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Healthy & Sustainable Living Display

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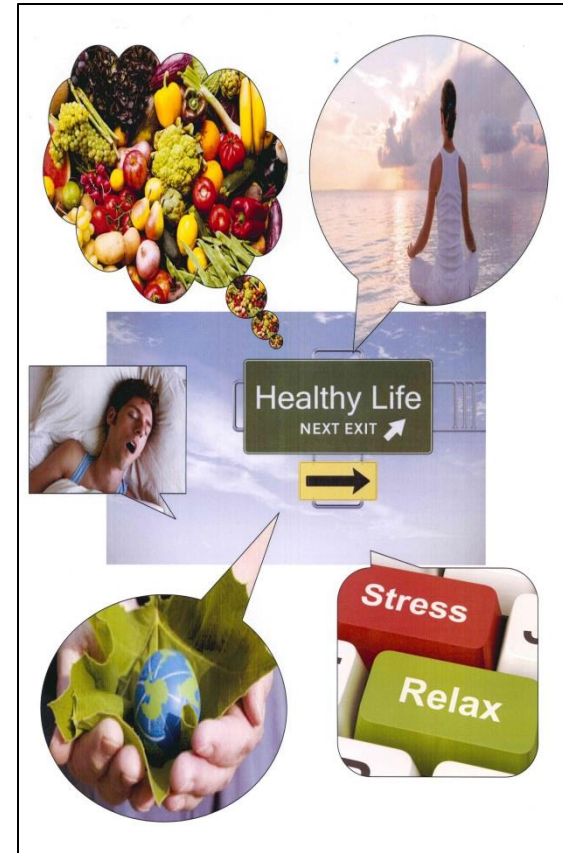
Healthy & Sustainable Living Display

March 2016

Healthy & Sustainable Living Display



Photograph taken by Micki Reid,
Cooper Library Public Information Coordinator



Sign created by Cassie Thomas,
Cooper Library Weekend Supervisor

Display Description

Cooper Library recently hosted its first Tiger Talk, which focused on stress management and healthy living.

In the spirit of that Talk we've also put together a display of books about healthy and sustainable living. On display are books about yoga and meditation, nutrition, stress management, sleep, and sustainable and green living.

The display is located on Cooper Library's 4th floor, near the Information Services desk.

- Posted on Clemson University Libraries' Blog, March 2nd 2016

Works on Display

- Anderson, Rohan. *Whole Larder Love: Grow, Gather, Hunt, Cook*. Brooklyn: PowerHouse, 2012. Print. TX741.A53 2012.
- Beavan, Colin. *No Impact Man: The Adventures of a Guilty Liberal who Attempts to Save the Planet, and the Discoveries he makes about Himself and our Way of Life in the Process*. New York: Farrar, Straus and Giroux, 2009. Print. TD171.7.B43 2009.
- Bodian, Stephan. *Meditation for Dummies*. Hoboken: Wiley, 2006. Print. BF637.M4B63 2006.
- Bongiorno, Lori. *Green, Greener, Greenest: A Practical Guide to Making Eco-Smart Choices a Part of your Life*. New York: Perigee, 2008. Print. GE195.7.B66 2008.
- Boyle, Marie A. *Personal Nutrition*. Belmont, CA: Wadsworth, Cengage Learning, 2013. Print. RA784.B65 2013.
- Breus, Michael. *Good Night: The Doctor's 4-Week Program to Better Sleep and Better Health*. New York: Penguin, 2006. Print. RA786.B74 2006.
- Broad, William J. *The Science of Yoga: The Risks and the Rewards*. New York: Simon & Schuster, 2012. Print. RA781.7.B757 2012.
- Carlson, Peggy, ed. *The Complete Vegetarian: The Essential Guide to Good Health*. Urbana, IL: University of Illinois, 2009. Print. TX392.C69 2009.
- Cope, Stephen. *The Wisdom of Yoga: A Seeker's Guide to Extraordinary Living*. New York: Bantam, 2006. Print. BL1238.52.C67 2006.
- Duyff, Roberta Larson. *365 Days of Healthy Eating from the American Dietetic Association*. Hoboken: Wiley, 2004. Print. RA784.D888 2004.
- Eknath, Easwaran. *Passage Meditation: Bringing the Deep Wisdom of the Heart into Daily Life*. Berkeley, CA: Nilgiri, 2008. Print. BL627.E172 2008.

Works on Display

- Farquharson, Vanessa. *Sleeping Naked is Green: How an Eco-Cynic Unplugged her Fridge, Sold her Car, and Found Love in 366 Days*. Boston: Houghton Mifflin Harcourt, 2009. Print. GE195.7.F37 2009.
- Feuerstein, Georg. *The Yoga Tradition: Its History, Literature, Philosophy, and Practice*. Prescott, AZ: Hohn, 2008. Print. B132.Y6F489 2008.
- Goulart, Frances Sheridan. *Super Immunity Foods: A Complete Program to Boost Wellness, Speed Recovery, and Keep your Body Strong*. New York: McGraw-Hill, 2009. Print. RA784.G682 2009.
- *Green Living: The E Magazine Handbook for Living Lightly on the Earth*. New York: Plume, 2005. Print. TD171.7.G734 2005.
- Grosvenor, Michael. *Sustainable Living for Dummies*. Milton, Queensland: Wiley, 2007. Print. S928.G76 2007.
- Grotto, David W. *101 Foods that could Save your Life!* New York: Bantam, 2008. Print. RA784.G765 2008.
- Hill, Graham, and Meaghan O'Neill. *Ready, Set, Green: Eight Weeks to Modern Eco-Living from the Experts at TreeHugger.com*. New York: Villard, 2008. Print. GF78.H55 2008.
- Hobson, J. Allan. *Dreaming: An Introduction to the Science of Sleep*. New York: Oxford University, 2002. Print. QP426.H62 2002.
- Horne, James. *Sleepfaring: A Journey through the Science of Sleep*. New York: Oxford University, 2006. Print. QP426.H66 2006.
- Horton, Carol, and Roseanne Harvey, eds. *21st Century Yoga: Culture, Politics, and Practice*. Chicago: Kleio, 2012. Print. RA781.7.T92 2012.

Works on Display

- Jeffrey, Yvonne, Liz Barclay, and Michael Grosvenor. *Green Living for Dummies*. Hoboken: Wiley, 2008. Print. GE195.7.J44 2008.
- Keith, Lierre. *The Vegetarian Myth: Food, Justice and Sustainability*. Crescent City, CA: Flashpoint, 2009. Print. TX392.K377 2009.
- Linden, Wolfgang. *Stress Management: From Basic Science to Better Practice*. Thousand Oaks, CA: SAGE, 2005. Print. RA785.L55 2005.
- Litt, Ann Selkowitz. *The College Student's Guide to Eating Well on Campus*. Bethesda; Tulip Hill, 2005. Print. RA777.3.L58 2005.
- Loux, Renée. *Easy Green Living: The Ultimate Guide to Simple, Eco-Friendly Choices for You and your Home*. New York: Rodale, 2008. Print. TX324.L68 2008.
- Lucier, Kelci Lynn. *College Stress Solutions: Stress Management Techniques to Beat Anxiety, Make the Grade, Enjoy the Full College Experience*. Avon, MA: Adams Media, 2014. Print. LA229.L83 2014.
- Martin, Paul. *Counting Sheep: The Science and Pleasures of Sleep and Dreams*. New York: Thomas Dunne/St. Martin's, 2004. Print. QP425.M345 2004.
- McCall, Timothy B. *Yoga as Medicine: The Yogic Prescription for Health & Healing: A Yoga Journal Book*. New York: Bantam, 2007. Print. RM727.Y64M43 2007.
- Nestle, Marion. *What to Eat*. New York: North Point, 2006. Print. RA784.N46 2006.
- Pollan, Michael. *Food Rules: An Eater's Manual*. New York: Penguin, 2009. Print. RA784.P6429 2009.

Works on Display

- Randall, David K. *Dreamland: Adventures in the Strange Science of Sleep*. New York: W.W. Norton, 2012. Print. QP425.R29 2012.
- Ricciotti, Hope, and Vincent Connelly. *The Healthy Family Cookbook*. New York: W.W. Norton, 2004. Print. RA784.R53 2004.
- Rountree, Sage Hamilton. *The Athlete's Guide to Yoga: An Integrated Approach to Strength, Flexibility & Focus*. Boulder: VeloPress, 2008. Print. RC1220.Y64R68 2008.
- Seaward, Brian Luke. *Managing Stress: Principles and Strategies for Health and Well-Being*. Boston: Jones and Bartlett, 2004. Print. RA785.S434 2004.
- Singleton, Mark. *Yoga Body: The Origins of Modern Posture Practice*. New York: Oxford University, 2010. Print. RA781.7.S568 2010.
- Smith, M.J., and Fred Smith. *The Smart Student's Guide to Healthy Living: How to Survive Stress, Late Nights, and the College Cafeteria*. Oakland, CA: New Harbinger, 2006. Print. RA777.3.S63 2006.
- Stone, Michael. *The Inner Tradition of Yoga: A Guide to Yoga Philosophy for the Contemporary Practitioner*. Boston: Shambhala, 2008. Print. B132.Y6S764 2008.
- Tarthang, Tulku. *Tibetan Meditation: Practical Teachings and Step-by-Step Exercises on how to Live in Harmony, Peace, and Happiness*. London: Duncan Baird, 2006. Print. BQ7662.6.T385 2006.
- Tummers, Nanette. *Stress Management: A Wellness Approach*. Champaign, IL: Human Kinetics, 2013. Print. RA785.T86 2013.
- Ursell, Amanda. *The Complete Guide to Healing Foods*. New York: Dorling Kindersley, 2000. Print. RA784.U77 2000.
- Warren, Jeff. *The Head Trip: Adventures on the Wheel of Consciousness*. New York: Random House, 2007. Print. BF311.W37 2007.