



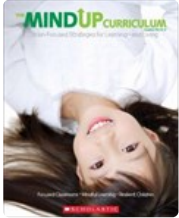
## Healing together: For couples grieving the death of their baby

<https://libraries.phsa.ca/permalink/catalog109346>

Lister, Marcie, Lovell, Sandra. Omaha, NE: Centering Corporation , 2004. Rev. (Book) — 1 copy, [1 available](#)

Audience: Patient or Public  
Agency: BC Children's and Women's  
Location: Family Support & Resource Centre  
Call Number: GH 330 LIS 2004

“ Information on how men and women grieve differently and how to strengthen the relationship after the loss of a baby.



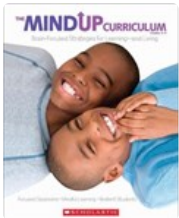
## The MindUp curriculum : brain-focused strategies for learning-and living : Grades Pre-K-2

<https://libraries.phsa.ca/permalink/catalog113500>

Hawn Foundation. New York: NY: Scholastic , 2011. (Book) — 1 copy, [1 available](#)

Agency: BC Children's and Women's  
Location: Family Support & Resource Centre  
Call Number: CA 200 HAW 2011a

“ Research-based curriculum that features 15 lessons using the latest information about the brain to dramatically improve behavior and learning for all students. Each lesson offers easy strategies for helping students focus their attention, improve their self-regulation, build resilience to stress, a...



## The MindUp curriculum : brain-focused strategies for learning-and living : Grades 3-5

<https://libraries.phsa.ca/permalink/catalog113501>

Hawn Foundation. New York: NY: Scholastic , 2011. (Book) — 1 copy, [1 available](#)

Audience: Patient or Public  
Agency: BC Children's and Women's  
Location: Family Support & Resource Centre  
Call Number: CA 200 HAW 2011b

“ Research-based curriculum that features 15 lessons using the latest information about the brain to dramatically improve behavior and learning for all students. Each lesson offers easy strategies for helping students focus their attention, improve their self-regulation, build resilience to stress, a...



## The MindUp curriculum : brain-focused strategies for learning-and living : Grades 6-8

<https://libraries.phsa.ca/permalink/catalog113502>

Hawn Foundation. New York: NY: Scholastic , 2011. (Book) — 1 copy, [1 available](#)

Agency: BC Children's and Women's

Location: Family Support & Resource Centre

Call Number: CA 200 HAW 2011c

“ *Research-based curriculum that features 15 lessons using the latest information about the brain to dramatically improve behavior and learning for all students. Each lesson offers easy strategies for helping students focus their attention, improve their self-regulation, build resilience to stress, a...*



## The stress reduction workbook for teens

<https://libraries.phsa.ca/permalink/catalog111875>

Biegel, Gina M. Oakland, CA: Instant Help Books , 2009. (Book) — 2 copies, [2 available](#)

Agency: BC Children's and Women's

Location: Family Support & Resource Centre

Call Number: YOUTH EG 220 BIE 2009

“ *The Stress Reduction Workbook for Teens is a collection of 37 simple workbook activities that will teach you to reduce your worries using a technique called mindfulness.*



## The self-compassion workbook for teens

<https://libraries.phsa.ca/permalink/catalog120833>

Bluth, Karen. Oakland, CA: Instant Help Books , 2017. (Book) — 1 copy, [1 available](#)

Audience: Patient or Public

Agency: BC Children's and Women's

Location: Family Support & Resource Centre

“ *Your teen years are a time of change, growth, and?all too often?psychological struggle. To make matters worse, you are often your own worst critic. The Self-Compassion Workbook for Teens offers valuable tools based in mindfulness and self-compassion to help you overcome self-judgment and self-criti...*



## Sonatas for two

<https://libraries.phsa.ca/permalink/catalog7596>

Vuillaume Duo, Atkins, Brent, Wilcox, Marka. Surrey, B.C.: BC Cancer Agency. Fraser Valley Cancer Centre , 2000. (Audio, CD) — 6 copies, [6 available](#)

Audience: Patient or Public  
Recommended

Agency: BC Cancer Agency

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

Call Number: QZ266 V988 2000



## Vuillaume duo: Sonatas for two

<https://libraries.phsa.ca/permalink/catalog113107>

Akins, Brent, Wilcox, Marka, Ringham, Cathy (cover art), Bradley, Irene (cover art). Langley, BC: Brent and Marka Akins , 2000. (CD, Audio) — 1 copy, [1 available](#)

Audience: Patient or Public

Agency: BC Children's and Women's

Location: Family Support & Resource Centre

Call Number: CB 500 AKI 2000

“ This classical CD contains 30 tracks from Vivaldi's "Four Sonatas for Two Violins" and Telemann's "Six Canonic Sonatas for Two Violins".



## Workbook for quality mammography

<https://libraries.phsa.ca/permalink/catalog3785>

Kimme-Smith, Carolyn, Bassett, Lawrence W, Gold, Richard H. Baltimore, md.: Williams & Wilkins , 1992. (Book) — 2 copies, [2 available](#)

Audience: Professional

Agency: BC Cancer Agency

Location: VC Diagnostic Imaging  
Screening Mammography Office



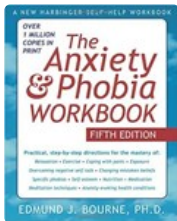
## The OCD workbook

<https://libraries.phsa.ca/permalink/catalog111931>

Hyman, Bruce M., Pedrick, Cherry. Oakland, CA: New Harbinger Publications, Inc. , 2010. 3rd ed. (Book) — 3 copies, [3 available](#)

Audience: Patient or Public  
Agency: BC Children's and Women's  
Location: Family Support & Resource Centre  
Call Number: CD 480 HYM 2010

“ This workbook is aimed at people with obsessive-compulsive disorder (OCD), providing evidence-based approaches to understanding and managing OCD, day-to-day coping strategies, and self-help techniques to maintain progress. ; Table of Contents: ; Chapter 1 What is OCD? Its many faces ; Chapter 2 A c...



## The anxiety & phobia workbook

<https://libraries.phsa.ca/permalink/catalog111932>

Bourne, Edmund J. Oakland, CA: New Harbinger Publications, Inc. , 2010. 5th ed. (Book) — 1 copy, [1 available](#)

Audience: Patient or Public  
Agency: BC Children's and Women's  
Location: Family Support & Resource Centre  
Call Number: CD 420 BOU 2010

“ This workbook is aimed at readers with generalized anxiety disorder, social anxiety, specific phobias, panic attacks, obsessive-compulsive disorder (OCD), and other anxiety-related issues. ; Table of Contents: ; Chapter 1 Anxiety disorders ; Chapter 2 Major causes of anxiety disorders ; Chapter 3 R...



## The anxiety & phobia workbook

<https://libraries.phsa.ca/permalink/catalog121254>

Bourne, Edmund J. Oakland, CA: New Harbinger Publications, Inc. , 2015. 6th ed. (Book) — 1 copy, [1 available](#)

Audience: Patient or Public  
Agency: BC Children's and Women's  
Location: Family Support & Resource Centre  
Call Number: CD 420 BOU 2015

“ Now in its sixth edition and recommended by therapists worldwide, *The Anxiety and Phobia Workbook* has been the unparalleled, essential resource for people struggling with anxiety and phobias for almost thirty years. *Living with anxiety, panic disorders, or phobias can make you feel like you aren't ...*



## And in health : a guide for couples facing cancer together

<https://libraries.phsa.ca/permalink/catalog21673>

Shapiro, Dan. Boston, MA: Trumpeter , 2013. (Book) — 7 copies, [7 available](#)

Audience: Patient or Public  
Agency: BC Cancer Agency  
Location: Vancouver Library  
Abbotsford Cancer Info Ctr  
Prince George Cancer Info Ctr  
Kelowna Cancer Info Ctr  
Surrey Cancer Info Ctr  
Victoria Cancer Info Ctr  
Vancouver Cancer Info Ctr  
Call Number: QZ201 S529 2013



## Lord of the rings : the two towers

<https://libraries.phsa.ca/permalink/catalog114826>

Los Angeles, CA: New Line Cinema , 2002. (DVD, Video) — 1 copy, [1 available](#)

Audience: Patient or Public  
Agency: BC Cancer Agency  
Location: Victoria Humour

“ Disc 1: Fullscreen version ; Disc 2: Special features.



## The relaxation & stress reduction workbook for kids: Help for children to cope with stress, anxiety & transitions

<https://libraries.phsa.ca/permalink/catalog120382>

Shapiro, Lawrence E., Sprague, Robin K. Oakland, CA: Instant Help Books , 2009. (Book) — 2 copies, [1 available](#)

Audience: Patient or Public  
Agency: BC Children's and Women's  
Location: Family Support & Resource Centre  
Call Number: CD 420 SHA 2009

“ Children pay close attention to their parents' moods. When parents feel upset, their kids may become anxious, and when parents wind down, children also get the chance to relax. When you feel overwhelmed and stressed, it can be hard to help your child feel balanced. *The Relaxation & Stress Reduction...*



## Action evaluation of health programmes and changes : a handbook for a user-focused approach

<https://libraries.phsa.ca/permalink/catalog10524>

Ovretveit, John. Abingdon, Oxon: Radcliffe Medical Press , 2002. (Book)

Audience: Professional  
Agency: BC Cancer Agency  
Location: Provincial Pharmacy BCCA



## Art of focused conversation: 100 ways to access group wisdom in the workplace

<https://libraries.phsa.ca/permalink/catalog110935>

Stanfield, Brian (Editor). Gabriola Island, BC: New Society Publishers , 2000. (Book) — 1 copy, [1 available](#)

Audience: Professional  
Agency: BC Children's and Women's  
Location: Study & Learning Commons  
Call Number: REF BD 620 STA 2000

“ Provides 100 sample workplace conversations designed to improve organizational communications in many situations including; reviewing, evaluating, planning, coaching, mentoring, data interpretation, decision-making, managing and supervising, reflection and celebration.



## Senior chef : cooking for one or two

<https://libraries.phsa.ca/permalink/catalog332>

British Columbia. Ministry of Health and Ministry Responsible for Seniors. Victoria, B.C.: Queen's Printer , 1993. (Book) — 2 copies, [2 available](#)

Audience: Patient or Public  
Agency: BC Cancer Agency  
Location: Surrey Cancer Info Ctr  
Victoria Cancer Info Ctr  
CSI Nutrition  
Call Number: QZ266 N9 S477 1993

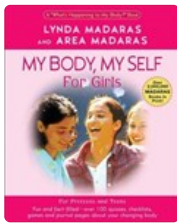


## Stopping the pain : a workbook for teens who cut and self-injure

<https://libraries.phsa.ca/permalink/catalog21623>

Shapiro, Lawrence E.; Oakland, Calif.: Instant Halp Books , 2008. (Book) — 1 copy, [1 available](#)

Audience: Patient or Public  
Agency: BC Cancer Agency  
Location: Abbotsford Cancer Info Ctr FHA  
Call Number: RJ506 S44 S53 2008



## My body, my self for girls: The "What's happening to my body?" workbook

<https://libraries.phsa.ca/permalink/catalog104789>

Madaras, Lynda, Madaras, Area. New York, NY: Newmarket Press , 2000. 2nd Ed. (Book) — 1 copy, [1 available](#)

Audience: Patient or Public  
Agency: BC Children's and Women's  
Location: Family Support & Resource Centre  
Call Number: JUNIOR GK 305 MYB 2000

“ This fact-filled and fun-filled journal/activity book, expanded to include more letters from kids, answers the questions girls ages 9 to 15 have about growing up. Illustrated with drawings, cartoons, and photos, here are stories, quizzes, exercises, checklists, suggestions for diary keeping, illust...



## Call to women : the healthy breast program and workbook : a naturopathic guide for preventing breast cancer

<https://libraries.phsa.ca/permalink/catalog1018>

Kaur, Sat Dharam. Owen Sound, Ont.: Healthy Breast Products , 1999. (Book) — 1 copy, [1 available](#)

Audience: Patient or Public  
Agency: BC Cancer Agency  
Location: Vancouver Library  
Call Number: WP870 K21 1999

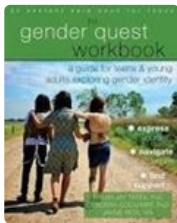


## Empower : education and support for the family of cancer survivors : participant workbook

<https://libraries.phsa.ca/permalink/catalog19863>

Rennie, Heather, Ward, Amanda. Vancouver, BC: BC Cancer Agency , 2010. (Book) — 4 copies, [4 available](#)

Audience: Patient or Public  
Recommended  
Agency: BC Cancer Agency  
Location: Vancouver Library  
Surrey Cancer Info Ctr  
Victoria Cancer Info Ctr  
Abbotsford Cancer Info Ctr  
Call Number: QZ266 R416 2010



## The gender quest workbook : a guide for teens and young adults exploring gender identity

<https://libraries.phsa.ca/permalink/catalog121377>

<http://search.ebscohost.com/login.aspx?direct=true&scope=site&db=nlebk&db=nlabk&AN=1105028>

Testa, Rylan Jay, Coolhart, Deborah, Peta, Jayme,. Oakland, CA: Instant Help Books | New Harbinger Publications, Inc. , 2015. (Ebook)

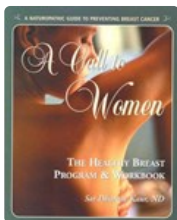
Audience: Patient or Public

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 8001 (toll-free) to obtain a username and password from the Library.  
Supplemental guide for clinicians and other resources available at <https://www.newharbinger.com/gender-quest-workbook/accessories>

“ *Table of contents: ; 1. Gender Identity-- Explores definitions of gender and helps you better understand how your sense of gender developed. ; 2. Gender Expression -- Looks at the wide diversity of genders worldwide and helps you think about the different ways you may choose to express your gender....*



## Call to women : the healthy breast program and workbook : a naturopathic guide for preventing breast cancer

<https://libraries.phsa.ca/permalink/catalog15818>

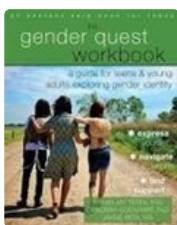
Kaur, Sat Dharam. Kingston, ON: Quarry Press Inc. , 2000. updated ed. (Book) — 2 copies, [2 available](#)

Audience: Patient or Public

Agency: BC Cancer Agency

Location: Vancouver Library  
Vancouver Cancer Info Ctr

Call Number: WP870 K21 2000



## The gender quest workbook: A guide for teens & young adults exploring gender identity

<https://libraries.phsa.ca/permalink/catalog113807>

Testa, Rylan Jay, Coolhart, Deborah, Peta, Jayme. Oakland, CA: Instant Help Books , 2015. (Book) — 1 copy, 0 available

Audience: Patient or Public

Agency: BC Children's and Women's

Location: Family Support & Resource Centre

Call Number: YOUTH GA 600 TES 2015

“ *A comprehensive workbook to navigate gender identity and expression at home, in school, and with peers.*





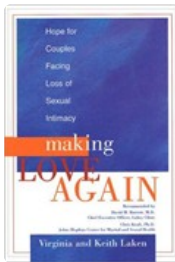
## After the stork : the couple's guide to preventing and overcoming postpartum depression

<https://libraries.phsa.ca/permalink/catalog20342>

Rosenquist, Sara;. Oakland: New Harbinger , 2010. (Book) — 1 copy, [1 available](#)

Audience: Patient or Public  
Agency: BC Cancer Agency  
Location: Abbotsford Cancer Info Ctr FHA  
Call Number: WQ500 R67 2010

“ Contents: *Postpartum depression : more than just hormones -- Habits of thought -- The social side of depression -- Expectations meet reality : the perfect storm -- Getting some : sleep and sex after the baby -- The dance of parenting -- Money : beyond smoke and mirrors.*

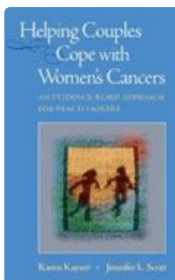


## Making love again : hope for couples facing loss of sexual intimacy

<https://libraries.phsa.ca/permalink/catalog17720>

Laken, Virginia, Laken, Keith. Sandwich, MA: Ant Hill Press , 2002. (Book) — 2 copies, [2 available](#)

Audience: Patient or Public  
Agency: BC Cancer Agency  
Location: Vancouver Library  
Victoria Cancer Info Ctr  
Call Number: WJ709 L192 2002

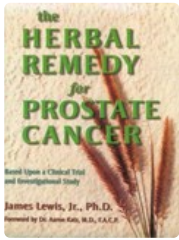


## Helping couples cope with women's cancers : an evidence-based approach for practitioners

<https://libraries.phsa.ca/permalink/catalog18150>

Kayser, Karen, Scott, Jennifer L. New York, NY: Springer , 2008. (Book) — 5 copies, [5 available](#)

Audience: Professional  
Agency: BC Cancer Agency  
Location: Vancouver Library  
Kelowna Library  
Surrey Library  
Victoria Library  
Abbotsford Library  
Call Number: WP145 K23h 2008

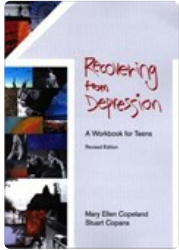


## Lovin' ain't over : the couple's guide to better sex after prostate disease

<https://libraries.phsa.ca/permalink/catalog2682>

Alterowitz, Ralph, Alterowitz, Barbara. Westbury, N.Y.: Health Education Literary Publisher , 1999. (Book) — 1 copy, [1 available](#)

Audience: Patient or Public  
Agency: BC Cancer Agency  
Location: Vancouver Cancer Info Ctr  
Call Number: WJ709 A466 1999



## Recovering from depression: A workbook for teens

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

Copeland, Mary Ellen, Copans, Stuart. Baltimore, MD: Paul H. Brookes Publishing Co. , 2002. Revised edition. (Book) — 1 copy, [1 available](#)

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,...*



## Tools for taming worry dragons : children's workbook

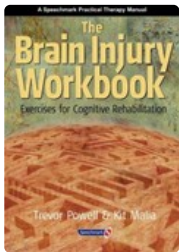
<https://libraries.phsa.ca/permalink/catalog120255>

<http://bookstore.cw.bc.ca>

Clark, Sandra L., Earle, Vicky (Illustrator). Vancouver, BC: Children's & Women's Health Care Centre of British Columbia , 2008. 2nd ed. (Book) — 1 copy, [1 available](#)

Audience: Patient or Public  
Agency: BC Cancer Agency  
Location: Victoria Cancer Info Ctr  
Call Number: WS350.6 C592 2008  
URL Notes: Copies may be ordered from the online C&W Bookstore.

“ *This spiral bound children's workbook is companion book for Taming worry dragons: a manual for children, parents, and other coaches. It contains fun activities to help kids learn about "taming" and "trapping" worry dragons.*



## Brain injury workbook : exercises for cognitive rehabilitation

<https://libraries.phsa.ca/permalink/catalog20482>

Powell, Trevor J, Miala, Kit. Milton Keynes, UK: Speechmark , 2003. (Book) — 1 copy, [1 available](#)

Audience: Patient or Public  
Agency: BC Cancer Agency  
Location: Vancouver Library  
VC PFCS  
FVC PFCS  
Call Number: WL354 P886 2003



## Mighty Moe: An anxiety workbook for children

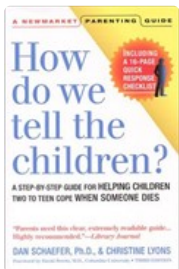
<https://libraries.phsa.ca/permalink/catalog111402>

<http://www.cw.bc.ca/library/pdf/MightyMoe.pdf>

Woloshyn, Lacey, Chamberlain, Andrea (ill.). Vancouver, BC: Lacey Woloshyn , 2009. (Book, Online)

Audience: Patient or Public  
Agency: BC Children's and Women's  
URL Notes: Click on the above link to view

“ This eBook is an anxiety workbook for children age 5-11. Best Practice Guidelines for managing anxiety in this workbook have been adapted to be fun, engaging, and child friendly.



## How do we tell the children? : a step-by-step guide for helping children two to teen cope when someone dies

<https://libraries.phsa.ca/permalink/catalog19492>

Schaefer, Dan, Lyons, Christine. New York, NY: Newmarket Press , 2001. 3rd ed. (Book) — 6 copies, [6 available](#)

Audience: Patient or Public  
Agency: BC Cancer Agency  
Location: Vancouver Library  
Vancouver Cancer Info Ctr  
Kelowna Cancer Info Ctr  
Victoria Cancer Info Ctr  
Abbotsford Cancer Info Ctr  
Prince George Cancer Info Ctr  
Call Number: BF575 S311h 2001



## My blue heaven : and the man with two brains

<https://libraries.phsa.ca/permalink/catalog19891>

Reiner, Carl, Martin, Steve, Morris, Rick. Burbank, CA: Warner Home Video , 2006. (Video, DVD) — 1 copy, [1 available](#)

Audience: Patient or Public

Agency: BC Cancer Agency

Location: Victoria Humour



## Charge-coupled devices

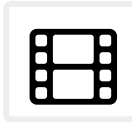
<https://libraries.phsa.ca/permalink/catalog1951>

New York, N.Y.: Springer-Verlag , 1980. (Book)

Audience: Professional

Agency: BC Cancer Agency

Location: CRC Imaging



## Ring two

<https://libraries.phsa.ca/permalink/catalog114948>

Glendale, CA: DreamWorks LLC , 2003. (DVD, Video)

Audience: Patient or Public

Agency: BC Cancer Agency

Location: Victoria Humour



## After a suicide: A workbook for grieving kids

<https://libraries.phsa.ca/permalink/catalog106166>

Dougy Center. Portland, OR: Dougy Center , 2001. (Book) — 1 copy, [1 available](#)

Audience: Patient or Public

Agency: BC Children's and Women's

Location: Family Support & Resource Centre

Call Number: JUNIOR GV 150 AFT 2001

“ An interactive workbook for kids to learn from other kids grieving a suicide death and to express their own thoughts and feelings about the death. A variety of age/developmental level-appropriate activities include drawing, puzzles, word games, stories, advice from other kids and other helpful idea...



## Cognitive behavioral workbook for anxiety : a step-by-step program

<https://libraries.phsa.ca/permalink/catalog119620>

Knaus, William J. Oakland, CA: New Harbinger Publications, Inc. , 2014. 2nd ed. (Book) — 6 copies, [6 available](#)

Audience: Patient or Public  
Agency: BC Cancer Agency  
Location: Vancouver Library  
Abbotsford Cancer Info Ctr  
Kelowna Cancer Info Ctr  
Prince George Cancer Info Ctr  
Surrey Cancer Info Ctr  
Victoria Cancer Info Ctr  
Call Number: WM172 K67 2014



## Bereavement support group program for children : participant workbook

<https://libraries.phsa.ca/permalink/catalog1712>

Haasl, Beth, Marnocha, Jean. Muncie, In.: Accelerated Development Inc., Publishers , 1990. (Book) — 1 copy, [1 available](#)

Audience: Professional  
Agency: BC Cancer Agency  
Location: Vancouver Library  
Call Number: BF575 H112 1990



## Helping yourself : a workbook for people living with cancer

<https://libraries.phsa.ca/permalink/catalog1819>

Cunningham, Alastair J. Toronto, ON: Alastair J. Cunningham , 1989. (Audio, Tape) — 1 copy, [1 available](#)

Audience: Patient or Public  
Recommended  
Agency: BC Cancer Agency  
Location: VIC PFCS  
Victoria Cancer Info Ctr  
Call Number: QZ200 C973 1989

“ Tape 1: Side A: Deep muscle relaxation ; Side B: Deep inner relaxation. ; Tape 2: Side A: Imagery for healing ; Side B: Deep inner relaxation

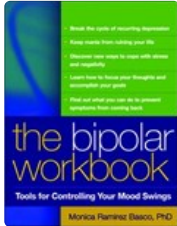


## Quality assurance workbook for radiographers and radiological technologists

<https://libraries.phsa.ca/permalink/catalog16595>

Lloyd, Peter J. Geneva: Diagnostic Imaging and Laboratory Technology, Essential Health Technologies, Health Technology and Pharmaceuticals, World Health Organization , 2001. (Book) — 1 copy, [1 available](#)

Audience: Professional  
Agency: BC Cancer Agency  
Location: Vancouver Library  
Call Number: WN18 L763q 2001

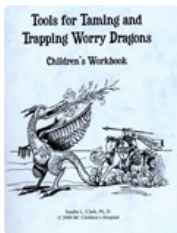


## Bipolar workbook : tools for controlling your mood swings

<https://libraries.phsa.ca/permalink/catalog18605>

Basco, Monica Ramirez. New York: Guilford Press , 2006. (Book) — 2 copies, [1 available](#)

Audience: Patient or Public  
Agency: BC Cancer Agency  
Location: Abbotsford Cancer Info Ctr FHA  
Call Number: WM207 B298 2006



## Taming worry dragons: Therapy group for anxious children - Children's workbook

<https://libraries.phsa.ca/permalink/catalog111025>

Clark, Sandra, Garland, E. Jane, Gregorowski, Noel. Vancouver, BC: Children's & Women's Health Centre of British Columbia , 2018. 3rd. (Book) — 6 copies, [2 available](#)

Audience: Patient or Public  
Agency: BC Children's and Women's  
Location: Family Support & Resource Centre  
Call Number: CD 420 CLA 2018c

“ This workbook contains the children's Activity Sheets for learning about Worry Dragons, Tools for taming them, and Detective Work for corresponding sessions in the Facilitator's Manual. A Tool Box template is included for making their own toolbox to keep track of the Worry Dragon Taming Tools they...



## Anxiety and worry workbook: The cognitive behavioral solution

<https://libraries.phsa.ca/permalink/catalog114065>

Clark, David, Beck, Aaron. New York, NY: Guilford Press , 2012. (Book) — 1 copy, [1 available](#)

Audience: Patient or Public  
Agency: BC Children's and Women's  
Location: Family Support & Resource Centre  
Call Number: CD 420 CLA 2012

“ If you're seeking lasting relief from out-of-control anxiety, this is the book for you. It is grounded in cognitive behavior therapy, the proven treatment approach developed and tested over more than 25 years by pioneering clinician-researcher Aaron T. Beck. Now Dr. Beck and fellow cognitive therap...

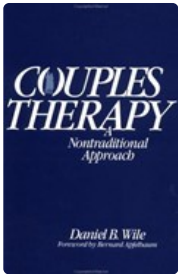


## Peer counselling : helping seniors help seniors : the workbook

<https://libraries.phsa.ca/permalink/catalog5137>

France, Honore. Victoria, B.C.: Peer Resources , 1989. (Book)

Audience: Professional  
Agency: BC Cancer Agency  
Location: FVC PFCS



## Couples therapy : a nontraditional approach

<https://libraries.phsa.ca/permalink/catalog9930>

Wile, Daniel B. New York, N.Y.: John Wiley & Sons , 1993. (Book) — 1 copy, [1 available](#)

Audience: Professional  
Agency: BC Cancer Agency  
Location: Vancouver Library  
Call Number: WM430.5 M3 W676c 1993



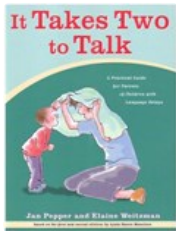
## Tri-namics power one, two, three: Provocative questions for leadership wisdom

<https://libraries.phsa.ca/permalink/catalog111197>

Payne, Debbie, Hagge, Erna. Delta, BC: Deberna Coaching International , 2009. Revised second edition – Updated and Expanded. (Book) — 1 copy, [1 available](#)

Audience: Professional  
Agency: BC Children's and Women's  
Location: Study & Learning Commons  
Call Number: REF AA 75 PAY 2009

“ Tri-namics is an organizational learning framework. This book brings together leading edge management and leadership theories and models. With accountability frameworks included and over 100 tools, assessments, and provocative questions it is used by individuals, mentor or coach partners, teams and...



## It takes two to talk: A practical guide for parents of children with language delays

<https://libraries.phsa.ca/permalink/catalog108802>

Pepper, Jan, Weitzman, Elaine. Toronto, ON: The Hanen Centre , 2004. 3rd ed. (Book) — 2 copies, [1 available](#)

Audience: Patient or Public

Agency: BC Children's and Women's

Location: Family Support & Resource Centre

Call Number: FM 235 PEP 2004

“ This book, written in simple language, shows parents how to help their child communicate and learn language during everyday activities like mealtime, bath time, playtime and book reading. It is for parents of children ranging from those who are still at the very earliest stages of communication to ...



## Communication patterns and marital satisfaction of couples when wives are undergoing initial cycles of chemotherapy for metastatic breast cancer : a qualitative study

<https://libraries.phsa.ca/permalink/catalog14616>

Filek-Vitkay, Jennifer Michelle. San Diego, CA: Alliant International University , 2004. (Book, Thesis) — 1 copy, [1 available](#)

Audience: Professional

Agency: BC Cancer Agency

Location: Vancouver Library

Call Number: WP870 F481 2004