

How-To DVD Titles - as of July 2017

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

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- 613.7 Healing yoga for common conditions
- 613.7 Jane Fonda prime time: AM/PM yoga for beginners (CC)
- 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

How-To DVD Titles - as of July 2017

- 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)
- 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 (2v) (CC)
- 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 (2v)
- 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

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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
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

How-To DVD Titles - as of July 2017

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
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