

# How to use BorrowBox with Louth Library

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*Using the BorrowBox App (Scroll down if using a PC, laptop or MAC)*

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## Step 1 – Download the App & Signing In

- Open the app store on your phone or tablet and search “BorrowBox”. Once found click install
- Once downloaded, open the app. Click on “Library” and type “Louth”. Louth County Council Library Services will appear for you to select
- Type in your library barcode (the number on your library card or given to you if you’ve signed up online at <https://lgma.iii.com/selfreg>)
- Type in your PIN. If you do not know your PIN please go to <https://librariesireland.iii.com/iii/encore/>, click “Login & Search” and “Forget your PIN?”
- Sign in & agree to the terms & conditions

## Step 2 – Searching the Catalogue

- The specifics of the following steps vary depending on whether your device is Apple or Android, but they remain similar.
- Browse by format by selecting either eBook or eAudio
- Search by category (Adult, Young Adult, Children) or by genre
- Select a title to see a synopsis from where you can choose to preview the item (particularly useful for eAudio) or borrow (by pressing the green “Borrow” button).
- Confirm your loan & download to start reading/listening

## Step 3 – Accessing your Borrowed Items

- Select “My Loans” to see what you have checked out. Choose the item to continue reading or listening from where you last left it
- Once you are finished with an item you can return it by pressing “Return” on the My Loans screen.

**Continue reading for information on how to use BorrowBox on a computer. Please be advised that most people find that the app is much simpler to download and read/listen on – we strongly advise using the app when possible.**

On PC, laptop or MAC

## Step 1 – Signing In

- On PC, laptop or MAC go to <https://www.louthcoco.ie/en/services/library/online-services/> and click on “eBooks & eAudiobooks”
- Click Sign In (as shown below)



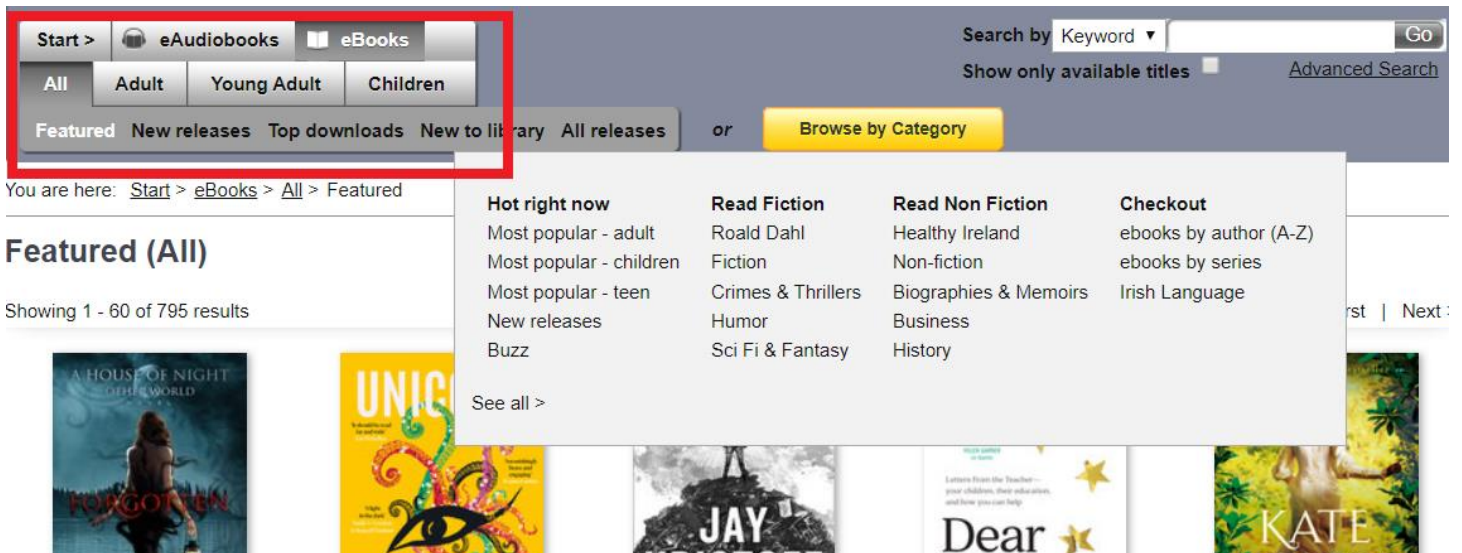
- Enter your Library card number & PIN

## Step 2 – Searching the catalogue

- You can choose to browse by format (eBook or eAudiobook – highlighted in red below) or you can type in the search box (e.g. title or author – highlighted in yellow)



- For this example, I will show you how to browse eBooks but the steps are similar for eAudio. Click the eBooks button.
- From here you can choose to browse a number of ways. First you can browse by target audience (Adult, Young Adult or Children’s – highlighted in red). Or you can move your mouse over the yellow box to “Browse by Category”. For this example, I am choosing “Healthy Ireland”




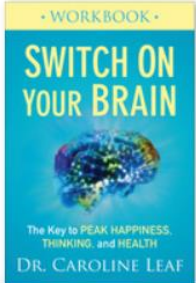
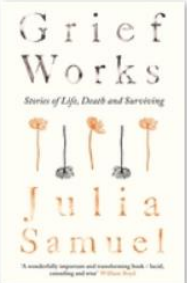

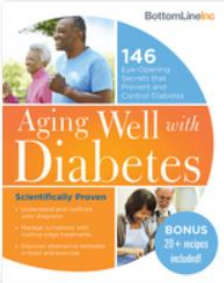
## Step 3 – Borrowing an item

- A full list of eBooks will come up for you to browse
- You can borrow or reserve up to 5 eBooks & 5 eAudiobooks at any one time.
- You can click on an item to bring up its details (synopsis, page count etc.), click preview to get a sample to help you decide whether to borrow or not (particularly useful for eAudiobooks) or borrow to check it out immediately.
- You may notice some orange writing stating the item is “On Loan” (highlighted in orange below). The date shown is the next date this item is available for a new user to borrow – you can choose to Reserve the item with the orange button to ensure you can access this item on the date given. However, this will count towards your currently borrowed items.

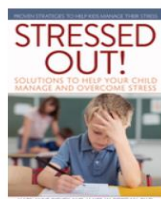
### Healthy Ireland (All)

Showing 1 - 60 of 243 results

First | Next >

 <p><b>Preview</b> <b>Borrow</b></p> <p><u>When Panic Attacks</u> <u>Dr Áine Tubridy</u> Non-Fiction — Health, Lifestyle - Wellbeing eBook</p>	 <p><b>Preview</b> <b>Borrow</b></p> <p><u>Switch on Your Brain Workbook</u> <u>Dr. Caroline Leaf</u> Non-Fiction — Health, Lifestyle - Wellbeing, Religion &amp; Spirituality eBook</p>	 <p><b>Preview</b> <b>Borrow</b></p> <p><u>Grief Works</u> <u>Julia Samuel</u> Non-Fiction — Health, Lifestyle - Wellbeing eBook</p>	 <p><b>Preview</b> <b>Reserve</b></p> <p><b>On Loan, Available on 25/04/20</b> <u>Let Your Mind Run</u> <u>Deena Kastor and Michelle Hamilton</u> Non-Fiction — Biography, Lifestyle - Wellbeing, Sport eBook</p>	 <p><b>Preview</b> <b>Borrow</b></p> <p><u>Aging Well With Diabetes</u> <u>Bottom Line Inc.</u> Non-Fiction — Business, Health, Lifestyle - Wellbeing eBook</p>
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- Once your loan is confirmed you need to have Adobe Digital Editions in order to access the eBook (using the BorrowBox app is much easier at this stage which is why we advise using a phone or tablet if possible). This program is highlighted in blue below, please have this first.



Stressed Out!  
by James Forgan and Mary Anne Richey

Download Item



#### Read on Smartphones and Tablets

Already synced. The title will appear automatically in your list of current loans in the BorrowBox mobile app. Don't have the mobile app yet? Get it now from the [Apple App Store](#) or [Google Play Store](#).



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- Download the eBook by pressing the green button “Download for eReader (Adobe ePub)” as highlighted in red above.
- The eBook should open in Adobe Digital Editions and you can start reading.
- You can use the arrow buttons on your keyboard to change pages or the arrows in the bottom corners of the screen

Adobe Digital Editions - Stressed Out

File Edit Reading Help

Library

CHAPTER 1

## Put Stress on Your Parenting Agenda

*The greatest weapon against stress is our ability to choose one thought over another.*

—William James

**KEY POINT:** Stress can be a positive, motivating factor in your child's life, or it can make life miserable and interfere with functioning.

**THINKING POINT:** Am I modeling positive ways of handling stress in my own life?

Stress. It is a constant in today's society. Whereas some level of stress can keep us motivated and engaged, too much can overwhelm and exhaust us. If you are reading this book, you know stress is not exclusive to adults. Negative signs of stress are becoming increasingly common in children today, as society has become more hyperconnected and its demands have become more frenetic. Some experts have called this era of stress the “terrible toos” (Chandler, 1998):

- too many demands on parents' time, which reduce valuable parent-child interactions;
- too much pressure to perform in school on testing and organized activities; and
- too little time to relax, daydream, and play—often considered the “work” of childhood (p. 65).

As both parents and school psychologists, we see the manifestations of harmful stress around us on a daily basis. When you are stressed to the max, your child will often feel the secondary effects, as you have less tolerance, may seem preoccupied, or are generally overwhelmed and lack control of your life. When your child is stressed and anxious, you may feel it and see it in your child's behaviors, or he or she may suffer silently. Consider these stressed out children:

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## Step 4 – Returning or Renewing Borrowed Items

- If you haven't finished your borrowed eBook or eAudio you can renew it once. If you have finished it early, we would ask that you return the item to allow another user to access it while opening a spot for you to borrow/reserve something else.
- First, to renew click on “My Account” (highlighted in red below)

Welcome, [User Name] | [Logout](#) | [Help](#) | [My Account](#)

Start > eAudiobooks eBooks

- Your profile will appear with your current loans and your BorrowBox loan history. From here you can choose to renew or download them if you didn't previously.
- If you have opened the item with Adobe Digital Editions, then you cannot return it on this page. You can return it here if you haven't accessed it (i.e. borrowed it by mistake or changed your mind)

### Active Loans/Reserves

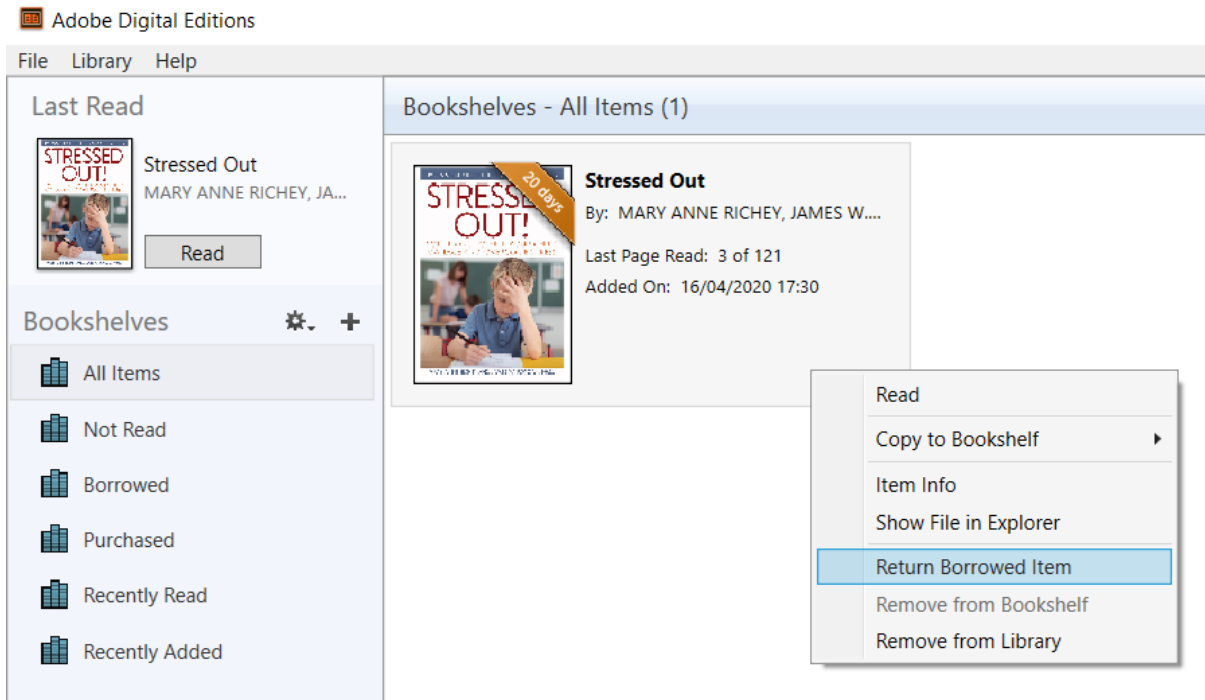
**STRESSED OUT!**

Mary Anne Richey and James Forgan  
**Stressed Out!**

Expires in 20 days

Download Renew Return

- To return you must open Adobe Digital Editions. Right click on the item you wish to return and select “Return Borrowed Item” as highlighted in blue below.



- If you go back into your account, the item will no longer be listed.