

Brewer Health & Science Resource Center

325 N. Central Ave., Richland Center, WI 53581
Phone: 608-647-6513 FAX: 608-647-6797

We have the following books available on Thyroid, Hypothyroidism, etc.

*Recovering with T3 (2011)
by Paul Robinson

*Your Thyroid and How to Keep it Healthy (2006)
by Dr. Barry Durrant-Peatfield

*Thyroid Power-10 Steps to Total Health (2001)
by Richard L. Shames, M.D.

*The Thyroid Diet (2004)
by Mary J. Shomon

*Why Do I Still Have Thyroid Symptoms? When My Lab Tests are
Normal (2010)
by Datis Kharrazian, DHSc, DC, MS

*Overcoming Thyroid Disorders (2nd Edition) (2002)
by David Brownstein, M.D.

*Overcoming Thyroid Disorders **(DVD)**
by David Brownstein, MD

*Is Your Thyroid Making You Fat? (2000)
By Sanford Siegal, D.O., M.D.

*Solved: The Riddle of Illness (2000)
by Stephen E. Langer, M.D.

- *Graves' Disease -A Practical Guide (2001)
by Elaine A. Moore with Lisa Moore
- *STOP-The Thyroid Madness (2008)
by Janie A. Bowthorpe, Med.
- *Stop the Thyroid Madness II (2014)
by Janie A. Bowthorpe
- *Hypothyroidism: The Unsuspected Illness (1976)
by Broda O. Barnes, M.D.
- *Hypothyroidism Type 2 (Revised Edition) (2013)
by Mark Starr, M.D.
- *What Your Doctor May Not Tell You About Hypothyroidism (2004)
by Mary J. Shomon
- *The Thyroid Solution (Exclusive Edition) (2008)
by Ridha Arem, MD
- *The Thyroid Solution A Revolutionary Mind-Body Program (1999)
by Ridha Arem, MD
- *Iodine-Why You Need It (2008)
by David Brownstein, M.D.
- *Thyroid Problems(1995)
by Patsy Westcott
- *Your Thyroid-A Home Reference (1982)
by Lawrence C. Wood
- *Living Well with Hypothyroidism (2000)
by Mary J. Shomon
- *Living Well with Autoimmune Disease (2002)
by Mary J. Shomon

*Thyroid Healthy (2014)

by Suzy Cohen

*Hashimoto's Thyroiditis Root Cause (2013)

by Izabella Wentz, PharmD, FASCP

*Your Guide to Metabolic Health (2003)

by Dr. Gina Honey-Man-Lowe

*Diagnosis and Treatment of Adrenal & Thyroid Problems **(DVD)**

by Bruce Rind, MD

****Hardback *Paperback**

(24 books)

(2 DVD's)

Brewer Health & Science Resource Center

325 N. Central Ave., Richland Center, WI 53581
Phone: (608) 647-6513 FAX: (608) 647-6797

We have the following books on Stretching, Yoga Mind & Body, and Massage

*Instant Massage for Stress Relief (1996)
by Mark Evans

*Instant Stretches for Stress Relief (1996)
by Mark Evans

*5-Minute Massage (1995)
by Robert The

*Massage Made Easy (1995)
by Mario-Paul Cassar

*Relax & Renew (1995)
by Judith Lasater, Ph.D.

*Stretching (1980)
by Bob Anderson

*Walk Aerobics (1992)
by Les Snowdon & Maggie Humphreys

**Walking for Health (1992)
editor Mark Bricklin

****The Whartons' Stretch Book (1996)**
by Jim & Phil Wharton

***The Whartons' Strength Book (1999)**
by Jim & Phil Wharton

***Framework (2005)**
by Nicholas A. Dinubile, MD

****Hardback *Paperback**

(11 books)

Brewer Health & Science Resource Center

325 N. Central Ave., Richland Center, WI 53581
Phone: (608) 647-6513 FAX: (608)647-6797

We have the following books on **Spirituality**

**Living Deliberately (1994)
by Harry Palmer

*The Art of the Possible (1991)
by Dawna Markova, Ph.D.

**Living Our Dying (1996)
by Joseph Sharp

*Immortality The Other Side of Death (1992)
by Gary R. Habermas

**God Is No Laughing Matter (2000)
by Julia Cameron

**Don't Let Death Ruin Your Life (2001)
by Jill Brooke

**The Art of Dying (1996)
by Patricia Weedolsen, Ph.D.

*How To Know God (2000)
by Deepak Chopra

*On Grief and Grieving (2005)
by Elisabeth Kubler-Ross & David Kessler

**Why Me? Coping with Grief, Loss and Change (1988)
by Pesach Krauss

**Ten Thoughts To Take Into Eternity (1999)
by Dr. David Yount

**Something More Excavating Your Authentic Self (1998)
by Sarah Ban Breathnach

**The Nostradamus Code (1998)
by Ottario Cesare Ramotti

**Revelations (1994)
by Peter Lorie

**The Power of NOW A Guide to Spiritual Enlightenment (1999)
by Eckhart Tolle

**The Hidden Gospel (1999)
by Neil Douglas-Klotz

**Natural Grace (1996)
by Matthew Fox & Rupert Sheldrake

**The Marriage of Sense and Soul (1998)
by Ken Wilber

*Chaos Creativity and Cosmic Consciousness (2001)
by Jean Houston

**Bible Code The Countdown (2002)
by Michael Drosnin

*Christian Psychiatry (1990)
by Frank B. Minirth, MD & Walter Byrd, MD

**The Ecstatic Journey The Transforming Power of Mystical
Experience (1997)
by Sophy Burnham

*A Book of Angels (1990)

by Sophy Burnham

*GOD A Biography (1995)

by Jack Miles

**The Divine Feminine (1996)

by Andrew Harvey & Anne Baring

*The Fundamentalist Mind (2007)

by Stephen Larsen

**Peripheral Visions (1994)

by Mary Catherine Bateson

*The Isaiah Effect (2000)

by Gregg Braden

**From Science to God (2003)

by Peter Russell

**The Essential Mystics

by Andrew Harvey

**I Am With You Always (1995)

by G. Scott Sparrow, Ed.D.

**The Science of Mind (1998)

by Ernest Holmes

*Joshua (1987)

by Joseph F. Girzone

*The Way Ahead How Will We Live in the New Millennium? (1992)

Edited by Eddie & Debbie Shapiro

*A Brief History of Everything (2000)

by Ken Wilber

*Destiny Of Souls (2005)
by Michael Newton, Ph.D.

**Cybergrace The Search for God in the Digital World (1998)
by Jennifer Cobb

**Moments of Grace (2001)
by Neale Donald Walsch

**Why Christianity Must Change or Die (1998)
by John Shelby Spong

**Here I Stand (1999)
by John Shelby Spong

**The Mayan Prophecies (1995)
by Adrian G. Gilbert

*Why Religion Matters (2001)
by Huston Smith

*The Soul of Christianity (2005)
by Huston Smith

**Sacred Contracts (2001)
by Caroline Myss

*The Warrior Athlete (1979)
by Dan Millman

**God's Abundance 365 Days to a Simpler Life
edited by Kathy Collard Miller

*The Modern Prophet Answers Your Key Questions About Life (1998)
by Harold Klemp

*Scarlet Music (1997)
by Joan Ohanneson

*Love Without Conditions (1994)
by Paul Ferrini

*Miracles Do Happen (1987)
by Briega McKenna, O.S.C.

*The Power of Belief (2003)
by Ray Dodd

*Kiss of God The Wisdom of a Silent Child (1999)
by Marshall Stewart Ball

*The Four Agreements (1997)
by Don Miguel Ruiz

*101 Questions & Answers on THE BIBLE (1990)
by Raymond E. Brown

Blessings The Art and the Practice (2001)
by David Spangler

**At Peace in the Light (1995)
by Dannion Brinkley

*DMT The Spirit Molecule (2001)
by Rick Strassman, MD

*Beyond Religion (1998)
by David N. Elkins, Ph.D.

**The Quotable Spirit (1996)
compiled and edited by Peter Lorie & Manuela Dunn Mascetti

**Connecting with our Spiritual Intelligence (2000)
by Danah Zohar & Dr. Ian Marshall

**Doing Nothing Coming to the End of the Spiritual Search (1998)
by Steven Harrison

****Reaching to Heaven (1999)**
by James Van Praagh

****Touching Heaven (2015)**
by Dr. Chauncy Crandell

***The Old Testament (6-VHS Tapes)**

***The Apostle Paul (3-VHS Tapes)**

***Historical Jesus (6-VHS Tapes)**

The New Testament (6-VHS Tapes)

****Hardback *Paperback**

(63 books)
(21 VHS)

Brewer Health & Science Resource Center

325 N. Central Ave., Richland Center, WI 53581
Phone: (608) 647-6513 Fax: (608) 647-6797

We have the following books on **EMOTIONAL HEALING, SELF HEALING & STRESS**

*Intentional Healing (1991)
by Elliott Dacher

*Choices That Change Lives (2005)
by Hal Urban

*You Are Not Your Illness (1995)
by Linda Noble Topf

**Healing With The Mind's Eye (1990)
by Michael Samuel

*The One Minute (or so) Healer (2004)
by Dana Ullman

**Timeless Healing (1996)
by Herbert Benson

**Instant Emotional Healing (2000)
by Peter Lambrou

**Why You Get Sick How To Get Well (1996)
by Dr. Arthur Janov

*Dr. Judith's Guide to Intuitive Healing (2000)
by Judith Orloff, MD

**The Healing Path (1993)
by Marc Ian Barasch

*The Relaxation & Stress Reduction Workbook (1988)
by Martha Davis

*Don't Sweat the Small Stuff with Your Family (1997)
by Richard Carlson

**Shaman, Healer, Sage (1980)
by Alberto, Villoldo Ph.D.

*The Creation of Health (1988)
by Norman, Shealy M.D.

*You Can Be Happy No Matter What (1992)
by Richard Carlson, MD

*The Encouragement Book (1996)
by Don Dinkmeyer & Lewis E. Losoney

*Not Guilty! The Good News for Working Mothers (1990)
by Betty Holcomb

*New Techniques of Inner Healing (2005)
by D. Scott Rogr

*Anatomy of the Spirit (1989)
by Caroline Myass, Ph.D.

*Full Catastrophe Living (2003)
by Jon Kabat-Zinn

*It's Not All in Your Head (2003)
by Gordon J.G. Asmundson, Ph.D.

**Head First The Biology of Hope (1999)
by Norman Cousins

*The Sedona Method (1999)
by Hale Dwoskin

**The Stress Cure (1993)
by Vern S. Cherevatenko, MD

**Anger-Free (2002)
by W. Doyle Gentry

*The Anger Workbook (1993)
by Dr. Les Carter & Dr. Frank Minirth

**The Emotional Revolution (2002)
by Norman E. Rosenthal

*Cure by Crying (1995)
by Thomas A. Stone

**Life Strategies (1999)
by Dr. Phillip McGraw, Ph.D.

**The Value in the Valley (1995)
by Iyanla Vanzany

**Faith in The Valley (1996)
by Iyanla Vanzant

**Living Well Emotionally (2009)
by Montel Williams

**Stress Less (2010)
by Thea Singer

*Intervention-How to Help Someone Who Doesn't Want Help (1986)
by Vernon E. Johnson

**The Life You Were Born To Live (1993)
by Dan Millman

*The Highly Sensitive Person (1996)
by Elaine N. Aron

*Effective Apology (2009)
by John Kador

*Radical Forgiveness (1999)
by Colin C. Tipping

*Forgive for Good (2002)
by Dr. Fred Luskin

*Why Forgive (2000)
by Johanna Christoph Arnold

*Forgiveness-The Greatest Healer of All (1999)
by Gerald G. Jampolsky, MD

*Forgiving the Unforgivable (1992)
by Beverly Flanigan, M.S.S.W.

*The Gift of Wounding (1999)
by Andre Auw, Ph.D.

*Liberating Your Magnificence (1999)
by Scott Peck & Shannon Peck

*Love Is Letting Go of Fear (1979)
by Gerald G. Jampolsky, MD

**A General Theory of Love (2000)
by Thomas Lewis, MD

**The Emotional Energy Factor (2003)
by Mira Kirshenbaum

*Simply Live it UP (1995)
by Teri-E Belf & Charlotte Ward

*Toxic People (1995)
by Lillian Glass, Ph.D.

**The Power of Apology (2001)
by Beverly Engel

**7 Weeks to Emotional Healing (1999)
by Joan Mathews Larson, Ph.D.

*It's Not Personal! A Guide to Anger Management (1996)
by Alice J. Katz, M.S.

**Emotional Alchemy (2001)
Tara Bennett-Goleman

*Taking the Fear out of Changing (1994)
by Dr. Dennis O'Grady

**Healthy Selfishness (2006)
by Dr. Rachael Heller & Dr. Richard Heller

**Emotional Intelligence (1995)
by Daniel Goleman

*The Happiness Trap (2007)
by Russ Harris

*You Can Heal Your Life (2007)
by Louise L. Hay

*Solved by Sunset (1995)
by Carol Orsborn

**Nothing Left Over (1972)
by Toinette Lippe

*Work Types (1997)
by Jean M. Kummerow

- *Boundaries (1992)
by Dr. Henry Cloud & Dr. John Townsend
- **What You Can Change & What you Can't (1993)
by Martin E.P. Seligman, Ph.D.
- **Do One Thing Different (1999)
by Bill O'Hanlon
- **Self Matters (2001)
by Dr. Phillip McGraw, Ph.D.
- *Why People Don't Heal And How They Can (1997)
by Caroline Myss, Ph.D.
- *Why People Don't Heal **(2-cassettes)**
by Caroline Myss
- *The Energetics of Healing **(2-VHS tapes)**
by Caroline Myss
- *Overcoming Emotional Chaos (2002)
by Doc Childre
- *Strong and Fearless-The Quest for Personal Power (2003)
by Phil Nuernberger, Ph.D.
- *Resiliency How To Bounce Back (1995)
by Tessa Albert
- *Reinventing Your Life (1993)
by Jeffrey E. Young, Ph.D.
- *Don't Be Nice Be Real (2002)
by Kelly Bryson, MFT
- *The Complete Idiot's Guide to Breaking Bad Habits (1998)
by Suzanne LeVert and Gary McClain, Ph.D.

*Cleanse & Purify Thyself (1986)
by Richard Anderson, N.D.

*Freeze-Frame (1994)
by Doc Lew Childre

*Cut-Thru Achieve Total Security and Maximum Energy (1996)
by Doc Lew Childre

**The Heartmath Solution (1999)
by Doc Lew Childre

*Overcoming Emotional Chaos (2002)
by Doc Lew Childre

**Life Makeovers (2000)
by Cheryl Richardson

*I'm Stuck, You're Stuck (2002)
by Tom Ritchey

*Guide to Stress Reduction (1985)
by L. John Mason, Ph.D.

*Journey Into Light (1992)
by Gayle Rose Martinez

**Learn to Relax 13 Ways to Reduce Tension (1975)
by C. Eugene Walker

**What's the Rush? (1999)
by James Ballard

*It's A Meaningful Life It Just Takes Practice (2000)
by Bo Lozoff

**Learned Optimism (1990)
by Martin E.P. Seligman, Ph.D.

*The Stress Management Sourcebook (2000)
by J. Barton Cunningham, Ph.D.

**Six Seconds to True Calm (1995)
by Robert Simon Siegel, M.S.

**The Social Animal (2011)
by David Brooks

*Healing And The Brain (1995)
by Bill Moyers

**Happiness Is A Serious Problem (1998)
by Dennis Prager

**The Stress Cure (2003)
by Vern S. Cherevatenko, MD

**Rapid Relief from Emotional Distress (1986)
by Gary Emery, Ph.D. & James Campbell, MD

**Principles and Practice of Stress Management (1984)
by Robert L. Woolfolk

**Stress Free For Good (2005)
by Dr. Fred Luskin and Dr. Kenneth R. Pelletier

*Stumbling on Happiness (2005)
by Daniel Gilbert

*Emotions Revealed (2003)
by Paul Ekman

*Overcoming Stress (1997)
by Patsy Westcott

*Kitchen Table Wisdom (1996)
by Rachel Naomi Remen, MD

****My Grandfather's Blessings [2000]**
by Rachel Naomi Remen, MD

***Your Healing Power Healing Yourself, Helping Others [2000] [DVD]**
by Chunyi Lin

****Take 2 Your Guide to Creating Happy Endings and New Beginnings [2013]**

****Hardback *Paperback**

[100 books]
[2 VHS tapes]
[1 DVD]

Brewer Health & Science Resource Center

325 N. Central Ave., Richland Center, WI 53581
Phone: (608) 647-6513 FAX: (608) 647-6797

We have the following books on **Relationships & Communication**

**Practical Miracles for Mars & Venus
by John Gray, Ph.D.

**Men Are From Mars, Women Are From Venus (1992)
by John Gray, Ph.D.

*Mars and Venus Together Forever (1996)
by John Gray, Ph.D.

*Men, Women and Relationships (1993)
by John Gray, Ph.D.

**What Your Mother Couldn't Tell You & Your Father Didn't Know
(1994)
by John Gray, Ph.D.

*Repairing Your Marriage After His Affair (1998)
by Marcella Bakur Weiner, Ph.D.

*After the Affair Healing the Pain and Rebuilding Trust When a Partner
Has Been Unfaithful (1996)
by Janis Abrahms Spring, Ph.D.

**Giving The Love That Heals (1997)
by Harvill Hendrix, Ph.D.

*Love Is A Choice Recovery for Codependent Relationships (1982)
by Dr. Robert Hemfelt

*Fighting for Your Marriage (1994)
by Howard Markman

*Love-Centered Marriage In A Self-Centered World (1989)
by Irving Sarnoff & Suzanne Sarnoff

*Living a Blissful Marriage 24 Steps to Happiness (2001)
by Lilian Gafni

*What Women & Men Really Want (1995)
by Aaron Kipnis, Ph.D. & Elizabeth Herron, MA

**In The Meantime Finding Yourself and The Love You Want (1998)
by Iyanla Vanzant

**Love Blocks Breaking the Patterns That Undermine Relationships
(1988)
by Mary Ellen Donovan

**Lifetime Conversation Guide (1984)
by James K. Van Fleet

**Opening Our Hearts to Men (1989)
by Susan Jeffers, Ph.D.

**The Intimacy Factor (2003)
by Pia Mellody

**The Great Divide How Females & Males Differ (1991)
by Daniel Evanweiss

*We'd Have A Great Relationship If It Weren't For You (1994)
by Bruce Derman, Ph.D.

*Codependent's Guide to the Twelve Steps (1990)
by Melody Beatte

*When Our Grown Kids Disappoint Us (2003)
by Jane Adams, Ph.D.

**The Secrets of Happy Families (2013)

by Bruce Feiler

**The Relationship Cure (2001)

by John M. Gottman, Ph.D.

**The Seven Principles for Making Marriage Work (1999)

by John Gottman, Ph.D.

*And Baby Makes Three (2007)

by John Gottman, Ph.D.

*Making Marriage Work **(DVD)** 2006

by John Gottman, Ph.D.

*Relationship Exercises **(6 Audio Tapes)**

by John Gottman, Ph.D.

**Communicoding (1989)

by Marcia B. Cherney & Susan A. Tynan

*If It Hurts, It Isn't Love (1998)

by Chuck Spezzano, Ph.D.

*The Family Patterns Workbook (1993)

by Carolyn Foster

*Getting The Love You Want A Guide for Couples (1988)

by Harville Hendrix, Ph.D.

*Talking from 9 to 5 (1994)

by Deborah Tannen, Ph.D.

*I Only Say This Because I Love You (2000)

by Deborah Tannen, Ph.D.

*Soul Mates Honoring the Mysteries of Love & Relationship (1994)

by Thomas Moore

**When Men Batter Women (1998)

by Neil Jacobson, Ph.D. & John Gottman, Ph.D.

**Mapping the Terrain of the Heart The Six Capacities that Guide the Journey of Love (1994)

by Stephen Goldbart, Ph.D. & David Wallin, Ph.D.

*Do I Have To Give Up Me To Be Loved By You? (1983)

by Drs. Jordon & Margaret Paul

*Open Hearts Renewing Relationships With Recovery, Romance & Reality (1999)

by Patrick Carnes, Ph.D.

**What Women Want Men To Know (2001)

by Barbara Deangelis, Ph.D.

**Mindful Loving 10 Practices for Creating Deeper Connections (2003)

by Henry Grayson, Ph.D.

**Love & Survival The Scientific Basis for the Healing Power of Intimacy (1997)

by Dean Ornish, MD

*No Less Than Greatness (2001)

by Mary Manin Morrissey

**Family First Your Step-by-Step Plan for Creating a Phenomenal Family (2004)

by Dr. Phil McGraw

**Love Smart Find the One You Want Fix the One You Have (2005)

by Dr. Phil McGraw

*Talk To Me A Therapist's Guide to Breaking Through Male Silence (1993)

by Kris Rosenberg

**The Dance of Connection (2001)
by Harriet Lerner, Ph.D.

*Our Love Is Too Good To Feel So Bad (1998)
by Mira Kirshenbaum

*Communication Miracles for Couples (1997)
by Jonathan Robinson

*Expressing and Receiving Anger Compassionately (1995) **Audio Tape**
by Dr. Marshall B. Rosenberg

*A Heart to Heart Talk (1999) **Audio Tape**
by Dr. Marshall B. Rosenberg

*Connecting Compassionately (1995) **Audio Tape**
by Dr. Marshall B. Rosenberg

*Nonviolent Communication for Educators (1999) **Audio Tape**
by Dr. Marshall B. Rosenberg

*Nonviolent Communication A Language of Life (2003)
by Dr. Marshall B. Rosenberg

*Raising Children Compassionately (2005)
by Marshall B. Rosenberg, Ph.D.

*Life-Enriching Education (2003)
by Marshall B. Rosenberg, Ph.D.

*Speak Peace in a World of Conflict (2005)
by Marshall B. Rosenberg, Ph.D.

*The Surprising Purpose of Anger (2005)
by Marshall B. Rosenberg, Ph.D.

*Practical Spirituality (2004)
by Marshall B. Rosenberg, Ph.D.

*The Heart of Social Change (2005)
by Marshall B. Rosenberg, Ph.D.

*Parenting from the Heart (2005)
by Marshall B. Rosenberg, Ph.D.

*Being Me, Loving You (2005)
by Marshall B. Rosenberg, Ph.D.

*We Can Work It Out (2005)
by Marshall B. Rosenberg, Ph.D.

*Getting Past the Pain Between Us (2005)
by Marshall B. Rosenberg, Ph.D.

*Teaching Children Compassionately (2005)
by Marshall B. Rosenberg

*Resolving Conflicts with Children & Adults (1992) **VHS Tape**
by Marshall B. Rosenberg, Ph.D.

*Nonviolent Communication Companion Workbook (2003)
by Lucy Leu

*Being Genuine Stop Being Nice Start Being Real (2001)
by Thomas D'Ansembourg

*Respectful Parents Respectful Kids (2006)
by Sura Hart & Victoria Kindle Hodson

*The Compassionate Classroom (2004)
by Sura Hart & Victoria Kindle Hodson

*Eat By Choice, Not by Habit (2005)
by Sylvia E. Haskvitz, M.A., R.D.

(65 books)
(10 Audio tapes)
(1 VHS)

*What's Making You Angry (2005)
by Shari Klein & Neil Gibson

****Hardback *Paperback**