

Sports/Health/Fitness

Title	Author	Sport	Call Number
The arm : inside the billion-dollar mystery of the most valuable commodity in sports	Jeff Passan	Baseball	796.3576 PAS
The journey home : my life in pinstripes	Jorge Posada	Baseball	796.357 POS
Bottom of the 33rd : hope, redemption, and baseball's longest game	Dan Berry	Baseball	796.35763 BAR
The game from where I stand : a ballplayer's inside view	Doug Glanville	Baseball	796.35764 GLA
Basketball : steps to success	Hal Wissel	Basketball	796.323 WIS
		Basketball	
A coach's life : my forty years in college basketball	Dean Smith with John Kilgo	Basketball	B Smith
Sum it up: 1,098 victories, a couple of irrelevant losses, and a life in perspective	Pat Summitt with Sally Jenkins	Basketball	796.323 SUM
Shooting stars	LeBron James with H. G. Bissinger	Basketball	B James
Bicycling bliss : riding to improve your wellness	Portia Masterson	Bicycling	796.6 MAS
Bicycling the Lewis & Clark Trail	Michael McCoy	Bicycling	796.64 MCC
The big book of bicycling : everything you need to know, from buying your first bike to riding your best	Emily Furia and others	Bicycling	796.6 BIG
Boxing : a concise history of the sweet science	Gerald Gems	Boxing	796.83 GEM
The good son : the life of Ray "Boom Boom" Mancini	Mark Kriegel	Boxing	796.83 KRI
Clean cuisine : an 8-week anti-inflammatory nutrition program that will change the way you age, look, and feel	Ivy Larson & Andrew Larson	Diet/Cooking	613.7 LAR
The everything guide to managing and reversing pre-diabetes : your complete guide to treating pre-diabetes symptoms	Gretchen Scalpi	Diet/Cooking	616.462 SCA
Plant-based diet for dummies	Marni Wasserman	Diet/Cooking	613.262 WAS
Grow a sustainable diet : planning and growing to feed ourselves and the earth	Cindy Conner	Diet/Cooking	631.58 CON
The Mayo Clinic diabetes diet	Multiple Authors	Diet/Cooking	641.56314 MAY

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The best life diet cookbook : more than 175 delicious, convenient, family-friendly recipes	Bob Greene	Diet/Cooking	641.5635 GRE
The Mediterranean diet cookbook : a delicious alternative for lifelong health	Nancy Harmon Jenkins	Diet/Cooking	641.563 JEN
Coffee is good for you : from vitamin C and organic foods to low-carb and detox diets, the truth about diet and nutrition claims	Robert Davis	Diet/Cooking	613.2 DAV
Mayo Clinic going gluten-free	Joseph Murray	Diet/Cooking	616.3 MAY
Power eating	Susan Kleiner	Diet/Cooking	613.7 KLE
Shoeless Joe	W.P. Kinsella	Fiction-Baseball	Kinsella
Fade Away	Harlan Coben	Fiction - Basketball	Coben
The memory of running : a novel	Ron McLarty	Fiction - Bicycling	McLarty
Pumped for murder : a dead-end job mystery	Elaine Viets	Fiction - Fitness/Exercise	Viets
Perfect match	Fern Michaels	Fiction - Football	Michaels
Love's winning plays	Inman Majors	Fiction - Football	Majors
Bleachers	John Grisham	Fiction - Football	Grisham
Bump and Run	Mike Lupica	Fiction - Football	Lupica
Nothing but Trouble	Rachel Gibson	Fiction - Hockey	Gibson
Summer Light	Luanne Rice	Fiction - Hockey	Rice
Private Games	James Patterson and Mark Sullivan	Fiction - Olympics	Patterson
Bliss, remembered	Frank Deford	Fiction - Olympics	Deford
Jim Stoppani's Encyclopedia of Muscle & Strength	Jim Stoppani	Fitness/Exercise	613.713 STO
Drop dead healthy : one man's humble quest for bodily perfection	A. J. Jacobs	Fitness/Exercise	613.2092 JAC
The complete idiot's guide to functional training illustrated	Justin Price & Frances Sharpe	Fitness/Exercise	613.7 PRI
Love me slender : how smart couples can team up to lose weight, exercise more, and stay healthy together	Thomas Bradbury, Ph.D. & Benjamin Karney, Ph.D	Fitness/Exercise	613.25 BRA
Keeping kids fit : a family plan for raising active, healthy children	Len Saunders	Fitness/Exercise	613.7042 SAU

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How to exercise when you're expecting : for the 9 months of pregnancy and the 5 months it takes to get your best body back	Lindsay Brin	Fitness/Exercise	618.244 BRI
Wrinklies' guide to keeping supple : new pursuits for old hands	Vicky Hales-Dutton	Fitness/Exercise	613.70446 HAL
Developing speed	Ian Jeffreys	Fitness/Exercise	613.711 DEV
Fitness for dummies	Suzanne Schlosberg & Liz Neporent	Fitness/Exercise	613.71 SCH
Slow getting up : a story of NFL survival from the bottom of the pile	Nate Jackson	Football	796.332 JAC
Greatest College Football Rivalries of All Time: The Civil War, the Iron Bowl, and Other Memorable Matchups	Marty Giltin	Football	796.33263 GIT
Football nation : four hundred years of America's game	Susan Reyburn	Football	796.332 REY
The system : the glory and scandal of big-time college football	Jeff Benedict	Football	796.3326 BEN
Driven : from homeless to hero, my journeys on and off Lambeau field	Donald Driver with Peter Golenbock	Football	B Driver
When pride still mattered : a life of Vince Lombardi	David Maraniss	Football	B Lombardi
Do you love football?! : winning with heart, passion, and not much sleep	Jon Gruden & Vic Carucci	Football	796.33264 GRU
I beat the odds : from homelessness, to the blind side, and beyond	Michael Oher with Don Yaeger	Football	B Oher
The sacred acre : the Ed Thomas story	Mark Tabb with the Ed Thomas Family	Football	364.152 TAB
Friday night lights : a town, a team, and a dream	H. G. Bissinger	Football	796.33262 BIS
Bloody Sundays: Inside the Dazzling, rough-and-tumble world of the NFL	Michael Freeman	Football	796.33264 FRE
The victor's crown : a history of ancient sport from Homer to Byzantium	David Stone Potter	General Interest	796.09 POT
The book of rules : a visual guide to the laws of every commonly played sport and game		General Interest	796 BOO

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You can't make this up : miracles, memories, and the perfect marriage of sports and television	Al Michaels with L. Wertheim	General Interest	070.449796 MIC
Game over : how politics has turned the sports world upside down	Dave Zirin with John Carlos	General Interest	306.483 ZIR
One tragic night : the Oscar Pistorius murder trial	Mandy Wiener	General Interest	364.1523 WIE
Wonder girl : the magnificent sporting life of Babe Didrikson Zaharias	Don Van Natta	General Interest	B Zaharias
And if you play golf, you're my friend : further reflections of a grown caddie	Harvey Penick	Golf	796.352 PEN
The illustrated history of women's golf	Rhonda Glenn	Golf	796.352 GLE
Who's your caddy? : looping for the great, near great, and reprobates of golf	Rick Reilly	Golf	796.352 REI
The greatest game ever played : Harry Vardon, Francis Ouimet, and the birth of modern golf	Mark Frost	Golf	796.352 FRO
Hockey Tough	Saul Miller	Hockey	796.96 MIL - CFPL
Open ice : reflections and confessions of a hockey lifer	Jack Falla	Hockey	B Falla
Strengthen your mind program : a course for memory enhancement	Kristin Einberger & Janelle Sellick	Mental Health	616.85 EIN
2 weeks to a younger brain	Gary Small & Gigi Vorgan	Mental Health	616.8 SMA
Magnificent mind at any age : natural ways to unleash your brain's maximum potential	Daniel Amen	Mental Health	612.82 AME
The complete guide to mental health for women	Lauren Slater, Jessica Henderson, & Amy Banks	Mental Health	616.89 COM
Gaining : the truth about life after eating disorders	Aimee Liu	Mental Health	616.8526 LIU
The anorexia diaries : a mother and daughter's triumph over teenage eating disorders	Linda Rio & Tara Rio	Mental Health	616.85262 RIO
How to disappear completely : on modern anorexia	Kelsey Osgood	Mental Health	616.85262 OSG

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The Harvard Medical School guide to a good night's sleep	Lawrence Epstein & Steven Mardon	Mental Health	616.8498 EPS
The promise of sleep : a pioneer in sleep medicine explores the vital connection between health, happiness, and a good night's sleep	William Dement & Christopher Vaughan	Mental Health	612.821 DEM
Spent : end exhaustion and feel great again	Frank Lipman	Mental Health	613.7 LIP
The smart student's guide to healthy living : how to survive stress, late nights, & the college cafeteria	M.J. Smith & Fred Smith	Mental Health	613.0434 SMI
My Fight / Your Fight	Ronda Rousey	Mixed Martial Arts	796.8 ROU
Mixed martial arts unleashed : mastering the most effective moves for victory	Mickey Dimic	Mixed Martial Arts	796.815 DIM
The boys in the boat : nine Americans and their epic quest for gold at the 1936 BerlinOlympics	Daniel Brown	Olympics	797.123 BRO
Triumph : the untold story of Jesse Owens and Hitler's Olympics	Jeremy Schaap	Olympics	796.42 SCH
Striking back : the 1972 Munich Olympics Massacre and Israel's deadly response	Aaron Klein	Olympics	364.152 KLE
Invictus : Nelson Mandela and the game that made a nation	John Carlin	Rugby	968.064 CAR
The runner's world complete guide to minimalism and barefoot running : how to make the healthy transition to lightweight shoes and injury-free running	Scott Douglas	Running	796.42 DOU
Running like a girl : notes on learning to run	Alexandra Heminsley	Running	796.42 HEM
The running doc's guide to healthy running : how to fix injuries, stay active, and run pain-free	Lewis Maharam	Running	796.42 MAH
Unbroken : a World War II story of survival, resilience, and redemption	Laura Hillenbrand	Running	940.547252 HIL
USA Soccer	Don Gulbrandsen	Soccer	796.334668 GUL

