Mindfulness and acceptance workbook for anxiety: a guide to breaking free from anxiety, phobias and worry using acceptance and commitment therapy

https://libraries.phsa.ca/permalink/catalog120501


Audience: Patient or Public
Agency: BC Cancer Agency
Location: Surrey Cancer Info Ctr
Call Number: WM172 F735 2016

Living beyond your pain: Using acceptance and commitment therapy to ease chronic pain

https://libraries.phsa.ca/permalink/catalog111354


Audience: Patient or Public
Agency: BC Children’s and Women’s
Location: Family Support & Resource Centre
Call Number: FM 830 DAH 2006

“A resource for those living with chronic pain, their families and friends, and health professionals. Discusses the ACT principles to chronic pain management, using a step-by-step format with exercises and practical worksheets.”

It gets better: Coming out, overcoming bullying, and creating a life worth living

https://libraries.phsa.ca/permalink/catalog113413


Audience: Patient or Public
Agency: BC Children’s and Women’s
Location: Family Support & Resource Centre
Call Number: GA 600 SAV 2012

“It Gets Better is a collection of original essays and expanded testimonials written to teens from celebrities, political leaders, and everyday people, because while many LGBT teens can’t see a positive future for themselves, we can.”
The depression workbook : A guide for living with depression and manic depression
https://libraries.phsa.ca/permalink/catalog122324
Audience: Patient or Public
Agency: BC Children's and Women's
Location: Family Support & Resource Centre
Call Number: CD 302 COP 2001

This text contains interactive exercises that provide guidance on essential coping skills and help readers make real changes in their lives. This second edition includes updated Internet resources, expanded material on treatment strategies, and a revised listing of mental health professionals.

Worry less, live more : the mindful way through anxiety workbook
https://libraries.phsa.ca/permalink/catalog121783
Audience: Patient or Public
Agency: BC Cancer Agency
Location: Vancouver Library
Abbotsford Cancer Info Ctr
Vancouver Cancer Info Ctr
Call Number: WM172 O76 2016

Mindfulness-based cognitive therapy for depression [videorecording]
https://libraries.phsa.ca/permalink/catalog19953
Audience: Professional
Agency: BC Cancer Agency
Location: Abbotsford Library FHA
Call Number: WM171 S454 2005

A cognitive therapy approach to treating patients with depression. Provides psychology students and practitioners with an expert introduction to the spiritual approach of cognitive therapy.
Leaves falling gently: living fully with serious and life-limiting illness through mindfulness, compassion, and connectedness


Audience: Patient or Public
Agency: BC Cancer Agency
Location: Vancouver Library
          Kelowna Cancer Info Ctr
          Surrey Cancer Info Ctr
          Victoria Cancer Info Ctr
          Abbotsford Cancer Info Ctr
          Prince George Cancer Info Ctr
Call Number: WB310 B344 2011

Move for life! : cancer and physical activity

http://www.seniorsbc.ca/activeaging/physical/move_for_life.html


Audience: Patient or Public
Agency: BC Cancer Agency
Location: Internet

Anorexia workbook: how to accept yourself, heal your suffering, and reclaim your life


Audience: Patient or Public
Agency: BC Cancer Agency
Location: Abbotsford Cancer Info Ctr FHA
Call Number: WM175 A5 2004
Here for now: living well with cancer through mindfulness

https://libraries.phsa.ca/permalink/catalog15001
Audience: Patient or Public
Agency: BC Cancer Agency
Location: Vancouver Library
Victoria Cancer InfoCtr
Call Number: QZ266 R813h 2005

Here for now: living well with cancer through mindfulness

https://libraries.phsa.ca/permalink/catalog21722
Audience: Patient or Public
Agency: BC Cancer Agency
Location: Surrey Cancer InfoCtr
Call Number: QZ266 R813h 2007

Mindful way workbook: an 8-week program to free yourself from depression and emotional distress

https://libraries.phsa.ca/permalink/catalog121880
Audience: Patient or Public
Agency: BC Cancer Agency
Location: Kelowna Cancer InfoCtr
Victoria Cancer InfoCtr
Call Number: WM172 T253 2014
Dialectical behavior therapy skills workbook: Practical DBT exercises for learning mindfulness, interpersonal effectiveness, emotion regulation and distress tolerance
https://libraries.phsa.ca/permalink/catalog122286

Audience: Patient or Public
Agency: BC Children's and Women's
Location: Family Support & Resource Centre
Call Number: CC 680 MCK 2019

"This book offers step-by-step exercises for managing your emotions without losing control, engaging in destructive behavior, or lashing out at others. You’ll also find new chapters on self-compassion and cognitive rehearsal—the act of mentally preparing yourself for situations that trigger your em…"

Relationship of belief in control and commitment to life to cancer patients’ inclination to use unproven cancer therapies
https://libraries.phsa.ca/permalink/catalog8298

Audience: Professional
Agency: BC Cancer Agency
Location: Vancouver Library
Call Number: QZ201 S628 1990

Live your best life now! : the cancer survivor's guide to creating a happy and meaningful life
https://libraries.phsa.ca/permalink/catalog16309
Santini, Kathy. Victoria, BC: Kathy Santini , 2007. (Book) — 3 copies, 3 available

Audience: Patient or Public
Agency: BC Cancer Agency
Location: Vancouver Library
Surrey Cancer Info Ctr
Victoria Cancer Info Ctr
Call Number: QZ201 S235 2007

"Review published in "Abreast in the West" vol. 9, no.3 Summer 2008"
Path through loss : a workbook for healing and growth

https://libraries.phsa.ca/permalink/catalog122120

Reeves, Nancy C. Kelowna, BC: Northstone , 2012. Updated and expanded. (Book) — 1 copy, 1 available

Audience: Patient or Public
Agency: BC Cancer Agency
Location: Prince George Cancer Info Ctr
Call Number: BF575 R332p 2012

“A loss is any experience that restricts us - from the concrete bereavement, chronic condition, relationship estrangement, to the more nebulous shattering of a dream or expectation. This workbook takes you step by step through the process of grief. You can use it as a structured journal or simply …

Chemistry of joy workbook : overcoming depression using the best of brain science, nutrition, and the psychology of mindfulness

https://libraries.phsa.ca/permalink/catalog121213


Audience: Patient or Public
Agency: BC Cancer Agency
Location: Abbotsford Cancer Info Ctr
Vancouver Library
Call Number: WM171.5 E54 2012

Mindfulness-based cognitive therapy for depression : a new approach to preventing relapse

https://libraries.phsa.ca/permalink/catalog121874


Audience: Professional
Agency: BC Cancer Agency
Location: Victoria Library
Call Number: WM171 S454m 2018
Mindfulness-based cognitive therapy for depression: a new approach to preventing relapse

https://libraries.phsa.ca/permalink/catalog14370


Audience: Professional
Agency: BC Cancer Agency
Location: VC PFCS
FVC PFCS
Victoria Library
Call Number: WM171 S454m 2002

Recovering from depression: A workbook for teens

https://libraries.phsa.ca/permalink/catalog104680


Audience: Patient or Public
Agency: BC Children's and Women's
Location: Family Support & Resource Centre
Call Number: YOUTH CD 302 COP 2002

Interactive workbook, for teens, explores ways to deal with suicidal thoughts, change negative behaviors, reach out to friends and family, reduce stress, avoid substance abuse, solve problems, recognize triggers of depression, and focus on dreams and goals. Includes tips, brain-storming activities,…

Mindful way through depression: Freeing yourself from chronic unhappiness

https://libraries.phsa.ca/permalink/catalog114057


Audience: Patient or Public
Agency: BC Children's and Women's
Location: Family Support & Resource Centre
Call Number: CD 302 WIL 2007

If you've ever struggled with depression, take heart. Mindfulness, a simple yet powerful way of paying attention to your most difficult emotions and life experiences, can help you break the cycle of chronic unhappiness once and for all. In The Mindful Way through Depression, four uniquely qualified…
Mindful way through depression: freeing yourself from chronic unhappiness

https://libraries.phsa.ca/permalink/catalog19740
Audience: Patient or Public
Agency: BC Cancer Agency
Location: Vancouver Library
          Surrey Cancer Info Ctr
          CSI PFCS
          Victoria Cancer Info Ctr
Call Number: WM171 M663 2007

Title on CD "Guided meditation practices for the mindful way through depression" narrated by John Kabat-Zinn

Mindful way through depression: freeing yourself from chronic unhappiness

https://libraries.phsa.ca/permalink/catalog18551
Williams, J. Mark G.;. New York: Guilford Press, 2007. (Book, CD-ROM) — 1 copy, 1 available
Audience: Patient or Public
Agency: BC Cancer Agency
Location: Abbotsford Cancer Info Ctr FHA
Call Number: WM171 M663 2007

Adapting cognitive therapy for depression: managing complexity and comorbidity

https://libraries.phsa.ca/permalink/catalog20984
Whisman, Mark A.;. New York: Guilford, 2008. (Book) — 1 copy, 1 available
Audience: Professional
Agency: BC Cancer Agency
Location: Abbotsford Library FHA
Call Number: WM171 A221 2008

Mindfulness for everyday living

https://libraries.phsa.ca/permalink/catalog114003
Audience: Patient or Public
Agency: BC Cancer Agency
Location: Victoria Cancer Info Ctr
Call Number: QZ266 T619 2003
Mindfulness and acceptance: expanding the cognitive-behavioral tradition
https://libraries.phsa.ca/permalink/catalog20938
Hayes, Steven C., Follette, Victoria M., Linehan, Marsha M.; New York: Guilford, 2011. (Book) — 1 copy, 1 available
Audience: Professional
Agency: BC Cancer Agency
Location: Abbotsford Library FHA
Call Number: WM425.5 C6 2011

Moving on with mito: A guide for teens and young adults living with mitochondrial disorders
https://libraries.phsa.ca/permalink/catalog121191
Boston Children's Hospital. , [0000]. (Online)
Audience: Patient or Public
Agency: BC Children's and Women's
Location: Family Support & Resource Centre

The Mother-to-mother postpartum depression support book: Real stories from women who lived through it and recovered
https://libraries.phsa.ca/permalink/catalog111431
Audience: Patient or Public
Agency: BC Children's and Women's
Location: Family Support & Resource Centre
Call Number: GH 410 POU 2006

"Written by mothers, for mothers, this is a collection of stories of women from all walks of life, from all over the world, of all ages, and their experience with postpartum depression (PPD)."
Cancer patient's guide to overcoming depression and anxiety: getting through treatment and getting back to your life

https://libraries.phsa.ca/permalink/catalog17563

Audience: Patient or Public
Agency: BC Cancer Agency
Location: Vancouver Library
Vancouver Cancer Info Ctr
Kelowna Cancer Info Ctr
Surrey Cancer Info Ctr
Victoria Cancer Info Ctr
Abbotsford Cancer Info Ctr
CN PFCS
Call Number: QZ266 H797 2007

The mindful way through anxiety: Break free from chronic worry and reclaim your life

https://libraries.phsa.ca/permalink/catalog114739
Orsillo, Susan M., Roemer, Lizabeth, Eby, Tanya (narrator). Old Saybrook, Ct.: Tantor Audio | Playaway, 2016. (Audio, Pre-loaded Media) — 1 copy, 1 available

Agency: BC Children's and Women's
Location: Family Support & Resource Centre
Call Number: PLAY CB 500 ORS 2016

With clarity and compassion, this book describes clinically tested mindfulness practices specifically tailored for anxiety in its many forms.

Mindful way through anxiety: break free from chronic worry and reclaim your life

https://libraries.phsa.ca/permalink/catalog21357
Orsillo, Susan M., Roemer, Lizabeth. New York: Guilford Press, 2011. (Book) — 1 copy, 1 available

Audience: Professional
Agency: BC Cancer Agency
Location: Abbotsford Cancer Info Ctr FHA
Call Number: WM172 O76 2011
Mindful way through anxiety: break free from chronic worry and reclaim your life
https://libraries.phsa.ca/permalink/catalog113570
Audience: Patient or Public
Agency: BC Cancer Agency
Location: Internet
URL Notes: Patients and the public of BC and the Yukon can access this title by calling 1.888.675.8001 x 7000 (toll-free) to obtain a username and password from the Library.

Create wellness: your strategic plan for life
https://libraries.phsa.ca/permalink/catalog14225
Audience: Patient or Public
Agency: BC Cancer Agency
Location: Vancouver Library
Call Number: QZ266 A546c 2004

Mind-body workbook for anxiety: effective tools for overcoming panic, fear, and worry
https://libraries.phsa.ca/permalink/catalog113662
Audience: Patient or Public
Agency: BC Cancer Agency
Location: Internet
URL Notes: Patients and the public of BC and the Yukon can access this title by calling 1.888.675.8001 x 7000 (toll-free) to obtain a username and password from the Library.
Understanding, acceptance and hope: the radiation therapy experience

Radiation Oncology Services. Riverdale, GA: Radiation Oncology Services, 2010. (Video, DVD) — 19 copies, 19 available

Audience: Patient or Public
Agency: BC Cancer Agency
Location: Vancouver Library AV Room
Kelowna Cancer Info Ctr
Surrey Cancer Info Ctr
Victoria Cancer Info Ctr
Abbotsford Cancer Info Ctr
Call Number: QZ269 U55 2010

Living life to the full: a DVD course to help boost how you feel and tackle low mood and depression

Williams, Chris. Leeds, UK: Media Innovations, 2008. (DVD, Video) — 17 copies, 16 available

Audience: Patient or Public
Agency: BC Cancer Agency
Location: Vancouver Library AV Room
Abbotsford Cancer Info Ctr
Kelowna Cancer Info Ctr
Prince George Cancer Info Ctr
Surrey Cancer Info Ctr
Victoria Cancer Info Ctr
Call Number: WM171.5 L786 2008
URL Notes: Preview and availability

This DVD has been modified by the Canadian Mental Health Association's BC Division for use as part of the Bounce Back program in British Columbia. ; BC Introduction ; Starting out ; Problem solving ; Building confidence and activities ; Balanced thinking ; Dealing with unhelpful behaviour ; Sleepin…
Living life to the full: a DVD course to help boost how you feel and tackle low mood and depression

https://libraries.phsa.ca/permalink/catalog20615
https://cmha.bc.ca/programs-services/bounce-back/

Williams, Chris. Leeds, UK: Media Innovations, 2009. (Video, DVD) — 8 copies, 8 available

Audience: Patient or Public
Agency: BC Cancer Agency
Location: Vancouver Library AV Room
        Surrey Cancer Info Ctr
        Victoria Cancer Info Ctr
Call Number: WM171.5 L786c 2009
URL Notes: Preview and availability

"This DVD has been modified by the Canadian Mental Health Association's BC Division for use as part of the Bounce Back program in British Columbia. ; BC Introduction ; Starting out ; Problem solving ; Building confidence and activities ; Balanced thinking ; Dealing with unhelpful behaviour ; Sleepin…"
Mindfulness for beginners: Reclaiming the present moment - and your life
https://libraries.phsa.ca/permalink/catalog20541
Audience: Patient or Public
Agency: BC Cancer Agency
Location: Vancouver Library
Abbotsford Cancer Info Ctr
Prince George Cancer Info Ctr
Surrey Cancer Info Ctr
Victoria Cancer Info Ctr
Call Number: QZ266 K10mi 2012

Mindfulness for beginners: Reclaiming the present moment - and your life
https://libraries.phsa.ca/permalink/catalog112747
Agency: BC Children's and Women's
Location: Family Support & Resource Centre
Call Number: EG 200 KAB 2012

“This book can be used in 3 unique ways: as a collection of reflections and practices to be opened and explored at random; as an illuminating and engaging start-to-finish read; or as an unfolding "lesson-a-day" primer on mindfulness practice. Includes a complete CD with 5 guided mindfulness meditati…

Living and learning: breast cancer workbook
https://libraries.phsa.ca/permalink/catalog14156
Audience Communication Inc. Mississauga, ON: AstraZeneca, 2003. (Booklet, Handout) — 8 copies, 7 available
Audience: Patient or Public
Agency: BC Cancer Agency
Location: Vancouver Library
Vancouver Cancer Info Ctr
Surrey Cancer Info Ctr
Victoria Cancer Info Ctr
Call Number: WP870 L786 2003
Quiet your mind and get to sleep: solutions to insomnia for those with depression, anxiety, or chronic pain

https://libraries.phsa.ca/permalink/catalog18208


Audience: Patient or Public
Agency: BC Cancer Agency
Location: Vancouver Library
        Kelowna Cancer Info Ctr
        Surrey Cancer Info Ctr
        Victoria Cancer Info Ctr
        Prince George Cancer Info Ctr
Call Number: WM188 C289 2009

Quiet your mind and get to sleep: solutions to insomnia for those with depression, anxiety, or chronic pain

https://libraries.phsa.ca/permalink/catalog18552

Carney, Colleen E. Oakland, Calif.: New Harbinger, 2009. (Book) — 1 copy, 1 available

Audience: Patient or Public
Agency: BC Cancer Agency
Location: Abbotsford Cancer Info Ctr FHA
Call Number: WM188 C37 2009

The chronic illness workbook: Strategies and solutions for taking back your life

https://libraries.phsa.ca/permalink/catalog122395


Audience: Patient or Public
Agency: BC Children’s and Women’s
Location: Family Support & Resource Centre
Call Number: EF 800 FEN 2012

“This book *brings clarity and order to what feels like an unmanageable and isolating experience. It shows both those who are ill and those who care for them how to live a full and meaningful life despite undeniable difficulties. Using her extensive experience with chronic illness patients, Patricia…
A mindfulness-based stress reduction workbook for anxiety
https://libraries.phsa.ca/permalink/catalog122325
Audience: Patient or Public
Agency: BC Children's and Women's
Location: Family Support & Resource Centre
Call Number: CD 420 STA 2014

“If you have anxiety or suffer from panic attacks, little things like driving, being at a party where you don’t know anyone, or even going to the grocery store can seem overwhelming. But these little things are a part of everyday life, and if you try to avoid them, you may end up feeling alienated,…

BSE : yes, it's worth it : better choices through better information
https://libraries.phsa.ca/permalink/catalog15540
Audience: Patient or Public
Agency: BC Cancer Agency
Location: Vancouver Library AV Room
Surrey Cancer Info Ctr
Abbotsford Cancer Info Ctr
Call Number: WP815 B828L 2007

Living a healthy life with chronic conditions : self-management of heart disease, arthritis, diabetes, depression, asthma, bronchitis, emphysema and other physical and mental conditions
https://libraries.phsa.ca/permalink/catalog120405
Audience: Patient or Public
Agency: BC Cancer Agency
Location: Vancouver Cancer Info Ctr
Internet
Call Number: WT500 L785 2013
URL Notes: Patients and the public of BC and the Yukon can access this title by calling 1.888.675.8001 x 7000 (toll-free) to obtain a username and password from the Library.
Living a healthy life with chronic conditions: self-management of heart disease, arthritis, diabetes, depression, asthma, bronchitis, emphysema and other physical and mental conditions

https://libraries.phsa.ca/permalink/catalog20735


Audience: Patient or Public
Agency: BC Cancer Agency
Location: Surrey Cancer Info Ctr
Call Number: WT500 L785 2012

Creating wholeness: a self-healing workbook using dynamic relaxation, images and thoughts

https://libraries.phsa.ca/permalink/catalog3787


Audience: Patient or Public
Agency: BC Cancer Agency
Location: CSI PFCS
Call Number: QZ266 P421c 1993

Life to be lived: challenges and choices for patients and carers in life-threatening illnesses

https://libraries.phsa.ca/permalink/catalog22026

Proot, Catherine, Yorke, Michael. Oxford, United Kingdom: Oxford University, 2014. (Book) — 1 copy. 1 available

Audience: Patient or Public
Agency: BC Cancer Agency
Location: Abbotsford Cancer Info Ctr FHA
Call Number: WB310 P76 2014