

SELF-HELP VIDEOS



SH VTV 649.122 BAB

THE BABY WHISPERER

Simple, accessible programs for a happier, healthier baby that parents can begin before and after the baby is born.

SH VTV 808.51 BEP

BE PREPARED TO SPEAK: THE STEP-BY-STEP VIDEO GUIDE TO PUBLIC SPEAKING

Demonstrates techniques for preparing and practicing speeches. Follows one speaker's progress through the process of speech writing, speech presentation, and control of stage fright.

SH VTV 629.226 BUY

BUYING A RECREATIONAL VEHICLE

SH VTV 646.726 EYE

THE EYES HAVE IT

An easy step-by-step video guide to perfect makeup day and night with Donna Mills.

SH VTV 378.1664 GRE

GRE MATH REVIEW

3 videocassettes.

Instructor, Harold D. Shane.

Quick refresher course in the mathematics required for the Graduate Record Exam, including challenging problems in arithmetic, number theory, algebra, geometry, probability, statistics and more.

Part 1. Discrete quantitative questions -- part 2. Data interpretation -- part 3. Quantitative Comparisons.

SH VTV 378.1664 GRE

GRE VERBAL AND ANALYTICAL REVIEW

3 videocassettes.

Quick refresher course in verbal questions and analytical reasoning required for the Graduate Record Exam, including challenging problems in reading comprehension and logical reasoning.

SH VTV 629.222 HOW

HOW TO BUY A USED CAR

Presents information and advice needed to buy the best used car for the price.

SH VTV 746.436 HOW

HOW TO TAT

SH VTV 419 IWA

I WANT TO LEARN SIGN LANGUAGE: EVERYDAY SIGN LANGUAGE LESSONS FOR CHILDREN

In the first video, Stephanie and Brianna's deaf cousin Andy is coming to visit; luckily, the girls' mom can teach them everyday sign language skills before he gets there. They want to learn letters, numbers, foods, hobbies, greetings, and much more! In the second video, Stephanie, Brianna and their friend Nikki practice their new signing skills with Andy. They learn that Andy has a great sense of humor and has a great deal in common with them. They also learn a lot about deaf culture and themselves.

SH VTV 306.89 JOH

JOHN BRADSHAW ON "SURVIVING DIVORCE"

Practical advice for people going through or completing a divorce. Covers grief, depression, remorse, emotions, self-care, etc.

SH VTV 649.15 LEA

LEARNING DISABILITIES AND SOCIAL SKILLS WITH RICHARD LAVOIE: LAST ONE PICKED-- FIRST ONE PICKED ON: A PARENT'S GUIDE

Kids with learning disabilities are often isolated and rejected. This video addresses the social problems these children face and offers some practical solutions for parents.

SH VTV 787.6107 LEA

LEARNING GUITAR FOR DUMMIES

Instructor, Jon Chappell.

Step-by-step instruction of all the skills needed to become an accomplished guitar player. You start by learning to play in tune and in rhythm and then move on to left-hand chords and right-hand strumming patterns. From there, you apply these techniques to several different musical styles.

SH VTV 306.73 LOV

LOVE IN A PUMPKIN SHELL: DATE VIOLENCE

Looks at the increasing problem of date violence among teens and examines the cycle of abuse.

SH VTV 793.85 MAG

MAGIC WITH CARDS

Gives step-by-step instructions for a selection of card tricks that can be performed with an ordinary deck of cards.

SH VTV 793.8 MAG

MAGIC WITH MONEY

Mr. Hassini will teach you, step-by-step, a selection of amazing money tricks. Learn how to make coins appear and disappear, change blank pieces of paper into ten and twenty dollar bills and much much more.

SH VTV 613.7 MAK

MAKE THE CONNECTION

Oprah shares scenes from her personal life, reads from her diary and shows never-before-seen home movies. The video also features the daily 10-step program that she follows.

SH VTV 649.64 MOR

MORE 1-2-3 MAGIC: ENCOURAGING GOOD BEHAVIOR, INDEPENDENCE AND SELF-ESTEEM

Dr. Phelan explains how to get your children to do the good things you want them to do, such as getting up and out in the morning, eating, going to bed and picking up after themselves. The tape teaches strategies for encouraging your children's independence and healthy self-esteem.

SH VTV 395.52 MOV

MOVE UP WITH MANNERS

Uses a series of vignettes to illustrate the necessity of good etiquette in business situations.

SH VTV 649.122 PLA

PLAYTIME FOR NEWBORNS

Focuses on the visual, hearing, movement and touch milestones for your baby's first three months. Via this fun and interactive play format, milestones are more easily achieved. Includes infant massage and lullabies.

SH VTV 158.1 PEA

THE POWER OF POSITIVE THINKING

A new set of thoughts -- How to create your own happiness -- How to have constant energy -- The magic of believing -- How to break the worry habit -- Mastering defeat -- Faith and how it works. Seven selected chapters from Dr. Peale's book tell how to take charge of your thoughts and re-make your life to fulfill dreams and aspirations.

SH VTV 646.726 TAY

PROFESSIONAL MAKEUP COURSE

Owner and director of the Pamela Taylor Makeup studio and academy in New York City, Ms. Taylor demonstrates various make-up techniques.

SH VTV 808.51 PUB

PUBLIC SPEAKING

*"The Standard Deviants will help you overcome your fear of public speaking and help you deliver your message with style and flair! Using proven attention-getters, illustrations and delivery suggestions, Public Speaking will help you organize your thoughts and present them in a clear and persuasive manner"--
Publisher Web site.*

SH VTV 649.1 SAF

SAFEKIDS IOI--: PREPARING KIDS TO STAY SAFE AT HOME AND IN THE COMMUNITY.

Includes sections on staying home alone, answering the door or phone, learning gun awareness, fire safety, basic first aid, internet safety, dog emergencies, and abuse, abduction & stranger danger.

SH VTV 629.287 SEL

SELF DEFENSE FOR CAR EXPENSE

Explains how to have a car successfully repaired, specifying what should be done before, during, and after it is taken to the shop. Topics include finding and evaluating a repair facility, interpreting fluid leaks and worn parts, what to do in case of a breakdown, and what to do if a repair fails.

SH VTV 395.22 SOY

SO--YOU'RE PLANNING A WEDDING!

Various experts give advice on the different aspects of planning a wedding.

SH VTV 649.122 STA

STAYING SANE: TIMESAVING TIPS FOR NEW PARENTS

"Many new parents are overwhelmed by the time demands of a new baby, and can become frustrated with the disruption of daily routines. In this video, nationally-known parenting expert and nurse Jeanne Driscoll will share with you what she has taught thousands of parents across the country: over 30 simple time-saving tips especially designed to help new parents with day-to-day life after their baby arrives."--Container.

SH VTV 395.54 TAB

TABLE MANNERS FOR EVERYDAY USE

Diana Oestreich and Elliott Landy demonstrate right and wrong ways to eat common foods. Covers the basics of eating properly at the table for breakfast, lunch, and dinner, in restaurants, fast food places, and at home. Intended to teach basic table manners with humor. Includes humorous segments from old films.

SH VTV 649.122 WHE

WHEN YOUR BABY CRIES

Discusses why babies cry, what to do when a baby cries, and what can result from shaking a child/infant. It stresses the importance of recognizing frustration and getting help.

SH VTV 649.1 COL

WINNING AT PARENTING

This video workshop and guide present a humorous approach to parenting covering mealtime, bedtime, chores, discipline, fighting, sex education, getting your kids out of the local jail and much, much more.

SH VTV 771 WOR

THE WORLD'S GREATEST PHOTOGRAPHY COURSE

SH VTV 158 YOU

YOU WERE BORN RICH

6 videocassettes.

"The complete live seminar on video"--Container.

SH VTV 649.68 YOU

YOUR BABY CAN READ!

5 videocassettes.

"New ideas to stimulate learning"-- Container. For ages 3 months to 5 year.

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