

BRONX COMMUNITY COLLEGE LIBRARY
SUGGESTED FOR
PEA 51
STRESS MANAGEMENT

<u>CODE NO.</u>	<u>TITLE</u>
	<u>STRESS</u>
V2747.2	THE ANXIETY DISORDERS – PSYCHOLOGICAL FACTORS & PHYSICAL ILLNESS (<i>World of Abnormal Psychology</i>) – 60min, c1991
V1404.2	<u>THE BRAIN – TEACHING MODULES</u> – c1988 EMOTIONS, STRESS AND HEALTH (<i>module 21</i>) – 11min STRESS: LOCUS OF CONTROL AND PREDICTABILITY (<i>module 22</i>) – 3min
DVD41.3	COPING WITH STRESS (<i>Creating All-Around Wellness Series</i>) – 30min, c2001
	<u>STRESS AND THE BODY</u>
DVD134	HYPERTENSION: THE FACTS – 28 min, c2000
DVD 110	REDUCING STRESS – 19min, c2004
	<u>ANXIETY & ANXIETY DISORDERS</u>
V2747.2	THE ANXIETY DISORDERS / PSYCHOSOCIAL FACTORS AND PHYSICAL ILLNESS – 60min, c1991
V2368	STEP ON A CRACK (<i>obsessive compulsive order</i>) – 28min, c1996
	<u>ANXIETY & ANXIETY DISORDERS</u>
V2775	AS GOOD AS IT GETS (<i>examines obsessive compulsive disorder</i>) (<i>feature film w. Jack Nicholson</i>) – 139min, c1998
	<u>THE NATURE OF HEALING (SERIES)</u> – 60min each, c1996
V2677.1	ACUPUNCTURE AND MEDITATION
V2677.2	MOVEMENT THERAPIES AND HOMEOPATHY
V2677.3	MAGNETIC THERAPY AND MASSAGE
	<u>EXERCISE THERAPY</u>
V1489	INTEGRAL YOGA HATHA – 80min, c1990
	<u>TAI CHI CHUAN</u>
V603	24 FORMS YANG STYLE TAI CHI CHUAN SIMPLIFIED – 120min, c1997
V1132	THE WAY OF TAI CHI CHUAN: GENTLE EXERCISE FOR HEALTH & INNER PEACE – 60min, c1986
V3102	TAI CHI CHUAN YANG STYLE (<i>Dr. Sam Schwartz</i>) – 30min, c1993

TIME MANAGEMENT

V2978.3

FINDING THE TIME (*Becoming a Master Student Series*) – 30min, c2000

V1668

TIME MANAGEMENT – 12min, c1997