

Self Help

Title	Producer	Year	Type	Call Number		
Building Solutions Together	Oz Help Foundation	2004	DVD	ASH	1	10024
Complaints of a dutiful daughter			Video	ASH	1	10025
It's About Time	Patricia Cameron-Hill & Shayne Yates		Audiotape	ASH	1	10026
Staying Positive	Patricia Cameron-Hill & Shayne Yates		Audiotape	ASH	1	10027
On Any Wednesday	Lynn Hegarty	1993	Video	ASH	2	10028
Managing Difficult People	Patricia Cameron-Hill & Shayne Yates		Audiotape	ASH	2	10029
Relaxing By The Creek : Passive Relaxation Training Method	Training Health & Educational Media Pty Ltd	1992	Video	ASH	2	10030
Ocean Harmonies Dreaming : Music and Vision for Stress Relief and Relaxation	Internet CDV Productions Pty Ltd		Video	ASH	2	10031
Learn to Meditate : A complete guide to modern meditation : 1 & 2 Introductory Talk	Patricia Carrington Phd	1998	Audiotape	ASH	5	10033
Learn to Meditate : A complete guide to modern meditation : 3 & 4 Instruction & Post - Instruction	Patricia Carrington Phd	1998	Audiotape	ASH	5	10034
Learn to Meditate : A complete guide to modern meditation : 5 & 6 Second and Ninth Day	Patricia Carrington Phd	1998	Audiotape	ASH	5	10035
Learn to Meditate : A complete guide to modern meditation : 7 & 8 Enhacing life with meditation & timing and renewing meditation practice	Patricia Carrington Phd	1998	Audiotape	ASH	5	10036
Healing Garden : Self Hypnosis, Relaxation & Healing	Michael Masani	1997	Audiotape	ASH	4	10149