem/Body Image	Self-Esteem	M McKay, P Fanning	Guide to help increase self-esteem. 1987
Self-Esteem/Body Image	Self-Esteem and Mental Health (2 copies)	ETR	Quick guide to understanding self-esteem and mental health. 1994
Self-Esteem/Body Image	Self-Esteem Tools For Recovery	Lindsey Hall & Leigh Cohn	Gives 20 easy to use exercises to help increase self-esteem. 1991
Stress/Relaxation	Kicking Your Stress Habits	D. Tudesing	Helpful do-it-yourself guide for coping with stress. Gives great ideas to help cope with stress. 1981
Stress/Relaxation	Managing Stress	B. Seaward	Offers a holistic approach to dealing with stress. 2002
Wellness	Healthy People 2000-National Health Promotion and Disease Prevention	US Dept. Of Health & Human Services	National Health Promotion and Disease Prevention Objectives 1990
Wellness	Wellness Encyclopedia, Comprehensive Family Resource for ...., The	Editors of University Of California Berkely Wellness Letter	Includes fascinating facts that dispel misleading health care myths, highlighted tips that help teach, inspire and convince. 1991

Wellness	Wellness Made Easy -101 Tips for Better Health	University of California Berkely Wellness Letter	Emphasizes preventive measure such as eating a healthful diet, making regular exercise an enjoyable part of your life, and cultivating self-awareness. 1990
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## GLBT Health

	Title	Author(s)	Review
Alcohol & Other Drugs	A Provider's..Substance Abuse Treatment for GLBT...	US Dept. of Health & Human Services	Presents information to assist providers in improving substance abuse treatment for LGBT clients by raising awareness about the issues unique to LGBT clinics. 2001
GLBT Health	Addressing Homophobia and Heterosexism on College Campuses	Elizabeth Cramer	Book presents an integrated approach to changing attitudes about LGBT students faculty and staff on contemporary college campuses.
GLBT Health	Gay Men's Wellness Guide-The Nat'l Lesbian & Gay Health Assc, The	Robert Penn	The National Lesbian and Gay Health Associations complete book of physical, emotional and mental health and well being for every gay man. 1998
GLBT Health	Lesbian, Gay, Bisexual, Transgender Health Issues	A. Sylvestre	A platform for LGBT health in the Journal, helping to direct additional resources and attention toward advancing LGBT health. 2001
GLBT Health	Secret Sisters-Stories of Being Lesbian & Bisexual in a College	S Windmeyer & P. Freeman	Teaches the complex lessons of the embrace and rejection of lesbian sorority sisters. 2001

## HIV/AIDS

	Title	Author(s)	Review
HIV/AIDS	Essential AIDS Fact Book, Expanded and Updated	Paul Harding Douglas & Laura Pinsky	General information concerning AIDS.
HIV/AIDS	Essential AIDS Fact Book: Newly Revised and Updated	Paul Harding Douglas & Laura Pinsky	General information concerning AIDS. 1989
HIV/AIDS	HIV Health Facts	Lucas Stang	Brief description of HIV. 1994
HIV/AIDS	HIV/AIDS in Georgia 1998-99 Comprehensive Needs Assessment Final	SE AIDS Training & Ed Ctr, Dept of Family & Prevention	Report done between 1998-99 on HIV/AIDS in GA. 2000
HIV/AIDS	Teaching About Sexuality and HIV	Hedgepeth & Helmich	Comprehensive resource on HIV for educators that gets to the point. 1996

## Men's Health

	<b>Title</b>	<b>Author(s)</b>	<b>Review</b>
Men's Health	New Male-from Macho to Sensitive But Still All Male, The	H. Goldberg	Addresses the issues men face on a daily basis. Designed to meet the needs of males. 1979
Men's Health	Total Health For Men	N. Werheimer	How to prevent and treat health problems that trouble men most. 1995
Sexual Health	Men's Health Guide To Building Better Relationships	S. Slon	Ideas on deepening relationships with friends and lovers and about building more satisfying connections in the workplace. 1993
Wellness	Men's Health & Wellness Encyclopedia	Charles Inlander & the Staff of the People's Medical Society	Covers system of the body, health conditions and well-being to sexual health. 1998
Wellness	Men's Health & Wellness-50 Health Prom. Ideas for Educators & Pr	Joe Zoske,ACSW,NC MT	Offers the professional ideas based upon state-of-the-art knowledge in men's studies, health education and clinical research into men's medical concerns. 1998

## Minority Health

	<b>Title</b>	<b>Author(s)</b>	<b>Review</b>
Men's Health	Black Man's Guide to Good Health, The	J. Reed, MD,FACP, N.Shulman, MD, C Shucker	Covers HBP, heart disease and stroke, diabetes, cancer, sickle cell disease, kidney disease, AIDS, STIs, substance abuse violence and work related diseases. 2001
Minority Health	Good Health for African Americans	Barbara Dixon, RD,LDM	By incorporating diet and lifestyle changes, African Americans can now join the race to increase their chances for long and robust lives. 1994
Minority Health	Pocket Guide to Minority Health Resources	US Dept of Health & Human Services	Contacts for OHM, HHS, State Minority Health Liaisons Federal Health Resources, National Minority Organizations, Sources of Health materials and colleges and universities. 2001
Minority Health	Salud!-A Latina's Guide to Total Health-Body, Mind & Spirit	J. Delgado, PHD,	A Latina's guide to total health - Body, Mind and Spirit. 1997
Women's Health	Black Woman's Health Book, The	Evelyn White	Health issues that affect black women and the well-being of their families and communities. 1994
Women's Health	Body & Soul-The Black Women's Guide to Physical Health & Emotional ...	Linda Villarosa,	Addresses issues about how black women feel about their bodies, the importance of spirituality, abortion, HIV, raising children, violence, etc. 1994

## Nutrition

	<b>Title</b>	<b>Author(s)</b>	<b>Review</b>
Eating Disorders	Anorexia Nervosa - A Guide to Recovery (2 copies)	Hall, L.Ostroff, M.	Insight from recovered anorexics, most asked questions, specific things that have worked for others, staying committed suggestions, parent & loved ones section. 1999
Eating Disorders	Bulimia, A Guide to Recovery (4 copies)5th edition	Hall, L., Cohn, L.	Most asked questions: insight from recovered bulimics, loved-ones advice, bingeing alternatives, therapist suggestions. Includes 3wk. Program to stop bingeing 1999
Eating Disorders	Dying to be Thin	Sacker, I., MD, Zimmer, M., PHD	A Practical, lifesaving guide to understanding & defeating anorexia nervosa & bulimia. Definitions, causes, medical effects, where to get help, how to stop focusing on eating, why people don't notice.
Eating Disorders	Making Peace with Food (2 copies)	Kano,S.	Help for people trapped in the deceiving dieting dilemma -gives ideas to replace with more productive attitudes & goals, including a step-by-step guide for putting into action. 1989
Eating Disorders	Making Weight, Men's Conflicts w/Food, Weight, Shape, & Appearance	Anderson, A., Cohn, L.PHD, Holbrook, T.,MD	Why men have dissatisfaction with bodies and what to do about it. 2000
Eating Disorders	Moving Away from Diets	K. Kratina, MA,RD,LD, N King, MS.RD.CDE, D.Hayes.	New ways to heal eating problems and exercise resistance. Easy to read, hands-on experience format. 1996
Eating Disorders	Your Dieting Daughter-Is She Dying for Attention	Costin, C.	Distinctions between fads & ED's, what do I do when?, nutrition appendix, personal letters & journals. 1997
General Health	College Student's Guide to Eating Well on Campus, the	Ann Selkowitz, MS,RD,LD	Healthy eating suggestions and habits for the college student. 2000
General Health	Dash Diet for Hypertension, The	Moore, Swetkey, Lin, Karanja, Jenkins	Diet developed by world class doctors and nutritionists to combat hypertension. Includes menus, recipes, grocery lists, exercise programs, calorie worksheets and body mass formula. 2001
General Health	Fast Food Nation	Eric Schlosser	Myth-shattering survey that uncovers fascinating, unsettling truth about fast food. 2002
General Health	Food & Mood -2nd ed. The Complete Guide to Eating Well & Feeling Your Best	Elizabeth Somer, MA, RD	Gives ideas to incorporate suggested eating into busy lifestyles to overcome depression, memory problems, energy levels, etc. 1999
General Health	Nutrition Bible, The	Jean Anderson, MS, & Barbara Deskins, PhD,Rd	The comprehensive, no-nonsense guide to foods, nutrients, additives, preservatives, pollutants, and everything else we eat and drink. Gives recommended RDA's and nutrient contents of major foods. 1995

General Health	Tell Me What To Eat If I Have Acid Reflux	Elaine Magee	Covers lifestyle and diet treatment options for acid reflux and healthful, practical and tasty recipes. 2002
General Health	Tell Me What to Eat If I Have Irritable Bowel Syndrome	Elaine Magee MPH, RD	Overview of IBS and includes a lot of recipes, shopping advice, ways to reduce symptoms. 2000
Healthy Weight	Dieter's Dilemma, The	Bennert, W. M.D. & Gurin, J.	Sensible approach to weight control. Contends your body has a biological "setpoint" - and while no diet can alter it, exercise may be able to lower it and help you keep lost weight off. 1982
Healthy Weight	Dieting for Dummies - A Reference for the Rest of Us!	Kirby, J.,RD	Befriend your body and manage your weight. 1998
Healthy Weight	Fit or Fat Target Diet, The	Covert Bailey	A set of principles, a test for all diets, a diet planner, a lifelong guide to good eating. 1984
Healthy Weight	Fit or Fat-The Fit or Fat System	Covert Bailey	Nutrition, physical fitness and body fat. Realistic programs of diet and exercise. 1978
Healthy Weight	Intuitive Eating (5 copies)	Evelyn Tribole M.S., R.D., Elyse Resch M.S.,R.D.	Focuses on nurturing your body rather than starving it, encourages natural weight loss and helps you find the weight you were meant to be.(9 copies) 1995
Medical	Celiac Disease Nutrition Guide	Tricia Thompson, MS, RD	An introductory guide for those newly diagnosed with celiac disease and for nutrition professionals working with those with Celiac. 2003
Medical	Digestive Diseases Dictionary, The	National Institute of Diabetes & Digestive & Kidney	Dictionary with digestive diseases and terms defined. 1997
Medical	Gluten-Free Diet - A Comprehensive Resource	Shelley Case	Gluten free meal planning, shopping guidelines and nutrition information; resources - cookbooks, books, magazines, websites, newsletters. 2001
Medical	What I Need to know about Irritable Bowel Syndrome	National Institute of Health	National Institute of Diabetes & Digestive & Kidney Diseases guide to Irritable Bowel Syndrome - what it is and ways to control symptoms. 2001
Nutrition	Diet for a Small Planet	Frances Moore Lappe	Features simple rules for a healthy diet, kitchen hints, and wonderful recipes. 1991

Nutrition	Dietary Management of Food Allergies Intolerances, 2nd Edition	Janice Vickerstaff Joneja	Designed to provide the information & tools required to detect food sensitivities and tools needed for optimal nutrition and quality of life despite food allergies 1998.
Nutrition	Down Home Healthy: Family Recopies of Black American Chefs	Leah Chase, Johnny Rivers	Simple rules for a healthy diet, food combinations that make delicious protein-rich meals without meat. Wonderful recipes. 1994
Nutrition	Exchanges for all Occasions-Your Guide to Choosing healthy Foods	Marion J. Franz, MS,RD,CDE	Sample menus and comprehensive food lists that demonstrate how you can include a variety of foods in a healthy diet. 1997
Nutrition	Family Cookbook Volume IV The American Tradition	The American Dietetic Association	For diabetics & their families. Gives exchange lists and nutrient analysis. 1991
Nutrition	Food & Nutrition Guide -The American Dietetic Association	Roberta Larson Duyff, MS,RD,CFCS	Named one of Ladies Home Journal's Top Health Books of 1996 and a Health Information Award in 1997. Still pertinent today. 1998
Nutrition	Healthy College Cookbook, The	Alexandra Nimetz, Jason Stanley, Emeline Starr	Ideas for making healthier food in less time and for less money than it takes to order out. 1999
Nutrition	Meatless Meals for Working People	Debra Wasserman & Charles Stahler	Provides quick and easy vegetarian recipes. 1991
Nutrition	Nutrition Concepts and Controversies-8th Edition	Frances Sizer & Eleanor Whitney	Instructors resource manual/notebook. Includes appendix that includes food exchanges, food composition tables and height/weight charts. 1997
Nutrition	Nutrition Now-Third Edition	Judith E. Brown	Popular, student proven text presents important concepts in nutrition in an easily usable style. Contains the latest information on a variety of nutritional topics. 2002
Nutrition	Personal Nutrition -Fourth Edition	Marie A. Boyle	Nutrition facts and current information to aid in applying nutrition to help your body perform at its best. 2001
Nutrition	Safe Food For You and Your Family	Mildred Cody, Ph.D.,R.D.	The American Dietetic Association, Safe Food Guide. How to detect hidden food problems at home and away, which foods are potentially unsafe. 1996
Nutrition	Simple, Low fat & Vegetarian	Suzanne Havala	Offers easy ways to reduce fat in vegetarian meals. 1994

Nutrition	Sports Nutrition Guidebook, Updated, Expanded Second Edition	Nancy Clark, MS, RD	Reader friendly information including 131 recipes, sections on body image and fat, and a well balanced approach to health and fitness for active people. 1997
Self-Esteem/Body Image	Fat is a Feminist Issue I (2 copies)	Orbach, S.	Step by step guide to break the binge purge cycle & stop dieting forever. 1982
Self-Esteem/Body Image	FAT!SO?	Wann, M.	You don't have to apologize for your size! How to reclaim your body & live healthy at any size -funny, and enlightening. 1998
Self-Esteem/Body Image	Nutrition & Body Image	Lucas Stang, Kathleen R. Miner, PhD,MPH,CHES	Designed to give concise reliable information-lead focused discussion. Good for educators who need to become "instant teachers." 1994
Supplements	Popular Dietary Supplements - 2nd Ed.,Health Professional's Guide	Allison S. Fragakis, MS, RD	Well-researched, gives provider background to have a factual discussion with patients about the pros and cons of using specific dietary supplements. 2003
Supplements	Vitamins, Minerals & Dietary Supplements -ADA	Marsha Hudnall, MS, RD	Handy Guide to help you decide if you need added supplements and which ones. 1996
Wellness	Wellness Encyclopedia of Food & Nutrition, The (2 copies)	Sheldon Margen, D, and Editors of Berkeley Wellnes	A comprehensive guide to more than 500 fresh and whole foods - all the familiar and exotic. 1992

## Self-Esteem/Body Image

	<b>Title</b>	<b>Author(s)</b>	<b>Review</b>
Self-Esteem/Body Image	How to Raise Your Self-Esteem	Nathaniel Branden	Provides simple, effective techniques to improve self-esteem by one of America's foremost psychologists of self esteem. 1987
Self-Esteem/Body Image	Ten Days to Self Esteem	David Burns, MD	Self-help book that offers to help raise your self-esteem in 10 days to 4 weeks. 1993

## sex, violence, activism, equality

	<b>Title</b>	<b>Author(s)</b>	<b>Review</b>
	Just Sex	J. Gold, S. Villari	Just sex: students rewrite the rules on sex, violence, activism, and equality 2000

## Sexual Health

	<b>Title</b>	<b>Author(s)</b>	<b>Review</b>
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Contraception	A Pocket Guide to Managing Contraception	R. Hatcher, MD,MPH<M.Zie man, MD, A.Watt, MHS,A. Ne	Brief description of contraception methods. 1998
Contraception	Complete Guide to Safe Sex, The	The Institute for Advanced Study of Human Sexualit	Handy guide that helps to inform people about safe sex. 1987
Contraception	Condom Book-The Essential Guide for Men and Women, The	J. Everett, W.Glanze	Guide for men and women about condoms. Answers most questions. 1987
Contraception	Contraceptive Technology	R. Hatcher, MD,MPH, Trussell, PHD, F.Stewart MD,W.C	Full description of contraceptive methods. 1998
Contraception	Great Cover-Up A Condom Compendium, The (2 copies)	S. Zimet, V. Goodman	Humorous guide to condom use. 1988
Contraception	How to Persuade Your Lover To Use A Condom... And Why You Should	P. Breitman, K.Knutson, P. Reed	Benefits of using a condom and how to get your partner to use one. 1987
Medical	STD Prevention -Health Facts	L. Stang & K. Mino	Brief history, description of educational, behavioral and societal control measures and info on STDs including HIV/AIDs. 1994
Medical	Straight Talk About Herpes	Burroughs Wellcome, Co.	Very brief description about herpes. 1982
Men's Health	The New Male Sexuality	B. Zilbergeld, PhD	Clear, comprehensive book that talks about male sexuality. 1999
Sexual Health	Abstinence Health Facts	ETR	Brief, easy to understand facts about abstinence and sexual health. 1996
Sexual Health	Annual Editions - Human Sexuality 87/88	O. Pocs, Editor	Selected articles from magazines, newspapers, and journals dealing w/sexual health. 1987
Sexual Health	Annual Editions - Human Sexuality 90/91	O. Pocs, Editor	Selected articles from magazines, newspapers, and journals dealing w/sexual health. 1990

Sexual Health	Annual Editions - Human Sexuality 92/93	O. Pocs, Editor	Selected articles from magazines, newspapers, and journals dealing w/sexual health. 92/93
Sexual Health	Annual Editions - Human Sexuality 94/95	O. Pocs, Editor	Selected articles from magazines, newspapers, and journals dealing with sexual health. 1992
Sexual Health	Annual Editions - Human Sexuality 95/96	O. Pocs, Editor	Selected articles from magazines, newspapers, and journals dealing w/sexual health. 95/96
Sexual Health	Annual Editions - Human Sexuality 98/99	S. Bunting	Selected articles from magazines, newspapers, and journals dealing with sexual health. 98/99
Sexual Health	Clinical Management of Sexually Transmitted Diseases Vol. 1,3,4	Burrough Wellcome Co.	Comprehensive text in 4 volumes dealing with the treatment, diagnosis and patient counseling. 1989
Sexual Health	Doctor, Am I a Virgin Again?- Cases & Counsel- Healthy Sexuality	R.Hatcher, MD,MPH, S.Dammann, J.Convisser	Addresses sexual issues with the help of 150 actual cases to help people feel at ease with sexuality. 1990
Sexual Health	For Yourself! The Fulfillment of Female Sexuality	L. Garfield Barbach	Addresses female sexuality and educates women how to understand and love their body. 1975
Sexual Health	Herpes Book, The	R. Hamilton, MD	A complete summary of herpes and what to do. Very practical guide. 1980
Sexual Health	Herpes: Cause & Control	W. Wickett, Jr. MD	Brief explanation of herpes written by a widely acclaimed author over his studies for herpes. 1982
Sexual Health	Herpes: What To Do When You Have It	Oscar Gillespie, PHD	Includes up-to-date info on herpes. 1982
Sexual Health	Herpes-A Complete Guide to Relief & Reassurance	F. Freudberg	Brief description of herpes. 1982
Sexual Health	Hidden Epidemic-Confronting Sexually Transmitted Diseases, The	Institute of Medicine	Summary of full volume of hidden epidemic which describes epidemic of STIs in America. 1997

Sexual Health	Hite Report on Male Sexuality, The	Shere Hite	Describes how men feel about love, sex and relationships. 1981
Sexual Health	Human Sexual Inadequacy	W. Masters,MD, V. Johnson	Addresses the problem of inadequacy while bringing both partners into the equation. 1970
Sexual Health	Human Sexuality- Contemporary Perspectives 2nd Ed.	E. Morrison V. Borosage, Editors	Addresses idea that sexual behavior is learned largely by culture while talking about other articles that encourage others to reflect on own sexuality. 1977
Sexual Health	Quest for Excellence, The (2 copies)	R. Hatcher, MD, MPH	Designed to enhance parent-child communication regarding sexuality, birth control and STIs. 1998
Sexual Health	Sex for Dummies	Dr. Ruth Westheimer	Written by Dr. Ruth, this easy to read book cuts through myths and gets to the truth about sex. 1995
Sexual Health	Sexual Etiquette 101 and More	R. Hatcher, R. Axelrod, S. Cates, P. Levin, T. Wade	Practical guide to understanding sexuality and being able to talk about it. 1995
Sexual Health	Sexuality Health Facts	ETR	Brief facts regarding human sexuality. 1994
Sexual Health	The Good Vibrations Guide to Sex	C. Winks and A. Semans	Complete guide to sexual information. 2002
Sexual Health	The Joy of Sex: Fully Revised & Completely Updated for the 21st	Dr. Alex Comfort	More of a personal couple book to understanding and enjoying sex.
Sexual Health	Underground Guide to Teenage Sexuality, The	M. Basso	Easy to read book that answers questions teenagers have about sexuality and health. 1997
Sexual Health	What Your Mother Never Told You About S-E-X	H. Hutcherson, MD	Female gynecologist combines up-to-date medical science with good old-fashioned girl talk regarding sex. Comprehensive. 2002
Sexual Health	You Just Don't Understand	D. Tannen	Describes how men and women interpret the same conversation differently and how to work through the misunderstanding and to get to the heart of the matter. 1990

Women's Health	The V Book: A Dr.'s Guide to Vulvovaginal Health	E. Stewart, MD & P. Spencer	The complete guide to complete vulvovaginal health.
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## Stress/Relaxation

	<b>Title</b>	<b>Author(s)</b>	<b>Review</b>
Stress/Relaxation	Relaxation & Stress Reduction Workbook -Fourth Edition, The	M Davis, PHD, E. Robbins Eshelman, MSW, M. McKay PHD	Workbook designed to teach stress management and relaxation techniques 1995
Stress/Relaxation	Relaxation Response, The	Herber & Benson, MD	Learn the principles of controlled meditation. 1975

## Violence

	<b>Title</b>	<b>Author(s)</b>	<b>Review</b>
GLBT Health	Violence Against Lesbians and Gay Men	Gary David Comstock	1st book to investigate the complexities of anti-gay and anti-lesbian violence. 1991
GLBT Health	Violence and Social Injustice Against LGB People	Lacey M. Sloan	Shows you the daily quiet acts of violence on gays, lesbian and bisexual people like in workplace settings. Talks about violent and non-violent injustice vs. lgbt. 1998
GLBT Health	Violence in Gay and Lesbian Domestic Partnerships	C. Rensetti, C. Miley	Addresses the problem of domestic violence in same-sex relationships. 1996
Men's Health	Stopping Rape, A Challenge for Men	Rus Ervin Funk	Talks about rape and sexual violence on both men and women and provides info on how to try to stop sexual violence. 1993
Violence	Acquaintance Rape - The Hidden Crime	Andrea Parot, Laurie Bechhofer	Geared specifically for acquaintance rape and why people consider it a "hidden crime". 1991
Violence	Against Our Will-Men, Women and Rape (2 copies)	Susan Brownmiller	Describes the history of rape through out the years. Very eye-opening. 1975
Violence	Boys Will be Boys-Breaking the Link Between Masculinity and Violence	Myriam Miedzian	Addresses the problem of male violence in American society. 2002
Violence	Burned Alive: A Victim of the law of men	Souad	True account from a female victim of an "honor crime" for having sex before marriage. 2003

Violence	Campus Community Confronts Sexual Assault, The	Juneau Mahan Gary	Discusses sexual assault on campuses - awareness groups - what to do - Prevention groups - Do's and Don'ts 1994
Violence	Coping with Date Rape and Acquaintance Rape	Andrea Parrot, PhD	A guidebook for husbands, fathers and male friends of women who are raped. 1988
Violence	I Never Called It Rape	Robin Warshaw	Addresses the hidden epidemic of date and acquaintance rape along with ideas for prevention and healing. 1994
Violence	If She IS Raped-A Guidebook for Husbands, Fathers, and Male Frie	Alan McEvoy, Jeff Brookings	Understanding, addressing, overcoming, reporting the rape and the trial. Good resource. 2001
Violence	In Love & Danger-A Teen's Guide to Breaking Free of Abusive Relationships	Barrie Levy, M.S.W.	Book for teens who have questions about abusive dating relationships. Helps understand situations and what to do and who to get to help. 1997
Violence	It's My life Now: Starting Over After an Abusive Relationship	M. Dugan, MA and R. Hock, PhD	Addresses emotional and practical needs of women who have left abusive relationships and are trying to rebuild their lives. 2000
Violence	Just Sex-Students Rewrite the Rules on Sex, Violence, Activism,&	Edited by Jodi Gold & Susan Villari	Compilation of writings of student activists. Has university policies, testimonies, positions papers, and scholarly essays. 2002
Violence	Men's Program How to Successfully Lower Men's Likelihood of, The	John Foubert	Program that is part of a workshop designed to help men help women recover from rape. 1998
Violence	Sexual Assault in Context-Context Teaching College Men	Christopher Kilmartin	Ties together the idea of gender on college campuses and sexual assault . Focuses primarily on gender. 2001
Violence	Sexual Assault on the College Campus-The Role of Male Peer Support	M. Schwartz, W. DeKeseredy	Discusses rape by alcohol, sports, frats, gangs on campus. Material is fascinating and easy to read. 1997
Violence	Sexual Violence on Campus-Policies,Programs,Perspectives	A. Ottens, K. Hotelling	Proposes proactive steps for stopping sexual violence on campus. Discusses alcohol and rape. Strategies for preventing assault and support groups. 2001
Violence	Surviving Domestic Violence-Voices of Women Who Broke Free	E. Weiss,Ed.D	Tells story of 12 women who were victims of domestic violence and how they were able to get away. 2000

Violence	Transforming A Rape Culture	Emilie Buchwald, P. Fletcher, M. Roth	Describes origin of sexual violence in our culture and steps toward eliminating rape and the rape culture. 1993
Violence	Trauma & Recovery: The Aftermath of Violence From Domestic Abuse	J. Herman, MD	Provides cutting-edge research on domestic violence and argues that psychological trauma be understood in social context 1997
Violence	Verbal Abuse-Survivors Speak Out On Relationship & Recovery	P. Evans	Addresses problem of verbal abuse and offers advice after making choice to end abusive relationship. 1993
Violence	Violence	ETR	Provides clear concise information regarding violence and the factors surrounding it. 1996
Violence	World Report on Violence and Health	E. Krug, I.Dahiber, J.Mercy, A.Zwi,R.Lozano	World report documenting violence throughout the world and recommendations con how to take action to control the problem of violence. 2002
Women's Health	Hite Report-A National Study of Female Sexuality, The	Shere Hite	Study of female sexuality from 1976. 1996

## Women's Health

	<b>Title</b>	<b>Author(s)</b>	<b>Review</b>
GLBT Health	Lesbian Health Book, The	J. White, M Martinez	1st comprehensive health book for lesbians. Resource book that also highlights efforts to make healthcare accessible to lesbians. 1997
Self-Esteem/Body Image	Women and Self Esteem	L. Sandford, ME Donovan	Addresses the problem of women and low self-esteem and how to build higher self-esteem. 1984
Sexual Health	Sexual Harassment of Working Women	Catharine A. MacKinnon	Describes the problem of sexual harassment in the workplace and ways to address the problem. 1979
Women's Health	Our Bodies, Ourselves	Boston Women's Health	Reflects health concerns of women of diverse background, ages, etc. Talks about all sorts of health related topics. 1998