

Title	Author	Classification	Date
10-minute yoga workouts	Currie, Barbara	QT CUR	2002
1001 albums you must hear before you die	Dimery, Robert	ML DIM	2008
15 minute meals	Oliver, Jamie	TX OLI	2012
The 2 day diet cookbook : diet two days a week. Eat normally for five	Harvie, Michelle, Howell, Tony	TX HAR	2013
The 2 day diet : diet two days a week, eat normally for five	Harvie, Michelle, Howell, A	TX HAR	2013
30 day shred [DVD]	Michaels, Jillian	HWB - 43	2009
Anorexia nervosa	Treasure, Janet	WM TRE	1997
Anticancer	Servan-Schreiber, David	QT SER	2008
Aromatherapy [DVD]		HWB - 72	2008
The arthritis foundation's guide to alternative therapies	Horstman, Judith	WE HOR	1999
Bad pharma : how drug companies mislead doctors and harm patients	Goldacre, Ben	Q GOL	2012
Bad science	Goldacre, Ben	Q GOL	2009
The bean book	Elliot, Rose	TX ELL	2000
Beat depression and reclaim your life	Massey, Alexandra	BF MAS	2005
Beat stress and fatigue	Holford, Patrick	BF HOL	2010
Beating Stress, Anxiety and Depression	Plant, Jane, Stephenson, Janet	BF PLA	2008
Beginner Tai Chi [DVD]	Luff, Stephen	HWB - 67	2008
Billy Blanks' Tae Bo [DVD]	Blanks, Billy	HWB - 33	2004
Billy's bootcamp [DVD]	Blanks, Billy	HWB - 32	2007
Blast off belly fat [DVD]		HWB - 46	2008
Blitzed!	Strange, Steve	CT STR	2002
The Bollywood dance workout [DVD]		HWB - 38	2007
Boost your confidence with NLP : simple techniques for a more confident and successful you	McDermott, Ian	BF MCD	2010
Bread and baking with Hugh and Gil [DVD]		HWB - 3	2010
Break free from OCD	Challacombe, Fiona, Oldfield, Victoria Bream, Salkovskis, Paul M	BF CHA	2011
Brilliant positive thinking : transform your outlook and face the future with confidence and optimism	Hadfield, Sue	BF HAD	2012
Burn	Feldman, Shane	BF FEL	2004
Butter chicken in Ludhiana : travels in small town India	Mishra, Pankaj	GV MIS	2006
Camilla's cardio dance workout [DVD]		HWB - 35	2009
Challenging coaching : going beyond traditional coaching to face the facts	Blakey, John, Day, Ian	HF BLA	2012
Change your life in seven days	McKenna, Paul, Neill, Michael	BF MCK	2004
Change your life in seven days	McKenna, Paul	BF MCK	2010
Change your life in seven days [DVD]	McKenna, Paul	BF MCK	2010
Cheshire: walks	Conduit, Brian	GV CON	2009
The chimp paradox	Peters, Steve	BF PET	2011

Chronic fatigue syndrome (CFS/ME)	Campling, Frankie, Sharpe, Michael	WM CAM	2008
Coast to coast [DVD]	Bradbury, Julia	HWB - 83	2009
Cool camping	Knight, Jonathan	GV KNI	2008
Cool camping cookbook	Grylls, Bear	GV GRY	2007
Cool camping Scotland	Didcock, Keith	GV DID	2010
Cool camping Wales	Knight, Jonathan	GV KNI	2010
The cool camping guide to festivals	Pow, Sam	GV POW	2009
Coping with type 2 diabetes	Elliot-Wright, Susan	WK ELL	2009
Creative visualization	Gawain, Shakti	BF 367 GAW	2002
Curious Lancashire walks : forty intriguing country walks	Dugdale, Graham K	GV DUG	2006
Cycle rides	Aa	GV AA	2007
Cyclecraft	Franklin, John	GV FRA	2007
Dance it off with Vicky Binns [DVD]	Binns, Vicky	HWB - 82	2007
Dance on Broadway (Wii)		HWB - 37	2010
Dance your body thin [DVD]		HWB - 25	2009
Danny Wallace and the centre of the universe	Wallace, Danny	E WAL	2006
Dark peak mountain biking	Evans, Paul, Barton, Jon	GV EVA	2004
Davina [DVD]		HWB - 75	2008
Diabetes : a practical guide to managing your health	Walker, Rosemary A, Rodgers, Jill	WK WAL	2010
Diabetes through the looking glass	Besser, Rachel	WK BES	2009
Did you spot the gorilla?	Wiseman, Richard	CT WIS	2004
Diet and bone health	National Osteoporosis Society	WA NAT	2002
Discover the spirit of yoga [DVD]		HWB - 78	2008
Diversity [DVD]		HWB - 88	2010
Easy origami	Montroll, John	TT MON	2000
Eat that frog!	Tracy, Brian	BF TRA	2004
Embracing uncertainty	Jeffers, Susan	BF JEF	2003
The essential guide to massage [DVD]		HWB - 41	2005
Essentials of slow cooking	Williams-sonoma	TX WIL	2008
Everyday smoothies and juices	Doeser, Lucinda	TX DOE	2009
Exerbeat (Wii)		HWB - 68	2011
Feel happy now!	Neill, Michael	BF NEI	2007
Feel the fear and do it anyway	Jeffers, Susan	BF JEF	2007
The feeling good handbook	Burns, David D	BF BUR	1999
The Fifth Discipline: The art and practice of the learning organization		HD SEN	2006
Fighting fit, fighting fat [DVD]	Walden, Harvey	HWB - 66	2009
The firm [DVD]		HWB - 91	2009
Fit but fragile	National Osteoporosis Society	WA NAT	2002
Fit in 5 to 20 minutes [DVD]		HWB - 44	2011

Fitness ball workouts [DVD]		HWB - 27	2006
Flying with confidence: the proven programme to fix your flying fears	Furness-Smith, Patricia, Allright, Steve	BF FUR	2013
Food for free	Mabey, Richard	TX MAB	2007
Forest of Bowland	Bibby, Andrew	GV BIB	2005
The Genesis breast cancer prevention diet	Harvie, Michelle	WP 870 HAR	2006
Gentle Tai Chi [DVD]		HWB - 92	2006
The Geoff Hamilton collection [DVD]		HWB - 90	2007
Get into shape [DVD]		HWB - 30	2009
Getting better bit(e) by bit(e) : a survival kit for sufferers of bulimia nervosa and binge eating disorders	Schmidt, Ulrike, Treasure, Janet	WM SCH	1993
Getting past your breakup : how to turn a devastating loss into the best thing that ever happened to you	Elliott, Susan J	BF ELL	2009
Getting things done	Allen, David	BF ALL	2001
Gifted hands: the Ben Carson story	Carson, Ben, Murphey, Cecil B	BTI CAR	2011
Giggs fitness [DVD]	Giggs, Ryan	HWB - 85	2011
Girl, interrupted	Kaysen, Susanna	BF KAY	2000
Goal mapping	Mayne, Brian	BF WAT	2006
Gok cooks Chinese	Wan, Gok, Watts, Jemma	TX WAN	2012
Gok's wok	Wan, Gok	TX WAN	2013
Grow with Joe [DVD]	Maiden, Joe	HWB - 1	2008
Grow your own drugs	Wong, James	SB WON	2009
Grow your own fruit and veg in plot, pots or growbags	Ott, Steve, Rawlings, Emma, Warwick, Roxanne	SB OTT	2008
The Hairy Dieters	King, Si, Myers, Dave, Hayes-Watkins, Andrew, Johnson, Jinny	TX HAI	2012
Hallucinations	Sacks, Oliver W	BF SAC	2013
Hannah Waterman's Body Blitz [DVD]		HWB - 96	2011
Happiness now!	Holden, Robert	BF HOL	1998
The hardest test	Quinnell, Scott	CT QUI	2008
Healing the hurt within	Sutton, Jan	BF SUT	2007
Healing with whole foods	Pitchford, Paul	QU 145 PIT	2002
Healing without Freud or Prozac : natural approaches to curing stress, anxiety and depression	Servan-Schreiber, David	WM SER	2011
Healthy eating for kids	Bean, Anita	TX BEA	2007
Heart hulaerobics [DVD]		HWB - 100	2006
Hooping	Zamor, Christabel	GV ZAM	2010
Hooping DVD	Zamor, Christable	GV ZAM	2010
Hour of power [DVD]		HWB - 39	2011
How not to be the perfect employee	Brave, Ulysses	L BRA	2008
How to develop a brilliant memory week by week	O'Brien, Dominic	BF OBR	2005
How to look good naked	Wan, Gok	GT WAN	2007

How to raise your self-esteem	Branden, Nathaniel	BF BRA	1987
How to stop worrying	Tallis, Frank	BF TAL	2009
How to take charge of your life : the user's guide to NLP	Bandler, Richard, Roberti, Alessio, Fitzpatrick, Owen	BF BAN	2014
How to walk in high heels : the girl's guide to everything	Morton, Camilla	TX MOR	2006
How to win friends and influence people	Carnegie, Dale	BF CAR	2006
Humble pie	Ramsay, Gordon	CT RAM	2008
I can make you thin	McKenna, Paul	BF MCK	2010
I can make you thin	McKenna, Paul	BF MCK	2010
I can make you thin [DVD]	McKenna, Paul	BF MCK - 97	2010
In at the deep end	Davies, David	CT DAV	2009
Inch loss yoga [DVD]	Fulton, Susan, Morgan, David	HWB - 16	2007
Indian cooking with Mridula Baljekar [DVD]		HWB - 45	2006
The inner game of tennis	Gallwey, W. Timothy	GV GAL	1975
An introduction to acupressure [DVD]		HWB - 71	2008
An introduction to coping with health anxiety	Hogan, Brenda, Young, Charles	BF HOG	2007
An introduction to coping with phobias	Hogan, Brenda	WM HOG	2007
Irrationality	Sutherland, Stuart	BF 442 SUT	2007
Irrationality: the enemy within	Sutherland, Stuart	BF 448 SUT	1994
Jamie at home [DVD]	Oliver, Jamie	HWB - 2	2007
Jamie at home [DVD]	Oliver, Jamie	HWB - 69	2007
Jamie at home [DVD]	Oliver, Jamie	HWB - 70	2007
Jamie's ministry of food	Oliver, Jamie	TX OLI	2008
Just dance 2 (Wii)		HWB - 40	2010
Just dance (Wii)		HWB - 93	2009
Kate's cardio combat [DVD]	Lawler, Kate	HWB - 80	2002
Kickbox bootcamp [DVD]		HWB - 26	2006
Kundalini yoga meditation for beginners and beyond [DVD]	Brett, Ana, Singh, Ravi	HWB - 54	2010
Kundalini yoga to detox and de-stress [DVD]		HWB - 15	2007
Kundalini yoga with Maya Fiennes - [DVD]		HWB - 101	2009
Lancashire: walks	Marsh, Terry	GV MAR	2010
Leadership and self deception: getting out of the box	The Arbinger Institute	HD ARB	2012
Life's new hurdles	Jackson, Colin	CT JAC	2008
The little book of calm at work	Wilson, Paul	BF WIL	1999
Living with a black dog	Johnstone, Matthew, Johnstone, Ainsley	WM 171 JOH	2008
Losing Clive to younger onset dementia : one family's story	Beaumont, Helen	BTI BEA	2009
Loving yourself, loving another : the importance of self-esteem for successful relationships	Cole, Julia	BF COL	2001
Loving yourself to great health: how to live a nutrient-rich life for health, happiness and	Hay, Louise L, Khadro, Ahlea, Dane, Heather	BF HAY	2014

longevity			
Low-cost living	Harrison, John	ZA HAR	2009
The luck factor	Wiseman, Richard	BF WIS	2003
Lunch in Paris : a delicious love story, with recipes	Bard, Elizabeth	TX BAR	2011
Madhur Jaffrey's ultimate curry bible : India, Singapore, Malaysia, Indonesia, Thailand, South Africa, Kenya, Great Britain, Trinidad, Guyana, Japan, USA.	Jaffrey, Madhur	TX JAF	2003
The magic of believing	Bristol, Claude M.	BF BRI	1969
The magic of metaphor	Owen, Nick	PN OWE	2001
The magic of thinking big	Schwartz, David J.	BF SCH	2006
Manage your mind : the mental fitness guide	Butler, Gillian, Hope, R. A	BF GIL	2007
Manage your stress for a happier life	Gregson, Olga, Looker, Terry	BF GRE	2010
Manchester and Salford	Ordnance Survey	G ORD	2007
Mars and Venus in the bedroom : a guide to lasting romance and passion	Gray, John	HQ GRA	2003
Mary Berry's ultimate cake book	Berry, Mary	TX BER	2003
Massage for all [DVD]		HWB - 48	2008
A master class in gremlin-taming : freeing yourself from the monster of the mind	Carson, Richard David	BF CAR	2008
Maximum achievement:	Tracy, Brian	BF TRA	1995
Meditation [DVD]		HWB - 63	2006
The millionaire next door	Stanley, Thomas J., Danko, William D.	BF STA	1996
Mind over mood	Greenberger, Dennis, Padesky, Christine A.	WM 171 GRE	1995
Mindfulness: a practical guide to finding peace in a frantic world	Williams, J. Mark G, Penman, Danny	BF WIL	2011
Mindfulness for health : a practical guide to relieving pain, reducing stress and restoring wellbeing	Burch, Vidyamala, Penman, Danny	BF BUR	2013
Miss Dahl's voluptuous delights	Dahl, Sophie	TX DAH	2009
The moment you were gone	Gerrard, Nicci	FIC GER	2007
Money magic	Hall, Alvin	HG HAL	2010
Mood mapping	Miller, Liz	BF MIL	2009
The most amazing places to visit in Britain	Reader's Digest	F REA	2006
My fitness coach (Wii)		HWB - 28	2009
My fitness coach - (Wii)		HWB - 73	2009
My fitness coach (Wii)		HWB - 81	2010
My sister's keeper	Moorman, Margaret	BF MOO	2002
The naked chef 2 - [DVD]	Oliver, Jamie	HWB - 55	2006
The naked chef [DVD]	Oliver, Jamie	HWB - 49	2006
The naked chef - [DVD]	Oliver, Jamie	HWB - 89	2006
Nasty people	Carter, Jay	BF CAR	2003
The national 3 peaks	Williams, Steve	GV WIL	2008

Nell McAndrew [DVD]	McAndrew, Nell	HWB - 36	2004
Neris and India's idiot-proof diet : how we lost ten stone	Knight, India, Thomas, Neris	BF KNI	2008
New you boot camp	Moran, Sunny, Cleaver, Jacqui	QT MOR	2010
Nigel Slater's simple suppers [DVD]	Slater, Nigel	HWB - 5	2011
Nigel Slater's simple suppers [DVD]		HWB - 62	2009
NLP : how to use neuro-linguistic programming to change your life	Campbell, Ali	BF CAM	2015
The non-runner's marathon trainer	Whitsett, David A., Dolgner, Forrest, Kole, Tanjala Mabon	GV WHI	1998
Not dark yet	Harfield, Mike	GV HAR	2008
Notes from a small island	Bryson, Bill	GV BRY	1993
The official body control pilates manual	Robinson, Lynne, Fisher, Helge, Knox, Jacqueline, Thompson, Gordon	QT ROB	2000
One thought to be taken once a day	Allende, Emma	BF ALL	2012
Ottolenghi	Ottolenghi, Yotam, Tamimi, Sami	TX OTT	2008
Overcoming anger and irritability	Davies, William	BF ROB	2000
Overcoming anger : when anger helps and when it hurts	Dryden, Windy	BF DRY	1996
Overcoming anxiety	Kennerley, Helen	BF KEN	2009
Overcoming anxiety, stress and panic : a five areas approach	Williams, Chris	WM WIL	2012
Overcoming binge eating : the proven program to learn why you binge and how you can stop	Fairburn, Christopher G	WM FAI	2013
Overcoming chronic fatigue : a self-help guide using cognitive behavioral techniques	Burgess, Mary, Chalder, Trudie	WM BUR	2009
Overcoming chronic pain : a self-help guide using cognitive behavioral techniques	Cole, Frances	WL COL	2005
Overcoming depression : a self-help guide using cognitive behavioral techniques	Gilbert, Paul	BF GIL	2000
Overcoming depression and low mood : a five areas approach	Williams, Chris	BF WIL	2009
Overcoming grief : a self-help guide using cognitive behavioral techniques	Morris, Sue	BF MOR	2008
Overcoming health anxiety : a self-help guide using cognitive behavioral techniques	Willson, Rob, Veale, David	BF WIL	2009
Overcoming loneliness	Muir, Alice Jane	BF MUI	2012
Overcoming low self-esteem	Fennell, Melanie	WM 172 FEN	2009
Overcoming obsessive compulsive disorder	Veale, David, Wilson, Rob	BF 121 VEA	2005
Overcoming panic and agoraphobia : a self-help guide using cognitive behavioral techniques	Manicavasagar, Vijaya, Silove, Derrick	WM MAN	2009
Overcoming phobias : a practical guide	Furness-Smith, Patricia	BF FUR	2014
Overcoming problem drinking : a self-help guide using cognitive behavioral techniques	Spada, Marcantonio	BF SPA	2006
Overcoming relationship problems	Crowe, Michael	BF CRO	2005
Overcoming social anxiety and shyness	Butler, Gillian	BF BUT	2009
Overcoming weight problems	Gauntlett-Gilbert, Jeremy, Grace, Clare	WM 175 GAU	2005

Overcoming worry	Meares, Keven, Freeston, Mark	BF MEA	2008
Panic attacks	Ingham, Christine	WM 400 ING	2000
Pat Chapman's curry magic [DVD]		HWB - 4	2006
Peak District	Smith, Roly	GV SMI	2005
The Peak District	Aa Publishing	GV AAP	2008
Pilates for back and posture [DVD]		HWB - 87	2004
Pilates for beginners [DVD]	Ambandos, Andrea	HWB - 65	2010
Pilates for lower back pain [DVD]		HWB - 47	2006
Pilates for men [DVD]	Jackson, Lindsey	HWB - 99	2006
Pilates weight loss workout for dummies [DVD]		HWB - 14	2005
Positively happy	Edmonds, Noel	B EDM	2006
Postnatal rescue with Erin O'Brien [DVD]		HWB - 12	2009
Power cycling [DVD]		HWB - 94	2010
The power of now: a guide to spiritual enlightenment	Tolle, Eckhart	BF TOL	2001
Power yoga [DVD]	Yee, Rodney	HWB - 79	2005
Powerful beyond measure	Williams, Nick	BF WIL	2003
Prenatal fitness fix with Erin O'Brien [DVD]		HWB - 11	2005
Prenatal Pilates with Niece Pecenka [DVD]		HWB - 9	2005
Prenatal yoga with Desi Bartlett [DVD]		HWB - 10	2005
Prescriptions for living	Siegel, Bernie S.	BF SIE	1998
Pressure cooking properly explained: with recipes	Page, Dianne	TX PAG	2009
The prophet	Gibran, Kahlil	B GIB	1991
Prozac diary	Slater, Lauren	BF SLA	1999
Pump [DVD]		HWB - 95	
Pump it up! [DVD]		HWB - 64	2004
The quick and easy way to effective speaking	Carnegie, Dale	BF CAR	1998
Quit smoking now [DVD]	McKenna, Paul	HWB - 74	2004
Railway walks- [DVD]	Bradbury, Julia	HWB - 84	2009
Recipes for people affected by cancer	Macmillan Cancer Support	TX MAC	2012
The relaxation and stress reduction workbook	Davis, Martha, Eshelman, Elizabeth Robbins, McKay, Matthew	BF DAV	2008
Resilience	Zolli, Andrew, Healy, Ann Marie	BF ZOL	2012
Resilient thinking: the power of embracing realistic and optimistic thoughts about life, love and relationships	Buckingham, Dwayne L.	BF BUC	2014
The richest man in Babylon	Clason, George S.	BF CLA	2002
Rick Stein's far eastern odyssey [DVD]		HWB - 6	2010
Rick Stein's French odyssey [DVD]	Stein, Rick	HWB - 58	2007
Rick Stein's Spain [DVD]	Stein, Rick	HWB - 7	2011
Rosemary Conley's fat attack workout [DVD]	Conley, Rosemary	HWB - 51	2003
Rosemary Conley's five day fat burner [DVD]	Conley, Rosemary	HWB - 57	2003

Rosemary Conley's ultimate whole body workout [DVD]	Conley, Rosemary	HWB - 52	2005
The rough guide to South India	Abram, David, Edwards, Nick, Ford, Mike	GV ABR	2007
Running made easy	Whalley, Susie, Jackson, Lisa	GV WHA	2008
Sane new world: taming the mind	Wax, Ruby	BF WAX	2014
The Science of Self-Hypnosis: the evidence based way to hypnotise yourself	Eason, Adam	BF EAS	2013
Screw it, let's do it	Branson, Richard	CT BRA	2006
Screw work, let's play	Williams, John	BF WIL	2010
The seasoned vegetarian	Rimmer, Simon	TX RIM	2009
See you at the top	Ziglar, Zig	BF ZIG	2005
Seeing beyond dementia : a handbook for carers with English as a second language	Salomon, Rita	WM SAL	2014
Self-esteem : the key to your child's future	Humphreys, Tony	BF HUM	2002
Self help for your nerves	Weekes, Claire	BF WEE	1995
Self matters	McGraw, Phillip C	BF MCG	2002
Seven steps to a smoke-free life	Fisher, Edwin B	BF FIS	1998
Seven years in Tibet	Harrer, Heinrich	CT HAR	2005
Slim and salsacise [DVD]	Conley, Rosemary	HWB - 29	2004
Stay calm and content : no matter what life throws at you	Williams, Cat	BF WIL	2012
Stitch 'n bitch	Stoller, Debbie	TT STO	2003
Stop worrying about your health!	Zgourides, George D.	WM 105 ZGO	2008
The strengths book	Linley, Alex, Willars, Janet, Biswas-Diener, Robert	BF LIN	2010
Stress and relaxation: self-help techniques for everyone	Madders, Jane	WM 425.5.R3 MAD	1988
Stress-free flying	Bor, Robert, Josse, Jeannette, Palmer, Stephen	WM 178 BOR	2000
Stringing beads	Campbell, Jean	TT CAM	2005
Strong body, fit body: burn fat and build muscle to help you lose weight [DVD]	O'Brien, Erin	HWB - 31	2010
Super brain : unleashing the explosive power of your mind to maximize health, happiness, and spiritual well-being	Chopra, Deepak, Tanzi, Rudolph E	BF CHO	2013
Supercoach	Neill, Michael	BF NEI	2009
Swedish massage [DVD]		HWB - 56	2006
Swiss watching : inside the land of milk and money	Bewes, Diccon	GV BEW	2012
Tackling life	Oatway, Charlie	CT OAT	2011
Tai Chi [DVD]	Lam, Paul	HWB - 86	2001
Tao of Jeet Kune Do	Lee, Bruce	BF LEE	2010
Teach yourself Indian head massage [DVD]	Lee, Wendy, Hall, Tracey	HWB - 53	2003
Teach yourself to meditate	Harrison, Eric	B HAR	1993
Ten minute method workouts for back pain and posture [DVD]		HWB - 42	2010

The tenth insight: holding the vision	Redfield, James	B RED	1997
Think and grow rich	Hill, Napoleon	BF HIL	2009
Thinking, fast and slow	Kahneman, Daniel	BF KAH	2012
This book will make you sleep	Hibberd, Jessamy, Usmar, Jo	BF HIB	2014
The top 100 traditional remedies	Merson, Sarah	SB MER	2006
Total fitness in 12 minutes a day, for men [DVD]		HWB - 50	2008
Total yoga [DVD]	4Digital Media	HWB - 20	2010
The triathlete's training bible	Friel, Joe	GV FRI	2009
Trudie Styler's core strength Pilates [DVD]	Trudie Styler	HWB - 13	2010
Twenty tales from the war zone	Simpson, John	Z SIM	2007
Ultimate confidence	Peer, Marisa	BF PEE	2009
Ultimate confidence - DVD	Peer, Marisa	BF PEE	2009
Ultimate stretch workout [DVD]		HWB - 76	2006
The ultimate total body workout for men [DVD]	Jocic, Nash	HWB - 34	
The ultimate weight solution : the 7 keys to weight loss freedom	McGraw, Phillip C	BF MCG	2004
Unclutter your life	Gibson, Katherine	BF GIB	2004
Understanding Alzheimer's disease and other dementias	Graham, Nori, Warner, James	WM GRA	2011
Understanding depression	McKenzie, Kwame	WM MCK	2003
Understanding food and nutrition	Webster-Gandy, Joan	WD WEB	2006
Understanding irritable bowel syndrome	Moriarty, Kieran J.	WI MOR	2001
Understanding obsessions and compulsions : a self-help manual	Tallis, Frank	BF TAL	1992
Unlimited power	Robbins, Anthony	BF ROB	2001
Vegetable growing month-by-month	Harrison, John	SB HAR	2008
The Victorian garden series [DVD]		HWB - 8	2002
The virgin green guide	No Waste Like Home	ZA NOW	2007
The Wagamama cookbook	Arnold, Hugo	TX ARN	2005
The Wagamama cookbook [DVD]	Arnold, Hugo	TX ARN	2005
Wainwright walks - [DVD]	Bradbury, Julia	HWB - 60	2007
Wainwright walks - [DVD]	Bradbury, Julia	HWB - 59	2007
Walk Britain	Ramber's Association	GV RAM	2009
Water off a duck's back	Lavelle, Jon	BF LAV	2010
What every body is saying	Navarro, Joe	BF NAV	2008
What not to wear	Woodhall, Trinny, Constantine, Susannah	TT WOO	1996
Wild swimming	Start, Daniel	GV STA	2008
Wild swimming coast	Start, Daniel	GV STA	2009
Winter blues	Rosenthal, Norman E.	BF ROS	2006
Women who love too much	Norwood, Robin	BF NOR	2004
Women who think too much	Nolen-Hoeksema, Susan	BF NOL	2003
The worry cure : stop worrying and start living	Leahy, Robert L	BF LEA	2006

Yoga conditioning for weight loss [DVD]		HWB - 19	2010
Yoga for beginners [DVD]		HWB - 17	2008
Yoga for stress relief [DVD]	Benagh, Barbara	HWB - 18	2008
Yogalates for weight loss [DVD]		HWB - 61	2006
You can be thin : the ultimate hypnosis programme to end dieting - forever	Peer, Marisa	BF PEE	2008
Zero hour	McNab, Andy	FIC MCN	2011
Zumba abs, buns and thighs [DVD]	Zumba Productions	HWB - 22	2004
Zumba advanced [DVD]	Zumba Productions	HWB - 24	2004
Zumba beginners [DVD]	Zumba Productions	HWB - 21	2004
Zumba power [DVD]	Zumba Productions	HWB - 23	2004