

# Folsom Lake College Library

## *New Year Resolutions Booklist*

*December 2013 / January 2014*

Title	Call Number
Anger and conflict in the workplace : spot the signs, avoid the trauma / Lynne McClure.	HF5549.5.E43 M389 2000
The artist's way : a spiritual path to higher creativity / Julia Cameron.	BF408 .C175 1992
Backpacking California / edited by Paul Backhurst.	GV199.42.C2 B33 2001
Basic music theory : how to read, write, and understand written music / [Jonathan Harnum].	MT7 .H37 2009
Basic weight training for men & women / Thomas D. Fahey.	GV546 .F25 2000
The complete idiot's guide to journaling / by Joan R. Neubauer.	PN4390 .N475 2001
Conditioning for dance / Eric Franklin.	GV1588 .F73 2004
Digital art photography for dummies / by Matthew Bamberg.	TR 267.B36 2006
Fight your fear and win : seven skills for performing your best under pressure--at work, in sports, on stage / Don Greene.	BF 575.A6 G665 2001
Flat belly diet! cookbook / by Liz Vaccariello, editor-in-chief with Cynthia Sass.	RM222.2 .F532 2008
The food bible / Judith Wills.	RA784 .W645 1998
Freeing yourself from the narcissist in your life / Linda Martinez-Lewi.	BF575.N35 M37 2008
Fresh food from small spaces : the square inch gardener's guide to year-round growing, fermenting, and sprouting / R.J. Ruppenthal.	SB453 .R87 2008
Getting started in mutual funds / Alvin D. Hall.	HG4530 .H335 2011
Getting things done : the art of stress-free productivity / David Allen.	BF637.T5 A45 2001
Going back to school / Frank J. Bruno.	LB2343.32 .B77 2001
The Harvard Medical School guide to a good night's sleep / Lawrence J. Epstein, with Steven Mardon.	RC547 .E67 2007
How to be happy at work : a practical guide to career satisfaction / Arlene S. Hirsch.	HF5381 .H516 2004
How to design and write web pages today / Karl Stolley.	TK5105.888 .S76 2011
How to keep a sketchbook journal / by Claudia Nice.	NC730 .N5 2001
How to read a novel : a user's guide / John Sutherland.	PN3385 .S88 2006
How to read a poem : and fall in love with poetry / Edward Hirsch.	PN1042 .H48 1999
How to read a Shakespeare play / David Bevington.	PR2987 .B48 2006
How to talk so people listen : connecting in today's workplace / Sonya Hamlin.	HF5718 .H284 2006
Living yoga : creating a life practice / Christy Turlington.	RA781 .T86 2002
The mindful way through depression : freeing yourself from chronic unhappiness / Mark Williams ... [et al.].	BF575.H27 M56 2007
The natural way to draw : a working plan for art study / by Kimon Nicolaidis.	NC650 .N5 1969
Never good enough : how to use perfectionism to your advantage without letting it ruin your life / Monica Ramirez Basco.	BF698.35.P47 B27 2000
The new rules of posture : how to sit, stand, and move in the modern world / Mary Bond.	RA781.5 .B66 2007
On apology / Aaron Lazare.	BF575.A75 L39 2004
On the run : exercise and fitness for busy people / by Grete Waitz with Gloria Averbuch.	GV481 .W14 1997

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Painfully shy : how to overcome social anxiety and reclaim your life / Barbara G. Markway and Gregory P. Markway.	RC552.S62 M367 2001
Pete Dunne on bird watching : the how-to, where-to, and when-to of birding / Pete Dunne.	QL676.55 .D85 2003
The Pilates method of physical and mental conditioning / Philip Friedman and Gail Eisen.	RA781.4 .F756 2005
The power of habit : why we do what we do in life and business / Charles Duhigg.	BF335 .D78 2012
The smart student's guide to healthy living : how to survive stress, late nights, & the college cafeteria / M.J. Smith and Fred Smith.	RA777.3 .S63 2006
T'ai chi ch'uan and meditation / Da Liu.	GV505 .D33 1991
Undoing perpetual stress : the missing connection between depression, anxiety, and 21st century illness / Richard O'Connor.	RA785 .O296 2006
Walking for health and happiness : the complete step-by-step guide to looking good and feeling your best / Dr. William Bird & Veronica Reynolds.	RA781.65 .B573 2002
The Wall Street Journal complete money & investing guidebook / Dave Kansas.	HG4521 .K258 2005
What to eat / Marion Nestle.	RA784 .N46 2006
Women who worry too much : how to stop worry & anxiety from ruining relationships, work & fun / Holly Hazlett-Stevens.	BF575.W8 H39 2005

A New Year's resolution is a promise you make to yourself to do something good (or to stop doing something bad) in the New Year. When I was younger, these resolutions often involved being nicer to my sister, or helping my Mum with jobs around the house (such as emptying the dishwasher or tidying my room more often). - to eat more healthily or do more exercise - to stop a bad habit, such as to quit smoking or to stop swearing - to spend more time with your family - to be happier! - to travel or take a trip somewhere - to learn a foreign language - to learn how to cook - to save money - to read more books - to make more friends or be friendlier. to other people. These resolutions are usually made after Christmas, and they begin on January 1st, the first day of the New Year. 2013 New Years Resolutions. 40 likes. Its that time of year again! Lets make it count! See actions taken by the people who manage and post content. Page created 17 December 2012. People. 40 likes. Related Pages. Crafty Cat Creations. Commercial and industrial. Kemat.