

Patient & Family Learning Centre  
Patient Education Book List

Alphabetical By Topic:

**Alternative Medicine**

1. **Title:** Mayo Clinic – Book of Alternative Medicine

**Brief Description:** The Mayo Clinic Book of Alternative Medicine is an illustrated, accessible guide to understanding what works and what doesn't in the world of complementary and alternative medicine, and how to put this information to use in your everyday life.

---

2. **Title:** PDR for Herbal Medicines

**Brief Description:** Contains 100 new herb monographs, 700 in all...includes new research data on safety and efficacy, an expanded drug/herb interactions guide, new Asian and homeopathic indices, and daily dosages. Organized by common name.

---

**Alzheimer's Disease & Elder Care**

1. **Title:** Merck Manual of Health & Aging

**Brief Description:** Home reference manual for older people and those who care about them.

---

2. **Title:** The 10 Best Questions for Living with Alzheimer's Disease

**Brief Description:** A guide you'll take with you to your doctor's office and keep close at hand as your loved one progresses from the initial diagnosis through all the stages of the disease. In addition to the medical questions, you'll also learn what you need to ask your spouse or parent; questions to assess home safety issues, driving skills, and home care; and how to care for your own emotional, legal, and financial health.

---

3. **Title:** The Comfort of Home – for Alzheimer's Disease

**Brief Description:** This book shows family and para-professional home caregivers how to be ready for all of Alzheimer's stages, with special emphasis on how to provide physical, day-to-day care safely and without conflict.

---

**4. Title:** The 36-Hour Day

**Brief Description:** This classic family guide to caring for persons with Alzheimer's disease, related dementia, and memory loss in later life.

---

**5. Title:** What to do for Senior Health

**Brief Description:** This book is written spaciouly for men and women who are approaching their serine years. Seven distinct sections cover the health related issues that offer as the body ages.

---

**Brain Injury & Stroke**

**1. Title:** Mindstorms – The complete guide for families living with traumatic brain injury

**Brief Description:** In this book, Dr. Cassidy walks you through the different types of brain injury; explodes the common myths surrounding it; demonstrates the ways in which TBI may affect memory, behavior, and social interaction; explores the newest options in treatment and rehabilitation; and shows you how to hold on to your own sense of self as you journey through.

---

**2. Title:** My Stroke of Insight: A Brain Scientists Personal Journey

**Brief Description:** The author provides a valuable recovery guide for those touched by brain injury and an inspiring testimony that inner peace is accessible to anyone. The astonishing New York Times bestseller that chronicles how a brain scientist s own stroke led to enlightenment On December 10, 1996, Jill Bolte Taylor, a thirty-seven- year-old Harvard-trained brain scientist experienced a massive stroke in the left hemisphere of her brain.

---

## **Breathing & Sleep Disorders**

### **1. Title:** No more Snoring

**Brief Description:** In No More Snoring, one of the world's leading snoring specialists provides you with a proven, step-by-step program to cure your snoring problem.

---

### **2. Title:** The Asthma Sourcebook

**Brief Description:** *The Asthma Sourcebook* explores the latest therapies, medications, diet and nutrition guidelines, and provides you with advice on living with this chronic disorder.

---

### **3. Title:** The Breathing Disorders Sourcebook

**Brief Description:** An extensive guide to the causes, symptoms, and treatments for different types of breathing disorders. It explores the normal mechanisms involved in the act of breathing as well as what can go wrong and describes what to expect during the medical evaluation.

---

### **4. Title:** 100 Questions & Answers about Sleep & Sleep Disorders

**Brief Description:** Whether you're a newly diagnosed patient with a sleep disorder, or are a friend or relative of someone suffering from a sleep disorder, this book offers help. The only text available to provide both the doctor's and patient's views, 100 Questions & Answers About Sleep and Sleep Disorders gives you authoritative, practical answers to your questions. Written by an expert on the subject.

---

### **5. Title:** What to do for kids with Asthma

**Brief Description:** Dr. Galant is a board certified allergist and asthma specialist doctor. He teaches about asthma. He has treated kids who have asthma and worked with their parents for many years. He knows the questions parents and kids have about asthma. This book gives you the answers to those questions. It will help you understand and manage asthma.

---

## **Cancer**

1. **Title:** American Cancer Society Complete Guide to Nutrition for Cancer Survivors

**Brief Description:** Written for consumers, patients, and families seeking reliable information about nutritional support for people with cancer, this comprehensive guide offers the latest information about using nutrition to optimal advantage during the cancer journey.

---

2. **Title:** After Cancer Treatment – Heal Faster, Better, Stronger

**Brief Description:** Dr. Silver shares her own cancer journey and offers a step-by-step plan for physical healing, including exercise and diet recommendations and instructions for fighting fatigue, monitoring mood, and overcoming setbacks.

---

3. **Title:** Anti-Cancer – A new way of life

**Brief Description:** *Anticancer* examines the many factors involved in the growth of cancers in the body and how we can use our own biology to fight them.

---

4. **Title:** Body Basics for Breast Cancer

**Brief Description:** Your guide to recovery and continued health provides breast cancer survivors with a practical guide aimed at preventing complications and recurrence and supporting a healthy lifestyle.

---

5. **Title:** Breaking the Silence on Cancer and Sexuality

**Brief Description:** This handbook takes a clinical approach to the topic of sexuality and cancer. Provides a primer in human sexual functioning; offers tools for nurses on sexual health assessment and communicating with patients about sex; discusses how cancer affects the family and the individual; and much more.

---

6. **Title:** Breast Cancer Clear & Simple

**Brief Description:** Aimed at easing fears and encouraging informed health care choices, this practical and reassuring book provides all the essential facts, behavior guidance, and support about cancer-related decisions. Created by leading medical authorities on breast cancer in collaboration with editorial and design experts in health literacy, the book offers readers a streamlined, step-by-step approach to dealing with a cancer diagnosis.

---

7. **Title:** Cancer Caregiving A to Z

**Brief Description:** Whether caring for one's self at home or providing care for a loved one, this indispensable quick reference can improve quality of care and quality of life for those with cancer. Organized in a straight-forward alphabetical format, the book covers more than four dozen critical cancer caregiving topics, from anxiety to weight changes, and is filled with vital checklists, as well as time-saving—perhaps life-saving—"What-to-do-ifs," which are readily accessible.

---

8. **Title:** Cancer – How will I get through this?

**Brief Description:** Stories of Hope From Survivors and Caregivers is a collection of short vignettes and accounts from a number of cancer survivors and caregivers who have dealt with a wide variety of cancers.

---

9. **Title:** CANCER is a word not a sentence

**Brief Description:** A practical guide written for people who have just been diagnosed with cancer. It aims to help them -- and their loved ones -- make sense of what happens next and to plan a course of action. Dr. Robert Buckman describes everything that comes after the diagnosis, including tests, the stages of the disease, treatment options and follow-up.

---

10. **Title:** Choices in Breast Cancer Treatment

**Brief Description:** Miller, an oncologist and director of the Yale Cancer Center Survivorship Program, presents a unique and indispensable book for women facing breast cancer, which features individual chapters written by medical experts and breast cancer survivors.

---

11. **Title:** Colon & Rectal Cancer – A comprehensive guide for patients & families

**Brief Description:** Author Lorraine Johnston, with her background in life sciences, emphasizes using knowledge to dispel fear. Those who read this book will encounter medical facts simply explained, advice to ease their daily life, and tools to be a strong advocate for themselves or a family member.

---

12. **Title:** Comprehensive Cancer Care – Integrating Alternative Complementary and Conventional Therapies

**Brief Description:** An authoritative, eloquent guide to more experimental methodologies that have demonstrated improvements in quality of life and life expectancy, or in fact have reversed cancer's destructive trajectory, for patients with all stages of cancer.

---

**13. Title:** Complete Guide to Complementary & Alternative Cancer Therapies

**Brief Description:** Written for consumers, patients, and families seeking reliable information about nontraditional therapies, this is a quick and easy guide to the latest information about complementary and alternative methods most commonly available to people with cancer.

---

**14. Title:** Cooking with Foods that Fight Cancer

**Brief Description:** Featuring 160 specially created, delicious recipes — including Cuban Black Bean Soup, Scallop and Strawberry Rosettes, Maghreb Couscous, Sweet Chestnut Brownies — and packed with information on the latest research developments in the field, this gorgeous, full-colour cookbook is the essential companion to the first bestselling volume.

---

**15. Title:** Coping with Chemotherapy and Radiation

**Brief Description:** New advances in treatment offer cancer patients more options than ever before. *Coping with Chemotherapy and Radiation* is an accessible, accurate guide to the latest developments in radiation therapy and chemotherapy. You will find important information on how chemotherapy and radiation treatments work; what to expect from treatments, how to alleviate common side effects, and more.

---

**16. Title:** Eating Hints for Cancer Patients

**Brief Description:** Your diet is an important part of your treatment for cancer. Eating the right kinds of foods during your treatment can help you feel better and stay stronger. The National Cancer Institute has prepared this book to help you learn more about your diet needs and how to manage eating problems.

---

**20. Title:** Everyone's Guide to Cancer Supportive Care

**Brief Description:** With this book, cancer patients and those who care for them can make informed decisions, face the disease with renewed courage, and care for both their bodies and their emotional well-being.

---

**21. Title:** Everyone's Guide to Cancer Survivorship – A roadmap for better health

**Brief Description:** This book was written both for survivors and health professionals, some of whom are cancer survivors, too. More than 30 medical professionals reveal insights on surviving cancer to empower cancer survivors and their caregivers, as well as the doctors who manage their continued care.

---

**22. Title:** Everyone's Guide to Cancer Therapy – How cancer is diagnosed, treated and managed day to day

**Brief Description:** The authors and 76 contributors-specialists in oncology-describe what cancer is, available standard and experimental treatments, and the various concerns of patients. They also provide questions that patients should ask their physicians regarding specific cancers.

---

**23. Title:** Fast Facts – Breast Cancer

**Brief Description:** Two authorities on breast cancer sort the facts from the fancies and fallacies and provide the clinician with rapid access to current information on the subject. Clinical trial findings are discussed as is data on diagnosis and treatment.

---

**24. Title:** Foods that Fight Cancer – Preventing Cancer through Diet

**Brief Description:** In *Foods That Fight Cancer*, leading biochemist Richard Béliveau teams up with Denis Gingras to describe the science of food and which properties of particular foods are the active cancer-fighting elements. They deftly explain how different foods work to protect the body against different cancers and show which foods will be most effective. By understanding the science behind these therapeutic benefits, we come to realize not only why it is so critical to add these foods to our diet, but how easily it can be done.

---

**25. Title:** Goes Down Easy – Recipes you cope with the challenge of eating during Cancer Treatment

**Brief Description:** Goes Down Easy is a practical guide for people living with cancer, their families and caregivers. Some of the most frequently asked questions are "What should I eat? What should I avoid eating? and "How will I manage meals?"

---

**26. Title:** Help me Live – 20 Things people with Cancer want you to know

**Brief Description:** When we hear that someone close to us has been diagnosed with cancer, we want nothing more than to comfort them with words of hope, support, and love. But sometimes we don't know what to say or do and don't feel comfortable asking. With sensitive insights and thoughtful anecdotes, *Help Me Live* provides a personal yet thoroughly researched account of words and actions that are most helpful.

---

**27. Title:** Home Care Guide for Cancer

**Brief Description:** Written for a broad audience, this easy-to-use workbook was designed for home caregivers, patients, support groups, and education programs; it features easy-to-read type and an index for quick reference. The authors include oncology nurses, social workers, psychologists, physicians, family caregivers, and persons with cancer.

---

**28. Title:** Intimacy after Breast Cancer – Dealing with your body, relationships and sex

**Brief Description:** After Breast Cancer, breast cancer survivor Gina Maisano honestly discusses the sensitive issues of self-esteem, body image, and sexuality to help you become the total woman you still are.

---

**29. Title:** It's not about the bike – My Journey Back to Life

**Brief Description:** People around the world have found inspiration in the story of Lance Armstrong--a world-class athlete nearly struck down by cancer, only to recover and win the Tour de France, the multiday bicycle race famous for its grueling intensity.

---

**30. Title:** Live Strong – Inspirational Stories from Cancer Survivors

**Brief Description:** The survivors whose candid accounts of their diagnosis, treatment and life after cancer are included in this engrossing collection have faced formidable adversity-not only the disease, but irresponsible care from physicians, insensitive friends and family members and long-term effects such as infertility and a difficult search for a post-cancer identity-but have managed to surmount these obstacles with bravery, indestructible will and humor.

---

**31. Title:** Lymphoma Patient Resource

**Brief Description:** This manual is to provide a thorough understanding of lymphoma and to provide you with the information you need to continue on your journey in a confident and empowered way.

---

**32. Title:** Lymphoma & You

**Brief Description:** A guide for patients living with Hodgkin's and non-Hodgkin's lymphoma.

---

**33. Title:** Man Cancer Sex

**Brief Description:** In this book, Dr. Anne Katz explores how men are affected by a diagnosis of cancer and how they can seek help. She begins with a nuts-and-bolts discussion of "how things work" and why sexuality is important for a man as an individual and as part of a couple.

---

**34. Title:** Melanoma – Prevention, Detection, and Treatment

**Brief Description:** This cutting-edge guide provides scientifically accurate information patients and their families need in order to understand melanoma and its treatment and to receive vital reassurance. It is also a resource for those who want information about preventing the disease or finding it early when it is most curable.

---

**35. Title:** One Bite at a Time – Nourishing Recipes for Cancer Survivors and their Friends

**Brief Description:** A cookbook for cancer patients with more than 85 recipes, featuring full nutritional analysis and anecdotes from cancer survivors.

---

**36. Title:** Picking up the pieces – Moving forward after surviving Cancer

**Brief Description:** Practical, reassuring and informative, Picking Up the Pieces is based on 15 years of research and interviews with hundreds of survivors. Magee and Scalzo guide survivors through a unique process with daily practices that build a bridge from hospital to home, and beyond.

---

**37. Title:** 100 Questions & Answers about Caring for Family or Friends with Cancer

**Brief Description:** Information you need to take on this challenge. In clear, practical, yet compassionate language, the authors provide essential answers to common caregivers' questions about finding the right doctor and treatment, emotional and physical support, insurance issues, relationships, finding care for the caregiver, and much more.

---

**38. Title:** 100 Questions & Answers about Leukemia

**Brief Description:** Up-to-date, authoritative, practical answers to your questions about treatment options, post-treatment quality of life, sources of support, and more.

---

**39. Title:** 100 Questions & Answers about Life after Cancer: A survivors guide

**Brief Description:** Whether you're a survivor yourself, or a loved one of a survivor, this book offers help. The only text available to provide both the doctor's and patient's views.

---

**40. Title:** 100 Questions & Answers for Women Living with Cancer: A practical guide for survivorship

**Brief Description:** The only text to provide both the patients and doctors views, this invaluable resource provides up-to-date, authoritative, practical answers to the most common questions asked by women with cancer and survivors, whether active or remissive.

---

**41. Title:** Return to Wholeness – Embracing body, mind and spirit in the face of Cancer

**Brief Description:** Return to Wholeness features advice and recommendations on every aspect of living with illness, including designing a simple nutritional program to purify, rejuvenate, and provide balance; benefiting from the healing properties of vitamins, minerals, phytochemicals, and herbs; facing the toll exacted by chemotherapy and other medical techniques; incorporating various kinds of meditation, creative visualization, and aromatherapy into the larger Return to Wholeness program; and weathering emotional cycles through art therapy, journaling, laughter, and music.

---

**42. Title:** Sexuality & Fertility after Cancer

**Brief Description:** Loss of sexual desires is one of the most common results of cancer treatment, and yet that loss and its link to infertility are often ignored by doctors, especially outside the major cancer centers.

---

**41. Title:** The 10 Best Questions for Surviving Breast Cancer

**Brief Description:** The 10 Best Questions™ for Surviving Breast Cancer is a guide you'll take with you into your doctor's office and keep close to you through every step of your treatment and recovery. In addition to the medical questions, you'll also learn what you need to ask your friends, colleagues, and loved ones so that the rest of your life doesn't take a backseat to your diagnosis.

---

**42. Title:** The Cancer Atlas

**Brief Description:** This atlas illustrates the latest available data on the cancer epidemic, showing causes, stages of development, and prevalence rates of different types of cancers by gender, income group, and region. It also examines the cost of the disease, both in terms of health care and commercial interests, and the steps being taken to curb the epidemic, from research and screening to cancer management programs and health education.

---

**43. Title:** The Human side of Cancer

**Brief Description:** For more than twenty years, Dr. Holland has pioneered the study of psychological problems of cancer patients and their families -- whom she calls "the real experts." In *The Human Side of Cancer*, she shares what she has learned from all of them about facing this life-threatening illness and what truly helps along the cancer journey.

---

**44. Title:** The Intelligent Patient Guide to Breast Cancer

**Brief Description:** This best-selling self-help book for cancer patients and their families, by five practicing physicians and professors of medicine, is the definitive authority on all aspects of breast cancer. It equips patients with the knowledge needed to take an active part in their treatment.

---

**45. Title:** Understanding Cancer – Second Edition

**Brief Description:** In *Understanding Cancer*, Dr. C. Norman Coleman explains how to gather information about treatments and how to interpret that information to make decisions.

---

**46. Title:** What helped me get through – Cancer survivors share wisdom and hope

**Brief Description:** This new book, edited by a breast cancer survivor, succinctly relates the experiences, both practical and sensitive, of hundreds of cancer survivors—including celebrities such as Lance Armstrong, Carly Simon, and Scott Hamilton—who candidly relate what helped get them through every aspect of the cancer journey.

---

**47. Title:** When the focus is on Care – Palliative Care and Cancer

**Brief Description:** Explaining how cancer patients can benefit from palliative care—care that addresses the psychological, social, and spiritual needs of the seriously ill patient—this book provides the information, support, and tools needed to cope and live well with cancer, even when the disease is not responsive to treatment.

---

**48. Title:** Woman Cancer Sex

**Brief Description:** Sexuality after a diagnosis of cancer is a real issue for women and their partners. In her new book, *Woman Cancer Sex*, Dr. Anne Katz explains the changes that many women with cancer experience in their sexuality and offers practical and compassionate advice on how to handle these changes.

---

**49. Title:** Women's Cancers – How to prevent them, treat them, to beat them

**Brief Description:** Presented in straightforward, textbook fashion by two nurses--one a survivor of breast cancer and the other a daughter of a cancer patient--*Women's Cancers* is an easy-to-use resource guide designed to help women diagnosed with or at risk for lung, colorectal, breast, pelvic, uterine, ovarian, vaginal, vulvar, and rare gynecologic cancers. The book begins with a simple overview of potential causes for cancer, explaining how it spreads once contracted.

---

**Death & Dying**

**1. Title:** A Caregiver's guide – A Handbook about end-of-life care

**Brief Description:** A Caregiver's Guide presents family caregivers the medical and nursing information they will need in clear, easily understood language.

---

**2. Title:** Handbook for Mortals – Guidance for people facing serious illness

**Brief Description:** Handbook for Mortals is warmly addressed to all those who wish to approach the final years of life with greater awareness of what to expect and greater confidence about how to make the end of our lives a time for growth, comfort, and meaningful reflection.

---

**3. Title:** How we die – Reflections on Life's Final Chapter

**Brief Description:** Attempting to demythologize the process of dying, Nuland explores how we shall die, each of us in a way that will be unique. Through particular stories of dying--of patients, and of his own family--he examines the seven most common roads to death: old age, cancer, AIDS, Alzheimer's, accidents, heart disease, and strokes, revealing the facets of death's multiplicity.

---

**4. Title:** "I don't know what to say..." – How to help and support someone who is dying

**Brief Description:** This authoritative and empathetic guide demystifies the dying process and offers practical advice for the friends and families of the terminally ill.

---

**5. Title:** Living with Grief – Diversity and end-of-life care

**Brief Description:** This book offers key insights into the intersection between death-related issues and cultural diversity in our society.

---

**6. Title:** Our Greatest Gift – A Meditation on Dying and Caring

**Brief Description:** Nouwen, well-loved author of such books as *The Wounded Healer*, offers us here a gentle, almost meditative book on coming to terms with death. Reflecting on his own not-so-distant future death, as well as on the deaths of loved ones and friends, he shares his view of death as a gift, an opportunity to impart hope to those around us, whether through our own dying or in our caretaking of someone else.

---

**Diabetes**

**1. Title:** Diabetes Demystified – A self teaching guide

**Brief Description:** If you or someone close to you has diabetes and you need to learn more about the disease, its complications, and its treatments, help is here. *Diabetes Demystified* explains the causes of diabetes, the differences between type 1 and type 2, and how diabetes can be effectively controlled.

---

**2. Title:** Diabetes Medical Nutrition Therapy and Education

**Brief Description:** This comprehensive guide is an evidence-based review of MNT and the Nutrition Care Process and a practical reference of diabetes management tools and nutrition education.

---

### 3. Title: Dialysis without Fear

**Brief Description:** In Dialysis Without Fear, psychiatrist and dialysis patient Dr. Daniel Offer joins with his wife, Marjorie Kaiz Offer, and daughter, Susan Offer Szafir, to reveal how life can be lived--and lived well--on dialysis. Drawing on his long medical career and more than seven years of personal experience with dialysis, Dr. Offer dispels many misconceptions surrounding this treatment, explaining how you can adapt to the new diet, travel, work and continue to partake in life's joys and celebrations.

---

### 4. Title: Diabetes in Adults

**Brief Description:** Being diagnosed with diabetes can be an overwhelming experience and unwelcome shock for many people. It is a lifestyle-changing disease that can have nasty long-term side effects. Diabetes in Adults shows that with proper management, patients may actually improve their lives in unexpected ways that will help delay or even prevent complications.

---

### 5. Title: The Canadian Type 2 Diabetes Sourcebook – 3<sup>rd</sup> Edition

**Brief Description:** The only Canadian book on Type 2 diabetes is a one-stop guide to everything you need to know about this disease. Learn how Type 2 diabetes affects your body. Find out how to assemble your health care team and how to make the lifestyle changes that will keep you healthy.

---

### 6. Title: Resuming Life After Transplantation: A Handbook for Kidney-Transplant Recipients

**Brief Description:** A resource binder that discusses topics for life after transplantation created by the International Transplant Nurses Society.

---

## **Digestive Disorders**

### 1. Title: Celiac Disease – A Guide to Living with Gluten Intolerance

**Brief Description:** Co-written by a registered nurse who lives with celiac disease, a dietician, and a clinical pharmacist, this indispensable guide tackles all aspects of the disease, including symptoms, diagnosis, management, complications, and current research.

---

## 2. Title: Crohn's Disease & Ulcerative Colitis

**Brief Description:** This book provides concise, up-to-date information on these common conditions. Topics include: Signs and symptoms Procedures and instruments Effects of diet Available drugs and how they work Various surgical options Effects on sexual activity and child-bearing.

---

## 3. Title: Healing Digestive Disorders

**Brief Description:** This book offers hundreds of natural remedies and lifestyle changes that have helped thousands to alleviate symptoms and heal their bodies, one step at a time. Easy to read and use, it comes complete with a workbook section and real-life success stories. Important topics include healthy foods in the right combinations, herbs and vitamins, Chinese medicine, meditation, and recognizing environmental triggers. This edition has been updated with the latest information on alternative health advances.

---

## 4. Title: IBS Relief

**Brief Description:** A hands-on guide to help you manage your symptoms and limit the frequency, intensity, and duration of irritable bowel syndrome (IBS) episodes. Written by a doctor, a dietitian, and a psychologist, this guide gives you a multidisciplinary approach encompassing every proven strategy for managing IBS, including new drug therapies and stress management techniques.

---

## 5. Title: Making sense of IBS

**Brief Description:** In Making Sense of IBS, Dr. Lacy addresses the questions people most frequently ask, including how IBS develops, how it is diagnosed, how to distinguish symptoms of IBS from symptoms of other medical disorders, how the symptoms are affected by stress, the effectiveness of alternative and complementary therapies, available prescription medications, and whether IBS is hereditary.

---

## 6. Title: 100 Questions & Answers about Celiac Disease and Sprue

**Brief Description:** Questions and Answers about Celiac Disease: A Lahey Clinic Guide provides answers to the most common questions asked by patients and family members, especially parents of those children suffering from the disease.

---

## **Epilepsy**

### **1. Title:** Epilepsy – Patient and Family Guide

**Brief Description:** This easy-to-read guide for lay persons offers an overview of the medical and social topics relevant to epilepsy, including diagnosis and treatment, epilepsy in children and adults, legal and financial issues, and available resources. Includes a complete glossary of terms and antiepileptic drugs, plus tables and illustrations.

---

## **Fibromyalgia**

### **1. Title:** The 10 Best Questions for Living with Fibromyalgia

**Brief Description:** *The 10 Best Questions® for Living with Fibromyalgia* is a comprehensive guide you'll take along to your doctor's office and keep close at hand for its well-researched answers as you continue your journey to better physical, mental, emotional, financial, and spiritual health.

---

## **Healthy Living & Self Help**

### **1. Title:** Eating Well, Living Well

**Brief Description:** In this highly anticipated addition to their bestselling series, Dr. Richard Béliveau and Dr. Denis Gingras continue to discuss the powerful link between food and health, this time turning their lens on a broader array of diseases and conditions.

---

### **2. Title:** Mayo Clinic – Guide to Self Care

**Brief Description:** From the renowned Mayo Clinic, a world leader in medicine and research comes a remarkable book that delivers comprehensive, reliable, and easy-to-understand health information on 150 medical conditions and issues relating to health.

---

### **3. Title:** Men's Sexual Health

**Brief Description:** *Men's Sexual Health* is a breakthrough book about vital and satisfying male sexuality. It presents a new model of male and couple sexuality, which establishes positive, realistic expectations of pleasure and satisfaction, as opposed to the self-defeating traditional demand for perfect intercourse performance.

---

#### 4. **Title:** Nutrition for Canadians for Dummies

**Brief Description:** Good nutrition is the key to a healthy weight and lifelong good health. But with more and more food choices available in today's grocery stores and restaurants, how do you make sure you and your family are eating right? With information from the latest guidelines and research, this friendly guide is just what you need to make the right food choices every day.

---

#### 5. **Title:** The Brain that Changes itself

**Brief Description:** For years the doctrine of neuroscientists has been that the brain is a machine: break a part and you lose that function permanently. But more and more evidence is turning up to show that the brain can rewire itself, even in the face of catastrophic trauma: essentially, the functions of the brain can be strengthened just like a weak muscle.

---

#### 6. **Title:** The Places that Scare You

**Brief Description:** In *The Places That Scare You*, Chödrön introduces a host of the compassionate warriors' tools and concepts for transforming anxieties and negative emotions into positive living. Rather than steeling ourselves against hardship, she suggests we open ourselves to vulnerability; from this comes the loving kindness and compassion that are the wellsprings of joy.

---

#### 7. **Title:** The Relaxation & Stress Reduction Workbook

**Brief Description:** The Relaxation and Stress Reduction Workbook has become the most indispensable resource for effective and up-to-date techniques for relaxing the body, calming the mind, and refreshing the spirit. Therapists recommend the book to their clients; you pass it on to their friends. More than half a million copies have helped millions of people take the edge off their stressful lives and find the peace they need to foster happiness and success.

---

#### 8. **Title:** When Things Fall Apart – Heart Advice for Difficult Times

**Brief Description:** An American Buddhist teacher reveals the secret to happiness in the midst of life's difficulties. Pema Chodron shows that the secret to freeing ourselves from pain is not to run away from it, but to step right into the uncharted territory of difficulty with friendliness and curiosity and to relax with the groundlessness of our condition--however difficult it may be.

---

## **Heart Disease**

1. **Title:** Living with Coronary Heart Disease – A guide for patients and families

**Brief Description:** Coronary heart disease kills more people in the United States than any other heart disorder, and it is the leading cause of death among American women. Jerome E. Granato, a distinguished cardiologist with more than twenty-five years of experience, has created an authoritative and accessible guide to this common condition, providing patients and their families with insight and advice.

---

2. **Title:** Guide to Preventing and Treating Heart Disease

**Brief Description:** Heart disease is the leading cause of death and a major cause of disability in both men and women in the United States today. The good news is that with knowledge and practical lifestyle changes, heart disease is both treatable and preventable. In the American Medical Association Guide to Preventing and Treating Heart Disease, you'll learn everything you need to know to lessen your risk of cardiovascular disease, take control of it if you have it, or help a loved one.

---

3. **Title:** Coronary Heart Disease – A guide to diagnosis and treatment

**Brief Description:** Author Barry M. Cohen, M.D., a cardiologist who has treated thousands of patients, understands the questions and concerns you have. In *Coronary Heart Disease*, he explains the basics of how CHD is diagnosed and treated.

---

4. **Title:** Take it to Heart

**Brief Description:** In this book Pamela opens the door to her recovery process and tells readers what the doctors won't. She has found experts to offer advice so that readers will know exactly what to look for and what tests to demand.

---

5. **Title:** The 10 Best Questions for recovering from a Heart Attack

**Brief Description:** With a wealth of resources and up-to-the-minute information, *The 10 Best Questions™ for Recovering from a Heart Attack* shows you and your family how to move beyond your fears and use the power of the Best Questions and Magic Questions (the smartest questions most people never think to ask) to become your own best advocate for your physical, emotional, mental, spiritual, and financial health.

---

## 6. **Title:** 100 Questions & Answers about Congestive Heart Failure

**Brief Description:** Whether you or a loved one has been diagnosed with congestive heart failure, the number and type of diagnosis and treatment options can be overwhelming. This invaluable resource offers the guidance and advice you need. Written by a prominent physician and by a leader in patient support for this devastating disease, 100 Questions & Answers About Congestive Heart Failure gives you authoritative, practical answers to your questions, including causes, diagnosis, treatment options, quality of life, care giving, sources of support, and much more.

---

### **Hemophilia & Blood Disorders**

#### 1. **Title:** All About Hemophilia – A guide for families

**Brief Description:** The purpose of this book is to bring together detailed medical information, evidenced-based recommendations, practical tips, and real life stories, so that parents and other caregivers have a resource they can count on.

---

#### 2. **Title:** PAIN The Fifth Vital Sign – A resource on Managing Pain for People with Bleeding Disorders

**Brief Description:** The most common reason for seeking medical care is pain. Many adults and children in the bleeding disorder community, especially those with chronic joint damage, say that pain is the major element affecting their quality of life. Yet it is only recently that attention is starting to be paid to this serious problem. Your questions will be addressed in this resource provided by the Canadian Hemophilia Society.

---

### **HIV & AIDS**

#### 1. **Title:** Living Well with HIV & AIDS

**Brief Description:** A cross between a self-help motivational discourse and an easy-to-follow health manual, this book offers invaluable advice to those entering the territory of AIDS. While the approach here is by no means a comprehensive look at the problems of living with HIV, the authors (a doctor at UC/San Diego and three health professionals affiliated with Stanford University Patient Education Research Center) provide practical suggestions to make living with the illness more bearable.

---

2. **Title:** Managing you health – a guide for people living with HIV

**Brief Description:** This new edition of CATIE’s (Canadian AIDs Treatment Information Exchange) Managing your health deals with issues of HIV prevention, awareness and treatment. It provides answers to almost any question an HIV-positive person might ask.

---

**Medical Dictionaries**

1. **Title:** A Dictionary of Genetics

**Brief Description:** A source for identifying specialized terminology is essential to keeping up with any growing field of research. This dictionary admirably satisfies that need, drawing from genetics and other related disciplines.

---

2. **Title:** Complete Home Medical Guide

**Brief Description:** The most accessible and authoritative source of up-to-date medical and health information, providing Canadians with the knowledge they need to participate effectively in their own health care.

---

3. **Title:** Dorland's Illustrated Medical Dictionary

**Brief Description:** If you're involved in health care in any way, you need to know the latest medical terms and what they mean. That's why you need Dorland's! The world's most trusted source on the language of medicine for over 100 years, it delivers more entries and better definitions than any other medical dictionary - so you can master more of the current terminology that you need to know. A wealth of illustrations and a remarkably user-friendly format make reference a snap.

---

**Mental Health**

1. **Title:** Break the Bipolar Cycle

**Brief Description:** If you're dealing with bipolar disorder, you already know that it's more than a cycle of "ups" and "downs." You may also have difficulty with depression and irritability, as well as problems with weight gain, memory, and fatigue. Dealing with these day-to-day problems can sometimes seem like too much to bear. Drawing on the latest research in bipolar disorder, stress, and health, this step-by-step guide offers a complete selection of livable, workable solutions to manage bipolar disorder.

---

2. **Title:** Sometimes I act crazy – Living with Borderline Personality Disorder

**Brief Description:** A source of hope, expert advice, and guidance for people with borderline personality disorder and those who love them.

---

3. **Title:** The Complete Family Guide to Schizophrenia

**Brief Description:** Noted therapists Kim Mueser and Susan Gingerich deepen your understanding of the illness and cover a wide range of effective treatments. Based on decades of research and experience, they offer pragmatic suggestions for dealing with depression, psychosis, and other symptoms. They show you how to prioritize needs, resolve everyday problems, and encourage your loved one to set life goals.

---

### **Multimedia**

**Topic:** Cancer

1. **Title:** Building skills that work for you                      **Type:** Cassette Tape

**Brief Description:** A self-learning audio program covering 6 topics or skills that can help people with cancer meet the challenges of their illness.

---

2. **Title:** Caring for the Caregiver                                      **Type:** Cassette Tape

**Brief Description:** To help family members, friends, and other caregivers with the often difficult task of caring for themselves while caring for someone who has been diagnosed with cancer.

---

3. **Title:** Topics for Older Persons                                      **Type:** Cassette Tape

**Brief Description:** This focuses on issues that have specific meaning for older cancer survivors.

---

4. **Title:** Visions for Cancer Recovery                                      **Type:** DVD

**Brief Description:** Assist the body's healing process using a series of guided relaxation, and stress reduction techniques, followed by an active visualization of cancer cell elimination as represented by artistically rendered scientific imagery.

---

5. **Title:** Voices of Hope    **Type:** DVD

**Brief Description:** Sponsored by the Hastings, MN Breast Cancer Support Group for women newly diagnosed with breast cancer.

---

**Topic:** Brain Injury & Stroke

1. **Title:** As the River Flows

**Type:** DVD

**Brief Descriptions:** Following the path of the river, the Sharing Circle DVD uses Aboriginal (or the animal system) and medical teachings, about Stroke. Understanding, what a stroke is, or "brain attack", is captured in the Sharing Circle. The nature of warning signs and where to go for help are also discussed.

---

**Topic:** Ostomy Information & Care

1. **Title:** The whole person

**Type:** DVD

**Brief Description:** Stories of strength, survival and hope

---

2. **Title:** In control – Life after your ostomy

**Brief Description:** "In Control / Life After Your Ostomy " is a video of a very personal, inspirational account of five people's lives following ostomy surgery. It addresses four frequently asked questions: "Why was this surgery necessary?", "What can I expect after surgery?", "How do I empty and change my pouch?", and "What do I need to know for day-to-day living?"

---

**Topic:** Spirituality & Healing

1. **Title:** Meditation for Optimum Health

**Type:** CD

**Brief Description:** A practical introduction that makes it simple to enjoy the life-changing benefits of meditation – even if you've never tried it before.

---

2. **Title:** Soul of Healing

**Type:** DVD

**Brief Description:** A timely exploration of scientific medicine and the healing wisdom traditions of the world – a revolutionary program that promises to create a new paradigm for modern science.

---

### **Multiple Sclerosis**

1. **Title:** Managing the Symptoms of Multiple Sclerosis

**Brief Description:** Schapiro (neurology, University of Minnesota in Minneapolis) discusses each symptom associated with MS and its management. Along with its symptom-by-symptom coverage, the guide also offers an overview of the disease and relates it to the patient's total health.

---

## 2. **Title:** Multiple Sclerosis – The Facts you need

**Brief Description:** New information on the causes and treatment, including the possible role of vitamin D deficiency. This comprehensive guide to living with MS is supported by diagrams, case histories, a drug table, and an extensive list of helpful books and organizations.

---

### **Ostomy Information & Care**

#### 1. **Title:** Alive & Kicking

**Brief Description:** A remarkable account of a young man who battled back against insurmountable odds. Despite four major abdominal surgeries that left him near death and wearing an ostomy pouch, he surprised his medical doctors and his Charger teammates by returning to the NFL for seven more seasons.

---

#### 2. **Title:** Great Comebacks from Ostomy Surgery

**Brief Description:** Inspirational stories of 15 people who have survived and thrived following ostomy surgery.

---

#### 3. **Title:** I'd like to buy a bowel please! – Ostomy A to Z

**Brief Description:** I'd Like to Buy a Bowel Please! is filled with stories from eighty contributors comprised of health care workers, support people or one who lives with an ostomy. These stories give us a glimpse into the daily challenges of a person dealing with an ostomy while it shows their incredible spirit and humor to cope and move on with their very full lives. The author's witty and slightly sarcastic humor is weaved throughout.

---

#### 4. **Title:** Living well with an Ostomy

**Brief Description:** Your complete guide to: day-to-day ostomy care with hints and tips for natural solutions coping with the physical changes to your body information for children, young adults and seniors.

---

#### 5. **Title:** Positive Options for Living with your Ostomy

**Brief Description:** An ostomy is an opening on the abdomen created by a surgeon to allow waste material to be expelled. The operation is performed as a lifesaving measure when the body's normal system for expelling waste no longer functions. With practical guidelines and emotional support for ostomy patients and their families, this book addresses all aspects of postoperative care as well as such sensitive issues as social situations and sexual intimacy.

---

**6. Title:** Second Act – Life after Colostomy and Other Adventures

**Brief Description:** In this irreverently humorous book, ac-tress Barrie describes her 30-year experience first with irritable bowel syndrome (IBS) and later with carcinoma of the rectum. Despite significant symptoms, Barrie denied her illness for so long that she developed a large tumor, endured not one but three operations, had radiation and chemotherapy, and now lives with a colostomy bag. Her ability to describe this ordeal with warmth and humor will help those facing the same situation by demystifying the process. By using her visibility as the TV wife of Barney Miller, Barrie has opened the door on what for many is a taboo topic, making a true contribution to the literature.

---

**7. Title:** Yes We Can! Advice on traveling with an ostomy and tips for everyday living

**Brief Description:** This pocket-sized reference guide explores issues beyond standard medical explanations and shows that post-surgical travel is not only possible, it's easy!

---

**Parenting & Family**

**1. Title:** What to do for Healthy Teeth

**Brief Description:** Sadie is a dentist and Ariella is an educator in the areas of childcare and health care management. They both have many years experience teaching about dental health and wellness issues. They know what questions adults, children, and their caregivers have about dental health. This book gives you answers to those questions to keep your mouth, teeth and gums healthy.

---

**2. Title:** What to do for Teen Health

**Brief Description:** This book presents "What to do" suggestions for all of the major concerns and problems that parents will encounter with children during their teens-age 9 to 18 years of age. The book's easy to read and easy to understand style enables parents to quickly move through the text and glean advice and knowledge that will add to their "parenting skills."

---

**3. Title:** What to do when your child gets sick

**Brief Description:** Ann and Gloria have been nurses for over 20 years. Both have worked for many years with parents and children. They know the questions and concerns parents have about their children. This book answers these questions. Read this book to help you keep your children safe and well.

---

5. **Title:** What to do when your child is heavy

**Brief Description:** Gloria is a nurse and Michael is a writer and editor. They have both worked in health care for more than 20 years. They both teach health and know the answers to questions parents have about their heavy children. This book gives you answers to those questions. It will help you make changes to help your whole family live a healthier lifestyle.

---

4. **Title:** What to do when you're having a baby

**Brief Description:** There are many things a woman can do to have a healthy baby. Here's an easy to read, easy to use book written by two nurses that tells you what to expect when you are pregnant and what to do to have a healthy baby.

---

**Special Needs – Cookbook**

1. **Title:** Easy-to-Swallow Easy-to-Chew Cookbook

**Brief Description:** The Easy-to-Swallow, Easy-to-Chew Cookbook presents a collection of more than 150 nutritious recipes that make eating enjoyable and satisfying for anyone who has difficulty chewing or swallowing. It also shares helpful tips and techniques to make eating easier for the elderly and those with such diseases as Parkinson's, AIDS, or head and neck cancers.

---

**Spirituality & Healing**

1. **Title:** Animals as Teachers & Healers

**Brief Description:** When the author triumphed over cancer, she gave credit to the love of the animals in her life. In "Animals as Teachers & Healers", McElroy shares her remarkable story, along with true stories from others who have been touched by the loving energies of animals National publicity.

---

2. **Title:** Can you drink the cup?

**Brief Description:** *Can you drink the Cup?* Explores the deep spiritual impact of the question Jesus asked his friends James and John. Reflecting upon the metaphor of the cup, Nouwen uses the images of holding, lifting, and drinking to articulate the basics of the spiritual life.

---

3. **Title:** Help me to Heal – A practical guidebook for patients, visitors and caregivers

**Brief Description:** Hospitalization should promote healing. Intended as a just-in-time resource for patients and family members, Help Me to Heal presents the strategies to help maximize healing opportunities.

---

4. **Title:** Not Yet

**Brief Description:** The new memoir by celebrated novelist Wayson Choy chronicles not one, but two near-death experiences. Employing a spare, restrained approach, Choy depicts a dramatic series of events through an unexpectedly tranquil filter, highlighting themes of family, home, and the fragility of growing old.

---

5. **Title:** Praying our Goodbyes

**Brief Description:** Letting go of what we cherish is one of the hardest things we ever have to do. And that includes letting go of jobs, homes, relationships, good health, illusions, self-importance, and even loved ones. But unless we learn to say goodbye as well as hello, we are crippled by our suffering.

---

6. **Title:** The Dark Night of the Soul

**Brief Description:** A distinguished psychiatrist, spiritual counselor and bestselling author shows how the dark sides of the spiritual life are a vital ingredient in deep, authentic, healthy spirituality.

---

7. **Title:** The Last Lecture

**Brief Description:** A lot of professors give talks titled "The Last Lecture." Professors are asked to consider their demise and to ruminate on what matters most to them. And while they speak, audiences can't help but mull the same question: What wisdom would we impart to the world if we knew it was our last chance? If we had to vanish tomorrow, what would we want as our legacy?

---

8. **Title:** The Little Book of Kitchen Table Wisdom

**Brief Description:** Rachel Naomi Reme, M.D., one of the most beloved pioneers of the new medicine, offers some of the most quoted thoughts from her classic bestseller on healing, Kitchen Table Wisdom. This is a book for people who need a moment of inspiration and balance: in the grocery store, in line at the bank or bus stop, or anywhere their daily life takes them.

---

**9. Title:** Where is God when it hurts?

**Brief Description:** Sensitive and caring, this unique book discusses pain--physical, emotional, and spiritual--and helps us understand why we suffer from it and how to cope with our own and that of others. Using examples from the Bible as well as the author's personal experiences, this expanded edition speaks to everyone for whom life sometimes doesn't make sense. Philip Yancey can help us discover how to reach out to someone in pain even when we don't know what to say. It shows us how we can learn to accept without blame, anger, or fear that which we cannot understand.

---

**Women's Health**

**1. Title:** Healthy Beginnings – Giving your baby the best start from preconception to birth

**Brief Description:** If you are thinking about having a baby, have just learned that you are pregnant, or have been enjoying pregnancy so far and just want to learn more, this is the book for you.

---

**2. Title:** Healthy Beginnings – Your handbook for pregnancy and birth

**Brief Description:** This handbook is written by the Society of Obstetricians and Gynaecologists of Canada to empower women and give them the information they need to make good choices in pregnancy.

---

**3. Title:** The New Harvard Guide to Women's Health

**Brief Description:** Women seeking answers to questions about their health had access to combined expertise of physicians from three of the world's most prestigious medical institutions: Harvard Medical School, Massachusetts General Hospital, and Brigham and Women's Hospital. With complete information on women's health concerns, physical and behavioral, this A to Z reference quickly became a definitive resource, praised especially for its coverage of topics not previously considered under the umbrella of women's health.

---

**4. Title:** Women's Health over 40

**Brief Description:** A guide for healthier living, this book provides you with detailed, easy-to-read information about breast cancer, osteoporosis, heart disease and other health issues of women over 40.

---

**5. Title:** Women's Health under 40

**Brief Description:** A guide for healthier living, this book provides you with detailed, easy-to-read information about breast cancer, pelvic pain, PMS and other health issues of women under 40.

---