

Location

Timberwolf Learning Commons
Wausau Campus, C178

Contact Us

Website: <http://www.ntc.edu/library>
Email: library@ntc.edu
Phone: (715) 803-1115

Streaming Videos Click on titles to access



Mindfulness Practice



Ted Talks: Happiness



Fitness training



Mobile Photography

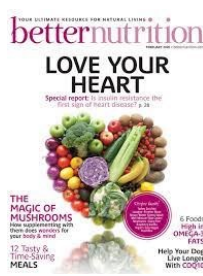


Wellness



Cooking

Magazines Click on titles to access



Learn More/Research Starters Click on links to access

Encyclopedia of Wellness

Encyclopedia of Mental Health

Credo Reference: Seasonal affective disorder

Hobbies and Crafts

APA.org: Resilience

Updated 12/6/2022

Fitness and Exercise Sourcebook

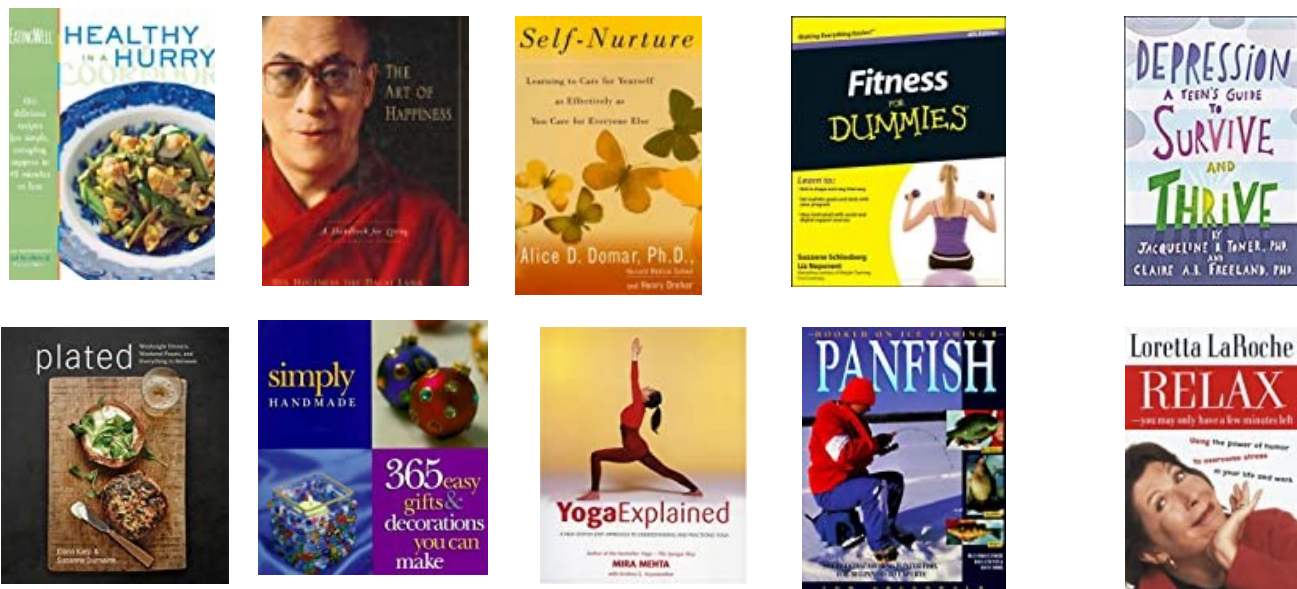
MedlinePlus: Benefits of Exercise

Credo Reference: Winter Sports

Nutrition and Well-Being A to Z

Medline Plus: Diets

Print Books Click on covers for details



E-Books Click on titles to access



Recommended Websites

- National Institute of Mental Health
- Mental Health.gov
- Greater Good: Keys to Wellbeing
- Mayo Clinic: Seasonal Affective Disorder
- 8 Great Ways to Start the Writing Process
- Free Code Camp: Game Development
- Wikihow: Dancing

- MedlinePlus: Healthy Recipes
- Wisconsin DNR: Outdoor Recreation
- WikiHow: Hobbies and Crafts
- WikiHow: Personal Fitness
- Contemplative Neurosciences: How to Meditate
- Hubblesite: Tonight's Sky