Enjoy healthy, well-balanced faculty, staff and students

With medical insurance and related benefit 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, and personal finance with overall well-being. Empowering individuals to pursue an optimal lifestyle requires targeted knowledge resources designed to promote healthful practices. And for patrons experiencing transitions in their lives, knowing where to look and where to find key information can sometimes be difficult.

Well-BeingEssentials is an on-demand collection from Books24x7 providing hundreds of easy-to-read texts on health and wellness issues most important to patrons, faculty and students. This supportive tool delivers insightful best practices, tools and advice on how to lead healthier and happier lives from best-selling authors and experts.

Easy access to titles on topics that matter

Well-BeingEssentials understands that personal well-being is closely linked with greater productivity, sound studies, and further success in the workplace and in school. The breadth and depth of the collection fulfills a variety of needs—ranging from daily living and family to studying smarter and working smarter. Information is even easier and faster to find using the Books24x7 On Demand Platform, which supplies a powerful search engine and personalizations that include bookmarking, notes, and personal folders.
Targeted Resources

Patrons can search, browse and view the full text of titles covering a number of topical areas such as:

- Adoption
- Career Development
- Career Transitions
- Emotional Well-Being
- Fitness
- Grief & Loss
- Health Challenges
- Healthy Eating
- Parenting
- Personal Finance
- Relationships
- Stress Management
- Substance Abuse
- Weight Loss
- Work-Life Balance
- And much more

Value Added Benefits

Easy Collection Management
The Books24x7 On Demand Platform offers the most comprehensive and up-to-date collections, continually enhanced with new titles so that you can provide the latest content while keeping costs under control.

MARC Records
Subscriptions also include MARC records, so patrons have one-click access from your online catalog.

Easy Deployment
Provide access within your library, at home, across your campus or remotely as part of your distance learning program.