

Qty	ISBN	Title	Author	Genre	Bd	C\$ Price	On Sale Date	Pg
	9781626250765	The Untethered Soul *AA	Singer	SELF	CL	30.95	11/22/13	0
	9781608828326	When Depression Hurts Your Rel	Kolakowski	SELF	PB	23.95	02/14/14	2
	9781608823802	The Cognitive Behavioral *AA	Knaus	SELF	PB	34.95	06/01/12	2
	9781572245488	The Mindfulness and Accep *AA	Robinson	SELF	PB	35.95	05/15/08	2
	9781572242685	The Depression Workbook *AA	Copeland	SELF	PB	35.95	12/01/01	2
	9781608828562	Back from the Brink *AA	Cowan	SELF	PB	23.95	01/03/14	2
	9781608827572	A Still Quiet Place	Saltzman	PSYC	PB	69.95	02/14/14	3
	9781608827831	Learning to Breathe *AA	Broderick	BUSI	PB	99.95	06/01/13	3
	9781572248656	The ADHD Workbook for Tee *AA	Honos-Webb	YAN	PB	22.50	12/15/10	4
	9781572246119	Beyond the Blues *AA	Schab	YAN	PB	20.95	04/15/08	4
	9781572248076	The Bulimia Workbook for *AA	Schab	YAN	PB	21.95	11/15/10	4
	9781608824502	The Bullying Workbook for *AA	Lohmann	YAN	PB	23.95	04/09/13	4
	9781572246133	Coping with Cliques *AA	Sprague	CHIL	PB	23.95	04/15/08	4
	9781608821938	Get Out of Your Mind and *AA	Ciarrochi	YAN	PB	22.50	05/22/12	4
	9781608823215	The PTSD Workbook for Tee *AA	Palmer	YAN	PB	23.95	10/10/12	4
	9781608825820	The Self-Esteem Workbook *AA	Schab	YAN	PB	22.50	05/09/13	4
	9781608821877	The Shyness and Social An *AA	Shannon	YAN	PB	23.95	05/03/12	4
	9781572246140	The Social Success Workbo *AA	Cooper	CHIL	PB	20.95	04/15/08	4
	9781572246027	Stopping the Pain *AA	Shapiro	YAN	PB	23.95	03/01/08	4
	9781572246973	The Stress Reduction Work *AA	Biegel	YAN	PB	22.50	12/15/09	4
	9781608821136	Think Confident, Be Confi *AA	Fox	YAN	PB	23.95	10/15/11	4
	9781572246072	What's Eating You? *AA	Nelson	YAN	PB	23.95	04/25/08	4
	9781608829163	Mindfulness for Teen Anger	Purcell	YAN	PB	23.95	03/31/14	5
	9781608826568	The Executive Functioning *AA	Hansen	YAN	PB	23.95	10/03/13	5
	9781572246997	The Anger Workbook for Te *AA	Lohmann	YAN	PB	22.50	11/15/09	5
	9781572246034	The Anxiety Workbook for *AA	Schab	YAN	PB	20.95	03/15/08	5
	9781572248830	Don't Let Your Emotions R *AA	Van Dijk	YAN	PB	23.95	02/15/11	5
	9781608829033	The Practicing Happiness Workb	Baer	SELF	PB	32.95	04/01/14	6
	9781608826698	Anxiety and Avoidance *AA	Tompkins	SELF	PB	34.95	09/04/13	6
	9781608820801	The Mindfulness and Accep *AA	Fleming	SELF	PB	27.95	05/09/13	6
	9781572249547	The Dialectical Behavior *AA	Chapman	SELF	PB	34.95	10/12/11	6
	9781608820153	Mind and Emotions *AA	McKay	SELF	PB	30.95	06/15/11	6
	9781626250611	Mindful Compassion	Gilbert	PSYC	PB	26.95	03/31/14	7
###	9781572248403	The Compassionate Mind *AA	Gilbert	SELF	PB	41.95	OP	7
	9781572249752	The Compassionate-Mind Gu *AA	Lee	SELF	PB	35.95	01/02/13	7
	9781608820375	The Compassionate-Mind Gu *AA	Kolts	SELF	PB	29.95	06/11/12	7
	9781608820368	The Compassionate-Mind Gu *AA	Tirch	SELF	PB	27.95	05/03/12	7
###	9781572249837	The Power of Self-Compass *AA	Welford	SELF	PB	25.50	OP	7
	9781608828814	Preventing Bipolar Relapse	White	SELF	PB	27.95	05/01/14	8
	9781608828159	Insecure in Love	Becker-Phe	FAMI	PB	23.95	06/01/14	8
	9781608820580	Wired for Love *AA	Tatkin	FAMI	PB	23.95	12/09/11	8
	9781572244818	Couple Skills *AA	McKay	FAMI	PB	24.95	12/15/06	8
	9781608822317	Anxious in Love *AA	Daitch	SELF	PB	23.95	11/06/12	8
	9781572246225	ACT with Love *AA	Harris	FAMI	PB	24.95	06/04/09	8
	9781608825165	The Two Truths about Love *AA	Fischer	FAMI	PB	23.95	12/10/12	8
	9781608829262	Calming Your Angry Mind	Brantley	SELF	PB	25.50	04/11/14	9
	9781572245402	Daily Meditations for Cal *AA	Brantley	SELF	PB	22.95	04/15/08	9
	9781572244870	Calming Your Anxious Mind *AA	Brantley	SELF	PB	23.95	06/05/06	9
	9781572244146	Five Good Minutes *AA	Brantley	SELF	PB	28.95	04/27/05	9
###	9781572244559	Five Good Minutes in the *AA	Brantley	SELF	PB	24.95	OP	9
	9781608829583	Co-parenting with a Toxic Ex	Baker	FAMI	PB	23.95	04/11/14	10
	9781572244504	The High-Conflict Couple *AA	Fruzzetti	FAMI	PB	23.95	12/15/06	10
	9781608825578	Breastfeeding Solutions *AA	Mohrbacher	HEAL	PB	22.50	03/08/13	10
	9781608829071	Is That Me Yelling?	Renner	FAMI	PB	23.95	05/08/14	10
	9781608824632	Co-parenting 101 *AA	Philyaw	FAMI	PB	25.50	04/09/13	10
	9781608822775	Befriending Your Ex after *AA	Rabinor	FAMI	PB	23.95	12/10/12	10
	9781608829491	The Qigong Workbook for Anxiet	Lam	SELF	PB	30.95	05/12/14	11

Qty	ISBN	Title	Author	Genre	Bd	C\$ Price	On Sale Date	Pg
	9781572249257	The Antianxiety Food Solu	*AA Scott	SELF	PB	25.50	05/09/11	11
	9781608826360	Mind-Body Workbook for St	*AA Block	SELF	PB	30.95	11/06/12	11
	9781608828180	Yoga for Grief Relief	Sausys	SELF	PB	30.95	05/12/14	11
	9781572244016	Grieving Mindfully	*AA Kumar	SELF	PB	22.50	06/29/05	11
	9781608827497	Mindfulness for Prolonged	*AA Kumar	SELF	PB	30.95	11/01/13	11
	9781608828845	Mindful Discipline	Shapiro	FAMI	PB	23.95	05/12/14	12
	9781608827923	Little Flower Yoga for Ki	*AA Harper	HEAL	PB	28.95	11/22/13	12
	9781572246492	Parenting a Child Who Has	*AA Harvey	FAMI	PB	26.95	10/15/09	12
	9781572248502	The Gift of ADHD	*AA Honos-Webb	FAMI	PB	23.95	06/24/10	12
	9781572245822	The Relaxation and Stress	*AA Shapiro	CHIL	PB	23.95	01/15/09	12
	9781608829644	Children of the Depressed	Bennett	FAMI	PB	23.95	05/12/14	13
	9781608829859	Coming Back Together	Sayers	FAMI	PB	23.95	06/16/14	13
	9781572245617	Children of the Self-Abso	*AA Brown	FAMI	PB	23.95	03/15/08	13
	9781608824380	Children of Hoarders	*AA Neziroglu	PSYC	PB	23.95	11/01/13	13
	9781572243286	Surviving a Borderline Pa	*AA Roth	FAMI	PB	23.95	10/15/03	13
	9781608827152	Courage After Fire for Pa	*AA Domenici	FAMI	PB	23.95	07/01/13	13
	9781608829231	The ACT Matrix	Polk	PSYC	PB	84.95	03/01/14	14
	9781608829613	Helping Your Shy and Socially	Henderson	PSYC	PB	69.95	02/14/14	14
	9781608825295	The Big Book of ACT Metaphors	Stoddard	PSYC	PB	69.95	03/31/14	14
	9781608827466	Mindfulness and Acceptance in	Masuda	PSYC	PB	83.95	04/05/14	14
	9781608828906	Mindfulness and Acceptance in	Boone	SOC	PB	84.95	04/11/14	15
	9781608826490	Advanced Acceptance and Commit	Westrup	PSYC	CL	69.95	05/13/14	15
	9781608824076	Treating Psychosis	Wright	PSYC	PB	69.95	07/22/14	15
	9781608821648	DBT Made Simple	*AA Van Dijk	PSYC	PB	56.95	12/10/12	15
	9781572247055	ACT Made Simple	*AA Harris	PSYC	PB	56.95	10/15/09	15
	9781608828050	Getting Unstuck in ACT	*AA Harris	PSYC	PB	42.95	07/06/13	15
###	9781608826643	Handbook of Clinical Psyc	*AA Preston	HEAL	CL	86.95	OP	15
	9781608827008	Yoga Sparks	*AA Krucoff	HEAL	PB	23.95	08/01/13	16
	9781608826087	The Need to Please	*AA Fine	SELF	PB	23.95	10/03/13	16
	9781608827954	50 Mindful Steps to Self-	*AA Marotta	SELF	PB	23.95	12/03/13	16
	9781608821044	Living with Your Body and	*AA Sandoz	SELF	PB	32.95	01/03/14	16
	9781608827664	The Bipolar II Disorder W	*AA Roberts	SELF	PB	31.95	02/05/14	16
	9781608827527	Living and Loving after B	*AA Stosny	FAMI	PB	23.95	09/03/13	16
	9781608829132	Mind-Body Workbook for An	*AA Block	SELF	PB	30.95	11/01/13	16
	9781608828722	The Happy Couple	*AA Goldsmith	FAMI	PB	23.95	12/03/13	16
	9781608827862	Loving Someone with PTSD	*AA Matsakis	SELF	PB	23.95	01/03/14	16
	9781608828982	Loving Someone in Recover	*AA Berg	SELF	PB	23.95	02/23/14	16
	9781608829927	The Mind's Own Physician	*AA Kabat-Zinn	SELF	PB	23.95	09/01/13	16
	9781608827800	The Tao of Stress	*AA Santee	SELF	PB	23.95	11/01/13	16
	9781608828784	The Mindfulness Workbook	*AA Hershfield	SELF	PB	30.95	12/01/13	16
	9781608827091	The Diet Trap	*AA Lillis	HEAL	PB	26.95	02/23/14	16
###	9781608827893	The Woman's Guide to How	*AA Smith	FAMI	PB	23.95	OP	16
	9781572245372	The Untethered Soul	*AA Singer	SELF	PB	23.95	09/15/07	17
	9781572246959	Buddha's Brain	*AA Hanson	SELF	PB	24.95	10/29/09	17
	9781572245136	The Dialectical Behavior	*AA McKay	SELF	PB	32.50	06/30/07	17
###	9781572248915	The Anxiety and Phobia Wo	*AA Bourne	SELF	PB	31.95	OP	17
	9781572246904	Stop Walking on Eggshells	*AA Mason	SELF	PB	26.95	12/15/09	17
	9781608824946	The Trigger Point Therapy	*AA Davies	HEAL	PB	34.95	09/03/13	17
	9781572245495	The Relaxation and Stress	*AA Davis	SELF	PB	34.95	04/15/08	17
	9781608820313	Just One Thing	*AA Hanson	SELF	PB	22.50	09/13/11	17
	9781572247086	A Mindfulness-Based Stres	*AA Stahl	SELF	PB	34.95	02/15/10	17
	9781572244252	Get Out of Your Mind and	*AA Hayes	SELF	PB	30.95	11/07/05	17
	9781572248830	Don't Let Your Emotions R	*AA Van Dijk	YAN	PB	23.95	02/15/11	17
###	9781572244993	The Mindfulness and Accep	*AA Eifert	PSYC	PB	34.95	OP	17
###	9781572242524	The Self-Esteem Workbook	*AA Schiraldi	SELF	PB	30.95	OP	17
	9781572246034	The Anxiety Workbook for	*AA Schab	YAN	PB	20.95	03/15/08	17
	9781608827602	Disarming the Narcissist	*AA Behary	FAMI	PB	23.95	07/01/13	17

Qty	ISBN	Title	Author	Genre	Bd	C\$ Price	On Sale Date	Pg
	9781572245754	Helping Your Anxious Chil	*AA Rapee	FAMI	PB	24.95	11/15/08	17
	9781572249219	The OCD Workbook	*AA Hyman	SELF	PB	34.95	10/15/10	17
	9781572246997	The Anger Workbook for Te	*AA Lohmann	YAN	PB	22.50	11/15/09	17
	9781608822089	Thoughts and Feelings	*AA McKay	SELF	PB	35.95	11/09/11	17
###	9781572241985	Self-Esteem	*AA McKay	SELF	PB	25.50	OP	17
	9781572242203	The Anger Control Workboo	*AA McKay	SELF	PB	30.95	10/01/00	17
	9781572248618	Breastfeeding Made Simple	*AA Mohrbacher	HEAL	PB	26.95	10/25/10	17
	9781572247666	The ADHD Workbook for Kid	*AA Shapiro	CHIL	PB	23.95	04/23/10	17
	9781608823406	The Mindfulness Workbook	*AA Williams	SELF	PB	34.95	07/04/12	17
###	9781572245723	The Cognitive Behavioral	*AA Knaus	SELF	PB	26.95	OP	17
###	9781572243200	Coping with Anxiety	*AA Bourne	SELF	PB	20.95	OP	18
	9781572248816	Little Ways to Keep Calm	*AA Reinecke	SELF	PB	20.95	08/11/10	18
	9781572245532	Shyness and Social Anxiet	*AA Antony	SELF	PB	34.95	06/15/08	18
	9781608825264	Calming the Rush of Panic	*AA Stahl	SELF	PB	26.95	02/08/13	18
	9781572249233	Mind-Body Workbook for PT	*AA Block	SELF	PB	32.50	11/15/10	18
	9781572241992	Healing the Trauma of Abu	*AA Copeland	SELF	PB	38.95	07/01/00	18
	9781572242975	A Woman's Addiction Workb	*AA Najavits	SELF	PB	30.95	09/15/02	18
###	9781608827039	The PTSD Workbook	*AA Williams	SELF	PB	34.95	OP	18
	9781572243095	Don't Let Your Emotions R	*AA Spradlin	SELF	PB	27.95	01/10/03	18
	9781572242098	The Assertiveness Workboo	*AA Paterson	SELF	PB	30.95	11/01/00	18
	9781608828364	The Interpersonal Problem	*AA McKay	SELF	PB	32.95	07/01/13	18
	9781572243637	Depressed and Anxious	*AA Marra	SELF	PB	34.95	05/15/04	18
	9781608820252	Splitting	*AA Eddy	FAMI	PB	25.50	06/15/11	18
	9781608825653	Mindfulness for Borderlin	*AA Aguirre	SELF	PB	23.95	04/09/13	18
	9781572245075	The Borderline Personalit	*AA Chapman	SELF	PB	23.95	12/06/07	18
	9781608820870	Calming the Emotional Sto	*AA Van Dijk	SELF	PB	23.95	01/16/12	18
###	9781608828128	The Prediabetes Detox	*AA Cimperman	HEAL	PB	23.95	OP	19
	9781608828753	The Migraine Miracle	*AA Turknett	HEAL	PB	23.95	12/01/13	19
	9781608826186	Goodnight Mind	*AA Carney	HEAL	PB	23.95	05/09/13	19
	9781572249523	Overcoming Adrenal Fatigu	*AA Simpson	HEAL	PB	30.95	04/11/11	19
	9781608821211	End Emotional Eating	*AA Taitz	SELF	PB	25.50	05/22/12	19
	9781608823307	Eating Mindfully	*AA Albers	SELF	PB	23.95	03/18/12	19
	9781572246768	50 Ways to Soothe Yoursel	*AA Albers	SELF	PB	23.95	08/15/09	19
	9781572245464	The Body Image Workbook	*AA Cash	SELF	PB	34.95	06/15/08	19
	9781608822133	Parenting a Teen Girl	*AA Hemmen	FAMI	PB	27.95	07/04/12	19
	9781608823963	Parenting Your Child with	*AA Wiener	FAMI	PB	24.95	11/06/12	19
	9781572246300	Cool, Calm, and Confident	*AA Schab	CHIL	PB	24.95	03/15/09	19
	9781572246065	I'm Not Bad, I'm Just Mad	*AA Shapiro	CHIL	PB	23.95	05/15/08	19
	9781608822836	The Joy Compass	*AA Altman	SELF	PB	23.95	08/08/12	19
	9781608823482	Impossible to Please	*AA Lavender	SELF	PB	23.95	10/10/12	19
	9781572245921	Messages	*AA McKay	SELF	PB	30.95	03/03/09	19
	9781572247239	Stop Overreacting	*AA Siegel	SELF	PB	23.95	06/15/10	19
	9781608826117	Loving Someone with Anxie	*AA Thieda	SELF	PB	23.95	03/08/13	20
	9781608820771	Loving Someone with Asper	*AA Ariel	FAMI	PB	26.95	01/16/12	20
	9781608822195	Loving Someone with Bipol	*AA Fast	SELF	PB	23.95	12/09/11	20
	9781608822287	Loving Someone With Atten	*AA Tschudi	FAMI	PB	24.95	03/18/12	20
	9781608827862	Loving Someone with PTSD	*AA Matsakis	SELF	PB	23.95	01/03/14	20
	9781608828982	Loving Someone in Recover	*AA Berg	SELF	PB	23.95	02/23/14	20
	9781608820054	Adult ADD	*AA Sarkis	SELF	PB	23.95	02/15/11	20
	9781608821815	Bipolar Disorder	*AA Caponigro	SELF	PB	26.95	08/08/12	20
	9781608827060	Borderline Personality Di	*AA Chapman	SELF	PB	22.50	10/03/13	20
	9781608820177	OCD	*AA Tompkins	SELF	PB	22.50	12/09/11	20
	9781572244573	Bloodletting	*AA Leatham	BIOG	PB	27.95	03/13/06	20
	9781572245228	ADHD and Me	*AA Taylor	BIOG	PB	20.95	01/15/08	20
	9781572247109	The Buddha and the Border	*AA Van Gelder	BIOG	PB	24.95	07/15/10	20
	9781572249912	The Sum of My Parts	*AA Trujillo	PSYC	PB	26.95	09/15/11	20
	9781608826612	ADHD According to Zoe	*AA Kessler	BIOG	PB	23.95	09/03/13	20

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