



## Well-BeingEssentials™

The Definitive Resource to Address  
Work-Life and Health Concerns

Well-BeingEssentials is a key tool in ensuring the health and well-being of all of your faculty, staff and students.

Topics include physical fitness, health, work-life balance, personal finance, parenting skills and much more.

WELL-BEINGESSENTIALS INCLUDES BEST-SELLING TITLES FROM THE BEST PUBLISHERS IN THE HEALTH AND WORK-LIFE ARENA

Sample titles include:

- *Eliminate Stress from your Life Forever: A Simple Program for Better Living*
- *How to Administer an Estate: A Step-By-Step Guide for Families and Friends*
- *The Manager's Guide to Health and Safety at Work*

Sample publishers include:

- AMACOM
- Berrett-Koehler Publishers
- Career Press
- John Wiley & Sons
- Jossey-Bass
- Kogan Page
- Nolo
- And many more

### Enjoy Healthy, Well-Balanced Faculty, Staff and Students

With medical insurance and related benefits costs continuing to skyrocket, it's now more important than ever that organizations embrace cost-effective tools that help faculty, staff and students balance the responsibilities of work, family, health, personal finance and overall well-being.

Well-BeingEssentials™, a Referenceware® collection from Books24x7®, provides a resource for faculty, staff and students to research and understand topics of importance to them. Well-BeingEssentials covers issues pertaining to daily living, family & caregiving, health & wellness and working smarter, and includes numerous topics such as:

- Personal Finance
- Emotional Well-Being
- Relationships
- Health Challenges
- Stress Management
- Career Transitions
- Work-Life Balance
- Mental Health
- Parenting
- Fitness
- Healthy Living
- Moving
- Career Development
- And much more

### Personalization Made Easy with Referenceware Features

Books24x7 adds new titles to Well-BeingEssentials continuously, which ultimately encourages faculty, staff and students to learn about the latest work-life balance strategies and techniques that are of personal interest. What's more, "New Book Notification" email alerts notify users of recently added content and can be personalized to provide information on only the topics faculty, staff and students are interested in. Alternatively, Books24x7 RSS feeds enable users to be kept apprised of new specific-interest content without the need for email messages.



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#### About Books24x7

Books24x7, a subsidiary of SkillSoft PLC, offers subscription clients online access to thousands of unabridged reference books, reports and book summaries. Books24x7's award winning technology platform enables users to pinpoint business-critical information quickly by performing multi-tier, online searches of the company's Referenceware collections.

Books24x7 helps bridge the gap between what employees know and what they need to know in hundreds of leading world-class organizations. The company has relationships with more than 250 leading publishers, including AMACOM, Apress, ASTD, Harvard Business School Press, McGraw-Hill, Microsoft Press and John Wiley & Sons.

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