**When you see a solid triangle arrow**

- When your cursor arrow turns to a pointing hand, you can click to go to a new webpage.

*Some useful tips for moving around online:*

- To get started, type [https://allofustec.nnlm.gov/learn-internet-skills](https://allofustec.nnlm.gov/learn-internet-skills) into your browser. This is a highly trusted and reliable search tool - one of the best places to start searching for health information online.

**The “All of Us” Research Program of the Network of the National Library of Medicine (NNLM), offers several self-paced tutorials to teach you skills to be safe on the internet, avoid scams, create strong passwords and obtain accurate health information.**

There is a separate tutorial to show you how to search for health information at MedlinePlus, a highly trusted and reliable search tool - one of the best places to start searching for health information online.

To get started, type [https://allofustec.nnlm.gov/learn-internet-skills](https://allofustec.nnlm.gov/learn-internet-skills) into your browser. Then click on the language button near the top of the page to learn in English or Spanish.

Some useful tips for moving around online:

- **When your cursor arrow turns to a pointing hand, you can click to go to a new webpage.**
- **When you see a solid triangle arrow**, click on it to start a video; click on it to pause a video.
- **When you see numbers between two arrows < 1/10 >**, click on the right hand arrow to go through the pages; click on the left arrow to go back.
- **As you move between web pages**, if you click the right side of your mouse on a link instead of the left side of the mouse, a drop-down list will appear. Select “Open Link in a New Tab”, and a new “file folder” tab will appear at the top of the screen. Just as with paper file folders, you can move between the web pages without closing them, so you can easily go back to a previous web page.
- When you have finished all the tutorials, you might click on Home at the top of the page to take a look at the “All of Us” Research Program, which is a historic effort to gather data from one million or more people living in the United States to accelerate research and improve health.
Family and Parenting
Decoding Boys: New Science Behind the Subtle Art of Raising Sons
The Freedom to Be: Stories from Transgender Youth, Adults, and Their Families
Freedom from Family Dysfunction: A Guide to Healing Families Battling Addiction or Mental Illness
The Little Gardener: Helping Children Connect with the Natural World
Unconditional: A Guide to Loving and Supporting your LBGTQ Child

Diet and Exercise
50 Hikes with Kids California
Afoot and Afield: San Diego County: 281 Spectacular Outings along the Coast, Foothills, Mountains, and Desert
Balance and Your Body: How Exercise Can Help You Avoid a Fall
Coast to Cactus: The Canyoneer Trail Guide to San Diego Outdoors
Family Fit Plan: A 30-Day Wellness Transformation
Half the Sugar, All the Love: 100 Easy, Low-Sugar Recipes for Every Meal of the Day
How Not to Diet: The Groundbreaking Science of Healthy, Permanent Weight Loss
How To: Praise of Walking: A New Scientific Exploration
The MIND Diet Plan and Cookbook: Recipes and Lifestyle Guidelines to Help Prevent Alzheimer’s and Dementia
The Remarkable Life of the Skin: An Intimate Journey Across Our Largest Organ

General Health
A Patient’s Guide to Acupuncture: Everything You Need to Know
Acupuncture Points Handbook: A Patient’s Guide to the Locations and Functions of over 400 Acupuncture Points
Borrowing Life: How Scientists, Surgeons, and a War Hero Made the First Successful Organ Transplant a Reality
The End of Epidemics: The Looming Threat to Humanity and How to Stop It
Ending Parkinson’s Disease: A Prescription for Action
Farewell: Vital End-of-Life Questions with Candid Answers from a Leading Palliative and Hospice Physician
The Immunotherapy Revolution: The Best New Hope For Saving Cancer Patients’ Lives
MAN-opause: What Everyone Should Know about Treating Symptoms of Male Hormone Imbalance
Nature’s Best Remedies: Top Medicinal Herbs, Spices, and Foods for Health and Well-Being
The Pain Survival Guide: How to Become Resilient and Reclaim Your Life
The Remarkable Life of the Skin: An Intimate Journey Across Our Largest Organ
Tibetan Medicine and You: A Path to Wellbeing, Better Health, and Joy

Memoirs
Building a Life Worth Living: a Memoir (Marsha M. Linehan)
Long Walk Out of the Woods: A Physician’s Story of Addiction, Depression, Hope, and Recovery (Adam B. Hill, MD)
Passing: A Memoir of Love and Death (Michael Korda)
Such a Pretty Girl: A Story of Struggle, Empowerment, and Disability Pride (Nadina LaSpina)

Mind and the Brain
The Broken Ladder: How Inequality Affects the Way We Think, Live, and Die
Death is but a Dream: Finding Hope and Meaning at Life’s End
Just Medicine: A Cure for Racial Inequality in American Health Care
Mindfulness for Chocolate Lovers: A Lighthearted Way to Stress Less and Savor More Each Day
Nature’s Best Remedies: Top Medicinal Herbs, Spices, and Foods for Health and Well-Being
The Pain Survival Guide: How to Become Resilient and Reclaim Your Life
The Remarkable Life of the Skin: An Intimate Journey Across Our Largest Organ

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Mindfulness for Chocolate Lovers: A Lighthearted Way to Stress Less and Savor More Each Day
The Power of Bad: How the Negativity Effect Rules Us and How We Can Rule It
The Self-care Solution: A Year of Becoming Happier, Healthier, and Fitter - One Month at a Time

Children
Children & Teens
Alice’s Wonderful Hospital Adventure
Dreamers
Food Network Magazine The Big, Fun Kids Cookbook: 150+ Recipes for Young Chefs
Germs Make Me Sick!
Grumpy Monkey
Hair Love
I Am Enough
I Love My Glam Ma
It Feels Good to Be Yourself: A Book About Gender Identity
Kinsey’s Kidney Adventure
Layla’s Happiness
Just As You Are, Be Different, Be Brave, Be You
Mixed: A Colorful Story
The Proudest Blue: A Story of Hijab and Family
Rewire Your Anxious Brain for Teens: Using CBT, Neuroscience, and Mindfulness to Help You End Anxiety, Panic, and Worry
Sherm the Germ
Skin Like Mine
Super Foods for Super Kids Cookbook: 50 Delicious (and Secretly Healthy) Recipes Kids Will Love to Make
T-Bone the Drone
That’s Not Fair! / ¡No Es Justo!: Emma Tenayuca’s Struggle for Justice/La lucha de Emma
Tenayuca por la justicia
When Grandma Gives You a Lemon Tree
Whoosh!: Lonnie Johnson’s Super-Soaking Stream of Inventions

Documentary DVDs
SB Before the Plates
Blood Sugar Rising
Easy Yoga for Easing Pain with Peggy Congy
The Greatest Bond
Miss Sharon Jones
Nova: Mysteries of Sleep
NOVA: The Truth About Fat
Rodney Yee’s Yoga for your week

Hollywood DVDs
A Beautiful Day in the Neighborhood
Before You Know It
Dolittle
Lost Transmissions
Marathon: The Patriots Day Bombing
The Magic of Belle Isle
A Million Little Pieces
Ordinary Love
The Parts you’ll lose
Poms
The Way Back

Kids DVDs
A Million Little Pieces
La Cara de la Felicidad
The Magic of Belle Isle
A Million Little Pieces
Ordinary Love
The Parts you’ll lose
Poms
The Way Back

Music DVDs
Marathon: The Patriots Day Bombing

Children

Adults and Teens
Anxiety is Really Strange
Cancer Vixen
Hey, Kiddo: How I lost My Mother, Found My Father, and Dealt with Family Addiction
I’ve: A Memoir of Infertility
Imagine Wanting Only This
In Vitro
Lighter than My Shadow
Little Josephine: Memory in Pieces
Mom’s Cancer
Queer: A Graphic History
A Quick & Easy Guide to Their/Them Pronouns
Pain is Really Strange
Peggy Congy
Raisin on Ritalin
Rosalie Lightning
RX: A Graphic Memoir
Tangles
The Greatest Bond
Before You Know It
The Parts you’ll lose

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