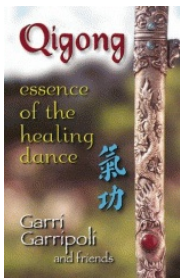


New Year's Resolutions

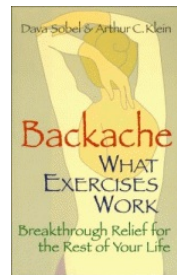
Did you make some resolutions for this year? These books can help keep you on track.

Created by Ms. Beth SCL

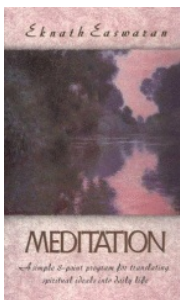


Qigong

Garri Garripoli and friends.

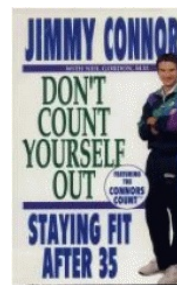


Backache, What Exercises Work



Meditation ;

Eknath Easwaran.



Don't count yourself out!

Jimmy Connors with Neil Gordon and Catherine McEvily Harris.