Office of Health Promotion
Resource Center List

Books

**Addiction**
*Addiction: why can't they just stop?: New knowledge, new treatments, new hope* / John Hoffman and Susan Froemke, editors
*Addictive Thinking: understanding self deception* / Abraham J. Twerski
*Barriers to Intimacy: for people torn by addiction* / Gayle Rosellini and Mark Worden

**Alcohol**
*After This ...: an inspirational journey for all the wrong reasons* / Marcus Engel
*Alcohol Blackout, The: walking, talking, unconscious & lethal* / Donald F. Sweeney with Robert A. Liston
*Alcohol Use and Harm Prevention: a resource for college students* / Melodie Fearnow-Kenney and David L. Wyrick, editors
*Alcoholism: if it runs in your family, reducing your risk* / Ronald L. Rogers and C. Scott McMillin
*Beer, Booze, and Books: a sober look at higher education* / Jim Matthews
*Binge Drinking on American College Campuses: a new look at an old problem* / Harvard School of Public Health with support from the Robert Wood Johnson Foundation
*Buzzed: the straight facts about the most used and abused drugs from alcohol to ecstasy* / Cynthia Kuhn, Scott Swartzwelder, and Wilkie Wilson
*College Drinking: reframing a social problem* / George W. Dowdall
*Drink: a cultural history of alcohol* / Iain Gately
*Drugfree: a unique, positive approach to staying off alcohol and other drugs* / Richard B. Seymour and David E. Smith
*Dry: a memoir* / Augusten Burroughs
*Dying to Drink: confronting binge drinking on college campuses* / Henry Wechsler and Bernice Wuethrich
*Educating Yourself about Alcohol and Drugs: a people's primer* / Marc Alan Schuckit
*Encyclopedia of Alcoholism, The* / Robert O'Brien and Morris Chafetz
*Executives in Crisis: recognizing and managing the alcoholic, drug-addicted, or mentally ill executive* / Jeffrey Lynn Speller
*Facts about Drugs and Alcohol, The* / Mark S. Gold
*Families under the Influence: changing alcoholic patterns* / Michael Elkin
*Five O'clock Comes Early: a young man's battle with alcoholism* / Bob Welch and George Vecsey
*From Binge to Blackout: a mother and son struggle with teen drinking* / Chris Volkmann and Toren Volkmann
*Fury: a memoir* / Koren Zailckas
*Ghost in the Closet: is there an alcoholic hiding?: an honest look at alcoholism* / Dale Mitchel
*Goodbye Hangovers, Hello Life: self-help for women* / Jean Kirkpatrick
*Growing in the Shadow: children of alcoholics* / Robert J. Ackerman, editor, with contributions by 21 leading national authorities
*How Much Is Too Much?: the effects of social drinking* / Leonard Gross
*Invisible Alcoholics, The: women and alcohol* / Marian Sandmaier
*Myths, Mysteries & Management of Alcohol: facts, answers, and insights about drinking* / Raymond V. Haring
*New Joy of Being Sober, The: a book for recovering alcoholics and those who love them* / Jack Mumey
*Nutrition and the Woman Alcoholic* / Jean Kirkpatrick
Preventing Binge Drinking on College Campuses: a guide to best practices / Toben, F. Nelson, Ken C. Winters with Vincent L. Hyman

Smashed: story of a drunken girlhood / Koren Zailckas
There's More to Quitting Drinking than Quitting Drinking / Paul O.
When AA Doesn't Work for You: rational steps to quitting alcohol / Albert Ellis and Emmett Velten

Bioethics
The Penn Center Guide to Bioethics / Vardit Ravitsky, Autumn Fiester, and Arthur L. Caplan, editors

Body Image
Body Art Book, The: a complete, illustrated guide to tattoos, piercings, and other body modifications / Jean-Chris Miller
Body Burden, The: living in the shadow of Barbie / Stacey Handler
Body Outlaws: young women write about body image and identity / Ophira Edut, editor
Body Project, The: an intimate history of American girls / Joan Jacobs Brumberg
Coping With The Dangers Of Tattooing, Body Piercing, And Branding / Beth Wilkinson
Lesbians, Levis and Lipstick: the meaning of beauty in our lives / Jeanine C. Cogan and Joanie M. Erickson

Codependency
Caring Person's Illness: codependency/the affected family disease / Daniel T. Budenz
Co-dependence: misunderstood – mistreated / Anne Wilson Schaef
Love Is a Choice Workbook / Robert Hemfelt, Frank Minirth, Paul Meier, Deborah Newman, and Brian Newman
Talk, Trust and Feel: keeping codependency out of your life / Melody Beattie, Veronica Ray, Brian DesRoches, Roseann Lloyd, Jennifer Schneider, Stephanie Abbott, John Hough, Marshall Hardy, and Brenda Schaeffer

Current Affairs/Business
Pathologies of power: health, human rights, and the new war on the poor / Paul Farmer
Tipping Point, The: how little things can make a big difference / Malcolm Gladwell

Drug Addiction
Addiction by Prescription: one woman's triumph and fight for change / Joan E. Gadsby
Chemical Dependency: women at risk / Brenda L. Underhill and Dana G. Finnegan, editors
Chemical Dependency in Nursing: the deadly diversion / Eleanor Sullivan, LeClair Bissell, and Etta Williams
Contract for Life, The / Robert Anastas with Kalia Lulow
Crack: What You Should Know about the Cocaine Epidemic / Calvin Chatlos with Lawrence D. Chilnick
Drug Addiction: learn about it before your kids do / Pierre André
Drugfree: a unique, positive approach to staying off alcohol and other drugs / Richard B. Seymour and David E. Smith
Educating Yourself about Alcohol and Drugs: a people's primer / Marc Alan Schuckit
Executives in Crisis: recognizing and managing the alcoholic, drug-addicted, or mentally ill executive / Jeffrey Lynn Speller
Facts about Drugs and Alcohol / by Mark S. Gold
Go Ask Alice / Author anonymous
It's Time to Know: ten marijuana users share their personal stories / Joanne Baum
Of Course You're Angry / Gayle Rosellini and Mark Worden
Out of Control: confessions of an NFL casualty / Thomas "Hollywood" Henderson and Peter Knobler
Pharmer's Almanac II, The: an updated training manual on the pharmacology of psychoactive drugs / Anthony Radcliffe, Peter Rush, Carol Forror Scott, Joe Cruse, and Crystal Mende
Swallowing a Bitter Pill: how prescription and over-the-counter drug abuse is ruining lives – my story / Cindy R. Mogil
Treating Cocaine Dependency / David E. Smith and Donald R. Wesson, editors
Understanding Drugs of Abuse: the processes of addiction, treatment, and recovery / Mim J. Landry
Undoing Drugs: beyond legalization / Daniel K. Benjamin and Roger LeRoy Miller
Uppers, Downers, All Arounders: physical and mental effects of psychoactive drugs / Darryl S. Inaba, William E. Cohen, and Michael E. Holstein
Warning: drugs in sports – handbook for every athlete and parent / Andrew P. Ferko, Edward J. Barbieri, and G. John DiGregorio
Women and Substance Use / Elizabeth Ettorre

Eating Disorders
Anatomy of a Food Addiction: the brain chemistry of overeating / Anne Katherine
Athletic Woman's Survival Guide, The: how to win the battle against eating disorders, amenorrhea, and osteoporosis / Carol L. Otis and Roger Goldingay
Best Little Girl in the World, The / Steven Levenkron
Beyond Feast or Famine: daily affirmations for compulsive eaters / Susan K. Ward
Eating Disorder Sourcebook / Carolyn Costin
Full Lives: women who have freed themselves from food & weight obsession / Lindsay Hall, editor
Hope, Help, & Healing for Eating Disorders: a new approach to treating anorexia, bulimia, & overeating / Gregory L. Jantz
Intuitive Eating: a revolutionary program that works / Evelyn Tribole and Elyse Resch
Love Hunger: recovery from food addiction / Frank Minirth, Paul Meier, Robert Hemfelt, and Sharon Sneed
Males with Eating Disorders / Arnold E. Andersen, editor
Unbearable Lightness: a story of loss and gain / Portia De Rossi
Your Dieting Daughter: is she dying for attention? / Carolyn Costin

Fitness
Chi Walking: the five mindful steps for lifelong health and energy / Danny Dreyer and Katherine Dreyer
Complete Guide to Walking, The: a 52-week plan for increased energy and a longer, healthier life / Mark Fenton
Desktop Yoga: the anytime, anywhere relaxation program for office slaves, internet addicts, and stressed-out students / Julie T. Lusk
Fitness for Dummies / Suzanne Schlosberg and Liz Neporent with Tere Stouffer Drenth

Intervention
Betty Ford Center Book of Answers, The : help for those struggling with substance abuse and for the people who love them / James W. West
Dare to Confront!: how to intervene when someone you care about has an alcohol or drug problem / Bob Wright and Deborah George Wright
Intervention: how to help someone who doesn't want help: a step-by-step guide for families and friends of chemically dependent persons / Vernon E. Johnson
Nutrition and Cooking
American Dietetic Association Complete Food and Nutrition Guide, revised and updated 3rd edition
Cooking Light Way to Cook Vegetarian
Cooking Show and Tell for Dietitians / Sharon B. Salomon and Patricia H. Hart
Diabetic Cooking / Publications International, Ltd.
Eating for IBS: 175 delicious, nutritious, low-fat, low-residue recipes to stabilize the touchiest tummy / Heather Van Vorous
Everything Healthy College Cookbook, The / Nicole Cormier, RD
Fast Food Nation: the dark side of the all-American meal / Eric Schlosser
Food Folklore: tales and truths about what we eat / written for the American Dietetic Association by Roberta Larson Duyff
Health Professional's Guide to Popular Dietary Supplements / Allison Sarubin Fragakis
Healthier You, A: based on the dietary guidelines for Americans / U.S. Department of Health and Human Services
Healthy College Cookbook: quick, cheap, easy / Alexandra Nimitz, Jason Stanley, and Emeline Starr
How to Boil Water: life beyond takeout / Food Network Kitchens
Jane Brody's Nutrition Book: a lifetime guide to good eating for better health and weight control / Jane Brody
Lickety-split Meals: for health conscious people on the go! / by Zonya Foco
Low-Fodmap Diet Cookbook: 150 simple. Flavorful, gut-friendly recipes to ease the symptoms of IBS, celiac disease, Crohn’s disease, ulcerative colitis, and other digestive disorders / Sue Shepherd
Low-fat Living: turn off the fat-makers, turn on the fat-burners for longevity, energy, weight loss, freedom from disease / Robert K. Cooper with Leslie L. Cooper
New American Heart Association Cookbook 8th Edition, The
Nutrition and the woman alcoholic / Jean Kirkpatrick
Quick & Healthy, volume II: more help for people who say they don’t have time to cook healthy meals / Brenda J. Ponichtera
Saving Dinner: the menus, recipes, and shopping lists to bring your family back to the table / Leanne Ely
South Beach diet: the delicious, doctor-designed, foolproof plan for fast and healthy weight loss / Arthur Agatston
Trans Fats: the hidden killer in our food / Judith Shaw with the assistance of Doris Ober
Vegan Microwave Cookbook / Nancy Berkoff
Weight loss confidential: how teens lose weight and keep it off-- and what they wish parents knew / Anne M. Fletcher
When food is your best friend (and worst enemy) / Jan Johnson

One Book Villanova
Blood Done Sign My Name: a true story / Timothy B. Tyson
Kite Runner, The / Khaled Hosseini
Left to Tell : discovering God amidst the Rwandan holocaust / Immaculee Ilibagiza

Personal Health
Best of Health, The / Marvin M. Lipman and the editors of Consumer Reports on Health
Big Fat Lies: learn the astonishing facts. The truth about your weight and your health / Glenn A. Gaesser
Dietitian’s Guide to Polycystic Ovary Syndrome, The / Gella Grassi
Finding the Still Point: A Beginner's Guide to Zen Meditation (includes a CD of guided instruction) / Susan Piver
Flood Your Body with Oxygen: therapy for our polluted world / Ed McCabe
Full Catastrophe Living: using the wisdom of your body and mind to face stress, pain, and illness / John Kabat-Zinn (The Program of the Stress Reduction Clinic at the University of Massachusetts Medical Center)

"Go Ask Alice" Book of Answers, The: a guide to good physical, sexual, and emotional health / Columbia University's Health Education Program

Health at Every Size / Linda Bacon

Improving Sleep: a guide to a good night’s rest / A Harvard Medical School Special Health Report

Just Fine: unmasking concealed chronic illness and pain / Carol Sveilich

Just One Thing: developing a Buddha brain one simple practice at a time / Rick Hanson

Making Weight: men’s conflicts with food, weight, shape & appearance / Arnold Andersen, Leigh Cohn, and Thomas Holbrook

Mindfulness Solution, The: everyday practices for everyday problems / Ronald D. Siegel

Mindfulness-Based Stress Reduction Workbook / Bob Stahl and Elisha Goldstein

Our Bodies, Ourselves: a new edition for a new era / the Boston Women's Health Book Collective

Promise Made, a Promise Kept: one son’s quest for the cause and cure of diabetes / James Chappell


Publication Manual of the American Psychological Association, Sixth Edition

Quiet Mind: A Beginner’s Guide to Meditation (includes a CD of guided instructions) / Susan Piver

Wherever You Go There You Are: mindfulness meditation in everyday life, 10th anniversary edition / Jon Kabat-Zinn

You Don't Look Sick!: living well with invisible chronic illness / Joy H. Selak and Steven S. Overman

Personal Recovery

Double Bind: a guide to recovery and relapse prevention for the chemically dependent sexual abuse survivor / Caryl Trotter

Drugs in Perspective: a personalized look at substance use and abuse / Richard Fields

Passages Through Recovery: an action plan for preventing relapse / Terence T. Gorski

Prescription Drug Addiction: the hidden epidemic: a guide to coping and understanding / Rod Colvin

Recovery Resource Book / Barbara Yoder

Sober But Stuck: obstacles most often encountered that keep us from growing in recovery / Dan F.

Understanding the Twelve Steps: an interpretation and guide for recovering people / Terence T. Gorski

Quit Smoking

Last Puff, The: most people quit smoking on their own; here’s how – in the words of 30 ex-smokers and two medical authorities/John W. Farquhar and Gene A. Spiller

Quit & Stay Quit: a personal program to stop smoking / Terry A. Rustin

Sexual Assault

Confronting the Victim Role: healing from an abusive childhood / Barry and Emily McCarthy

Date Rape, the secret epidemic: what it is, what it isn’t, what it does to you, and what you can do about it / Joel Friedman, Marcia Mobilia Boumil, and Barbara Ewert Taylor

Healing Your Sexual Self / Janet G. Waititz

May I kiss you?: a candid look at dating, communication, respect & sexual assault awareness / Michael J. Domittrz

Other Side of Silence, The: women tell about their experiences with date rape / Christine Carter, editor

Rape & Society: readings on the problem of sexual assault / Patricia Searles and Ronald J. Berger, editors
Reach for the Rainbow: advanced healing for survivors of sexual abuse / Lynne D. Finney
Sexual Assault in Context: teaching college men about gender / Christopher Kilmartin
Sexual Assault on Campus: the problem and the solution / Carol Bohmer and Andrea Parrot
Sexual Assault on the College Campus: the role of male peer support / Martin D. Schwartz and Walter S. DeKeseredy
Stopping Rape: a challenge for men / Rus Ervin Funk
Victim No More: your guide to overcome revictimization / Jean Carlton
Violence against Women – an international and interdisciplinary journal, special issue: fraternities, athletes, and violence against women on campus / Claire Renzetti, editor

Dating, Relationships, and Sexual Health
Boundaries: where you end and I begin / Anne Katherine
Date Smart: how to stop revolving and start evolving in your relationships / David D. Coleman and M. Richard Doyle
Hooking Up: sex, dating, and relationships on campus / Kathleen A. Bogle
May I kiss you?: a candid look at dating, communication, respect & sexual assault awareness / Michael J. Domitriz
Oral Sex Is the New Goodnight Kiss / Sharlene Azam
Sex and the Soul: juggling sexuality, spirituality, romance, and religion on America's college campuses / Donna Freitas
Without Knowing It / Ed Luoma
Women, Relationships, and Power: implications for counseling / Ellen Piel Cook, editor

Sexually Transmitted Infections
Always Remember: the NAMES Project AIDS memorial quilt: a selection of panels created by and for international fashion designers
Campus HIV Prevention Strategies: planning for success / Mary T. Hoban, Nan W. Ottenritter, Jan L. Gascoigne, and Dianne L. Kerr
Focus On Living: portraits of Americans with HIV and AIDS / photographs and interviews by Roslyn Banish
Romance To Die For: the startling truth about women, sex, and AIDS / Fleur Sack with Anne Streeter
T-cells & Sympathy: monologues in the age of AIDS / Michael Kearns

Student Life
Academically Adrift: limited learning on college campuses / Richard Arum and Josipa Roksa
Adult Children of Divorce: breaking the cycle and finding fulfillment in love, marriage, and family / Edward W. Beal and Gloria Hochman
Beer, Booze, and Books: a sober look at higher education / Jim Matthews
Binge: what your college student won't tell you: campus life in an age of disconnection and excess / Barrett Seaman
Charting Your Course: a life-long guide to health and compassion / Sally Coleman and David S. Anderson, editors
Cheating Culture, The: why more Americans are doing wrong to get ahead / David Callahan
College Student Alcohol Abuse: a guide to assessment, intervention, and prevention / edited by Christopher J. Correia, James G. Murphy and Nancy P. Barnett
Complete Idiot's Guide to Managing Your Time / Jeff Davidson
Exercise: a program you can live with / A Harvard Medical School Special Health Report
Overachievers, The: the secret lives of driven kids / Alexandra Robbins
Paying for the Party: how college maintains inequality / Elizabeth A. Armstrong and Laura T. Hamilton
Power of Habit, The: why we do what we do in life and business / Charles Duhigg
Queen Bees & Wannabes: helping your daughter survive cliques, gossip, boyfriends, and other realities of adolescence / Rosalind Wiseman
Reading the Signs: using case studies to discuss student life issues at Catholic colleges and universities in the United States / Sandra M. Estanek, Robert S. Meyer, Laura A. Wankel, and Edward P. Wright, editors
Relaxation & Stress Reduction Workbook / Martha Davis, Elizabeth Robbins Eshelman, and Matthew McKay
Strength and Power Training: a guide for adults of all ages / A Harvard Medical School Special Health Report
Stress Management: approaches for preventing and reducing stress / A Harvard Medical School Special Health Report
Stress Management for Dummies / Allen Elkin
Unprotected: a campus psychiatrist reveals how political correctness in her profession endangers every student / Anonymous, M.D.

VIDEOS

Fitness (DVD's unless otherwise noted)
AM & PM Yoga for Beginners
Basic Step / Cathe Friedrich, instructor
Butt & Legs: all the tools you'll need to lift, tone and sculpt your butt and legs / David Kirsch, instructor
Dance with Julianne – Cardio Ballroom
Dancing with the Stars – Latin Cardio Dance
Fat-burning Dance Mix: Latin groove, jazz & pop, club funk, and ballet sculpt / Denise Austin, instructor
Fat-burning Kickboxing Workout for Dummies / Keli Roberts, instructor
Firm - Cardio Dance Slim Down / Allie Del Rio Pointer, instructor
Flexibility and Tone for Beginners / Yoga Zone LLC
Gunnar Peterson's Core Secrets: 25 minute full body workout
Iron Yoga: combine yoga & strength training for weight loss & total body fitness / Anthony Carillo, instructor
Minna Optimizer Fat Eliminator (VHS) / Minna Lessig, instructor
Minna Optimizer Strength & Grace (VHS) / Minna Lessig, instructor
Pilates for Beginners
Renew You: cardio fusion / Tracy Mallett, instructor
Upper body & abdominals: strengthen, sculpt and tone your torso and abdominals / David Kirsch, instructor
Weight Loss Pilates, Pick Your Level / Ellen Barrett, instructor
Winsor Pilates. Endless Fitness Series for Beginners / Mari Winsor, instructor
Yoga for Beginners
Yoga for Stress Relief

Movies, Documentaries, and Educational Programming (DVD’s unless otherwise noted)

28 days
Addiction: a 14-part series / HBO Documentary Films in association with the Robert Wood Johnson Foundation, the National Institute on Drug Abuse, and the National Institute on Alcohol Abuse and Addiction
Alcohol and Sex: prescription for poor decision-making (VHS)
Alcohol and your body: assessing the damage (VHS)
America the Beautiful: is America obsessed with beauty?
Binge Drinking Blowout: the extreme dangers of alcohol use (VHS)
Binge Drinking: the facts (VHS)
Bombed! (VHS)
Breaking the Silence / Rowan University production
Closer Walk
Club Drugs: the real deal (VHS)
College Student’s Guide to Sexual Health
Drinking, Driving & Dying (VHS)
Drug Abuse & the Brain (VHS) / National Institute on Drug Abuse
Dying High: teens in the ER (VHS)
Hamster cocktails: the truth about hazing / Rowan University production
No Ifs, Ands, or Butts: Smoking Kills (VHS)
Oral Sex Is the New Goodnight Kiss
Prescription Drugs: killing more than pain (VHS) / Multijurisdictional Counterdrug Task Force Training Program at St. Petersburg College, Florida
Program, The
Rules of Attraction
Spun

Straightlaced: how gender’s got us all tied up / A Debra Chasnoff Documentary
Straight Talk About Being Gay – Panel moderated by Dr. Bernie Gallagher (Villanova), April 2012
Super Size Me: a film of epic portions
Thin / HBO Documentary
“Undetected” Rapist, The (VHS)
Wasted
Wasted youth / Rowan University production

CD Titles

Alcohol 101 Plus: making safe and responsible decisions on campus / The Century Council
Impaired Driving Prevention & Highway Safety: along these lines
Prescription and OTC Drug Abuse – PowerPoint presentation
Pulse: more power to you
Relaxation Exercises / produced by the American Lung Association