

FY25 Health Disparities Grant Materials

Large Print

Chair Yoga for Seniors : Stretches and Poses That You Can Do Sitting Down at Home

Grief is for People

How to Winter

In my time of dying : how I came face to face with the idea of an afterlife

The Menopause Brain : new science empowers women to navigate the pivotal transition with knowledge and confidence

The Swedish Art of Aging Exuberantly

DVDs

5-minute yoga fix

Ancient Wisdom for the Modern World

Body positive easy yoga. Basic daily routine

Body positive easy yoga : daily practice

Epigenetics : How environment changes your biology

Gentle Seated Chair Yoga for Beginners

Gentle Yoga for Beginners

Gut health explained

How to break the habit of self-doubt and build real confidence

The power of mind over body

Yoga for Pregnancy : Just the Basics

Spanish

101 consejos para ayudar a tu hijo a calmar su ansiedad / 101 Tips to Help Your Anxious Child

Cuidados emocionales para futuras mamás : Cómo prevenir la depresión y la ansiedad en el embarazo y posparto / Emotional Care for Moms-to-be : How to prevent depression and anxiety during pregnancy and postpartum

Estiramientos / Science of Stretch

Naturaleza y bienestar emocional / Nature and Emotional Well-Being

Vivir con diabetes / Living with Diabetes

Accessible Vacations : An Insider's Guide to 10 National Parks

Accessible Vacations: An Insider's Guide to 12 US Cities

Age in Place : A Guide to Modifying, Organizing, and Decluttering Mom and Dad's Home

Age in Place At Home : adapting the home environment for all generations

American Teenager: How Trans Kids Are Surviving Hate and Finding Joy in a Turbulent Era

Barrier Free Real Estate : Achieving Freedom at Home

Beating Melanoma : the ultimate patient resource

Beyond Breast Cancer: A Mayo Clinic Guide to Healing and Wellness

Black Girls Breathing: Heal from Trauma, Combat Chronic Stress, and Find Your Freedom

Body-first Healing: Get Unstuck and Recover from Trauma with Somatic Healing

Breasts : an owner's guide

Build Your Space : How to Create an Accessible Home for You, Your Family, and Your Future

Bumpin': Navigating the Wild, Weird, and Wonderful Journey Through Pregnancy from Conception to Birth and Beyond

But she looks Fine : from illness to activism

Caring for Your Baby and Young Child : Birth to Age 5

Cataract Surgery: A Patient's Guide to Treatment

Constipation Nation : what to know when you can't go

Defy : the power of no in a world that demands yes

Demystifying Disability : what to know, what to say, and how to be an ally

Digging Into Nature : outdoor adventures for happier and healthier kids

Disability and the Church: A Vision for Diversity and Inclusion

Dr. Patrick Walsh's Guide to Surviving Prostate Cancer

Fatal to Fearless : 12 steps to beating cancer in a broken medical system

Finding Peace with Your Body : A Body Image Guide for Women

Generation M: Living Well in Perimenopause and Menopause

Get Fit Where You Sit: A Guide to the Lakshmi Voelker Chair Yoga Method

Gut : an owner's guide

Habits of a Peacemaker : 10 habits to change our potentially toxic conversations into healthy dialogues

Happy Families: How to Protect and Support Your Child's Mental Health

Healing from Parental Abandonment and Neglect: Move Beyond Insecure Attachment to Build Safety, Connection, and Trust with Yourself and Others

Healthy Happy ADHD: Transform How You Move, Eat, and Feel, and Create Your Own Path to Well-Being

Healthy Skin: Your Questions Answered

Heart : an owner's guide

Herding Immunity : the startling history of life before and after vaccines

Hour of the Heart : connecting in the here and now

How to ADHD : an insider's guide to working with your brain (not against it)

How to raise a healthy gamer : end power struggles, break bad screen habits, and transform your relationship with your kids

How to talk with anyone about anything : the practice of safe conversations

If You Were My Daughter: A Memoir of Healing an Unmothered Heart

Kids Thrive at Every Size: How to Nourish Your Big, Small, or In-Between Child for a Lifetime of Health and Happiness

Lighthouse Parenting: Raising Your Child with Loving Guidance for a Lifelong Bond

Living with rheumatoid arthritis

Living Without Itch: Proven Strategies and Treatments for Relief

Lonely Planet's Guide to Death, Grief and Rebirth: How Global Grieving Customs Can Help Us Live and Die Well

Make Room for Healing : 40 tips from a breast cancer survivor

Man Overboard! : a medical lifeline for the aging male

Mayo Clinic Guide to Better Sleep : Find Relief from Insomnia, Sleep Apnea and Other Sleep Disorders

Mayo Clinic guide to fertility and conception : expertise from leading fertility specialists for maximizing reproductive health and growing your family

Mayo Clinic guide to holistic health : unlock your body's natural healing powers

Medicare for Dummies

Meditations for Mortals: Four Weeks to Embrace Your Limitations and Make Time for What Counts

Menopause is hot : everything you need to know to thrive

Midlife Matters: Feel Empowered and Confident Every Step of the Way

No One Talks About This Stuff : Twenty-two stories of almost parenthood

Oh crap! Potty Training : Everything modern parents need to know to do it once and do it right

Pain-Free Joints: 46 Simple Qigong Movements for Arthritis Healing and Prevention

Panic Proof : The new holistic solution to end your anxiety forever

Parents in Recovery : Navigating a sober family lifestyle

Party of One: Be Your Own Best Life Partner

Past Tense: Facing Family Secrets and Finding Myself in Therapy

Power to the Pelvis: Improve Your Pelvic Floor for Better Digestive, Urinary, Reproductive and Sexual Health

Pregnancy, Childbirth, and the Newborn: The Complete Guide

Read Yourself Happy: How to Use Books to Ease Your Anxiety

Re-Regulated: Set Your Life Free from Childhood PTSD and the Trauma-Driven Behaviors That Keep You Stuck

Rugged Access for All: A Guide for Pushiking America's Diverse Trails With Mobility Chairs and Strollers

Rumbles : A curious history of the gut, the secret story of the body's most fascinating organ

See Better Now: LASIK, Lens Implants, and Lens Exchange

Swedish Art of Aging Exuberantly

Taste of Home Diabetes Cookbook: 228 Dietitian-reviewed, Family-approved Dishes

The Accessible Home : Designing For All Ages and Abilities

The Birth Partner: A Complete Guide to Childbirth for Dads, Partners, Doulas, and Other Labor Companions

The Cancer Guide : how to nurture wellbeing through and beyond a cancer diagnosis

The Cancer Journey

The Complete Human Body : the definitive visual guide

The Cure for Women: Dr. Mary Putnam Jacobi and the Challenge to Victorian Medicine That Changed Women's Lives Forever

The Diabetes Counter

The Immune Mind : The hidden dialogue between your brain and immune system

The Lupus Book : A guide for patients and their families

The Man Who Mistook His Wife for a Hat: And Other Clinical Tales

The Power of Mind Over Body

The Science of Menopause: Understand Your Body, Make the Right Choices

The Serviceberry : Abundance and reciprocity in the natural world

The Sewing Guide to Cancer or Other Unwanted Long Term Illnesses: 20+ Useful Craft Projects for Patients and Caregivers

The Upside of OCD: Flip the Script to Reclaim Your Life

This Book May Save Your Life

Traveling Different : Vacation strategies for parents of the anxious, the inflexible, and the neurodiverse

True to You : a therapist's guide to stop pleasing others and start being yourself

Where Two Worlds Touch : The Spirit and Science of Alzheimer's Caregiving