

Mechanics

Title	Author(s)
<u>Manual of Hydrotherapy and Massage</u>	Fred B. Moor, Stella C. Peterson, Ethel M. Manwell, Mary C. Nobles, and Gertrude Muench
<u>Fit for Two: The Official YMCA Prenatal Exercise Guide</u>	YMCA of the USA
<u>The Alexander Technique Birth Book: A Guide to Better Pregnancy, Natural Birth and Parenthood</u>	Ilana Machover and Angela and Jonathan Drake
<u>The Prenatal Yoga Deck</u>	Olivia H. Miller
<u>Mom and Baby Fitness: Yoga, Pilates, and Baby Massage</u>	Jillian and Max Moriarty
<u>The Psychobiology of Behavioral Development</u>	Ronald Gandelman
<u>The Edison Gene: ADHD and The Gift of the Hunter Child</u>	Thom Hartmann
<u>More Than Human: Embracing The Promise of Biological Enhancement</u>	Ramez Naam
<u>Invisible Heroes: Survivors of Trauma and How They Heal</u>	Belleruth Naparstek
<u>Secrets of Longevity: Hundreds of Ways to Live to be 100</u>	Dr. Maoshing Ni
<u>Cool Yoga Tricks</u>	Miriam Austin
<u>Self- Awakening Yoga: The Expansion of Consciousness through the Body's Own Wisdom</u>	Don Stapleton
<u>American Cancer Society's Guide to Complementary and Alternative Cancer Methods</u>	David S. Rosenthal
<u>The YMCA Prenatal Exercise Instructor Guide</u>	YMCA of the USA
<u>Loving Pregnancy Massage: The Fundamental Guide to Practicing and Teaching Prenatal Bodywork</u>	Ralph Naplitano
<u>Yoga for Pregnancy, Birth and Beyond</u>	Francoise Barbira Freedman
<u>Easy Exercises for Pregnancy</u>	Janet Balaskas
<u>Body Mechanics of Tai Chi Chuan</u>	William C.C. Chen
<u>Wood Becomes Water: Chinese Medicine in Everyday Life</u>	Gail Reichsten
<u>Total Breathing: A Unique Conditioning Program of Breathing Exercises for Improved Health, Enhanced Appearance, and Longer Life</u>	Philip Smith

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Title	Author(s)
<u>The New Rules of Posture: How to Sit, Stand, and Move in the Modern World</u>	Mary Bond
<u>Journal of Bodywork and Movement Therapies</u>	Elsevier
<u>Integration of Dynamic and Postural Reflexes into The Whole Body Movement System</u>	Svetlana Masgutova and Nelly Akhmatova
<u>The Handbook of Chinese Massage</u>	Maria Mercati
<u>Milady's Theory and Practice of Therapeutic Massage</u>	Mark F. Beck
<u>Massage Made Easy</u>	Mario- Paul Cassar
<u>The Healing Art of Sports Massage</u>	Joan Johnson
<u>The Massage Book</u>	George Downing
<u>The Complete Book Of Massage</u>	Clare Maxwell-Hudson
<u>The Complete Illustrated Guide to Massage</u>	Stewart Mitchell
<u>The Complete Illustrated Guide to Shiatsu</u>	Elaine Liechti
<u>A Massage Therapists Guide Pathology</u>	Ruth Werner
<u>How to Lean Alexander Technique (2 copies)</u>	Barbara Conable
<u>The Complete Illustrated Guide to Alexander Technique</u>	Glynn MacDonald
<u>Technical Manual and Dictionary of Classical Ballet</u>	Gail Grant
<u>Ballet & Modern Dance</u>	Susan Au
<u>Ballet & Modern Dance</u>	Jack Anderson
<u>The Yoga Tradition: Its History, Literature, Philosophy and Practice</u>	Georg Feuerstein
<u>The Yoga- Sutra of Patanjali</u>	Chip Hartranft
<u>Hatha Yoga Illustrated: For Greater Strength, Flexibility, and Focus</u>	Martin Kirk and Brooke Boon
<u>Health & Fitness Excellence: The Scientific Action Plan</u>	Robert K. Cooper
<u>the Therapeutic Touch: How to Use your Hands to Help or Heal</u>	Dolores Krieger
<u>Acupuncture Without Needles</u>	J.V. Cerney
<u>Yoga for Your Life</u>	Margaret D. Pierce and Martin G. Pierce
<u>Acupressure's Potent Points: a Guide to Self-Care for Common Ailments</u>	Michael Reed Gach
<u>Teaching The Magic of Dance</u>	Jacques d'Amboise, Hope Cooke, and Carolyn George
<u>Sharing the Dance: Contact Improvisation and American Culture</u>	Cynthia J. Novack
<u>Anatomy of Pilates</u>	Physicalmind Institute

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Title	Author(s)
<u>A Handbook for Bodywork: Job's Body</u>	Deane Juhan
<u>Heal Your Headache</u>	David Buchholz
<u>Self- Help Manual: Managing Back Pain</u>	Michael S. Melnik, Robin Saunders, H. Duane Saunders
<u>The Total Back Book: A Complete Exercise Program for Long- Lasting Back Health</u>	Dr. Jennifer Sutcliffe
<u>Strength Training Anatomy (2 copies)</u>	Frederic Delavier
<u>Anatomy of Movement Exercises (2 copies)</u>	Blandine Calais- German and Andree Lamotte
<u>The Wellness Book: The Comprehensive Guide to Maintaining Health and Treating Stress- Related Illness</u>	Herbert Benson and Eileen M. Stuart
<u>Dram-kinetics in the Classroom</u>	Sister Jannita Marie Complo
<u>Music and Movement Improvisations</u>	Miriam B. Stecher, Hugh McElheny, and Marion Greenwood
<u>Yoga for Women</u>	Shakta Kaur Khalsa
<u>American Yoga</u>	Carrie Schneider
<u>Yoga Anatomy</u>	Leslie Kaminoff
<u>The Ultimate Guide to Fitness: Get Fit. Stay Fit.</u>	Chantal Gosselin
<u>Integrated Balance Training</u>	Douglas Brooks and Candice Copeland Brooks
<u>Stretching</u>	Bob Anderson
<u>Happy Yoga</u>	Steve Ross with Olivia Rosewood
<u>The Whartons' Stretchobook: Active-Isolated Stretching</u>	Jim and Phil Wharton
<u>The Sivananda Companion to Yoga</u>	Lucy Lidell with Narayani and Giris Rabinovitch
<u>Pilates for Beginners</u>	Kellina Stewart
<u>Vance the Stance</u>	Vance Bonner
<u>The Couple Who Became Each Other and Other Tales of Healing From a Hypnotherapist's Casebook</u>	David L. Calof
<u>Self- Hypnosis: Creating your Own Destiny</u>	Henry Leo Bolduc
<u>A Child's Garden of Yoga</u>	Baba Hari Dass
<u>Yoga Dogs</u>	Dan Borris
<u>Urban Rebounding CD</u>	-
<u>Exercise Ideas for Conditioning on the Ball</u>	Visual Health Information
<u>Exercise Ideas for Lower Body Strengthening</u>	Visual Health Information
<u>Exercise Ideas for Upper Body Strengthening</u>	Visual Health Information
<u>Exercise Ideas for Core Strengthening</u>	Visual Health Information
<u>New York City Ballet Workout</u>	Peter Martins