Find informative DVDs and books:

- Maybe you’re concerned about a friend or family member who is showing new and worrisome behaviors, and you wish you knew how to help. You can feel a little like a superhero when you find reliable information and useful resources for those you care about; and

- You cannot grant you superpowers, we may be able to help you gain information and knowledge that will have your friends and family (and yourself) thinking you’re terrific, maybe even super!

- Have you ever wished for a superpower, like Superman’s X-ray vision, or Wonder Woman’s superhuman strength? Maybe you’re concerned about a friend or family member who is showing new and worrisome behaviors, and you wish you knew how to help. You can feel a little like a superhero when you find reliable information and useful resources for those you care about; and

-...
When we reopen, curbside pickup of books and DVDs will still be available to library card holders. Call or email to reserve an item. Search the catalog at https://tinyurl.com/herrick-catalog for titles, or reserve one of our new books below!

### General Health
- **A Most Beautiful Thing: The True Story of America's First All-Black High School Rowing Team**
- **Back and Neck Health: Mayo Clinic Guide to Treating and Preventing Back and Neck Pain**
- **Coping with Cancer: DBT Skills to Manage Your Emotions—and Balance Uncertainty with Hope**
- **The Doctors Blackwell: How Two Pioneering Sisters Brought Medicine to Women and Women to Medicine**
- **Drink?: The New Science of Alcohol and Health**
- **Get What's Yours for Health Care: How to Get the Best Care at the Right Price**
- **The Little Cancer Book for Patients**
- **Medication Overload: A Pharmacists Guide to Managing Medications Recommendations for Patients and Caregivers**
- **PROSTATE CANCER 20/20: A Practical Guide to Understanding Management Options for Patients and Their Families**
- **Restorative Yoga: Relax. Restore. Re-energize.**
- **Resistance Band Workout for Seniors: Improve Energy, Mobility, and Vitality with This Easy to Read Guide**
- **5-Ingredient Renal Diet**
- **Diet and Exercise**
- **The Library provides public access to a wide range of health and medical information and is not a substitute for medical advice. You are advised to consult with your physician or other health care professional concerning specific questions or to obtain medical advice.**

### Documentary DVDs
- **The Forgotten Battalion**
- **Music Got Me Here**
- **NOVA: Human Nature**
- **Selfless**
- **The Overly Emotional Child**
- **You’re Looking at Me Like I Live Here and I Don’t**

### Hollywood DVDs
- **Arthur: Hooray for Health**
- **Blackbird**
- **Marwin**
- **My All-American**
- **Sunrise at Camobello**

### Medical DVDs
- **Learn with Verne: Viruses in 30 Minutes**

### Spotlight on Documentaries
The Library has added many new documentaries to its DVD and streaming video collection on OverDrive. Staffer Sue suggests “Before the Plate” as a great watch. Go on a journey to recovery through music therapy with “Music Got Me Here”, or learn how Dale Evans and Roy Rogers impacted special needs children worldwide.

### Family and Parenting
- **Nourish Your Tribe: Empowering Parents to Grow Strong, Smart, Successful Kids**
- **Little Helpers Toddler Cookbook**
- **Kid in the Kitchen**
- **Me and My Feelings: A Kids’ Guide to Understanding and Expressing Themselves**
- **The Hike**
- **Germs: The Invisible Fight**
- **All the Way to the Top: How One Girl’s Fight for Americans with Disabilities Changed Everything**
- **A Feel Better Book for Little Tempers**
- **The Camping Trip**
- **The Hide**
- **Me and My Feelings: A Kids’ Guide to Understanding and Expressing Themselves**
- **Move Your Body!: My Exercise Tips**
- **There Might Be Lobsters**

### Mind and the Brain
- **An Anatomy of Pain: How the Body and the Mind Experience and Endure Physical Suffering**
- **The Anti-Anxiety Program, Second Edition: A Workbook of Proven Strategies to Overcome Worry, Panic, and Phobias**
- **Group: How One Therapist and a Circle of Strangers Saved My Life**
- **How to Quit Alcohol in 50 Days: Stop Drinking and Find Freedom**
- **Keep Sharp: Build a Better Brain at Any Age**
- **Nobody’s Normal: How Culture Created the Stigma of Mental Illness**
- **Radical Relief: A Guide to Overcome Chronic Pain**
- **The Stutter Steppers: Proven Pathways to Speaking Confidently and Living Courageously**

### Monthly Wellness Wednesday Health Talk

**Wednesday April 28**
Sleep: The Normal and the Abnormal
**Speaker:** Dr. Victoria Sharma, Medical Director, Sharp Grossmont Hospital Sleep Disorders Center
In this talk, learn what normal sleep looks like as well as some of the most common sleep disorders out there. We will also review good sleep habits.

**Wednesday May 26**
Keeping Your Brain Fit
**Speaker:** Debbie Emery-Flores, SDCCD Continuing Education
Join us to learn how to keep your brain fit and sharp as you age so your brain span matches your life span. Learn more about free classes that can help you achieve better brain health.

Wellness Wednesday talks are held from 10:00 a.m. to 11:00 a.m. virtually on Zoom, and registration is required. Contact the library to RSVP: info@herricklibrary.org or 619-825-5010.

**Congratulations to our Amazon Fire Tablet Winner, Mark Nichols!**
Mark told us the library’s quality resources fulfill his love of audiobooks and documentaries. With his new tablet, he’s excited to check out our collection of e-books, available 24/7 from the Libby app.

**Check Out Our Newest Digital Resources from Libby & Flipster:**
https://www.herricklibrary.org/elibrary/

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**Hollywood DVDs**
- **Arthur: Hooray for Health**
- **Blackbird**
- **My All-American**
- **Sunrise at Camobello**

**Medical DVDs**
- **Learn with Verne: Viruses in 30 Minutes**
- **Tai Chi Flow**
- **Tai Chi Strength**

**Documentary DVDs**
- **The Forgotten Battalion**
- **Music Got Me Here**
- **NOVA: Human Nature**
- **Selfless**
- **The Overly Emotional Child**
- **You’re Looking at Me Like I Live Here and I Don’t**

**SDCCD Continuing Education**
- **Advance Directives and End of Life Planning**
- **Speaker:** Mitsuo Tomita, M.D., Assistant Clinical Professor on the voluntary faculty of the UCSD School of Medicine
Have you considered what type of treatments you would want if you became too sick to tell the doctor yourself? Learn the options and how to complete an advance care directive to provide peace of mind.

**Spotlight on Documentaries**
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