




Book Title	Cover Image	Author	Description	Published
Human Services				
<i>Feeling Better: A Kid's Book About Therapy</i>		<i>Rachel Rashkin</i>	Clearly written and well-organized, this realistic book uses the device of a journal to elucidate the therapy process. Maya, 12, describes who she is and what she is feeling. She has lost interest in being with friends; she has gone from talking and laughing in class to wanting to put her head on her desk; she is sad, and she is angry. Details of the book illustrate what to expect and the confidential nature of the therapeutic relationship.	2005
<i>Focusing on Fitness: Have You Got What It Takes to Be a Personal Trainer?</i>		<i>Lisa Thompson</i>	Do you think you'd like to: Help people become the fastest, fittest, or best they could be? Be an expert in sports nutrition and exercise? Stay fit while working out with your clients? Work with individuals or entire teams, watching them improve over time? Then being a sports trainer might be the job for you! Read on to discover what skills are needed for the job, what's in a day's work, and where athletic training can take you.	2008
<i>Viktor Frankl: A Life Worth Living</i>		<i>Anna Redsand</i>	When he was a teenager in Austria, Viktor Frankl began developing logotherapy, a revolutionary form of psychotherapy based on the belief that humanity's primary motivational force is the search for meaning. Unlike most forms of psychotherapy, logotherapy encourages patients to look to the future and live their lives fully, rather than relive the past. Then something happened that put Frankl's philosophies to the test: He and his wife and parents were sent to a concentration camp.	2006