Meditation & Relaxation (eBooks)

**Presence**: How mindfulness and meditation shape your brain, mind, and life / Paul Verhaeghen.

This volume is the first book-length review of this body of research: how the effects of mindfulness practice flow from brain to mind to life. It is aimed specifically at the non-specialist reader who is looking for a scientific perspective on mindfulness practice.

**Idiot’s Guides: Meditation** / Domyo Sater Burk.

Offers a concise, easy-to-grasp primer on the numerous types of meditation and how to practice them.

**1001 Ways to Relax** / Susannah Marriot.

This book offers 1,001 remedies for chronic stress, including yoga, aromatherapy, meditation, reflexology, and homeopathy techniques, as well as step-by-step sequences for relieving tension. It also offers unexpected and unconventional stress-relieving activities geared toward simply having fun.

**How to deal with stress** / Stephen Palmer.

How to Deal with Stress includes tips on topics such as time management, exercise, nutrition and relaxation techniques. It can serve as a go-to handbook for both home and office, a resource to dip into for quick advice should the need arise.
Quick Hits for Adjunct Faculty and Lecturers : Successful Strategies from Award-Winning Teachers / Robin K. Morgan, Kimberly T. Olivares, Jon Becker, and Barbara A. Bichelmeyer.

Hits for Adjunct Faculty and Lecturers contains short, practice-oriented articles by experienced instructors that offer valuable teaching and career tips for balancing competing demands, addressing student issues, managing classrooms, and enhancing professional development.

Successful Time Management / Patrick Forsyth.

Provides tips and techniques, to help anyone review and assess their own time management and adopt new work practices to improve it.

How to Study / Joan Turner.

Any student can improve their learning in higher education if they want to, and the aim of this guide is to help them along this route, not by claiming there is only one right way to do things but by building awareness of different approaches, attitudes, and strategies.
Arts & Crafts (eBooks)

Junkyard jam band: DIY musical instruments and noisemakers / David Erik Nelson.
A collection of DIY musical instruments made from everyday materials. For any lover of music making or crafts.

D.I.Y design it yourself / Ellen Lupton, editor; Kimberly Bost and Ellen Lupton.
DIY: Design It Yourself provides you with all the tools you'll need to create your own projects, from conception through production.

Knitting, Crochet, and Netting, with Twelve Illustrations / Éléonore Riego de la Branchardière.

Origami Inspirations / Meenakshi Mukerji.
Origami Inspirations provides step-by-step instructions and color distribution suggestions to create the more than 30 intricate designs presented.

My Knitting Book / Frances Lambert.
Cooking Recipes (eBooks)


The Diabetes Cooking for Everyone : 250 All-Natural, Low-Glycemic Recipes to Nourish and Rejuvenate / Carole Gelles.

The Italian Cook Book : The Art of Eating Well / Maria Gentile.

Great old-fashioned American recipes / Beatrice Ojakangas.

Chocolate and Cocoa Recipes and Home Made Candy Recipes / Maria Parloa and Janet McKenzie Hill.