

STRESS MANAGEMENT BIBLIOGRAPHY LIBRARY MEDIA RESOURCES SECTION

Revised 8/10 HC

TITLE **The abused woman : a survivor therapy approach**
PUBL INFO Princeton, N.J. : Films for the Humanities & Sciences, c1995
DESCRIPT 1 videocassette (60 min.) : sd., col. ; 1/2 in. + 1 guide (62 p.)
SUMMARY In this program, acclaimed psychologist and expert witness Lenore Walker demonstrates therapy with a middle-class, 35-year-old woman who has a history of childhood sexual abuse and battering by her current husband. This program illustrates the effectiveness of the survivor therapy approach, which combines interventions derived from both feminist and post-traumatic stress disorder approaches.

CALL # **RC569.5.F3 A33 - Videocassette**

TITLE **Acutely anxious**
PUBL INFO Princeton, NJ : Films for the Humanities & Sciences, 2006.
DESCRIPT 1 videodisc (48 min.) : sd., col. ; 4 3/4 in.
SUMMARY Explores the physiology and psychology of anxiety and describes acute anxiety, one of the most common psychiatric illnesses. Discusses its symptoms, its maladaptive consequences, and treatments such as cognitive behavioral therapy. Presents case studies involving panic disorders and social phobia.

CALL # **RC531. A37 2006 - DVD**

TITLE **Anger**
PUBL INFO New York : Filmmakers Library, [2005?].
DESCRIPT 1 videodisc (43 min.) : sd., col. ; 4 3/4 in.
SUMMARY Part one of a four-part series, looks at the primal emotions that are generated in the brain, and how nature and nurture combine to make us feel the way we do. This program examines anger, from its primordial roots in self-defense to its expression in modern violence. The film examines several men who have lost control of their anger and committed violent acts and explores such questions as: Does the potential for impulsive anger lurk in our genes? Why do we still need this emotion and what science can do to help control it?

CALL # **BF575.A5 A54 2005 - DVD**

TITLE PUBL INFO DESCRIPT SUMMARY	Assertiveness for career and personal success New York : Amacom, p1977. 6 sound cassettes (360 min.) : 1 7/8 ips., mono. + workbook. A course for managers and other individuals to assist them in using assertive techniques for career development. Workbook includes a case study, and pre- and post-course examinations to help the listener to assimilate the information.
CALL #	BF575.A85 M62x – Sound Cassette + Workbook
TITLE PUBL INFO DESCRIPT SUMMARY	Avoiding burnout Scottsdale, Ariz. : Teacher's Video Co., [199-?] 1 videocassette (33 min.) : sd., col. ; 1/2 in Discusses how teachers can become frustrated and overwhelmed from the stresses and strains of the classroom environment. Provides insights and simple tips for teachers under pressure.
CALL #	LB2840.2 .A86 - Videocassette
TITLE PUBL INFO DESCRIPT SUMMARY	The Brain. Stress and emotion Santa Barbara, CA : Intellimation [distributor], c1984. 1 videocassette (60 min.) : sd., col. ; 1/2 in. Uses two case histories, one dealing with a man who suffered an accidental frontal lobotomy, and the other, a stress-ridden professional, to explain the interrelationship of pain, anxiety, behavior, and the brain.
CALL #	QP401 .B73x - Videocassette
TITLE PUBL INFO DESCRIPT SUMMARY	Can't slow down Princeton, NJ : Films for the Humanities & Sciences, c1993. 1 videocassette (28 min.) : sd., col. ; 1/2 in. Examines Americans' increasingly hurried life-style. Because of the urge to acquire, the pressure to achieve or be fired, the need to achieve outside the home, and longer commutes to work, couples are too busy to talk to one another. Asks how we spend our time and how the constant rush affects everything about our relationships and health.
CALL #	BF575.S75 C353 - Videocassette
TITLE PUBL INFO DESCRIPT SUMMARY	Caught in the speed trap Princeton, N.J. : Films for the Humanities & Sciences, c2000 1 videocassette (43 min.) : sd., col. ; 1/2 in Discusses techno-stress in the business world and its effects on people's bodies and minds. Profiles SAS Institute as an example of a business that is both compassionate and profitable
CALL #	HF5548.85 .C38 2000- Videocassette
TITLE PUBL INFO DESCRIPT ALT TITLE NOTES CALL #	Coping with stress in a changing world / Richard Blonna St. Louis, Mo. : Mosby, c1996. xviii, 626 p. : ill. ; 24 cm. + 1 sound cassette (analog) Relaxation techniques for effective stress management. Accompanying text is in the book stacks.
CALL #	BF575.S75 B57 1996 Sound Cassette

TITLE **Deeply depressed**
PUBL INFO Princeton, NJ : Films for the Humanities & Sciences, 2006.
DESCRIPT 1 videodisc (46 min.) : sd., col. ; 4 3/4 in.
SUMMARY "There is growing evidence that chronic depression is primarily a physical disease and should be treated like one. This program sheds much-needed light on vulnerability to depression, the subtle symptoms of the disease, and treatments involving psychotherapy and antidepressants such as SSRIs. Brain biochemistry and the serotonin transporter promoter gene are discussed as well, and stories of everyday people grappling with the illness express what it feels like to be clinically depressed--and through treatment, the sensation of finding joy and balance seeping back into life"—Container
CALL # **RC537. D33 2006 - DVD**

TITLE **Efficient time management**
PUBL INFO Huntsville, Tex. : Educational Video Network, c1994.
DESCRIPT 1 videodisc (ca. 20 min.) : sd., col. ; 4 3/4 in.
SUMMARY Dramatizes typical time management problems faced by high school and college students and demonstrates how to solve them. Topics include: setting goals, prioritizing, getting organized, avoiding procrastination.
CALL # **LB2395.4 E34 1994 - DVD**

TITLE **Emotion and illness**
PUBL INFO Princeton, N.J. : Films for the Humanities & Sciences, c1992.
DESCRIPT 1 videocassette (30 min.) : sd., col. ; 1/2 in.
SUMMARY This program visits classes for people under stress, hospital cancer wards, and a support group for breast cancer patients to show how emotions are being treated in order to improve health.
CALL # **R726.5 E42 – Videocassette**

TITLE **Fear**
PUBL INFO New York : Filmmakers Library, [2005?].
DESCRIPT 1 videodisc (43 min.) : sd., col. ; 4 3/4 in.
SUMMARY Part 3 of a four-part series that looks at the primal emotions that are generated in the brain, and how nature and nurture combine to make us feel the way we do. This program looks at the nature of fear, our most primal and powerful emotion, from its evolutionary origins in the involuntary fight-or-flight survival instinct, to its essential function as a learning tool today.
CALL # **BF575.F2 F35 2005 - DVD**

TITLE **From stress to success**
PUBL INFO Mount Laurel, N.J. : Learn Inc., p1995.
DESCRIPT 2 sound cassettes : analog + 1 pocket guide (28 p.)
SUMMARY Discusses how to use stress productively, how to develop support systems, how to increase stress tolerance, how to use risk to one's advantage, how to re-energize oneself, and how to make family life more rewarding.
CALL # **BF575.S75 F76 - Cassette + Guide**

<p>TITLE PUBL INFO DESCRIPT SUMMARY</p>	<p>Frosh San Francisco, CA : California Newsreel, 1993 1 videocassette (98 min.) : sd., col. ; 1/2 in. + 1 guide ([5] p.) A documentary filmed at Stanford University during the 1990/91 school year. Two filmmakers moved into a freshman residence hall and followed a new group of students from move-in day to spring finals. We watch as 10 students from varied backgrounds grapple with a multitude of psycho-social developmental concerns including cultural, ethnic and class differences, the issues of substance abuse and sexual relationships, academic and career choices, stress management, autonomy and community building</p>
<p>CALL #</p>	<p>LB3607 .F76 – VHS + Guide</p>
<p>TITLE PUBL INFO DESCRIPT SUMMARY</p>	<p>Get organized! Managing school, life, and fun Lawrenceville, NJ : Cambridge Educational, [2006]. 1 videodisc (ca. 23 min.) : sd., col. ; 4 3/4 in. + 1 guide Teaches young people the value of personal management skills and provides tips and strategies for getting organized in several key areas including living space, school materials, study time, and more. Shows effective organizational tactics.</p>
<p>CALL #</p>	<p>HQ796. G47 2006 - DVD</p>
<p>TITLE PUBL INFO DESCRIPT SUMMARY</p>	<p>How to beat the clock Princeton, NH : Films for the Humanities & Sciences, c1999 1 videocassette (56 min.) : sd., col. ; 1/2 in. Discusses the tyranny of time in the workplace while making a case for saying, "Enough is enough!"</p>
<p>CALL #</p>	<p>HD69.T54 H68 1999 - Videocassette</p>
<p>TITLE PUBL INFO DESCRIPT SUMMARY</p>	<p>How to get results with people Boulder, Colo. : CareerTrack Publications, 1986, c1985. 1 videocassette (105 min.) : sd., col. ; 1/2 in. Business trainer Jeff Salzman describes techniques to use in interpersonal relations. His topics cover message content and ego, building rapport, use of power and visibility, selling ideas, and how to deal with conflict and criticism.</p>
<p>CALL #</p>	<p>HF 5549.5 L4 H68x – Videocassette</p>
<p>TITLE PUBL INFO DESCRIPT SUMMARY</p>	<p>The Joy of stress: with Loretta LaRoche [video recording] Boston : WGBH Educational Foundation, c1995. 1 videocassette (ca. 56 min.) : sd., col. ; 1/2 in. Discusses how stress affects one's body, mind and spirit. Explains how humor helps strengthen our immune system, reduces stress, and prevents "Hardening of the Attitude"</p>
<p>CALL #</p>	<p>BF575.S75 J68 - Videocassette</p>

TITLE **Make it a winning life: success strategies for life, love and business**

PUBL INFO [Olney, MD] : Wolf Rinke Associates, [c1992]

DESCRIPT 1 videocassette (ca. 30 min.) : sd., col. ; 1/2 in. + 1 sound cassette + 1 guide.

SUMMARY Discusses how to survive in the next millennium and how to succeed by maximizing positive self-esteem, purpose, energy, education, a positive attitude, and perseverance.

CALL # **BF637.S8 M33x – Videocassette, Sound Cassette + Guide**

TITLE **Managing stress**

PUBL INFO [Carlsbad, Calif. : CRM Films], c1989.

DESCRIPT 1 videocassette (26 min.) : col., sd. ; 1/2 in. + 1 guide.

SUMMARY Explores the types of tensions that are generated from within an individual and from within organizations. Then shows viewers how stress can be curbed on the job and how it can be handled to actually increase productivity.

CALL # **BF575.S75 M34x – Videocassette + Guide**

TITLE **Managing stress, anxiety, and frustration**

PUBL INFO Pleasantville, N.Y. : Human Relations Media, 1980.

DESCRIPT 1 videocassette (VHS)(66 min.) sd., col. ; 1/2 in. 1 teacher's guide.

CONTENTS (pt. 1.) What is stress? – (pt. 2.) Stress and the body. – (pt. 3.) Relaxation techniques. – (pt. 4.) Life-management skills.

CALL # **BF575.S75 M3 – Videocassette + Teacher's Guide**

TITLE **Managing stress through humor & choice**

PUBL INFO Sherborn, MA : [distributed by] Aquarius Productions, c1997

DESCRIPT 1 videocassette (50 min.) : sd., col. ; 1/2 in

SUMMARY Lecturer and stress management specialist Loretta LaRoche discusses the value of using humor to relieve stress.

CALL # **RA785 .M35 – Videocassette**

TITLE **Managing your boss**

PUBL INFO [Northbrook, Ill.] : Distributed by MTI Film & Video, c1986.

DESCRIPT 1 videocassette (32 min.) : sd., col. ; 1/2 in. ; 1 discussion guide + 1 reprint article.

SUMMARY Using the Boston-based fast-food specialty chain, Au Bon Pain, as a model, the program focuses on how subordinates manage their relationships with their boss, stressing the importance of "managing up" to help companies improve their productivity and employees improve their job satisfaction.

CALL # **HF5548.83 .M35x – Videocassette + Guide**

TITLE	Messengers
PUBL INFO	Princeton, NJ : Films for the Humanities, 1985.
DESCRIPT	1 videocassette (26 min.) : sd., col. ; 1/2 in. + 1 teacher's guide.
SUMMARY	Shows how chemical messengers control and coordinate many different processes of the human body. Focuses on the role hormones play in response to a sudden emergency, the so-called fight or flight reaction.
CALL #	QP571 .M47x – Videocassette + Guide
TITLE	Move & relax. Vol. II
PUBL INFO	Fresno, CA : Willow Productions, c1990.
DESCRIPT	1 videocassette (ca. 41 min.) : sd., col. ; 1/2 in.
SUMMARY	Gentle movement exercises that teach the body to move in ways that promote health. With special focus on carpal tunnel syndrome and other repetitive strain injuries.
CALL #	RA785 .M68x - Videocassette
TITLE	The Nature of stress
PUBL INFO	S. Burlington, VT : Annenberg/CPB Collection, c1992.
DESCRIPT	1 videocassette (60 min.) : sd., col. ; 1/2 in.
SUMMARY	This program considers a range of stress responses, including some that are dysfunctional, and examines treatment approaches. Post traumatic stress disorder (PTSD) is studied as an extreme form of stress reaction.
CALL #	BF575.S75 N37x - Videocassette
TITLE	Oh no, it's due tomorrow!: a guide to building good home study skills
PUBL INFO	Huntsville, Tex. : Educational Video Network, [c1993].
DESCRIPT	1 videocassette (ca. 34 min.) : sd., col. ; 1/2 in.
SUMMARY	A guide to building good study skills which points out common mistakes in study habits.
CALL #	LB1049. O4 1993 – Videocassette
TITLE	Post-traumatic stress disorder
PUBL INFO	Princeton, N.J. : Films for the Humanities & Sciences, 1991, c1990.
DESCRIPT	1 videocassette (28 min.) : sd., col. with b&w sequences
SUMMARY	A look at the extent of post-traumatic stress disorder in our society. Includes interviews with Vietnam veterans, an adult incest survivor, and survivors of the 1989 San Francisco earthquake.
CALL #	RC552.P67 P65 – Videocassette

TITLE PUBL INFO DESCRIPT SUMMARY	Running out of time Princeton, N.J. : Films for the Humanities & Sciences, c1994. 1 videocassette (57 min.) : sd., col. ; 1/2 in. As technology expands to provide Americans with more labor-saving devices, Americans still feel they have less and less leisure time. Is time becoming the luxury of the 90's? Host Scott Simon investigates this "time famine' phenomenon.
CALL #	HD4904.6 R85 - Videocassette
TITLE PUBL INFO DESCRIPT SUMMARY	The science of stress Princeton, N.J. : Films for the Humanities & Sciences, 2003. 1 videodisc (50 min.) : sd., col. ; 4 3/4 in. "This program explores the links between stress and illness by staging a day in the life of a lawyer. An endocrinologist, a perinatal psychobiologist, an occupational psychologist, and two psychiatrists observe and comment on his stress factors and the way he handles them. The experts discuss how the 'fight or flight response', a result of adrenalin and cortisol secretion triggered by stress, might be appropriate for fleeing from lions but is not a useful reaction in the office and can be detrimental over time. Type A and B personalities are explained, as well as how the ability to manage stress maybe determined before birth."--
CALL #	QP82.2 S8 S44 2003 - DVD Container
TITLE PUBL INFO DESCRIPT SUMMARY	Self-esteem and peak performance Boulder, CO : CareerTrack Publications, c1989. 2 videocassettes (90 min ea.) : sd., col. ; 1/2 in. + 1 workbook (34 p.) High self-esteem means seeing why things will work, not why they will not. Through his "ten steps to peak performance," Jack Canfield shows you how to succeed and how to fall back in love with your job and your life.
CALL #	BF697 .S44 v.1 – 2 – Videocassette + Workbook
TITLE PUBL INFO DESCRIPT SUMMARY	Seriously stressed Princeton, NJ : Films for the Humanities & Sciences, 2006. 1 videodisc (46 min.) : sd., col. ; 4 3/4 in. "The pace of life has greatly increased, and the escalation of chronic stress is costing people their health, relationships, and careers. In this program, an immunologist, a psychiatrist, and a mental skills coach lay bare the symptoms of chronic stress, the negative impact on the body of continual exposure to adrenalin and cortisol, and biological and psychological factors that influence vulnerability to oversteering. The fight/flight/freeze response function and the stress/resistance/recovery curve are also addressed. Case studies include an IBM executive, an administrative assistant, and a crime scene videographer"--
CALL #	RA785.S47 2006 – DVD Container

<p>TITLE PUBL INFO DESCRIPT SUMMARY</p>	<p>Shift change Oakland, CA : Working Group, 1997 1 videocassette (ca. 57 min.) : sd., col. ; 1/2 in Looks at how working Americans are adapting to changes in the workplace due to downsizing, the effects of the global economy, temporary jobs, and new technology. HD58.8 .S543 – Videocassette</p>
<p>CALL #</p>	
<p>TITLE PUBL INFO DESCRIPT SUMMARY CALL #</p>	<p>Sleep alert Alexander, Va. : PBS Video, c1989 1 videocassette (28 min.) : sd., col. ; 1/2 in Discusses the effects of chronic sleep deprivation. RA786 .S58 - Videocassette</p>
<p>TITLE PUBL INFO DESCRIPT SUMMARY</p>	<p>Staying healthy in a stressful world Sherborn, MA : Aquarius Health Care Videos, 2000. 1 videodisc (27 min.) : sd., col. ; 4 3/4 in. Discusses the importance of managing stress through relaxation techniques. Interviews Dr. Herbert Benson, a pioneer in mind/body research who discusses stress and relaxation. Includes a guided meditation to demonstrate what meditation is and how it works.</p>
<p>CALL #</p>	<p>RA785. S73 2000 - DVD</p>
<p>TITLE PUBL INFO DESCRIPT SUMMARY</p>	<p>Stopwatch [United States?] : Kikim Media, c1999. 1 videocassette (57 min.) : sd., col. ; 1/2 in. Gives a detailed description of Frederick Winslow Taylor's time-study approach to efficient work/production and how this approach has influenced modern work practices and other aspects of our lives.</p>
<p>CALL #</p>	<p>T55.9 K372 1999 – Videocassette</p>
<p>TITLE PUBL INFO DESCRIPT SUMMARY</p>	<p>Stress: keeping your cool Princeton, N. J. : Films for the Humanities, 1995. 1 videocassette (20 min.) : sd., col. ; 1/2 in. Looks at the impact that stress has on our society and describes positive and negative stress, stress control, and ways to simplify a hectic lifestyle. Also explores the relationship between stress levels and health and the growing recognition in medical circles that physical ailments are often linked, if not caused, by mental and emotional stress and anxieties.</p>
<p>CALL #</p>	<p>BF575.S75 S75 – Videocassette</p>

TITLE	Stress: a portrait of a killer
PUBL INFO	[Washington, D.C.] : National Geographic ; [Burbank, Calif.] : Distributed by Warner Home Video, c2008.
DESCRIPT	1 videodisc (52 min.) : sd., col. ; 4 3/4 in.
SUMMARY	A Stanford University neurobiologist has been advancing our understanding of stress - how it impacts our bodies and how our social standing can make us more or less susceptible. Research reveals that the impact of stress can be found deep within us, shrinking our brains, adding fat to our bellies, even unraveling our chromosomes. Yet understanding how stress works can help us figure out a ways to combat it and how to live a life free of the tyranny of this contemporary plague.
CALL #	RC455.4 S87 S778 2008 - DVD
TITLE	Stress management: a life long process
PUBL INFO	Charleston, WV : Cambridge Research Group, c1989.
DESCRIPT	1 videocassette (30 min.) : sd., col. ; 1/2 in
SUMMARY	Helps students identify circumstances that can be stressful and provides ways to manage the pressure that they create.
CALL #	BF724.3.S86 S77 1989 - Videocassette
TITLE	Stress Management for Professionals (Volume 1-3)
PUBL INFO	Boulder, CO : CareerTrack, Inc., c1992.
DESCRIPT	3 videocassettes (205 min.) : sd., col. ; 1/2 in. + 1 workbook (38 p.)
CONTENTS	[v. 1] Feel better; be your best (1:25 min.) – [v. 2] Living a less stress life (1:28 min.) – [v. 3] Choose to change; begin to relax (57 min.)
SUMMARY	Discover that stress is an essential part of life; the trick is to take charge of the stressors that "get you down." In vol. 1, stress expert Roger Mellott gives positive messages to help the viewer lead a more balanced life. You will hear about how to balance goals for work, home, and health; live with change; avoid multiple stressors and more. Vol. 2 discusses how your need for approval affects your stress level and provides ideas on how to free yourself from the stresses over which you have no control and how to release some of the pressure in your life without letting go of your values. It also shows how to stay "neutral" in stressful situations and in dealing with conflict and difficult people. Vol. 3 deals with confronting the role that you play in your own stress, aligning your actions with your beliefs, correcting your stress-inducing illusions, etc.
CALL #	BF575.S75 S7686 v.1- 3 – Videocassette

- TITLE** **Stress reduction : personal energy management**
PUBL INFO Tulsa, OK : Affective House, p1980.
DESCRIPT 6 sound cassettes : 1 7/8 ips, mono.
CONTENTS 1. Stress awareness and stress reduction--2. Dealing with givens--3. Personal goal setting--4. Personal responsibility--5. Self-relaxation exercise--6. Quality of life--7. Use of personal force--8. Visualization exercise--9. Environmental stress reduction--10. Nutritional considerations--11. Free time and dreams--12. Personal survival.
- CALL #** **BF575.S75 G67 - Cassette**
- TITLE** **Stress relief: healing with Dr. Russ Greenfield**
PUBL INFO Sherborn, MA : Aquarius Health Care Media, 2006.
DESCRIPT 1 videodisc (80 min.) : sd., col. ; 4 3/4 in.
SUMMARY Russ Greenfield "explains what generates stress, how stress affects our families, and how to take positive steps to prevent and deal with stress. Stress relief includes 23 chapters with recognized experts. Included are chapters on yoga, tai chi, meditation and cooking for better living"—Container
- CALL #** **BF575.S75 S77375 2006 - DVD**
- TITLE** **Taking care of me: character**
PUBL INFO Princeton, NJ : Films for the Humanities & Sciences, c2004.
DESCRIPT 1 videodisc (26 min.) : sd., col. ; 4 3/4 in.
SUMMARY Helping adolescents make the shift to adulthood involves good emotional health. This film provides ways to help students cope with stressors in their daily lives through efforts such as journaling, talking and through poetry, music and the arts. Features interviews with students and experts in adolescent psychology.
- CALL #** **BF724. T33 2004 – DVD**
- TITLE** **That's not what I meant! : language, culture & meaning**
PUBL INFO Los Angeles, CA : Into the Classroom Media, c2004.
DESCRIPT 2 videocassettes (80 min.) : sd., col. ; 1/2 in. + 1 instructor's package guide (24 p.).
SUMMARY Tannen examines conversation style and explains that how a person says things is often as important as what a person says. In part 2, she explains the academic sources she draws on in her research and describes issues concerning language, meaning and her analysis of conversational style.
- CALL #** **GN345.6 T43 2004 pt. 1-2 – Videocassette + booklet**

TITLE	Understanding psychological trauma
PUBL INFO	Urbana, Ill. : Carle Medical Communications, 1989
DESCRIPT	2 videocassettes (60 min.) : sd., col. ; 1/2 in. + 1 study guide
SUMMARY	Presents first-person accounts by survivors of trauma and is supported by the commentary of highly-regarded clinicians in the area of post-traumatic stress. Designed as an educational tool for professionals whose work brings them in contact with victims or survivors.
CALL #	RC552.P67 U53 – Videocassette + Guide
TITLE	Why do you live with stress? [sound recording]
PUBL INFO	[Ojai, Calif. : Krishnamurti Foundation of America, [199-?]
DESCRIPT	1 sound disc : digital ; 4 3/4 in
SUMMARY	Lecture given by philosopher J. Krishnamurti in Ojai, California, in 1978 on the psychological pressures of life and how stress affects right living.
CALL #	BF575.S75 K75 1990z – CD
TITLE	Why is everyone so cranky?
PUBL INFO	Saratoga Springs, N.Y. : HUMOR Project, [2005].
DESCRIPT	1 videocassette (70 min.) : sd., col. ; 1/2 in.
CALL #	BF575. L3 W48 2005 - Videocassette
TITLE	Working with difficult people
PUBL INFO	[S.l.] : Dible Learning Systems, 1986.
DESCRIPT	6 sound cassettes : analog, 178 ips., mono + 1 manual.
SUMMARY	Shows how to recognize problem behavior in the workplace, and how to modify one's own attitudes, language, and behavior in order to eliminate the problems. A difficult employee will respond better to a manager who deals with him/her in a professional manner.
CALL #	HF5549.5.D53 S38x - Cassette Set + Manual
TITLE	Working without a script
PUBL INFO	Chicago, IL : Second City Communications ; St. Paul, MN : [Distributed by] Star Thrower Distribution, c2005.
DESCRIPT	2 videodiscs (14 min.) : sd., col. ; 4 3/4 in. + 1 CD-ROM (4 3/4 in.) + 1 leader's guide (26 p. : ill. ; 28 cm.) + 1 workbook (17 p. : ill. ; 28 cm.).
SUMMARY	This new training program from the famous Second City theater group uses video clips, PowerPoint presentations, and targeted activities to teach how the basics of improvisation will help your organization communicate better, build stronger teams, and create a positive work environment.
CALL #	HF5718. W67 2005 – DVDS, CD-ROM, Guide & Workbook