

How-To DVD Titles - as of September 2016

HOW-TO

004 Computers for seniors (and kids of all ages):
The beginning guide...

004 Computers for seniors (and kids of all ages):
The guide to e-mail & the inte...

004 Computers for seniors (and kids of all ages): Intermediate part 1

004.16 Basic computers, part 1

004.16 Basic computers, part 2

004.16 Basic computers, part 3

004.16 Basic computers, part 4

004.678 The internet part 1: Searching the internet

004.678 The internet part 2: Better searching techniques

004.692 E-mail part 1: The basics

004.692 E-mail part 2: Advanced techniques

155.937 Helping children grieve

181.45 Yin yoga (2v)

299.936 How to use Dianetics (2v)

306.89 Raising children of divorce

306.89 Shattered dreams: Healing after divorce

323.607 Your road to passing the U.S. citizenship test

331.702 Secrets: landing and keeping a job (CC)

332.024 Suze Orman's financial solutions for you (SDH)

332.7 Understanding credit basics (CC)

363.34 Be prepared: plan now!

378.161 College admission simplified

381.177 How to sell on eBay (2v)

419 American Sign Language everyday words: Activities & events

419 American Sign Language learning system (3v)

419 Getting started in signing

448 French

458.2 Parla Italiano? Learning Italian, the basics

458.24 Italian

468.3 Spanish

598.07 Birds, birds, birds!

613.04 How to prevent falls

613.192 The art of breathing

613.25 You on a diet

613.69 Emergency preparedness: Awareness & survival

613.7 A.M. and P.M. yoga for beginners

613.7 Body by Bethenny

613.7 Body for life for women workout

613.7 Carol Argo's the anti-aging method

613.7 Chi Kung for health

613.7 Dancing with the stars: Ballroom buns & abs (CC)

613.7 Dancing with the stars: Fat-burning cardio dance (CC)

613.7 Digital gym in a box

613.7 Discover Tai Chi for balance & mobility

613.7 Doctor Lynn's anti-aging workout for every body: Flex & tone

613.7 Extreme makeover fitness

613.7 The firm: Aerobic body shaping

613.7 The firm: Supercharged sculpting

613.7 The firm: Ultimate calorie blaster

613.7 Flex appeal: A belly dance workout

613.7 Healing yoga for common conditions

613.7 Jane Fonda prime time: AM/PM yoga for beginners (CC)

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613.7 Kathy Smith timesaver: Lift weights to lost weight
613.7 Kathy Smith total body lift: Sculpt a leaner, younger looking you! (CC)
613.7 Leslie Sansone just walk: Walk it off in 30 days
613.7 Mambo moms
613.7 1 minute workout
613.7 Pilates complete for everyone
613.7 Platinum fitness for seniors: low impact for all fitness levels
613.7 Reach: upbeat toning & flexibility for a dancer's body
613.7 Strength & spirit: A full fitness workout
613.7 Tai Chi: Discover the ancient art
613.7 10 minute solution
613.7 Trainer's Edge: Killer abs and back
613.7 Ultimate body: Beginning workouts for weight loss
613.7 Ultimate fat burner
613.7 Yoga for stress relief & flexibility (CC)
613.7 Yoga Journal: Desk yoga essentials
613.7044 Envygirls: Workouts for the spots that really count (4v) (CC)
613.7044 Fit at any age: for active older adults
613.7044 Men's Health 15-minute workout
613.7044 Sit and be fit: Balance & fall prevention workout, beginning level
613.7044 Sit and be fit: Osteoporosis workout II
613.7044 Stronger seniors workout program: Stretch & strength (2v)
613.7046 Beginner's dynamic yoga for stress release & weight loss (2v)
613.7046 Big Yoga: Beginners Hatha 1
613.7046 Duncan Wong Yogic Arts: Awakening level
613.7046 5 day fit yoga
613.7046 Yoga by teens
613.7046 Yoga for the rest of us: Back care basics (CC)
613.7046 Yoga for your week
631.71 Billy's boot camp: Platinum collection
613.71 Classical stretch, aging backwards: Mobility & bone strengthening for beginner
613.71 Hot body cool mind, Level 1
613.71 Jillian Michaels: Killer body (CC)
613.71 Kathy Smith: Pilates for abs
613.71 Kathy Smith: Pilates for the lower body
613.71 Keeping fit in your 50s: aerobics
613.71 Keeping fit in your 50s: flexibility
613.71 Keeping fit in your 50s: strength
613.71 Losing it and keeping fit!
613.71 Moving to Mozart
613.71 Sparkpeople: Total body sculpting
613.71 10 minute solution: blast off belly fat
613.71 21 day Fix Extreme: The Fix challenge
613.71 Walk yourself fit (2v)
613.712 Fame dance workout (CC)
613.7148 Tai chi: Exercise for lifelong health and well-being
613.7148 Tai chi: 6 forms 6 easy lessons
613.7148 Tai chi for beginners
613.7148 Tai chi for health: Yang long form
613.7148 Tai chi for health: Yang short form
613.7148 Tai chi fundamentals
613.715 Cize: The end of exercise (6v)
613.715 Dancing with the stars: Cardio dance
613.715 Dancing with the stars: Latin cardio dance (CC)

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613.718 Flat belly workout!: Walk off belly fat
613.7188 Trainer's Edge: Body lift
613.78 Classical stretch, aging backwards: Posture & pain-relief
for beginners
616.1025 Complete CPR
616.7 Arthritis Rx (SDH)
616.8 Health solutions for sleep
616.9 Health solutions for stress relief
617.5 If you have back pain: Spinal stabilization mat routine
617.5 Stop back pain now
618.24 Gabrielle Reece: The complete fit & healthy pregnancy workout
618.24 Pregnancy for dummies (2v)
618.24 Prenatal fitness fix with Erin O'Brien
618.244 Patrea's prenatal fitness
618.4 Having your baby! A complete prepared childbirth class
621.3883 Scotch CD & DVD laser lens cleaner
625.19 Building your first model railroad
629.283 Rules of the road: A comprehensive interactive Driver's Ed course
635.9 Perennials in the landscape
636.708 Cesar Millan: Mastering leadership (3v)
636.708 Cesar Millan's Mastering Leadership series Volume #1:
People training for dogs
636.708 Cesar Millan's Mastering Leadership series Volume #2:
Becoming a pack leader
636.708 Cesar Millan's Mastering Leadership series Volume #3:
Your new dog, first day...
636.708 Cesar Millan's Mastering Leadership series Volume #4:
Sit & stay the Cesar way
636.708 Cesar Millan's Mastering Leadership series Volume #5:
Common canine misbehav...
636.708 Cesar Millan's Mastering Leadership series Volume #6:
Raising the perfect puppy
641.5 Martha's classic Thanksgiving (CC)
641.5 Martha's homemade holidays (CC)
641.5 Martha's New Year's celebration (CC)
641.52 Early bird baking: Breakfast baking at home
641.568 Halloween treat
641.8 Cake decorating: Fun with fondant 1: basics & birthdays
641.815 Video bread: How to bake bread at home
641.815 Video bread basics: My first loaf
641.815 Video bread machines: Bread machines in a whole new light
641.815 Video muffins: Make fresh muffins at home
641.82 Video pizza 2000
641.824 Video pizza: How to make pizza at home
641.8248 Public pizza: Pizza to the people
641.85 Candymaking: A guide for home confectioners
643.3 Kitchen remodeling
643.3 Kitchen renovation
643.7 Basic home remodeling
643.7 Basic home repair
643.7 Buying & selling your home
643.7 Exterior projects
643.7 Flooring
643.7 Floors & ceilings
643.7 Plumbing & electricity
650.14 Create a powerful resume
658.152 Matthew Lesko's free money for everybody

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684.1 Kitchen and bath laminate countertops 101
684.16 Woodworking I
684.16 Woodworking II
690.184 Building decks
693.3 Tiling walls
741.59 How to draw comics the Marvel way
745.593 Scrapbooking for beginners
746.43 The art of knitting
746.43 Knit and crochet today! (4v) (3DVDs/1 CD-ROM)
746.46 Alex Anderson teaches you to start quilting
746.46 The art of quilting (CC)
746.46 Sally Collins teaches you precision piecing
746.46 A simple quilt
747 The not so big house: Home by design
747.3 Wall treatments
751.422 Capturing light in watercolor: Landscape painting
751.45 Oil painting basics: Landscape painting
771.33 Digital cameras made easy
786.2193 Play piano in a flash
787.87 Beginner's blues guitar
787.87 Beginner's fingerpicking guitar
787.87 Learn to play acoustic guitar (4v)
793.3 Ballroom dancing basics (2v) (1 DVD/1 AUDIO CD)
793.3 Goddess workout: Intro to bellydance
793.3 Goddess workout: Warrior goddess, beyond basics bellydance
793.3 The magic of ballroom dancing
793.36 Line dance 101
794.12 Learn chess in 30 minutes: Chess for absolute beginners
794.6 Beyond the bowling basics
794.6 Bowling at the next level
794.6 Bowling lessons from the pros
794.6 Bowling skills & drills
794.733 The basics of billiards
795.41 Poker for dummies
795.412 Howard Lederer's secrets of no limit hold'em
795.412 Phil Hellmuth's million dollar poker system
795.412 Phil Hellmuth's million dollar secrets to bluffing & tells
795.412 Phil Hellmuth's million dollar tournament strategies
796.323 Driveway basketball drills
796.332 Fundamentals of youth football
796.334 Advanced soccer drills
796.334 How to coach very young soccer players
796.334 The novice coach: An introduction to coaching youth soccer
796.334 1-2-3 Goal, disc 1
796.334 1-2-3 Goal, disc 2
796.334 1-2-3 Goal, disc 3
796.334 Success in soccer: Playing and practicing with five- to six-year-olds
796.334 34 soccer goalie drills
796.3342 Really bend it like Beckham (2v)
796.3342 Soccer shooting drills
796.343 Backyard golf
796.347 Backyard lacrosse
796.347 Winning lacrosse: Girls lacrosse skills & drills, beginning player
796.352 Advanced instructional series for natural golf (2v)
796.352 David Leadbetter golf instruction: Greatest tips

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796.352 David Leadbetter golf instruction: Practice makes perfect
796.352 David Leadbetter golf instruction: Taking it to the course
796.352 Golf for dummies
796.352 Golf tips and techniques
796.352 Secrets of successful golf: How to break 80
796.352 Secrets of successful golf: How to break 90
796.352 Secrets of successful golf: How to break par
796.357 Backyard baseball drills
796.357 Infield team play & strategies
796.357 Little League's official how-to-play baseball DVD
796.357 Play ball! The authentic Little League baseball guide to
Basic pitching
796.54 The beginners guide to camping
797.122 The Kayaker's toolbox
797.1224 Sea kayaking
797.124 Basic sailing with Chesapeake Sailing School: rigging, sail
trim, & handling
797.124 Improve your sailing skills
797.124 Sailing with confidence
799.12 Fly fishing