

Web Sites

Stress

(MedlinePlus.gov)

<https://medlineplus.gov/stress.html>

Breathing and relaxation

(National Jewish Health)

<https://www.nationaljewish.org/health-insights/stress-and-relaxation/relax>

Meditation: an introduction

nccam.nih.gov/health/meditation/overview.htm

Relaxation techniques for health: an introduction

(National Center for Complementary and Alternative Medicine)

nccam.nih.gov/health/stress/relaxation.htm

Relaxation techniques for stress relief

(HelpGuide.org)

<https://www.helpguide.org/articles/stress/relaxation-techniques-for-stress-relief.htm>

Stress management

(Mayo Clinic)

www.mayoclinic.org/relaxation-technique/ART-20045368?p=1

Library Materials

- Renew for 4 weeks, unless needed by another library user
- Receive information by e-mail or mail
- At no cost to you

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(800) 362-9567, ext. 55995

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Email:
mooneylibrary@gundersenhealth.org

John & Nettie Mooney Library –
La Crosse, Level 1, Lobby

John & Nettie Mooney Library – East,
With the Stanek Cancer Library
Level 2, East Building

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Guided Imagery & Relaxation Resources

John & Nettie Mooney Libraries

Gundersen Lutheran Medical Center, Inc.
Gundersen Clinic, Ltd.
Gundersen Boscobel Area Hospital and Clinics
Gundersen Moundview Hospital and Clinics
Gundersen Palmer Lutheran Hospital and Clinics
Gundersen St. Joseph's Hospital and Clinics
Gundersen Tri-County Hospital and Clinics

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HEALTH SYSTEM®

Books

Relaxation materials have call numbers starting with CA 308. Mediation materials have call numbers starting with EA 220.

Art of peace and relaxation workbook / Brian Luke Seaward. (2009)

Being well (even when you're sick): mindfulness practices for people with cancer and other serious illnesses / Elana Rosenbaum. FE 108 R67 2012

A mindfulness-based stress reduction workbook / Bob Stahl. (2010)

Mindfulness for beginners: reclaiming the present moment--and your life / Jon Kabat-Zinn. (2012)

Real happiness: the power of meditation: a 28-day program / Sharon Salzberg. (2011)

The relaxation & stress reduction workbook / Martha Davis. (2008)

Start here now: an open-hearted guide to the path and practice of meditation / Susan Piver. (2015)

Wherever you go, there you are: mindfulness meditation in everyday life / Jon Kabat-Zinn. (2005)

CDs

Calm: music for relaxation (2003)

The daily relaxer: audio companion / Matthew McKay. (2008)

Dr. Andrew Weil's mind-body tool kit. (2005)

Drifting downstream: guided relaxation for stress reduction / Dr. Kimeron Hardin. (2007)

Escape: music to take you away. (2003)

Indigo dreams: adult relaxation / Lori Lite. (2006)

Letting go of stress: four effective techniques for relaxation and stress reduction (2002)

Managing stress: a relaxation CD / Brian Seaward (2204)

A meditation for relaxation and wellness / Belleruth Naparstek. (2001)

Meditation for beginners / Jack Kornfield ; music by Nawang Khechog. (2001)

Meditations for difficult times: how to survive and thrive / Bernie Siegel. (2004)

Meditations for overcoming life's stresses and strains / Bernie Siegel. (2004)

For Children

Sitting still like a frog: mindfulness exercises for kids (and their parents) / Eline Snel. (2013)

DVDs

Rodney Yee's complete yoga for beginners / producers, Christie Stentz, Erika Sauerwein ; directed by Michael Badertscher. (2014)

Yoga for wimps: poses for the flexibly impaired / produced and directed by Andrea Ambandos ; photography by Michael Lohr. (2004)