

## Meditations for morning and evening : start and end your day with confidence and ease

<https://libraries.phsa.ca/permalink/catalog20547>

Siegel, Bernie S. Carlsbad, CA: Hay House, Inc. , 2004. (Audio, CD) — 1 copy, [1 available](#)

Audience: Patient or Public  
Agency: BC Cancer Agency  
Location: Vancouver Library Relax  
Call Number: QZ266 S574me 2004

“ Morning meditation ; Evening meditation



## Tara's Guide to Adoptive Families are Families for Keeps

<https://libraries.phsa.ca/permalink/catalog109274>

Lee, Jennifer, Cowan, Lissa, Hill, Stephanie (Illustrator). Vancouver, BC: Groundwork Press , 2005. (CD, Audio) — 1 copy,

[1 available](#)

Audience: Patient or Public  
Agency: BC Children's and Women's  
Location: Family Support & Resource Centre  
Call Number: GE 400 LEE 2005

“ This CD will help professionals and caregivers to use the activity book, *Adoptive Families are Families for Keeps*, in an in-depth and non-threatening way. The guide suggests strategies that adoption professionals can use to facilitate the child's transition from foster care to adoption and enhance ...



## Healthy brain kit : clinically proven tools to boost your memory, sharpen your mind, keep your brain young

<https://libraries.phsa.ca/permalink/catalog120107>

Weil, Andrew, Small, Gary. Boulder, CO: Sounds True , 2007. (Audio, CD, Booklet) — 1 copy, [1 available](#)

Audience: Patient or Public  
Agency: BC Cancer Agency  
Location: Victoria Cancer Info Ctr  
Call Number: WM173.7 W422 2007



## Mindfulness meditation for pain relief : guided practices for reclaiming your body and your life

<https://libraries.phsa.ca/permalink/catalog19840>

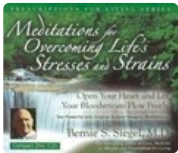
Kabat-Zinn, Jon. Boulder, CO: Sounds True , 2010. (Audio, CD) — 8 copies, [6 available](#)

Audience: Patient or Public  
Recommended

Agency: BC Cancer Agency

Location: Vancouver Library Relax  
Kelowna Cancer Info Ctr  
Surrey Cancer Info Ctr  
Victoria Cancer Info Ctr  
Abbotsford Cancer Info Ctr

Call Number: QZ266 K12m 2010 v.1-2



## Meditations for overcoming life's stresses and strains : open your heart and let your bloodstream flow freely

<https://libraries.phsa.ca/permalink/catalog13634>

Siegel, Bernie S. Carson, CA: Hay House, Inc. , 2004. (Audio, CD) — 1 copy, [1 available](#)

Audience: Patient or Public

Agency: BC Cancer Agency

Location: Vancouver Library

Call Number: QZ266 S574m 2004



## Imagery and meditations for support during your first trimester

<https://libraries.phsa.ca/permalink/catalog110815>

Bloome, Jennifer. Eagan, MN: Anji Inc. , 2002. (CD, Audio) — 1 copy, [1 available](#)

Audience: Patient or Public

Agency: BC Children's and Women's

Location: Family Support & Resource Centre

Call Number: GH 100 BLO 2002a

“ Enhance your pregnancy experience, foster a deeper connection with your baby, and prepare for upcoming motherhood. Each exercise contains a general relaxation exercise, scientifically accurate imagery of your baby's development, a chance to "check-in" with how you are feeling both physically and em...



## Imagery and meditations for support during your second trimester

<https://libraries.phsa.ca/permalink/catalog110816>

Bloome, Jennifer. Eagan, MN: Anji Inc. , 2002. (CD, Audio) — 1 copy, [1 available](#)

Audience: Patient or Public  
Agency: BC Children's and Women's  
Location: Family Support & Resource Centre  
Call Number: GH 100 BLO 2002b

“ Enhance your pregnancy, foster a deeper connection with your baby, and prepare for upcoming motherhood. Each exercise contains a general relaxation exercise, scientifically accurate imagery of your baby's development, a chance to "check-in" with how you are feeling both physically and emotionally, ...



## Imagery and meditations for support during your third trimester

<https://libraries.phsa.ca/permalink/catalog110817>

Bloome, Jennifer. Eagan, MN: Anji Inc. , 2002. (CD, Audio) — 1 copy, [1 available](#)

Audience: Patient or Public  
Agency: BC Children's and Women's  
Location: Family Support & Resource Centre  
Call Number: GH 100 BLO 2002c

“ Enhance your pregnancy experience, foster a deeper connection with your baby, and prepare for upcoming motherhood. Each exercise contains a general relaxation exercise, scientifically accurate imagery of your baby's development, a chance to "check-in" with how you are feeling both physically and em...

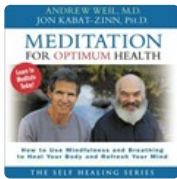


## Mindfulness for beginners : reclaiming the present moment - and your life

<https://libraries.phsa.ca/permalink/catalog20541>

Kabat-Zinn, Jon. Boulder, CO: Sounds True , 2012. (Book, CD) — 8 copies, [5 available](#)

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  
VC PFCS  
CN PFCS  
Call Number: QZ266 K10mi 2012



## Meditation for optimum health : how to use mindfulness and breathing to heal your body and refresh your mind

<https://libraries.phsa.ca/permalink/catalog16207>

Weil, Andrew, Kabat-Zinn, Jon. Boulder, CO: Sounds True , 2001. (Audio, CD) — 4 copies, [4 available](#)

Audience: Patient or Public  
Recommended

Agency: BC Cancer Agency

Location: Vancouver Library Relax  
Kelowna Cancer Info Ctr  
Victoria Cancer Info Ctr

Call Number: QZ266 W422m 2001



## Crucial conversations : tools for talking when stakes are high

<https://libraries.phsa.ca/permalink/catalog21450>

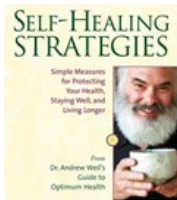
Patterson, Kerry. Solon, OH: Findaway World, LLC , 2013. updated 2nd ed. (Audio, CD) — 2 copies, [2 available](#)

Audience: Professional

Agency: BC Cancer Agency

Location: Vancouver Library AV Room

Call Number: BF637 C45 C955 2013 v.1-4



## Self-healing strategies : simple measures for protecting your health, staying well and living longer

<https://libraries.phsa.ca/permalink/catalog10330>

Weil, Andrew. Boulder, Co.: Sounds True , 2002. (CD) — 1 copy, [1 available](#)

Audience: Patient or Public

Agency: BC Cancer Agency

Location: Vancouver Library Relax

Call Number: WM172 W422s 2002



## Your present : a half hour of peace : a guided imagery meditation for physical and spiritual wellness

<https://libraries.phsa.ca/permalink/catalog21736>

Mantell, Susie. Chappaqua, NY: Relax...Intuit , 1996. (Audio, CD) — 1 copy, [1 available](#)

Audience: Patient or Public

Agency: BC Cancer Agency

Location: Surrey Cancer Info Ctr

Call Number: QZ266 M292 1996



## Meditation to help with bone marrow and stem cell transplantation

<https://libraries.phsa.ca/permalink/catalog19920>

Naparstek, Belleruth. Akron, OH: Health Journeys , 2001. (Audio, CD) — 1 copy, [1 available](#)

Audience: Patient or Public  
Agency: BC Cancer Agency  
Location: Kelowna Cancer Info Ctr  
Call Number: QZ266 N1954 2001

“ Introduction ; Guided imagery ; Affirmations



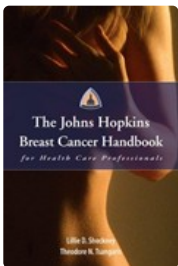
## Meditation to help you with fatigue : guided imagery to help relieve tiredness from chemotherapy and radiation therapy

<https://libraries.phsa.ca/permalink/catalog19917>

Naparstek, Belleruth. Akron, OH: Health Journeys , 1998. (Audio, CD) — 9 copies, [9 available](#)

Audience: Patient or Public  
Agency: BC Cancer Agency  
Location: Vancouver Library Relax  
Kelowna Cancer Info Ctr  
Surrey Cancer Info Ctr  
Victoria Cancer Info Ctr  
Abbotsford Cancer Info Ctr  
Prince George Cancer Info Ctr  
Call Number: QZ266 N196m 1998

“ Introduction ; Guided imagery ; Music



## Johns Hopkins breast cancer handbook for health care professionals

<https://libraries.phsa.ca/permalink/catalog16731>

Shockney, Lillie, Tsangaris, Theodore N. Sudbury, MA: Jones and Bartlett Publishers , c2008. (Book, CD) — 2 copies, [1 available](#)

Audience: Professional  
Agency: BC Cancer Agency  
Location: Vancouver Library  
Abbotsford Library  
Call Number: WP870 S559j 2008

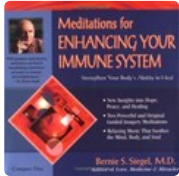


## Emotional renewal guided imagery for caregivers : looking after yourself while helping a loved one

<https://libraries.phsa.ca/permalink/catalog20864>

Joseph, Lynn, Lynne, Lisa. Discovery Dinamics, Inc. , 2008. (Audio, CD) — 1 copy, [1 available](#)

Audience: Patient or Public  
Agency: BC Cancer Agency  
Location: Surrey Cancer Info Ctr  
Call Number: QZ266 J83 2008

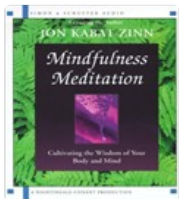


## Meditations for enhancing your immune system : strengthen your body's ability to heal

<https://libraries.phsa.ca/permalink/catalog14905>

Siegel, Bernie S. Carlsbad, CA: Hay House, Inc. , 1992. (CD) — 2 copies, [2 available](#)

Audience: Patient or Public  
Agency: BC Cancer Agency  
Location: Vancouver Library Relax  
Call Number: QZ266 S572me 1992



## Mindfulness meditation : cultivating the wisdom of your body and mind

<https://libraries.phsa.ca/permalink/catalog9766>

Kabat-Zinn, Jon. New York, NY: Simon & Schuster , 1995. (Audio, CD) — 11 copies, [9 available](#)

Audience: Patient or Public  
Agency: BC Cancer Agency  
Location: Vancouver Library Relax  
Surrey Cancer Info Ctr  
Victoria Cancer Info Ctr  
Kelowna Cancer Info Ctr  
Call Number: QZ266 K11a 1995 v.1-2



## If you can believe your eyes and ears

<https://libraries.phsa.ca/permalink/catalog18346>

Mamas and the Papas (Musical Group). New York, NY: MCA Records, Inc. , 1998. (Audio, CD, Booklet) — 1 copy, [1 available](#)

Audience: Patient or Public  
Agency: BC Cancer Agency  
Location: Vancouver Library Music  
Call Number: QZ266 M263i 1998



## Breast cancer

<https://libraries.phsa.ca/permalink/catalog14439>

Hamilton, ON: B.C. Decker Inc. , 2006. 2nd ed. (Book, CD) — 4 copies, [4 available](#)

Audience: Professional  
Agency: BC Cancer Agency  
Location: Vancouver Library  
Surrey Library  
Victoria Library  
Abbotsford Library  
Call Number: WP870 B827w 2006



## Reflections of a woman : my memoir of breast cancer : loss, love and laughter

<https://libraries.phsa.ca/permalink/catalog20884>

Tugnette, Lisa. Kingston, ON: Lisa Tugnette | Reflections of a Woman , 2007. (Audio, CD) — 3 copies, [3 available](#)

Audience: Patient or Public  
Agency: BC Cancer Agency  
Location: Surrey Cancer Info Ctr  
Victoria Cancer Info Ctr  
Abbotsford Cancer Info Ctr  
Call Number: WP870 T915 2007 v.1-4



## Fighting cancer from within : how to use the power of your mind for healing

<https://libraries.phsa.ca/permalink/catalog15414>

Rossmann, Martin L. New York, N.Y.: Henry Holt & Company, Inc. , 2003. (CD) — 3 copies, [3 available](#)

Audience: Patient or Public  
Agency: BC Cancer Agency  
Location: Vancouver Library Relax  
Victoria Cancer Info Ctr  
Call Number: QZ200 R837 2003 v.1-5

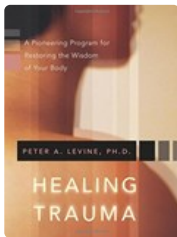


## Guided meditation for sleep : an integrated approach to improve your sleep

<https://libraries.phsa.ca/permalink/catalog19823>

Vaja, Simonette, Smith, Ian Cameron. Ashland, OR: New World Music Limited , 2002. (Audio, CD) — 2 copies, [2 available](#)

Audience: Patient or Public  
Agency: BC Cancer Agency  
Location: Kelowna Cancer Info Ctr  
Surrey Cancer Info Ctr  
Call Number: QZ266 V133 2002



## Healing trauma : a pioneering program for restoring the wisdom of your body

<https://libraries.phsa.ca/permalink/catalog18776>

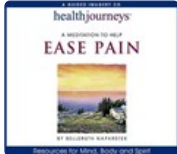
Levine, Peter A. Boulder, CO: Sounds True , 2008. (Book, CD) — 4 copies, [3 available](#)

Audience: Patient or Public  
Recommended

Agency: BC Cancer Agency

Location: Surrey Cancer Info Ctr

Call Number: WM172 L665h 2008



## Meditation to help ease pain

<https://libraries.phsa.ca/permalink/catalog9831>

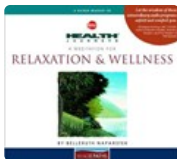
Naparstek, Belleruth. Akron, OH: Image Paths, Inc. , 1995. (Audio, CD) — 6 copies, [6 available](#)

Audience: Patient or Public  
Recommended

Agency: BC Cancer Agency

Location: Vancouver Library Relax  
Kelowna Cancer Info Ctr  
Surrey Cancer Info Ctr  
Vancouver Cancer Info Ctr  
Victoria Cancer Info Ctr

Call Number: QZ266 N195e 1995



## Meditation for relaxation and wellness

<https://libraries.phsa.ca/permalink/catalog20862>

Naparstek, Belleruth, Kohn, Steven Mark. Akron, OH: Health Journeys , 2001. (Audio, CD) — 1 copy, [1 available](#)

Agency: BC Cancer Agency

Location: Surrey Cancer Info Ctr

Call Number: QZ266 N195rw 2001



## Theta meditation system : let go of stress, renew your spirit, gain insight and intuition

<https://libraries.phsa.ca/permalink/catalog15628>

Thompson, Jeffrey. Roslyn, NY: Relaxation Company , 1999. (Audio, CD) — 1 copy, [1 available](#)

Audience: Patient or Public

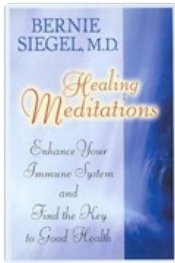
Agency: BC Cancer Agency

Location: Victoria Cancer Info Ctr

Call Number: QZ266 T473 1999 v.1-2

“ v.1: *Renewal (60 minutes) with instructional booklet* ; v.2: *Insight (60 Minutes)*





## Healing meditations : enhance your immune system and find the key to good health

<https://libraries.phsa.ca/permalink/catalog14904>

Siegel, Bernie S. Carlsbad, CA: Hay House, Inc. , 2000. (CD, Audio) — 5 copies, [4 available](#)

Audience: Patient or Public  
Agency: BC Cancer Agency  
Location: Vancouver Library Relax  
Kelowna Cancer Info Ctr  
Surrey Cancer Info Ctr  
Victoria Cancer Info Ctr  
Call Number: QZ266 S573he 2000 v.1-2



## Stamp out stress : living with stress is a choice, not a fact of life

<https://libraries.phsa.ca/permalink/catalog20747>

Ritchings, Monty C. Coquitlam, BC: Monty C. Ritchings , 2007. (Book, CD) — 1 copy, [1 available](#)

Audience: Patient or Public  
Agency: BC Cancer Agency  
Location: Vancouver Library Relax  
Call Number: QZ266 R611 2007



## Full catastrophe living: Using the wisdom of your body and mind to face stress, pain, and illness

<https://libraries.phsa.ca/permalink/catalog111330>

Kabat-Zinn, Jon. Mississauga, ON: Random House , 2008. (CD, Audio) — 1 copy, [1 available](#)

Audience: Patient or Public  
Agency: BC Children's and Women's  
Location: Family Support & Resource Centre  
Call Number: EG 200 KAB 2008

“ This 5 disc audio set shows you how to use natural methods to soothe and heal your body, mind, and spirit. By using the practices described within, individuals can learn to manage chronic pain resulting from illness and/or stress-related disorders, discover the roles that anger and tension play in ...

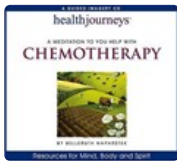


## Managing breast cancer risk

<https://libraries.phsa.ca/permalink/catalog15539>

Morrow, Monica, Jordan, V. Craig. Hamilton, ON: BC Decker Inc. , 2003. (Book, CD) — 1 copy, [1 available](#)

Audience: Professional  
Agency: BC Cancer Agency  
Location: Vancouver Library  
Call Number: WP870 M266m 2003



## Meditation to help you with chemotherapy

<https://libraries.phsa.ca/permalink/catalog14661>

Naparstek, Belleruth. Akron, OH: Health Journeys , 1991. (Audio, CD) — 14 copies, [14 available](#)

Audience: Patient or Public  
Agency: BC Cancer Agency  
Location: Vancouver Library Relax  
Vancouver Cancer Info Ctr  
Surrey Cancer Info Ctr  
Victoria Cancer Info Ctr  
Kelowna Cancer Info Ctr  
Abbotsford Cancer Info Ctr  
Prince George Cancer Info Ctr  
Call Number: QZ266 N195mc 1991

“ Introduction ; Guided imagery ; Affirmations



## Meditation to help you stop smoking

<https://libraries.phsa.ca/permalink/catalog15039>

Naparstek, Belleruth. Akron, OH: Health Journeys , 1997. (Audio, CD) — 3 copies, [3 available](#)

Audience: Patient or Public  
Agency: BC Cancer Agency  
Location: Vancouver Library Relax  
Kelowna Cancer Info Ctr  
Call Number: QZ266 N195st 1997

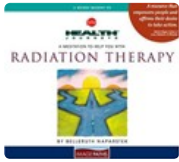


## Meditation to help you fight cancer

<https://libraries.phsa.ca/permalink/catalog9830>

Naparstek, Belleruth. Akron, OH: Image Paths, Inc. , 1991. (Audio, CD) — 10 copies, [9 available](#)

Audience: Patient or Public  
Recommended  
Agency: BC Cancer Agency  
Location: Vancouver Library Relax  
Vancouver Cancer Info Ctr  
Surrey Cancer Info Ctr  
Victoria Cancer Info Ctr  
Abbotsford Cancer Info Ctr  
Prince George Cancer Info Ctr  
Call Number: QZ266 N195fi 1991



## Meditation to help you with radiation therapy

<https://libraries.phsa.ca/permalink/catalog19914>

Naparstek, Belleruth. Akron, OH: Health Journeys , 1999. (Audio, CD) — 6 copies, [6 available](#)

Audience: Patient or Public  
Agency: BC Cancer Agency  
Location: Vancouver Library Relax  
Surrey Cancer Info Ctr  
Victoria Cancer Info Ctr  
Kelowna Cancer Info Ctr  
Abbotsford Cancer Info Ctr  
Prince George Cancer Info Ctr  
Call Number: QZ266 N1953 1999

“ Introduction ; Guided imagery ; Music



## Guided meditation to help with caregiver stress

<https://libraries.phsa.ca/permalink/catalog20863>

Naparstek, Belleruth. Solon, OH: Health Journeys , 2009. (Audio, CD) — 2 copies, [2 available](#)

Audience: Patient or Public  
Agency: BC Cancer Agency  
Location: Surrey Cancer Info Ctr  
Call Number: QZ266 N195c 2009



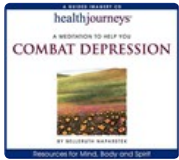
## Meditation to help you with healthful sleep

<https://libraries.phsa.ca/permalink/catalog15038>

Naparstek, Belleruth. Akron, OH: Health Journeys , 2000. (Audio, CD) — 11 copies, [8 available](#)

Audience: Patient or Public  
Agency: BC Cancer Agency  
Location: Vancouver Library Relax  
Abbotsford Cancer Info Ctr  
Kelowna Cancer Info Ctr  
Prince George Cancer Info Ctr  
Surrey Cancer Info Ctr  
Victoria Cancer Info Ctr  
Call Number: QZ266 N195me 2000

“ Introduction ; Guided imagery ; Music



## Meditation to help you relieve depression

<https://libraries.phsa.ca/permalink/catalog16204>

Naparstek, Belleruth. Akron, OH: Health Journeys , 1993. (Audio, CD) — 6 copies, [5 available](#)

Audience: Patient or Public  
Agency: BC Cancer Agency  
Location: Vancouver Library Relax  
Surrey Cancer Info Ctr  
Kelowna Cancer Info Ctr  
Victoria Cancer Info Ctr  
Abbotsford Cancer Info Ctr  
Prince George Cancer Info Ctr  
Call Number: QZ266 N195c 1993

“ Introduction ; Guided imagery ; Affirmations



## Peace and quiet : music for relaxation

<https://libraries.phsa.ca/permalink/catalog114717>

Mancino, Sandro. Don Mills, ON: Reflections of Nature , 1999. (Audio, CD) — 1 copy, [1 available](#)

Audience: Patient or Public  
Agency: BC Cancer Agency  
Location: Victoria Cancer Info Ctr  
Call Number: QZ266 M269 1999

“ Music and nature sounds



## Balance : music for peace and inspiration

<https://libraries.phsa.ca/permalink/catalog121266>

Hamilton, Tomas. Don Mills, ON: Reflections , 2005. (Audio, CD) — 1 copy, [1 available](#)

Audience: Patient or Public  
Agency: BC Cancer Agency  
Location: Victoria Cancer Info Ctr  
Call Number: QZ266 H217 2004



## Amber : music for piano and cello

<https://libraries.phsa.ca/permalink/catalog13177>

Jones, Michael, Darling, David. Milwaukee, Wi.: Narada Productions, Inc. , 1987. (Audio, CD) — 3 copies, [3 available](#)

Audience: Patient or Public  
Agency: BC Cancer Agency  
Location: Surrey Cancer Info Ctr  
Victoria Cancer Info Ctr  
Kelowna Cancer Info Ctr  
Call Number: QZ266 J78a 1987



## Music for healing : mind, body and spirit

<https://libraries.phsa.ca/permalink/catalog21738>

Halpern, Steven. Louisville, CO: Relaxation Company , 2004. (Audio, CD) — 1 copy, [1 available](#)

Audience: Patient or Public  
Agency: BC Cancer Agency  
Location: Surrey Cancer Info Ctr  
Call Number: QZ266 H195m 2004



## Balance : music for peace and inspiration

<https://libraries.phsa.ca/permalink/catalog121265>

Hamilton, Tomas. Don Mills, ON: Reflections , 2005. (Audio, CD)

Audience: Patient or Public  
Agency: BC Cancer Agency  
Location: Victoria Cancer Info Ctr  
Call Number: QZ266 B171 2005



## Source for voice disorders : adolescent and adult

<https://libraries.phsa.ca/permalink/catalog21463>

Schwartz, Sandra Kasper. East Moline, IL: LinguiSystems , 2004. (Book, CD)

Audience: Professional  
Agency: BC Cancer Agency  
Location: CN Speech Language Pathology



## Managing stress : principles and strategies for health and well-being

<https://libraries.phsa.ca/permalink/catalog20592>

Seaward, Brian Luke. Burlington, MA: Jones & Bartlett Learning , 2012. 7th ed. (Book, CD) — 4 copies, [4 available](#)

Audience: Professional  
Patient or Public

Agency: BC Cancer Agency

Location: Vancouver Library  
Kelowna Library  
Surrey Library  
Victoria Library

Call Number: WM172.4 S442 2012



## Blossomtime : guided imagery and music for relaxation and sleep

<https://libraries.phsa.ca/permalink/catalog21735>

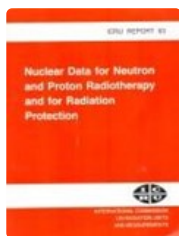
Smith, Lis, Murphy, Laurel. Vancouver, BC: Vancouver Cherry Blossom Festival , 2014. (Audio, CD) — 1 copy, [1 available](#)

Audience: Patient or Public

Agency: BC Cancer Agency

Location: Surrey Cancer Info Ctr

Call Number: QZ266 S654b 2014



## Nuclear data for neutron and proton radiotherapy and for radiation protection

<https://libraries.phsa.ca/permalink/catalog18802>

International Commission on Radiation Units and Measurements. Bethesda, MD: International Commission on Radiation Units and Measurements , 2000. (Book, CD)

Audience: Professional

Agency: BC Cancer Agency

Location: VC Medical Physics

Call Number: WN650 I61 2000 v.63



## Laugh alive! : joyous laughter for listening and participating : pure laughter for fun, health and relaxation

<https://libraries.phsa.ca/permalink/catalog16203>

McClelland, Hugh. Vancouver, BC: DreamMaker Studio , 2004. (Audio, CD) — 4 copies, [4 available](#)

Audience: Patient or Public  
Agency: BC Cancer Agency  
Location: Vancouver Library  
Kelowna Cancer Info Ctr  
Victoria Cancer Info Ctr  
Abbotsford Cancer Info Ctr  
Call Number: QZ266 M126 2004



## AstraZeneca national breast health program

<https://libraries.phsa.ca/permalink/catalog15245>

Muraca, Linda, Berkoff, Frances. Toronto, ON: Mount Sinai Hospital , 2003. National ed. preview. (CD) — 1 copy, [1 available](#)

Audience: Patient or Public  
Agency: BC Cancer Agency  
Location: Vancouver Library AV Room  
Call Number: WP870 A859 2003

“ This is a PowerPoint CD ; CD can be used with a computer and data projector or overheads can be made. ; CD includes a list of educational handouts and evaluations in the Documents folder.