

<u>TITLE</u>	<u>AUTHOR</u>
<u>Advice & Inspirational</u>	
5 Love Language: The Secret to Love that Lasts	Chapman, Gary
7 Habits of Highly Effective People (The)	Covey, Stephen
7 Habits of Highly Effective Teens (The)	Covey, Stephen
A New Earth: Awakening to Your Life's Purpose	Tolle, Eckhart
Anatomy of Hope (The)	Groopman, Jerome
Authentic Happiness: Using the New Positive Psychology To Realize Your Potential for Lasting Fulfillment	Seligman, Martin
Difficult Conversations: How to Discuss What Matters Most	Stone, Douglas
Etiquette of Illness: What to Say When You Can't Find the Words (The)	Halpern, Susan
Heart of the Soul: Emotional Awareness	Zukav, Gary
His Needs, Her Needs: Building an Affair-Proof Marriage	Harley, Willard
How to be a Man: A Guide to Style and Behavior for the Modern Gentleman	O'Brien, Glenn
How to Stop Worrying and Start Living	Carnegie, Dale
I'm at a Loss for Words: What to Say When You Don't Know What to Say	MacGregor, Cynthia
Life is a Verb: 37 Days to Wake Up, Be Mindful, and Live Intentionally	Digh, Patti
Life Makeovers	Richardson, Cheryl
Love & Survival: 8 Pathways to Intimacy and Health	Ornish, Dean
Men in Midlife Crisis	Conway, Jim

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Advice & Inspirational *continued*

Motivational Interviewing in Healthcare	Rollnick, Stephen
Power of Now: A Guide to Spiritual Enlightenment (The)	Tolle, Eckhart
Relationship Rescue: A Seven-Step Strategy for Reconnecting with Your Partner	McGraw, Phillip
Self Matters: Creating Your Life from the Inside Out	McGraw, Phillip
Seven Sins of Memory: How the Mind Forgets and Remembers (The)	Schacter, Daniel
Story Jar (The)	Bedford, Debbi
Ten Things I Wish I had Known Before I Went Out Into the Real World	Shriver, Maria
There's a Spiritual Solution to Every Problem	Dyer, Wayne
Turning to One Another: Simple Conversations to Restore Hope to the Future	Wheatley, Margaret
VoiceMaile: What Husbands Really Think of Their Marriages	Chethik, Neil
Who Moved My Cheese? An Amazing Way to Deal with Change in Your Work	Johnson, Spencer
Why Zebras Don't Get Ulcers	Sapolsky, Robert
Women Who Love Too Much: When You Keep Wishing And Hoping He'll Change	Norwood, Robin

Aging / Eldercare

A Bittersweet Season: Caring for our Aging Parents & Ourselves	Gross, Jane
Another Country: Navigating the Emotional Terrain Of Our Elders	Pipher, Mary B.

<u>TITLE</u>	<u>AUTHOR</u>
<u>Aging / Eldercare</u> <i>continued</i>	
Caregiver's Guide: Care for Yourself While You Care for Your Loved Ones	Hohler, Sharon
Complete Eldercare Planner: Where to Start, Which Questions to Ask, and How to Find Help (The)	Loverde, Joy
Fourteen Friends Guide to Eldercaring	Cooper, Joan, et al.
Healthy Aging: A Lifelong Guide to Your Well Being	Well, Andrew
How to Care for Aging Parents	Morris, Virginia
Rules for Aging: A Wry and Witty Guide to	Rosenblatt, Roger

Biographies

A Child Called "It": One Child's Courage to Survive	Pelzer, David
A Journey Through Fire: ALS—Memoir of a Caregiver	Knight, Shirley
A Man Named Dave: A Story of Triumph & Forgiveness	Pelzer, David
Beautiful Boy: A Father's Journey Through His Son's Meth Addiction	Sheff, David
Crying in the Shower (Cervical Cancer)	Ayer, Pamela
It's Not About the Bike: My Journey Back to Life	Armstrong, Lance
Look Me in the Eye: My Life with Asperger's	Robinson, John
Manic: A Memoir	Cheney, Terri
Not a Wasted Breath (Cystic Fibrosis)	Gibbs, LeRecea
The Center Cannot Hold: My Journey Through Madness	Sakes, Elyn
The Thought That Counts: A Firsthand Account of One Teenager's Experience with Obsessive-Compulsive Disorder	Kant, Jared

<u>TITLE</u>	<u>AUTHOR</u>
<u>Biographies</u> <i>continued</i>	
Wasted: A Memoir of Anorexia and Bulimia	Hornbacher, Marya
<u>Breast Cancer</u>	
Breast Cancer: 50 Essential Things to Do	Anderson, Greg
Breast Cancer Book of Strength & Courage: Inspiring Stories To See You Through Your Journey	Bodai, E.; et al
Breast Cancer Companion: A Guide for the Newly Diagnosed	Sokolowski, Nancy
Breast Cancer Journey: Your Personal Guidebook; 2nd edition	American Cancer Society
Breast Cancer Survival Manual: A Step-by-Step Guide for the Woman with Newly Diagnosed Cancer (The)	Link, John
Chicken Soup for the Breast Cancer Survivor's Soul	Canfield, Jack
Confronting Hereditary Breast & Ovarian Cancer: Identify Your Risk, Understand Your Options, Change Your Destiny	Friedman, Sue.
Dr. Susan Love's Breast Book; 5th edition	Love, Susan M.
Facing the Mirror with Cancer: A Guide to Using Make-up to Make a Difference	Ovitz, Lori
Fighting for Our Future: How You Women Find Strength, Hope, & Courage While Taking Control of Breast Cancer	Murphy, Beth
From Zero to Mastectomy: What I Learned and You Need to Know about Stage 0 Breast Cancer	Fox, Jackie
Just Get Me Through This: The Practical Guide to Breast Cancer	Cohen, Deborah
Living Well Beyond Breast Cancer	Weiss, M.; Weiss E.
Lymphedema	American Cancer Society

<u>TITLE</u>	<u>AUTHOR</u>
<u>Breast Cancer</u> <i>continued</i>	
Not Just One in Eight: Stories of Breast Cancer Survivors and Their Families	Stevens, Barbara
Now What? A Patient's Guide to Recovery after Mastectomy	Baker, Amy Curran
Pretty is What Changes	Queller, Jessica
Rebirth: A Breast Cancer Journey of Many: Survival of Few: A Mississippi Civil Rights Activist's Biggest Battle & How She Beat the Odds	Weaver-Parker, Stephanie
Saving Jack: A Man's Struggle with Breast Cancer	Willis, Jack
Songs From a Lead-Lined Room: Notes—High and Low— from My Journey Through Breast Cancer and Radiation	Shea, Suzanne
Stand by Her: A Breast Cancer Guide for Men	Anderson, John
Uplift: Secrets from the Sisterhood of Breast Cancer Survivors	Delinsky, Barbara
Victoria's Secret Catalog Never Stops Coming, and Other Lessons I Learned from Breast Cancer	Nash, Jennie
Voices of Breast Cancer	The Healing Project
<u>Cancer</u>	
Angels and Monsters: A Child's Eye View of Cancer	Bassett, Beth; et al
Be a Survivor: Lung Cancer Treatment Guide	Vladimir, Lange
Bladder Cancer	Raghavan, M.D.
Cancer and End of Life Care	Doka, Kenneth
Cancer Causes and Controversies: Understanding Risk Reductions and Prevention	Kwabi-Addo, Bernard
Cancer in the Family: Helping Children Cope with a Parent's Illness	Heiney, Sue

<u>TITLE</u>	<u>AUTHOR</u>
<u>Cancer</u> <i>continued</i>	
Cancer Survival Guide: Practical Help, Spiritual Hope (The)	Strom, K. M.
Cancer: What Causes It, What Doesn't	American Cancer Society
Chemotherapy Survival Guide: Everything You Need to Know to Get Through Treatment (The)	McKay, Judith
Chicken Soup for the Surviving Soul	Canfield, Jack
Childhood Cancer Survivors: Practical Guide for Patients & Families	Keene, Nancy, et al
Childhood Leukemia: A Guide for Families, Friends, & Caregivers	Keene, Nancy
Coming to Term with Cancer: A Glossary of Cancer-related Terminology	Laughlin, Edward
Complete Guide to Family Caregiving: Cancer Caregiving at Home	American Cancer Society
Complete Guide to Nutrition for Cancer Survivors: Eating Well, Staying Well	American Cancer Society
Complete Guide to Colorectal Cancer	American Cancer Society
Complimentary and Alternative Cancer Therapies, Complete Guide	American Cancer Society
Couples Confronting Cancer	Ficannon, Joy
Crossing Divides: A Couple's Story of Cancer, Hope, & Hiking Montana's Continental Divide	Bischke, Scott
Everyone's Guide to Cancer Therapy: How Cancer is Diagnosed, Treated, and Managed Day-to-day; 5th ed.	Dollinger, Malin
Guide to Survivorship for Women with Ovarian Cancer	Montz, F. J.
Healing Quilt (The)	Snelling, Lauraine

<u>TITLE</u>	<u>AUTHOR</u>
<u>Cancer</u> <i>continued</i>	
Heaven Can Wait: Surviving Cancer	Doren, K., Jones, C.
Help Me Live: 20 Things People with Cancer Want You to Know	Hope, Lori
Invasion of the Prostate Snatchers: An Essential Guide to Managing Prostate Cancer for Patients & Their Families	Blum, Ralph
John Hopkins Patient Guide to Leukemia	Morrison, C., et al
LiveStrong: Inspiration Stories from Cancer Survivors	Lance Armstrong Foundation
Living with a Brain Tumor	Black, Peter
Living with Lymphoma: A Patient's Guide	Adler, Elizabeth
Making Your Own Miracle: Surviving Cancer	Huff, Paul; et al
Melanoma:: Prevention, Detection, & Treatment	Poole, C.; Guerry, D.
Our Mom Has Cancer	Ackerman, Abigail; et al
Pancreatic Cancer: A Patient & His Doctor Balance Hope and Truth	Lippe, Michael
Patient's Guide to Pancreatic Cancer	Ahuja, Nita
Positive Results: Making the Best Decisions When You're at High Risk for Breast or Ovarian Cancer	Morris, Joi
Thyroid Cancer: A Guide for Patients	Nostrand, Douglas Van
When God and Cancer Meet	Eib, Lynn
Young People with Cancer	National Cancer Institute
Your Brain After Chemo: A Practical Guide to Lifting the Fog and Getting Back Your Focus	Silverman, Dan

<u>TITLE</u>	<u>AUTHOR</u>
<u>Death & Grief</u>	
After a Parent's Suicide: Helping Children Heal	Requarth, Margo
Beyond Tears: Living After Losing a Child	Mitchell, Ellen
Cancer and End of Life Care	Doka, Kenneth
Coping with Public Tragedy	Lattanzi-Licht, Marcia
Diversity and End of Life Care	Doka, Kenneth
Do Not Me Sad: A Chronicle of Healing	Jarrin, Chris
Don't Let Death Ruin Your Life: A Practical Guide to Reclaiming Happiness After the Death of a Loved One	Brooke, Jill
Ethical Dilemmas at the End of Life	Doka, Kenneth
Fall of Freddie the Leaf: A Story of Life for All Ages (The)	Buscaglia, Leo F.
Final Gifts: Understanding the Special Awareness, Needs and Communications of the Dying	Callanan, Maggie
Grief Recovery Handbook: The Action Program for Moving Beyond Death, Divorce, and Other Losses (The)	James, John W.
Grieving the Unexpected: The Suicide of a Son	Leblanc, Gary
Help Me Say Goodbye: Activities for Helping Kids Cope When a Special Person Dies	Silverman, Janis
How We Die: Reflections of Life's Final Chapter	Nuland, Sherwin
Living with Grief: Before and After Death	Doka, Kenneth
Living with Grief: Children and Adolescents	Doka, Kenneth
Loss in Later Life	Doka, Kenneth

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AUTHOR

Death & Grief *continued*

Motherless Daughters: The Legacy of Loss

Edelman, Hope

On Death and Dying

Keubler-Ross, Elizabeth

Pain Management at the End of Life

Doka, Kenneth

Spirituality and End of Life Care

Doka, Kenneth

What Dying People Want: Practical Wisdom for the End of Life

Kuhl, David

When the Focus is on Care: Palliative Care and Cancer

Foley, K.; et al

Where is Heaven? Children's Wisdom Facing Death

Menten, Ted

Organ Donation

Nicholas Effect: A Boy's Gift to the World

Green, Reg

Our Hero, Freebird: An Organ Donor's Story

Ehresman, Deirdre; et al

<u>TITLE</u>	<u>AUTHOR</u>
<u>Diseases and Conditions</u>	
Alzheimer's / Dementia	
36-Hour Day: A Family Guide to Caring for Persons with Alzheimer's Disease, Related Dementing Illnesses, and Memory Loss in Later Life	Mace, Nancy
Alzheimer's Prevention Program: Keep Your Brain Healthy for the Rest of Your Life	Small, Gary
Inside Alzheimer's	Pearce, Nancy
Loving Someone Who Has Dementia: How to Find Hope While Coping with Stress and Grief	Boss, Pauline
Mayo Clinic Guide to Alzheimer's Disease	Mayo Clinic
Talking to Alzheimer's: Simple Ways to Connect When You Visit with Family	Strauss, Claudia
Arthritis	
Arthritis Foundation's Guide to Good Living with Osteoarthritis, 2nd edition	Foltz-Gray, Dorothy
Arthritis Foundation's Guide to Good Living with Rheumatoid Arthritis, 3rd edition	Foltz-Gray, Dorothy
A Resilient Life: Learning to Thrive, Not Just Survive with Rheumatoid Arthritis	Elton, Kat

TITLE**AUTHOR****Diseases and Conditions** *continued***Attention Deficit Disorder & ADHD**

ADHD: A Complete & Authoritative Guide	Reiff, M. & Tippins, S.
Driven to Distraction: Recognizing and Coping With Attention Deficit Disorder from Childhood to Adulthood	Hallowell, Edward M.
The ADHD Effect on Marriage: Understand and Rebuild Your Relationship in Six Steps	Orlov, Melissa C.
Taking Charge of ADHD; Revised Edition	Barkley, Russell

Asperger's / Autism Disorders

A to Z of Autism Spectrum Disorders	Turkington, C.; Anan, R.
Aspergirls: Empowering Females with Asperger's Syndrome	Simone, Rudy
Autism Sourcebook: Everything You Need to Know About Diagnosis, Treatment, Coping, & Healing	Exkorn, Karen
Growing Up On The Spectrum: A Guide to Life, Love, and Learning for Teens and Young Adults with Autism & Asperger's	LaZebnik, Claire
Parent's Guide to Teaching Kids with Asperger's Syndrome and Similar ASDs Real-Life Skills for Independence	Romanowski, Patricia
The Partner's Guide to Asperger's Syndrome	Moreno, Susan

Diabetes

15-Minute Diabetic Meals	Hughes, Nancy
Beating Diabetes: Lower Your Blood Sugar, Lose Weight, & Stop Diabetes and its Complications in Their Tracks	Delahanty, Nathan
Complete Guide to Carb Counting: How to Take the Mystery Out of Carb Counting & Improve Your Blood Sugar	American Diabetes Association

TITLE**AUTHOR****Diseases and Conditions** *continued***Diabetes** *continued*

Complete Guide to Diabetes, 5th edition, The Ultimate Home Reference from the Diabetes Experts

American Diabetes Assoc.

Diabetes A to Z: What You Need to Know About Diabetes

American Diabetes Assoc.

Diabetes Demystified

Masharani, Umesh

Diabetes & Heart Healthy Cookbook

American Diabetes Assoc.

Diabetes Meal Planning Made Easy; 3rd edition

Warshaw, Hope

Diabetic Chef's Year-Round Cookbook: A Fresh Approach to Using Seasonal Ingredients

Smith, Chris

Dr. Bernstein's Diabetes Solution: A Complete Guide to Achieving Normal Blood Sugar

Bernstein, Richard

Everything Parent's Guide to Children with Juvenile Diabetes

McCarthy, Moira

Fast & Flavorful: Great Diabetes Meals from Market to Table

Gassenheimer, Linda

First Year Type 2 Diabetes: An Essential Guide for the Newly Diagnosed

Becker, Gretchen

Month of Meals Diabetes Meal Planner

American Diabetes Assoc.

Real Life Parenting of Kids with Diabetes

Loy, Virginia

The "I Hate Exercise" Book for People with Diabetes

Hayes, Charlotte

Type 2 Diabetes for Beginners

American Diabetes Assoc.

<u>TITLE</u>	<u>AUTHOR</u>
<u>Diseases and Conditions</u> <i>continued</i>	
Eye / Vision Health	
Age-Related Macular Degeneration: An Essential Guide for the Newly Diagnosed	Roberts, Daniel
Cataract Surgery (Official Patient's Sourcebook)	Parker, James
Glaucoma: A Patient's Guide to the Disease	Trope, G. E
Fibromyalgia	
Fibromyalgia: The Complete Guide from Medical Experts and Patients	Ostalecki, Sharon
FibroWHYalgia: Why Rebuilding the Ten Root Causes of Chronic Illness Restores Chronic Wellness	Ingebretson, Susan
Food that Helps Win the Battle Against Fibromyalgia: Ease Everyday Pain & Fight Fatigue	Rawlings, Deirdre
Treating and Beating Fibromyalgia and Chronic Fatigue Syndrome: A Step-by-step Program Proven to Help You Get Well	Murphree, Rodger
General Health	
A Good Night's Sleep — Harvard Medical School Guide	Epstein, Lawrence
Alternative Medicine (Book of)	Mayo Clinic
Amyotrophic Lateral Sclerosis (ALS): Guide for Patients & Families	Mitsumoto, Hiroshi
Asthma	Levy, Mark
Celiac Disease: A Hidden Epidemic	Green, Peter
Cerebral Palsy: A Complete Guide for Caregiving	Miller, Freeman
COPD (Live Your Live With)	Martin, Jane

<u>TITLE</u>	<u>AUTHOR</u>
<u>Diseases and Conditions</u> <i>continued</i>	
General Health <i>continued</i>	
Cystic Fibrosis (Facts)	Harris, Ann
Effortless Sleep Method (The)	Stephens, Sasha
Foot Book: Complete Guide to Healthy Feet (The)	Rose, Jonathan
Gall Bladder Survival Guide (The)	Bernal, Jeremy
Hair Loss Answers (The Complete Book of)	Panagotacos, Peters
Hepatitis C: A Survivor's Guide (Living With)	Everson & Weinberg
HIV Infection (Guide to Living With)	Barlett, John
IBD Self-Management: The AGA Guide to Crohn's Disease and Ulcerative Colitis	Kane, Sunanda
Inside Tract: Your Good Gut Guide to Great Digestive Health (The)	Mullin, Gerard
Kicking Butts: Quit Smoking & Take Charge of Your Health	American Cancer Society
Kidney Disease: A Guide for Living	Hunt, W. A.
Kidney Stones (No More): Experts Tell You All You Need To Know About Prevention & Treatment	Rodman, John S.
Lyme Disease Solution (The)	Singleton, Kenneth
Living Your Life with Acid Reflux: Your Guide to Acid Reflux Relief and a Way to Get Your Life back	K M S Publishing
Muscular Dystrophy: The Facts, 3rd edition	Emery, Alan

TITLE**AUTHOR****Diseases and Conditions** *continued***General Health** *continued*

Natural Alternatives to Nexium, Maalox, Tagamet, Prilosec, & Other Acid Blockers	Whittekin, Martie
No More Joint Pain	Abboud, Joseph
Overactive Bladder & Urinary Incontinence	Ellsworth, P., Gordon, D.
Overcoming Meniere's Disease: A Practical Guide	Crane, Randy
Overdiagnosed: Making People Sick in the Pursuit of Health	Welch, Gilbert
Sjorgen's Book (The)	Wallace, Daniel
Sound Sense: Living & Learning with Hearing Loss	Batinovich, Sara L.
Stop the Thyroid Madness: A Patient Revolution Against Decades of Inferior Treatment	Bowthorpe, Janie
Swallow Safely: How Swallowing Problems Threaten the Elderly and Others. A Caregiver's Guide to Recognition, Treatment and Prevention	Sayadi, Roya
TMJ Healing Plan: Ten Steps to Relieving Headaches, Neck Pain & Jaw Disorders (The)	Peterson, Cynthia
Treat Your Own Knees: A Self-help Treatment Plan to Fully Rehabilitate 25 Common Knee Injuries	Walker, Brad
Why Do I Still Have Thyroid Symptoms? When My Lab Tests Are Normal: A Revolutionary Breakthrough in Understanding Hashimoto's Disease and Hypothyroidism	Kharrazian, Datis

<u>TITLE</u>	<u>AUTHOR</u>
<u>Diseases and Conditions</u> <i>continued</i>	
Heart / Cardiovascular Health	
American Heart Association Cookbook, 8th edition	American Heart Association
American Medical Association Guide to Preventing & Treating Heart Disease: Essential Information You & Your Family Need to Know About Having a Healthy Heart	Lipsky, Martin
Back to Life After a Heart Crisis	Wallack, Marc
Complete Guide to Women's Heart Health: The Go Red for Women Way to Well-Being & Vitality	American Heart Association
Guide to Lowering Your Cholesterol (Harvard Medical School Guide)	Freeman, Mason
Guide to Lowering Your Blood Pressure (Harvard Medical School Guide)	Casey, Aggie
Healthy Heart for Life! (Mayo Clinic Guide)	Mayo Clinic
Heart 411: The Only Guide to Heart Healthy You'll Ever Need	Gillinov, Marc
Heart Disease, The First Year Guide for the Newly Diagnosed	Chilnick, Lawrence
Living Well with Heart Failure, the Misnamed, Misunderstood Condition	Kasper, Edward
Living With Coronary Heart Disease: A Guide for Patients & Families	Granato, Jerome
P.O.T.S.—Together We Stand: Riding the Waves of Dysautonomia	Rhum, Jodi E.
Reverse Heart Disease Now: Stop Deadly Cardiovascular Plaque Before It's Too Late	Sinatra, James; et al
Taking Control: Living with the Mitral Valve Prolapse Syndrome	Scordo, Kristine Anne
While You Quit: A Smoker's Guide to Reducing the Risk of Heart Disease and Stroke	Fenske, Theodore

<u>TITLE</u>	<u>AUTHOR</u>
<u>Diseases and Conditions</u> <i>continued</i>	
Infertility	
Baby Solution: Your Essential Resource for Overcoming Infertility (The)	Kenigsberg, D.; et al
Complete Guide to IVF: An Inside View of Fertility Clinics and Treatment (The)	Brian, Kate
Every Drunken Cheerleader: Why Not Me?	Waits, Kristine I.
Fertility & Conception: The Essential Guide to Boosting Your Fertility and Conceiving a Healthy Baby	Trewinnard, Karen
Fertility, Cycles, & Nutrition; 4th edition	Shannon, Marilyn
I'm Taking My Eggs and Going Home: How One Woman Dared to Say No to Motherhood	Manterfield, Lisa
Inconceivable: A Woman's Triumph over Despair & Statistics	Indichova, Julia
The Empty Picture Frame: An Inconceivable Journey Through Infertility	Nadeau, Jenna
What He Can Expect When She's Not Expecting: How to Support Your Wife, Save Your Marriage, & Conquer Infertility!	Sedaka, Marc
When Empty Arms Become a Heavy Burden: Encouragement for Couples Facing Infertility	Glahn, Sandra

TITLE**AUTHOR****Diseases and Conditions** *continued***Lupus**

Coping with Lupus, 4th edition	Phillips, Robert
Lupus Book: A Guide for Patients and Their Families	Wallace, Daniel
Lupus: Everything You Need to Know	Bernatsky, S.; et al
Lupus, My Doctor, and Me: A Sacred Dialogue	Fricklas, A.; Kassin, S.

Multiple Sclerosis

Everything Health Guide to Multiple Sclerosis (The)	Russell, M., Bowling, A.
Managing Multiple Sclerosis Naturally	Graham, Judy
Multiple Sclerosis: A Guide for Families	Kalb, Rosalind
Multiple Sclerosis Manifesto: Action to Take, Principles to Live By (The)	Stachowiak, Julie
Multiple Sclerosis: New Hope & Practical Advice	Rosner, L., Ross, S.
Multiple Sclerosis: The Guide to Treatment & Management	Polman, Chris

<u>TITLE</u>	<u>AUTHOR</u>
<u>Diseases and Conditions</u> <i>continued</i>	
Neurological Conditions	
Epilepsy: A Guide to Balancing Your Life	Leppik, Ilo E.
Epilepsy: Patient & Family Guide	Devinsky, Orrin
Epilepsy and Seizure	Anderson, Ken
Guillain-Barre Syndrome: From Diagnosis to Recovery	Steinberg, Joel
Migraine and Other Headaches	Young, William
Migraine Brains & Bodies: A Comprehensive Guide to Solving The Mystery of Your Migraines	Shiffley, C. M.
Parkinson's Disease: A Complete Guide for Patients & Families	Shulman, W.; et al
Peripheral Neuropathy: When the Numbness, Weakness, and Pain Won't Stop	Latov, Norman
Restless Legs Syndrome: Coping with Your Sleepless Nights	Buchfuhrer, M.; et al
Spinal Cord Injury: A Guide for Patients and Families	Selzer, Michael
Take Charge of Parkinson's Disease: Dynamic Lifestyle Change	Mikkelsen, Anne
Osteoporosis	
Complete Book of Bone Health (The)	Schneider, Diane
Strong Women, Strong Bones: Everything You Need to Know to Prevent, Treat, and Beat Osteoporosis	Nelson, Miriam
Your Bones: How You Can Prevent Osteoporosis & Have Strong Bones for Life Naturally	Pizzorno, Lara

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AUTHOR

Diseases and Conditions *continued*

Sexual Health

Seductive Delusions: How Everyday People Catch STDs

Grimes, Jill

Sexually Transmitted Diseases: A Physician Tells You
What You Need to Know

Marr, Lisa

Stroke

Stroke Recovery Book: A Guide for Patients & Families,
2nd edition (The)

Burkman, Kip

Life After Stroke: The Guide to Recovering Your Health
and Preventing Another Stroke

Stein, Joel

Living with Stroke: A Guide for Families

Senelick, Richard

When Your Spouse Has a Stroke: Caring for Your Partner,
Yourself, and Your Relationship

Palmer, S.; Palmer, J.

<u>TITLE</u>	<u>AUTHOR</u>
<u>Exercise & Fitness</u>	
Busy Mom's Ultimate Fitness Guide	Moxley, Cathy
Exercise for Mood & Anxiety: Proven Strategies for Overcoming Depression and Enhancing Well-Being	Otto, Michael
Exercises for Stroke: Complete Program for Rehabilitation	Smith, William
Foundation: Redefine Your Core, Conquer Back Pain, & Move with Confidence	Goodman, Eric
Marathon: The Ultimate Training Guide	Higdon, Hal
Pilates Body: The Ultimate At-Home Guide to Strengthening, Lengthening and Toning Your Body without Machines	Siler, Brooke
Run Like a Mother: How to Get Moving and Not Lose Your Family, Job, or Sanity	Shea, Sarah B.
Runner's World Complete Book of Women's Running	Barrios, Dagny
Strength Band Training, 2nd edition	Page, P., Ellenbecker, T.
Strength Training Anatomy, 3rd edition	Delavier, Frederic
Strength Training Past 50	Westcott, Wayne
Yoga for Osteoporosis: The Complete Guide	Fishman, Loren
<u>Men's Health</u>	
A to Z of Men's Health: A Concise Encyclopedia	Rothfield, G. Romaine, D.
Essential Guide to Prostate Health	Mayo Clinic
Male Menopause	Diamond, Jed
Testosterone: A Man's Guide; 2nd edition	Vergel, Nelson

<u>TITLE</u>	<u>AUTHOR</u>
<u>Mental Health</u>	
Addictions & Recovery: Self Help for Addicts, Families & Friends	Boyd, Deirdre
Anatomy of an Epidemic: Magic Bullets, Psychiatric Drugs, & the Astonishing Rise of Mental Illness in American	Whitaker, Robert
Bipolar Disorder: A Guide for Patients & Families	Mondimore, Francis
Bipolar Disorder Survival Guide, 2nd edition: What You & Your Family Need to Know	Miklowitz, David
Complete Family Guide to Schizophrenia: Helping Your Loved One Get the Most Out of Life	Mueser, Kim
Coping with OCD: Practical Strategies for Living Well with Obsessive-Compulsive Disorder	Hyman, Bruce
Depression: The Mood Disease	Mondimore, Francis
Haunted by Combat: Understand PTSD in War Veterans Including Women, Reservists, & Those Coming Back From Iraq	Paulson, Daryl
I am Not Sick, I Don't Need Help: How to Help Someone with Mental Illness Accept Treatment	Amador, Xavier
I Hate You—Don't Leave Me: Understanding the Borderline Personality	Kreisman, Jerold
Last Call: Alcoholism and Recovery	Hedblom, Jack
Post-Traumatic Stress Disorder Sourcebook, 2nd edition A Guide to Healing, Recovery, and Growth	Schiraldi, Glenn
Stop Walking on Eggshells: Taking Your Life Back When Someone You Care About has Borderline Personality Disorder	Kreger, Randi
The Sociopath Next Door	Stout, Martha

<u>TITLE</u>	<u>AUTHOR</u>
<u>Nutrition & Wellness</u>	
American Dietetic Association Easy Gluten-Free: Expert Nutrition Advice with More than 100 Recipes	American Dietetic Assoc.
An A-Z Guide to Food Additives: Never Eat What You Can't Pronounce	Minich, Deanna
Beat Sugar Addiction Now!: The Cutting Edge Program That Cures Your Type of Sugar Addiction & Puts You On the Road to Feeling Great and Losing Weight	Teitelbaum, Jacob
DASH Diet Action Plan (The)	Heller, Marla
Deliciously G-Free: Food so Flavorful They'll Never Believe It's Gluten-Free	Hasselbeck, Elizabeth
Deliciously Organic Cookbook	Vitt, Carrie
Eat Less Salt: Easy Action Plan for Finding & Reducing Sodium Hidden in Your Diet	American Heart Association
Eat This, Not That! 2012: The No Diet Weight Loss Solution	Zinczenko, David
Eat This, Not That! Restaurant Survival Guide	Zinczenko, David
Fast Food Nation: The Dark Side of the All-American Meal	Schlosser, Eric
Healthy Eating, Healthy Weight for Kids and Teens	Shield, J., Mullen, M.K.
Healthy Weight for Everybody	Hensurd, Donald
How to Eat, Move, and Be Healthy	Chek, Paul
Know Your Fats: The Complete Primer for Understanding the Nutrition of Fats, Oils, and Cholesterol	Enig, Mary
Lean Belly Prescription (The)	Stork, Travis

<u>TITLE</u>	<u>AUTHOR</u>
<u>Nutrition & Wellness</u> <i>continued</i>	
Obesity: Why are Men getting Pregnant? Watch Out! That Potbelly Can Kill You!	Schauss, Alexander
Portion Size Me: A Kid-Driven Plan to a Healthier Family	Reid, A., Reid, M.
Super Immunity: The Essential Nutrition Guide for Boosting Your Body's Defenses to Live Longer, Stronger, and Disease Free	Fuhrman, Joel
The Unhealthy Truth: One Mother's Shocking Investigation into the Dangers of America's Food Supply & What Every Family Can Do to Protect Itself	O'Brien, Robyn
Vitamin D Solution: A 3-Step Strategy to Cure Our Most Common Health Problems (The)	Holick, Michael
Wheat Belly: Lose the Wheat, Lose the Weight	Davis, William
<u>Weight Loss Surgery</u>	
Complete Weight-Loss Surgery Guide & Diet Program	Ekserci, Sue
Eating Well After Weight-Loss Surgery	Levine, Patti
Emotional First + Aid Kit: A Practical Guide to Life after Bariatric Surgery	Alexander, Cynthia
The Sleeved Life: Patient-to-Patient Guide on Vertical Sleeve Gastrectomy Weight Loss Surgery	Nicola, Pennie
Weight Loss Surgery: Is It Right For You?	Goldberg, Merle

<u>TITLE</u>	<u>AUTHOR</u>
<u>Parenting & Child Health</u>	
10-Minute Life Lessons for Kids: 52 Fun & Simple Games & Activities to Teach Your Child Trust and Honesty	Miller, Jamie
Allergies & Asthma: What Every Parent Needs to Know	American Academy of Pediatrics
American Dietetic Association Guide to Healthy Eating for Kids: How Your Children Can Eat Smart from Five to Twelve	American Dietetic Assoc.
Baby and Child Health	American Academy of Pediatrics
Babyproofing Your Marriage: How to Laugh More, Argue Less And Communicate Better as Your Family Grows	Cockrell, S.; O'Neil, C.
Bedtime Sucks: What to do when You and Your Baby Are Cranky, Sleep Deprived, and Miserable	Kimes, Joanne
Best Homemade Baby Food on the Planet: Know What Goes into Every Bite	Knight, Karin
Broken Dolls: Gathering the Pieces: Caring for Chronically Ill Children	Cox, Jennifer
Caring for Your Baby & Young Child from Birth to Age 5	Shelov, S.
Deceptively Delicious: Simple Secrets to Get Your Kids Eating Good Food	Seinfeld, Jessica
Divorce Poison: How to Protect Your Family from Bad-mouthing and Brainwashing	Warshak, Richard
Explosive Child: A New Approach for Understanding & Parenting the Easily Frustrated, Chronically Inflexible Child	Greene, Ross
Extreme Parenting: Parenting Your Child with a Chronic Illness	Dempsey, Sharon
Fatherneed: Why Father Care is as Essential as Mother Care for Your Child	Pruett, Kyle

<u>TITLE</u>	<u>AUTHOR</u>
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Generation Extra Large: Rescuing Our Children from the Epidemic of Obesity	Tartmella, Lisa
Hands Are Not for Hitting	Agassi, Martine
Help Your Teenager Beat an Eating Disorder	Lock, J.; Grange, D.
Helping Teens Who Cut: Understanding & Ending Self-Injury	Hollander, Michael
Helping Your Anxious Child: A Step-by-step Guide for Parents	Rapee, Ronald; et al
Helping Your Kids Cope with Divorce the Sandcastles Way	Neuman, Gary M.
Helping Your Troubled Teen: Learn to Recognize Understand and Address the Destructive Behavior of Today's Teens	Kaplan, Cynthia
Keeping Your Child Healthy in a Germ-Filled World	Kourtis, Athena
Kids on Meds: Up-to-Date Information About the Most Commonly Prescribed Psychiatric Medications	Kalikow, Kevin
Large Family Logistics	Brenneman, Kim
Laying Down the Law: The 25 Laws of Parenting to Keep Your Kids on Track, Out of Trouble, and (Pretty Much) Under Control	Peters, Ruth A.
Little Big Book for Grandmothers (The)	Tabori, L.; Wong, A.
Loving the Little Years: Motherhood in the Trenches	Greenspan-Goldberg, A.
Married with Special-Needs Children: A Couples' Guide to Keeping Connected	Marshak, L.; Prezant, F.
Me, Myself, & I: How Children Build Their Sense of Self 18-36 months	Pruett, Kyle
Mommy Rescue Guide: Potty Training	Sonna, Linda
No-Cry Sleep Solution: Gentle Ways to Help Your Baby Sleep	Pantley, Elizabeth

<u>TITLE</u>	<u>AUTHOR</u>
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Nurturing Adoptions: Creating Resilience After Neglect & Trauma	Gray, Deborah
Odd Girl Out: The Hidden Culture of Aggression in Girls	Simmons, Rachel
Overcoming Dyslexia: A New & Complete Science-based Program for Reading Problems at Any Level	Shaywitz, Sally
Overcoming Teen Depression: A Guide for Parents	Kaufman, Miriam
Parent's Guide to Facebook: Tips & Strategies to Protect Your Children on the World's Largest Social Network	Rose, Kathryn
Parent's Guide to Speech & Language Problems	Feit, Deborah
Parent's Guide to Texting, Facebook, & Social Media: Understanding the Benefits and Dangers of Parenting in a Digital World	Edgington, Shawn
Parenting the Hurt Child: Helping Adoptive Families Heal & Grow	Keck, G.; Kupecky, R.
Parenting with Love & Logic	Cline, F.; Fay, J.
Positive Parenting for Bipolar Kids: How to Identify, Treat, Manage, and Rise to the Challenge	McDonnell, Mary Ann
Power of a Positive Mom (The)	Ladd, Karol
Protecting the Gift: Keeping Children & Teenagers Safe	DeBecker, Gavin
Putting Family First: Successful Strategies for Reclaiming Family Life in a Hurry Up	Doherty, William
Reading Magic: Why Reading Aloud to Our Children Will Change Their Lives Forever	Fox, Mem
Screamfree Parenting: The Revolutionary Approach to Raising Your Kids by Keeping Your Cool	Runkel, H. E.

<u>TITLE</u>	<u>AUTHOR</u>
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Shut Up About Your Perfect Kid: A Survival Guide for Ordinary Parents of Special Children	Gallagher, Gina
Siblings Without Rivalry: How to Help Your Children Live Together, So You Can Live Too	Faber, Adele
Simplicity Parenting: Using the Extraordinary Power of Less to Raise Calmer, Happier, and More Secure Kids	Payne, Kim
Strong Father, Strong Daughters: 10 Secrets Every Father Should Know	Meeker, Meg
The Bully, the Bullied, and the Bystander: From Preschool to High School—How Parents and Teachers Can Help Break the Cycle	Coloroso, Barbara
Toddler 411: Clear Answers & Smart Advice	Fields, D.; Brown, A.
Toddler Adoption: The Weaver's Craft	Hopkins-Best, Mary
Vaccine Book: Making the Right Decision for Your Child	Sears, Robert
Vaccines & Your Child: Separating Fact from Fiction	Offit, Paul
What Do You Expect? She's a Teenager! : A Hope & Happiness Guide for Moms with Daughters Ages 11-19	Greenspan-Goldberg, A.
When Dad Hurts Mom: Helping Your Children Heal the Wounds of Witnessing Abuse	Bancroft, Lundy
Wild Things: The Art of Nurturing Boys	James, Stephen

<u>TITLE</u>	<u>AUTHOR</u>
<u>Pregnancy & Postpartum</u>	
Afterbirth: Stories You Won't Read in a Parenting Magazine	Modisett, Dani K.
Beyond the Blues: A Guide to Understanding & Treating Prenatal & Postpartum Depression	Bennett, S.; Indman, P.
Birth Matters: A Midwife's Manifesta	Gaskin, Ina May
Diabetes & Pregnancy: A Guide to a Healthy Pregnancy for Women with Type 1, 2, or Gestational Diabetes	Sacks, David
Dropping the Baby & Other Scary Thoughts: Breaking the Cycle Of Unwanted Thoughts in Motherhood	Kleiman, K.; Wenzel, A.
Expect the Best: Your Guide to Healthy Eating Before, During, and After Pregnancy	American Dietetic Assoc.
Gestational Diabetes: What to Expect, 5th edition	American Diabetes Association
Girlfriend's Guide to Surviving the First Year of Motherhood: Wise & Witty Advice on Everything	Iovine, Vicki
Guide to a Healthy Pregnancy	Mayo Clinic
Healthy Eating During Pregnancy	Walker, Allan
It Sucked & Then I Cried: How I had a Baby, a Breakdown, and a Much Needed Margarita	Armstrong, Heather
Life Will Never Be the Same: The Real Mom's Postpartum Survival Guide	Dunnewold, Anne
Living Beyond Postpartum Depression: Help & Hope for the Hurting Mom and Those Around Her	Clark, Jerusha
Mothering the New Mother: Women's Feelings & Needs After Childbirth	Placksin, Sally

<u>TITLE</u>	<u>AUTHOR</u>
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Pea in a Pod: Your Complete Guide to Pregnancy	Goldberg, Linda
Postpartum Depression Demystified: An Essential Guide For Understanding & Overcoming	Venis, J.; McCloskey, S.
So That's What They're For: Breastfeeding, 3rd edition	Tamaro, Janet
This Isn't What I Expected: Overcoming Postpartum Depression	Kleiman, Karen
What to Expect When You're Expecting, 4th edition	Murkoff, H. E.
When You're Expecting Twins, Triplets, or Quads: Proven Guidelines for a Healthy Multiple Pregnancy, 3rd edition	Luke, Barbara
Womanly Art of Breastfeeding (The)	Wiessinger, Diane; et al
Your Pregnancy Week by Week, 3rd edition	Curtis, Glade
Your Pregnancy for the Father-To-Be	Curtis, Glade; et al

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A Strange Period: Insights in the Bizarre Experiences of Perimenopausal Women	Gurrentz, Sheryl
Breaking Out: A Woman's Guide to Coping with Acne at Any Age	Preston, Lydia
Coping with Endometriosis: Sound, Compassionate Advice for Alleviating the Physical & Emotional Symptoms	Phillips, Robert
Explaining Endometriosis	Henderson, Lorraine
Forever Young: The Science of Nutrigenomics for Glowing, Wrinkle-Free Skin and Radiant Health at Any Age	Perricone, Nicholas
If You Have to Wear an Ugly Dress, Learn to Accessorize: Guidance, Inspiration, and Hope for Women with Lupus, Scleroderma, and Other Autoimmune Illnesses	McNamara, Linda
It's a Sistah Thing: A Guide to Understanding & Dealing with Fibroids for Black Women	Brown, Monique
Living with PCOS: Polycystic Ovary Syndrome	Boss, Angela
Menopause before 40: Coping with Premature Ovarian Failure	Banerd, Karin
Menopause Makeover: Ultimate Guide to Taking Control of Your Health & Beauty During Menopause (The)	Jonekos, Staness
Menopause Reset! Reverse Weight Gain, Speed Fat Loss, & Get Your Body Back in 3 Simple Steps	Harpaz, Mickey
Menopause Thyroid Solution: Overcome Menopause by Solving Your Hidden Thyroid Problems (The)	Shomon, Mary
Our Bodies, Ourselves for the New Century: A Book by & for Women	Boston's Women's Health Book Collective
Outliving Your Ovaries: An Endocrinologist Weighs the Risks and Rewards of Treating Menopause with Hormone Replacement Therapy	Johnson, Marina

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Questions & Answers about Human Papilloma Virus (HPV)	Dizon, Don; Krychman, M.
Savvy Women's Guide to PCOS (Polycystic Ovarian Syndrome)	Vliet, Elizabeth
Screaming to be Heard: Hormonal Connections Women Suspect And Doctors Still Ignore	Vliet, Elizabeth
Smart Woman's Guide to Midlife & Beyond: A No Nonsense Approach to Staying Healthy After 50	Horn, J.; Miller, R.
Uterine Fibroids: The Complete Guide	Stewart, Elizabeth
What Your Mother Never Told You About Sex	Hutcherson, Hilda
What's Up Down There?: Questions You'd Only Ask Your Gynecologist if She Was Your Best Friend	Rankin, Lissa
Wisdom of Menopause: Creating Physical & Emotional Health & Healing During the Change (The)	Northup, Christiane
Women & Autoimmune Disease: The Mysterious Ways Your Body Betrays Itself	Lahita, R.; Yalor, I.
Women's Bodies, Women's Wisdom	Northup, Christiane
Women's Health Encyclopedia: The Essential Companion Every Woman Needs for a Healthy Life	Mayo Clinic
Your Body Beautiful: Clockstopping Secrets to Staying Healthy, Strong, & Sexy in Your 30s, 40s, and Beyond	Ashton, Jennifer
Your Guide to Healthy Hormones	Kalish, Daniel

DVD SECTION

Exercise & Fitness DVD's

30 Day Shred by Jillian Michaels

Biggest Loser: The Workout—Boot Camp

Biggest Loser Workout: Cardio Max

Biggest Loser: Power Walk

Essential Yoga for Inflexible People

In Home Fitness with Resistance Bands: Lose Weight, Burn Fat,
Improve Balance, Increase Flexibility and Reduce Injuries

Wellness Solutions for Weight Loss

Yoga for Beginners

Yoga for Stress Relief

General Health Topics DVD's

Breast Cancer: The Path of Wellness and Healing

Fighting for Our Future: Stories of Young Women Battling Breast Cancer

If You Are 50 or Older, You Need to Be Tested for Colon Cancer

Tackling Diabetes with Dr. Neal Barnard

You are Not Alone: An Intimate Discussion with Six Young Breast Cancer Survivors

Location:

Located within Laughlin Memorial Hospital beside the Women's Center, the library is a free health information resource for the entire community.

Hour of Operation:

Monday through Thursday from 8:00 am to 4:00 pm

Friday from 8:00 am to 11:30 am.

Books and DVDs may be checked out of the library. Reference materials and magazines may be used in the library and are not available for check out. Resource materials in the Laughlin Health Information Library are provided for educational purposes only and should not be interpreted as medical advice. All health care information and concerns should be discussed with your health care provider.

Resource Listing Revised: March 2013

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