

# Rīga Stradiņš University Library Recent acquisition list in medicine and other branches

## January 2025

### Medicine



**Anatomiskā teātra nostāsti : aizraujošs ceļojums anatomisko preparātu veidošanas vēsturē = Tales from the Anatomy Theatre : a voyage through the history of anatomical preparations | Oskars S. Baldomero**

Basel : Editiones Roche ; Alexander Lukas Bieri, MMXXIV [2024]

Code: 611(091)/ B 31

[More information about resource](#)



**Atjauno redzi pats! : ceļvedis dabiskas redzes atjaunošanā | Vija Buša**

Mārupes novads : Vija Buša, [2024]

Code: 617.75-08/ B 76

[More information about resource](#)



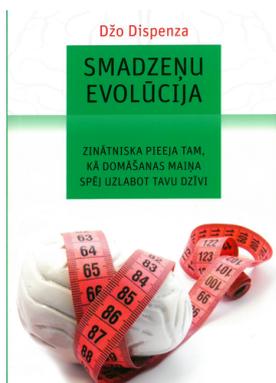
**Darba aizsardzības speciālista rokasgrāmata. 3. grāmata, Risku novērtēšana bīstamajās nozarēs | Jānis Saulītis, Ričards Balnass**

Rīga : Zvaigzne ABC, [2024]

Code: 613.6(035)/ D 62

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Risku novērtēšana  
bīstamajās nozarēs



**Smadzeņu evolūcija : zinātniska pieeja tam, kā domāšanas maiņa spēj uzlabot tavu dzīvi | Džo Dispenza**

[Rīga] : Lietusdārzs, [2023]

Code: 612.821/ D 79

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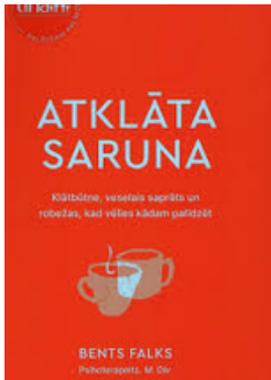


**turi mani cieši līdzās : septiņas sarunas mīlestības pilnai dzīvei mūža garumā | Sjū Džonsone**

[Valmieras novads] : Helios izdevniecība, [2024]

Code: 615.851/ D 86

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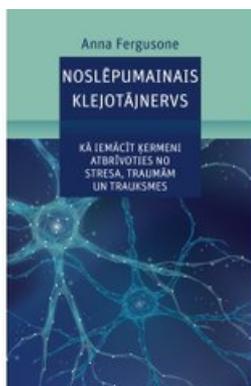


**Atklāta saruna : klātbūtne, veselais saprāts un robežas, kad vēlies kādam palīdzēt | Bents Falks**

[Rīga] : Ģimenes psiholoģijas centrs Līna, [2023]

Code: 615.851/ F 36

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**Noslēpumainais klejotājnervs : kā iemācīt ķermeni atbrīvoties no stresa, traumām un trauksmes | Anna Fergusone**

[Rīga] : Lietusdārzs, [2024]

Code: 615.85/ F 68

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**Karaliskās Putras : 50 auzu pārslu putru receptes | Klinta Goloskova**

Rīga : Avots, [2023]

Code: 613.263(083.12)/ G 35

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**Ekrāna smadzenes : kā smadzenes, kas nav sinhronizētas ar savu laiku, var radīt stresu, trauksmi un depresiju | Anderss Hansens**

Rīga : Zvaigzne ABC, [2024]

Code: 613.86/ H 45

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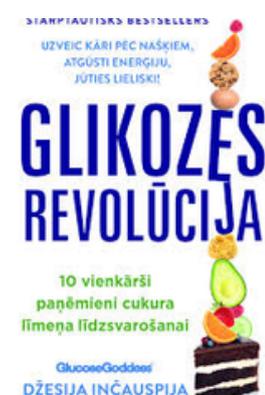


**Nomāktās smadzenes : kāpēc mēs jūtamies tik slikti, kad dzīvojam tik labi? | Anderss Hansens**

Rīga : Zvaigzne ABC, [2024]

Code: 615.851/ F 36

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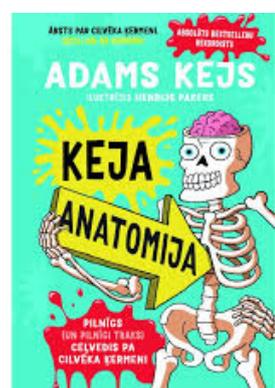


**Glikozes revolūcija : 10 vienkārši paņēmieni cukura līmeņa līdzsvarošanai | Džesija Inčauspija**

Rīga : Zvaigzne ABC, [2024]

Code: 613.2/ I-03

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**Keja anatomija : pilnīgs (un pilnīgi traks) ceļvedis pa cilvēka ķermeni | Adams Kejs**

Rīga : Zvaigzne ABC, [2024]

Code: 611/612(0.053.2)/ K 18

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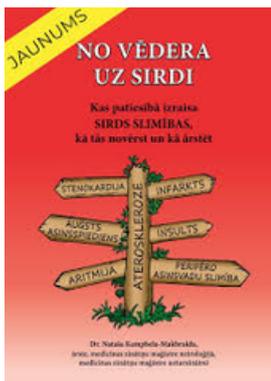


## Mazulis nepiedzima : būt kopā grūtniecības zaudējumā | Vita Kalniņa

[Rīga] : Ģimenes psiholoģijas centrs "Līna", [2023]

Code: 618.333:159.9/ K 28

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## No vēdera uz sirdi : kas patiesībā izraisa sirds slimības, kā tās novērst un kā ārstēt | Nataša Kempbela-Makbraida

[Rīga] : [Silvija Ābele], [2024]

Code: 616.1/ K 39

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## Veģetārisms jā vai nē? : zināšanās balstīta izvēle | Dr. Nataša Kempbela-Makbraida

[Rīga] : [Silvija Ābele], [2024]

Code: 613.2/ K 39

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## Saki man, ka esmu tieva : kādas sievietes ceļš līdz veselīgām attiecībām ar ēdienu un ķermeni | Zane Krēslina

Rīga : Latvijas Mediji, [2024]

Code: 613.2/ K 45

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**Krustiņš jeb ļoti asiņaina grāmata | Olha Kari**  
Rīga : Zvaigzne ABC, [2024]

Code: 613.99/ K 56

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**Kopā stundu pa stundai | Anti Ervasti**  
Rīga : Zvaigzne ABC, [2024]

Code: 613.86/ K 61

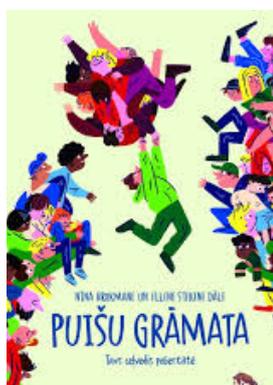
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**Dvēseles terapija : māksla iecūtiģi sarunāties | Tomass Mūrs**  
Rīga : Zvaigzne ABC, [2024]

Code: 615.81/ M 61

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**Puišu grāmata : tavs ceļvedis pubertātē | Nīna Brokmane,  
Ellene Stekene Dāle**

Rīga : Zvaigzne ABC, [2024]

Code: 613.96-055.15/ P 20

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**Šizofrēnija iesācējiem | Oskars Rancevs**  
[Rīga] : Avots, [2023]

Code: 616.895.8/ R 51

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**Perfekti apslēptā depresija : kā izlauzties no perfekcionisma, kas slēpj depresiju | Mārgrita Robinsone Raterforda**

[Rīga] : Ģimenes psiholoģijas centrs Līna, [2024]

Code: 613.86/ R 72

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**Mammas zina vislabāk | Gundega Roze**

Rīga : Avantis Publishing, 2019

Code: 613.99-055.26/ R 93

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**Teta dziedniecība : iepazīstinām ar neparastu enerģijas terapijas veidu | Viana Staibla**

[Rīga] : Grāmatas man, 2023

Code: 615.85/ S 07

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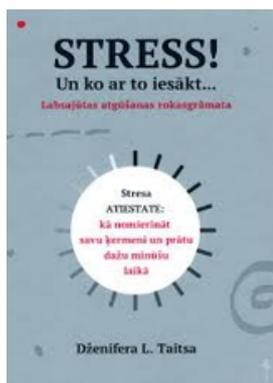


**Arī senus ievainojumus var dziedēt : kā bērniņbā gūtie emocionālie ievainojumi nosaka mūsu dzīvi, un kā varam no tiem atbrīvoties | Damī Šarfa**

[Rīga] : Ģimenes psiholoģijas centrs LĪNA, [2023]

Code: 615.851/ Š 59

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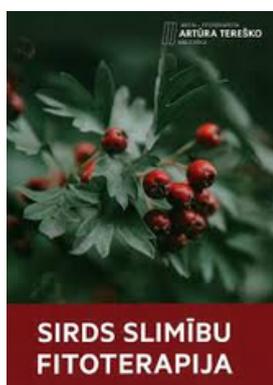


**Stress! Un ko ar to iesākt... : labsajūtas atgūšanas rokasgrāmata : stresa atiestate: kā nomierināt savu ķermeni un prātu dažū minūšu laikā | Dženifera L. Taita**

Rīga : Dienas Grāmata, [2024]

Code: 613.86(035)/ T 23

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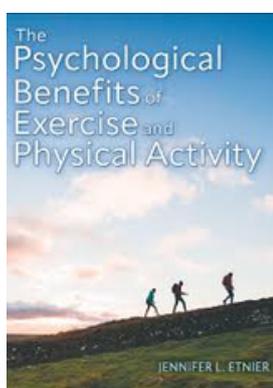


**Sirds slimību fitoterapija | Artūrs Tereško**

[Cēsu novads] : Doktus, 2024

Code: 616.12-085.32/ T 64

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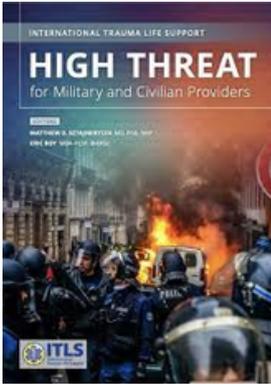


**The psychological benefits of exercise and physical activity | Jennifer L. Etnier**

Champaign, IL : Human Kinetics, [2025]

Code: 613.71/ E 64

[More information about resource](#)



## **International Trauma Life Support High Threat for Military and Civilian Providers**

[USA] : Basic Trauma Life Support International, 2022

Code: 614.88/ I-74

[More information about resource](#)



## **Sports Nutrition : [a reprint of articles from Special Issue published in the journal Nutrients]**

Basel [etc.] : MDPI, Multidisciplinary Digital Publishing Institute, 2023

Code: 613.2:796/ S 77

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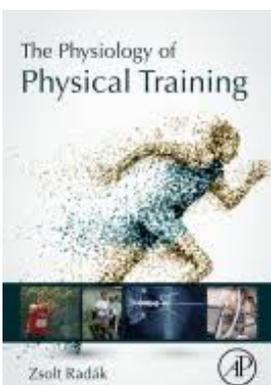


## **Research Methods in Physical Activity and Health**

Oxon : Routledge, 2019

E-book: [EBSCO](#)

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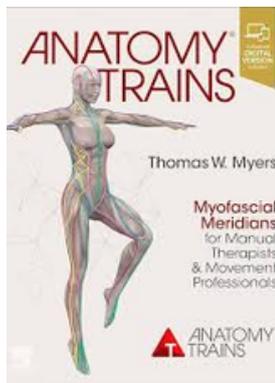


## **The Physiology of Physical Training | Zsolt Radák**

London : Elsevier Science & Technology, 2018

E-book: [ProQuest](#)

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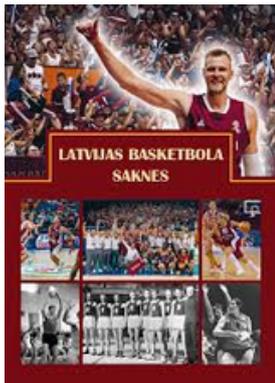


**Anatomy Trains : myofascial meridians for manual and movement therapists | Thomas W. Myers**  
Edinburgh : Elsevier Health Sciences, 2014

E-book: [ProQuest](#)

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## Sports

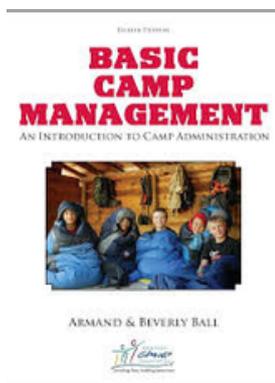


**Latvijas basketbola saknes | Reinis Lācis un Inta Kresa Katkovska**

Rīga : Jumava, 2024

Code: 796.323.2(474.3)(091)/ L 80

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**Basic camp management : an introduction to camp administration | Armand and Beverly Ball**

CA : Healthy Learning, [2018]

Code: 796.54/ B 36

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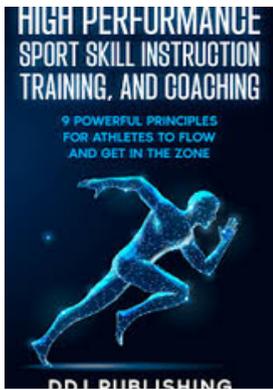


**Games in Nature : an innovative approach to outdoor and environmental activities for young children | Dusan Bartunek**

Prague : Outdoored s.r.o., 2022

Code: 796.1/ B 73

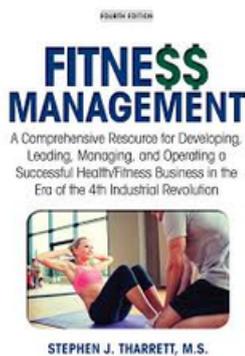
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**High Performance Sport Skill Instruction Training, and Coaching : 9 powerful principles for athletes to flow and get in the zone**  
[United Kingdom] : DDJ Publishing, 2022

Code: 796.015/ H 16

[More information about resource](#)



**Fitness management : a comprehensive resource for developing, leading, managing, and operating a successful health/fitness business in the era of the 4th industrial revolution | Stephen J. Tharrett**

CA : Healthy Learning, [2017]

Code: 796:658/ T 12

[More information about resource](#)

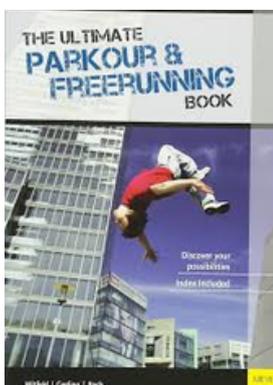


**Teaching Cross-Country Skiing | Bridget A. Duoos, Anne Rykken**

Champaign, IL : Human Kinetics, 2012

E-book: [EBSCO](#)

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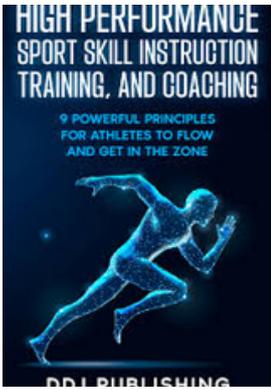


**The Ultimate Parkour and Freerunning Book : discover your possibilities | Ilona E Gerling, Alexander Pach, and Jan Witfeld**

Maidenhead : Meyer & Meyer Sport, 2013

E-book: [ProQuest](#)

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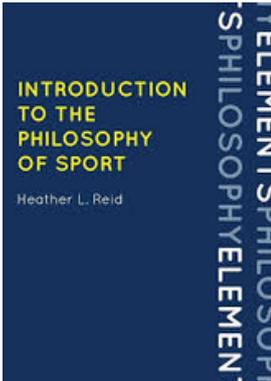


**High Performance Sport Skill Instruction, Training, and Coaching : 9 powerful principles for athletes to flow and get in the zone**

[United Kingdom] : DDJ Publishing, 2023

E-book: [ProQuest](#)

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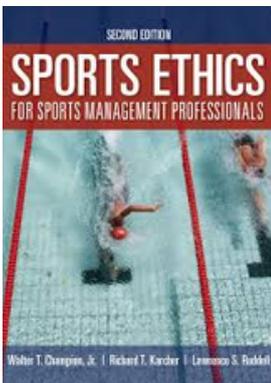


**Introduction to the Philosophy of Sport | Heather Reid**

Lanham : Rowman & Littlefield Publishers, 2023

E-book: [ProQuest](#)

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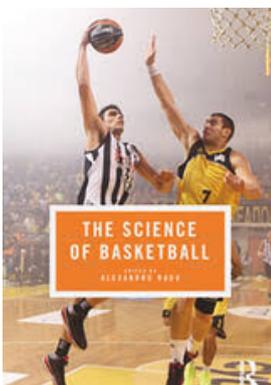


**Sports Ethics for Sports Management Professionals | Walter T. Champion Jr., Richard T. Karcher, Lawrence S. Ruddell**

MA : Jones & Bartlett Learning, 2020

E-book: [EBSCO](#)

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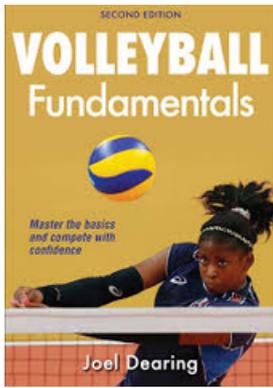


**Science of Basketball**

Abingdon, Oxon : Routledge, 2019

E-book: [EBSCO](#)

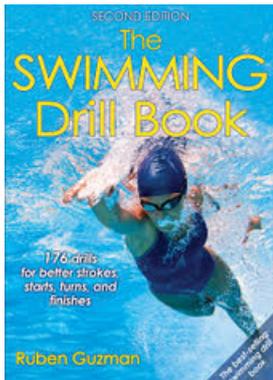
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**Volleyball Fundamentals | Joel Dearing**  
Champaign, IL : Human Kinetics, 2018

E-book: [ProQuest](#)

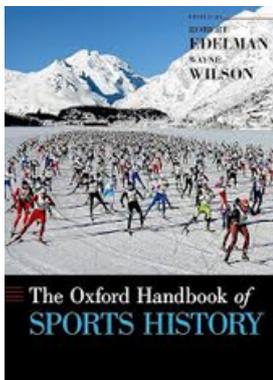
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**The Swimming Drill Book | Ruben Guzman**  
Champaign, IL : Human Kinetics, 2017

E-book: [EBSCO](#)

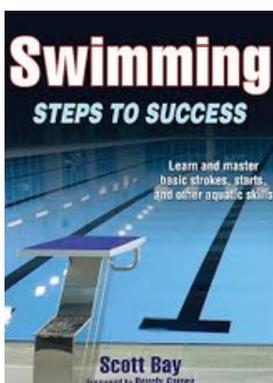
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**The Oxford Handbook of Sports History**  
NY : Oxford University Press, 2017

E-book: [ProQuest](#)

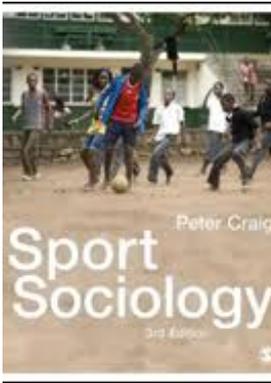
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**Swimming : steps to success | Scott Bay**  
Champaign, IL : Human Kinetics, 2016

E-book: [EBSCO](#)

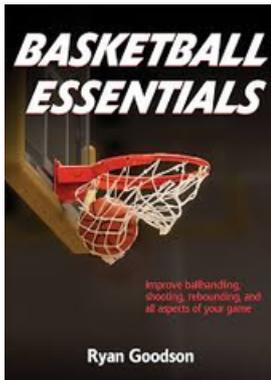
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**Sport Sociology | Peter Craig**  
Los Angeles : SAGE, 2016

E-book: [ProQuest](#)

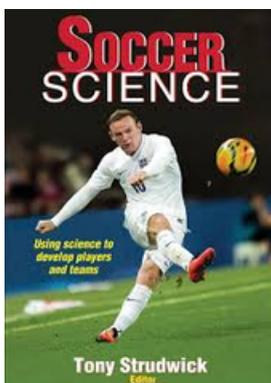
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**Basketball Essentials | Ryan Goodson**  
Champaign, IL : Human Kinetics, 2016

E-book: [EBSCO](#)

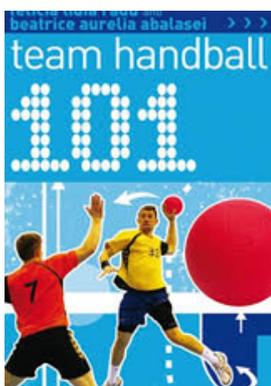
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**Soccer Science | Tony Strudwick**  
Champaign, IL : Human Kinetics, 2016

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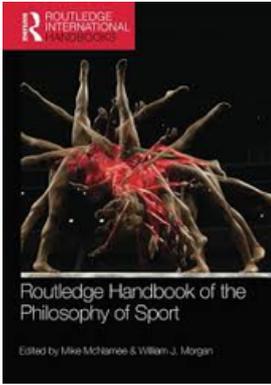


**101 Team Handball | Felicia Lidia Radu, Beatrice Aurelia Abalasei**

London : Bloomsbury Sport, 2015

E-book: [EBSCO](#)

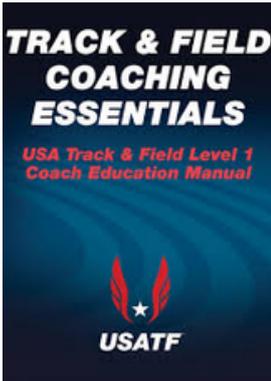
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**Routledge Handbook of the Philosophy of Sport**  
Abingdon, Oxon : Taylor & Francis Group, 2015

E-book: [ProQuest](#)

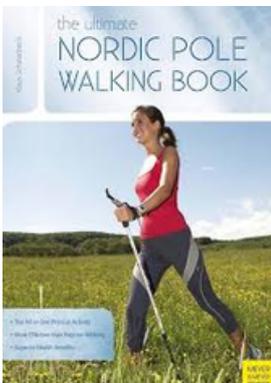
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**Track & Field Coaching Essentials**  
Champaign, IL : Human Kinetics, [2015]

E-book: [EBSCO](#)

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**The Ultimate Nordic Pole Walking Book | Klaus Schwanbeck**  
Maidenhead : Meyer & Meyer Sport, 2014

E-book: [ProQuest](#)

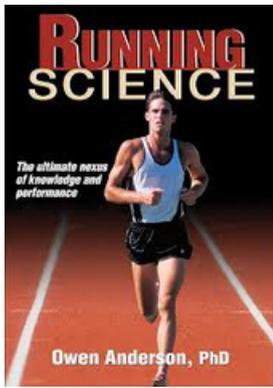
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**The Complete Guide to Nordic Walking | Gill Stewart**  
London : Bloomsbury, 2014

E-book: [EBSCO](#)

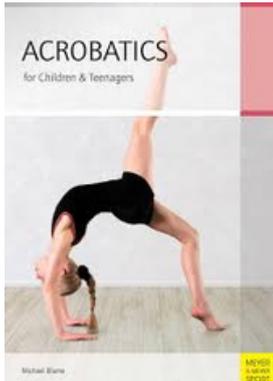
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**Running Science | Owen Anderson**  
Champaign, IL : Human Kinetics, 2013

E-book: [EBSCO](#)

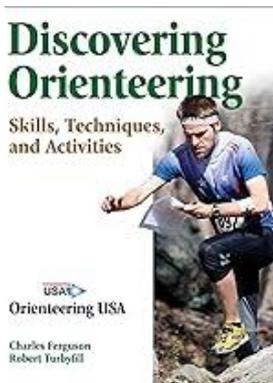
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**Acrobatics for Children & Teenagers | Michael Blume**  
Maidenhead : Meyer & Meyer Sport, 2013

E-book: [ProQuest](#)

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**Discovering Orienteering : skills, techniques, and activities**  
Leeds : Human Kinetics, 2013

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