

**RIDEAU LAKES PUBLIC LIBRARY
BOOK INVENTORY**

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ADDICTION

Chemical dependency : opposing viewpoints

Swisher, Karin, 1966-

Presents opposing viewpoints about the causes and treatment of alcohol, tobacco, and other drug addiction. Includes critical thinking skill activities and a list of organizations to contact.

ISBN: 0899081541

ALLERGIES

Allergies : what you need to know

Giulucci, Mark.

Anyone with allergies knows that they can be extremely frustrating, even debilitating. The body's misguided attempt to defend itself against harmless substances can cause symptoms that make life miserable. But with the right information the distress of allergy attacks and asthma can be avoided or lessened

ISBN: 0737016094

No more allergies : identifying and eliminating allergies and sensitivity reactions to everything in your environment

Null, Gary.

Null redefines a health problem that afflicts 40 million Americans: More than mere hay fever, contemporary allergic reactions include chronic fatigue syndrome, Alzheimer's disease, and even HIV infection. These conditions, he explains, occur when our immune systems break down. This ground-breaking book now prescribes effective solutions

ISBN: 0679743103

ALZHEIMERS

The story of my father

Miller, Sue.

In the fall of 1988, Sue Miller found herself caring for her father as he slipped into the grasp of Alzheimer's disease. She was, she claims, perhaps the least constitutionally suited of all her siblings to be in the role in which she suddenly found herself, and in The Story

ISBN: 0375414797

The forgetting : Alzheimer's, portrait of an epidemic

Shenk, David.

Afflicting nearly half of all persons over the age of 85, Alzheimer's disease kills nearly 100,000 Americans a year as it insidiously robs them of their memory and wreaks havoc on the lives of their loved ones. It was once minimized and misunderstood as forgetfulness in the elderly,

ISBN: 0385498373

What your doctor may not tell you about Alzheimer's disease : the complete guide to preventing, treating and coping with memory loss

Devi, Gaytri.

More than four million Americans suffer from Alzheimer's disease. Often feared, yet little understood, this debilitating illness presents complex challenges for both sufferers and their caregivers. Now Dr. Gayatri Devi, a leading Alzheimer's expert, offers a groundbreaking program that can help prevent memory loss in healthy people-and slow the progress

ISBN: 0446691887

What's happening to Grandpa?

Shriver, Maria.

With special insight that derives from her own father's struggle with Alzheimer's Disease, Shriver offers a touching and optimistic story that encourages awareness, acceptance, and dialogue with family and friends.

ISBN: 0316001015

The graduation of Jake Moon

Park, Barbara.

HOW CAN YOU LOVE SOMEONE AND RESENT HIM AT THE SAME TIME? Jake Moon used to love the time he spent with his grandfather, Skelly, but that was before Skelly got Alzheimer's disease. All of a sudden, it's as if Skelly is the kid, and Jake has to be

ISBN: 0689839855

There's still a person in there : the complete guide to treating and coping with Alzheimer's

Castleman, Michael.

Written for caregivers and anyone whose life has been touched by Alzheimer's, There's Still a Person in There is a kind, hopeful, and realistic guide to these trying years. It tempers its up-to-the-minute reports on medical advances, natural therapies, and coping strategies with affecting profiles of families living through this

ISBN: 0399145710

Brain longevity : how to regenerate your mind for a lifetime of peak medical performance

Singh Khalsa, Dharma.

This book contains a four-part program including nutritional, stress-relieving, pharmacological, and mind-body exercise therapies to help people overcome the undesirable effects of normal brain "aging". By controlling cortisol, a hormone that is toxic to the brain and present in excessive levels as we age, Dr. Khalsa's plan can help improve

ISBN: 0446520675

When someone you love has Alzheimer's : the caregiver's journey

Grollman, Earl A.

"When Someone You Love Has Alzheimer's" offers help and hope to people coping with the illness of someone they love. It answers vital questions about the disease such as: what really happens to people with the disease? can it be inherited? how long does it last? A complete resource section

ISBN: 0807027200

Living in the labyrinth : a personal journey through the maze of Alzheimer's

Friel McGowin, Diana.

Living In The Labyrinth is the story of how one woman found the strength and the courage to cope with a devastating disease that has afflicted five million Americans. Far from being an exercise in self-pity or a standard autobiography, this is an unflinching and ultimately uplifting look at a debilitating illness from the inside out.

ISBN: 0385311869

The memory box

Bahr, Mary.

When Gramps realizes he has Alzheimer's disease, he starts a memory box with his grandson, Zach, to keep memories of all the times they have shared.

ISBN: 0807550523

ANOREXIA

The mother knot

Harrison, Kathryn.

"Kathryn Harrison's new memoir, written with razor blades and honey, is a compelling mother-daughter study, full of truths about our lives. . . . The book is moving and beautifully written."--Erica Jong.

ISBN: 1400061911

Anorexia

Graves, Bonnie

ISBN: 0736804315

Anorexia and bulimia

Robbins, Paul R. (Paul Richard)

Explores the history of anorexia, bulimia, and binge eating, discussing their symptoms, diagnosis, prevention, and treatment.

ISBN: 0766010473

Arthritis : fight it with the blood type diet

D'Adamo, Peter J.

Dr. Peter J. D'Adamo has forever changed the face of eating right to lose weight and achieve maximum health. Because he discovered what many already instinctively knew-that a plan that works for one person may make another ill-there will never be a one-size-fits-all diet again. And since we now know

ISBN: 039915227X

Strong women and men beat arthritis

Nelson, Miriam E.

Nominated for the Wellness 2002 Books for a Better Life Award More than forty million Americans have arthritis, a disease of joint deterioration that costs people everything they take for granted. But with breakthrough research that she conducted with fellow Tufts scientists Kristin Baker and Ronenn Roubenoff, Miriam E. Nelson

ISBN: 0399148523

My brother made me do it

Kehret, Peg.

Oh, BRRRRROTHER! Hi. I'm Julie Welsh. My nine-year-old brother is always cooking up schemes...and I get blamed. Because I'm older. Eleven, to be exact. But Frankie has his good points too, as I told Mrs. Kaplan, my 89-year-old pen pal, who lives in Kansas. I write Mrs. Kaplan about everything. Even my secrets. She was the first one I told about my juvenile arthritis. Mrs. Kaplan understands everything. She has arthritis too. I was feeling tired and achy all the time, and discouraged. Then Mrs. Kaplan gave me ideas about running for student council, and though I could barely lift my legs, Frankie made me want to compete in a fun run. Just when I thought my life was a permanent time-out, you'll never believe what happened....

ISBN: 0671034197

Mayo Clinic on arthritis

Hunder, Gene G.

Easy-to-understand answers about the most common forms of arthritis-- osteoarthritis and rheumatoid arthritis--with an emphasis on what people can do to help themselves.

ISBN: 1893005003

Alternative answers to arthritis and rheumatism

Charlish, Anne.

From the most effective complementary therapies to the latest advances in traditional medical approaches, here's the latest information on the treatment of arthritis. This book is a complete action plan for treating arthritis safely and effectively.

ISBN: 0762102470

The arthritis sourcebook : everything you need to know about-- the major types of arthritis and their treatments

Brewer, Earl J., 1928-

Exploding the myth that there is nothing an individual can do but get used to it and dispelling the fear of the unknown surrounding arthritis, this authoritative new edition explains the various types of arthritis, the latest treatments and medications, along with their benefits and side effects, and offers insights

ISBN: 1565650360

Parenting a child with arthritis : a practical, empathetic guide to help you and your child live with arthritis

Brewer, Earl J., 1928-

ISBN: 0929923553

The arthritis action program : an integrated plan of traditional and complementary therapies / Michael E. Weinblatt

Weinblatt, Michael E.

Start Your Own Arthritis Action Program Today If you suffer from the aches and pains of osteoarthritis, rheumatoid arthritis, or related conditions like carpal tunnel syndrome or Lyme disease, this book will give you the latest information on managing and minimizing symptoms -- with results your grandma never dreamed of!

ISBN: 0684868024

Keys to understanding arthritis

Vierck, Elizabeth.

ISBN: 0812047311

The arthritis exercise book : gentle, joint-by-joint exercises to keep you flexible and independent

Ellert, Gwen, 1952-

This unique guide outlines effective, practical, joint-by-joint exercises developed to benefit arthritis sufferers, who surprisingly are just as likely to be young adults as people over 50. Step-by-step instructions cover more than 40 exercises divided by function to treat specific joints. 124 line drawings.

ISBN: 0809240947

Arthritis relief at your fingertips : the complete self-care guide to easing aches and pains without drugs

Gach, Michael Reed.

ISBN: 0446514748

Fitness for people with rheumatoid arthritis

Gairdner, Jean.

ISBN: 0889025266

ASTHMA

Catching my breath : an asthmatic explores his illness

Brooks, Tim.

In this engrossing and informative book, National Public Radio commentator Tim Brookes conducts a passionate inquest into the origins and treatment of asthma. His motives are both journalistic -- some 12 million Americans have asthma -- and personal: Brookes himself is asthmatic and nearly died from an attack. Catching My

ISBN: 067976206X

All about asthma

Ostrow, William.

The young narrator describes life as an asthmatic, explaining causes and symptoms of asthma, and discussing ways to control the disorder to lead a normal life.

ISBN: 0807502758

ATTENTION DEFICIT DISORDER

Joey Pigza loses control

Gantos, Jack.

Joey Pigza really wants his six-week visit with his dad to count, to show him he's not as wired as he used to be, to show his dad how much he loves him. But Carter Pigza's not an easy guy to love. He's eager to make it up to Joey

ISBN: 0064410226

What would Joey do?

Gantos, Jack.

< b>A School Library Journal Best Book of the Year 2002< br> A Newbery Award-winning Author< /b>< P>In this final book of the Joey Pigza trilogy, Jack Gantos's acclaimed hero is attempting a breathtaking balancing act as he tries to keep a handle on his wild, wired behavior without

ISBN: 0060544031

Delivered from distraction : getting the most out of life with attention deficit disorder

Hallowell, Edward M.

In 1994, Driven to Distraction sparked a revolution in our understanding of attention deficit disorder. Now a second revolution is under way in the approach to ADD, and the news is great. Drug therapies, our awareness of the role of diet and exercise, even the way we define the disorder—all

ISBN: 034544230X

Running on Ritalin a physician reflects on children, society, and performance in a pill

Diller, Lawrence H.

In a book as provocative and newsworthy as Listening to Prozac and Driven to Distraction, a physician speaks out on America's epidemic level of diagnoses for attention deficit disorder, and on the drug that has become almost a symbol of our times: Ritalin. In 1997 alone, nearly five million people

ISBN: 0553106562

Do you have attention deficit disorder?

Thomas, James Lawrence.

The millions who suffer from this secret illness often blame their forgetfulness, inability to be on time, unfinished projects, and procrastination on behavioral problems. But these symptoms of ADD have a biological cause, and are entirely treatable with both medication and therapy. This guide provides the essential facts on diagnosis,

ISBN: 0440222605

Attention deficit disorder

Moragne, Wendy.

Formerly the Millbrook medical library, this series continues to give young adults living with a variety of diseases and disorders will find practical advice, welcome support, and news on the latest medical breakthroughs.

ISBN: 1562946749

BACK PAIN

The Pilates back book : heal neck, back, and shoulder pain with easy Pilate stretches

Stanmore, Tia.

The first book to highlight the pain-relieving properties of Pilates!

ISBN: 1931412898

Back pain : questions you have-- answers you need

Salmans, Sandra.

In an accessible question-and-answer format, this reference explains where back pain comes from and what people can do about it. Salmans objectively discusses common diagnoses, chiropractic, the pros and cons of various treatments, surgery, and the role of diet, exercise, smoking, and stress, so that consumers can make wise and

ISBN: 1882606191

BLADDER

Overcoming bladder disorders : compassionate, authoritative medical and self-help solutions for incontinence, cystitis, interstitial cystitis, prostate problems, and bladder cancer

Chalker, Rebecca.

For the millions of sufferers of bladder disorders, embarrassment, misinformation, and lack of support have stood in the way of effective care and treatment for far too long. This fact-filled and supportive guide draws on the latest research, surveys, and first-person accounts to provide the most up-to-date information available on

ISBN: 0060920831

BOWEL

The bowel book : a self-help guide for sufferers

Levitt, Michael.

It seems nowadays that we are happy to discuss almost every aspect of our health, and reveal to doctors, psychologists, phone-in hosts and their audiences, in fact almost anyone who will listen, our most personal and intimate problems. There remains one last taboo, one last subject for which people will

ISBN: 0198508581

Gastro-intestinal health : a self-help nutritional program to prevent, cure, or alleviate irritable bowel syndrome, ulcers, heartburn, gas, constipation and many other digestive disorders

ISBN: 0060984058

BREAST FEEDING

Feeding your baby the healthiest foods: from breast milk to table foods

Lambert-Lagace, Louise.

ISBN: 0773761128

Dr. Jack Newman's guide to breastfeeding

Newman, Jack, 1946-

ISBN: 0006385680

The Womanly art of breastfeeding

La Leche League International.

All parents want the best for their babies, and there's no doubt about the fact that human milk is the ideal food for human babies. What's the secret of successful breastfeeding? For almost fifty years mothers who have been in touch with La Leche League have found the kind

ISBN: 0452279089

CANCER

Life in the balance : my journey with breast cancer

Shapiro, Marla.

ISBN: 0002008149

Picking up the pieces : moving forward after surviving cancer

Magee, Sherri.

ISBN: 1551929015

Healing gourmet, eat to fight cancer : power foods that help you regain your health

Liu, Simin.

Use your diet to beat disease and promote wellness with Healing Gourmet Drawing from the latest scientific research, the Healing Gourmet(R) series focuses on foods and recipes for managing and preventing a wide range of diet-related illnesses. Written in consultation with a team of leading doctors, nutritionists, and chefs,

ISBN: 0071457542

Where's Mom's hair? : a family's journey through cancer

Watters, Debbie.

ISBN: 1896764940

What your doctor may not tell you about colorectal cancer : new tests, new treatments, new hope

Pochapin, Mark Bennett.

Reassuring, easy-to-understand, and packed with important information and helpful features, What Your Doctor May Not Tell You About Colorectal Cancer is an invaluable resource, not only for people who have the illness, but for the thousands of others at risk. Find out now about the latest advancements in: Prevention: how

ISBN: 0446694126

Coping with chemotherapy and radiation

Cukier, Daniel.

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

ISBN: 0071444726

Breast cancer husband : how to help your wife (and yourself) through diagnosis, treatment and beyond

Silver, Marc

A unique guide, like none other on the market-packed with medical information, practical tips, psychological insight, and coping strategies-to help men help the women they love through this trying time. When Marc Silver became a breast cancer husband three years ago, he learned firsthand how frightened and helpless the

ISBN: 1579548334

B.O.O.B.S. : a bunch of outrageous breast-cancer survivors tell their stories of courage, hope and healing

Fisher, Ann Kempner.

They are not a bunch of statistics. They are not a female group of "genetic mishaps." They are -- and still are -- the voices of everyday, modern women struggling to survive breast cancer. They share the same diagnosis, but are a quilt of different patterns and colors with ages

ISBN: 1581823851

I'm too young to have breast cancer! : regain control of your life, career, family, sexuality, and faith

Leibson-Hawkins, Beth.

This Year, Approximately 11,000 Women under age 40 will be diagnosed with breast cancer, and close to 1,300 will die. For women in their twenties and thirties, being diagnosed with breast cancer is a vastly different experience than for their older counterparts. Despite their increasing numbers, young women with breast

ISBN: 0895260557

After breast cancer : a common-sense guide to life after treatment

Schnipper, Hester Hill.

This commonsense guide to life after treatment for breast cancer shows how to navigate the rocky road back to health after surgery or chemotherapy with advice on managing pain and fatigue, handling relationships, regaining emotional and sexual intimacy, and more.

ISBN: 0553381628

Prostate tales : men's experiences with prostate cancer

Gray, Ross.

Prostate Tales reveals, through story and drama, the crises, struggles, sorrows, challenges, and triumphs of men living with prostate cancer and those who care about them.

ISBN: 1931342008

Uplift : secrets from the sisterhood of breast cancer survivors

Delinsky, Barbara.

Bestselling author Barbara Delinsky, whose life has been shaped by her mother's breast cancer as well as her own, has created the book she wished had existed when she went through her treatment. Uplift is a one-of-a-kind collection of anecdotes and advice, told in the words of everyday women

ISBN: 0743431367

Dr. Susan Love's breast book

Love, Susan M.

Women all over the country and the doctors and nurses who care for them have established this book as the standard reference in its field. Dr. Susan Love, America's best-known authority on women's health, has entirely revised her authoritative guide to reflect the very latest, and increasingly optimistic, information. Readers

ISBN: 0738202355

Prostate cancer [sound recording] : a guide for patients

Klotz, Laurence.

Cancer : the healthy option

Moule, Terry.

ISBN: 1856263576

The complete idiot's guide to living with breast cancer

Sorenson, Sharon.

Yoursquo;re no idiot, of course. Yoursquo;ve handled your share of bad breaks, but your breast cancer diagnosis has really thrown you for a loop. Yoursquo;re sorting through treatment options and expert opinions, and yoursquo;re a bit overwhelmed. You just want to get better-and get on with your life. There

ISBN: 0028639383

Prostate cancer [videorecording] : conquering the fear

Canadian Prostate Cancer Network.

Pages: 1 videocassette.

The hope tree : kids talk about breast cancer

Numeroff, Laura.

A bestselling author and a physician draw on real-life experiences of children whose mothers have breast cancer for this story about a group of animal kids who form a support group. Full color.

ISBN: 068984526X

The complete cancer survival guide

Teeley, Peter.

Diagnosis * Staging * Treatment Options * Procedures and Medications * Clinical Trials When you are fighting for your life, you must be sure to know your enemy and have at your disposal the most effective weapons there are. Peter Teeley and Philip Bashe provide a complete arsenal of absolutely

ISBN: 0385486057

The breast cancer prevention diet : the powerful foods, supplements and drugs that can save your life

Arnot, Dr. Bob.

Gives us a diet so powerful that it is capable of quickly & effectively changing the actual structure of the breast & altering the flow of those hormones that induce breast cancer. Provides a full account of the foods that cause breast cancer as well as the foods that prevent

ISBN: 0316051144

Chicken soup for the surviving soul : 101 stories of courage and inspiration from those who have survived cancer

Canfield, Jack, 1944-

More than 100 cancer survivors share their personal stories in this touching new collection of Chicken Soup. These heartwarming accounts of courageous people who found the power to battle cancer in their endless hope, unwavering faith and steadfast determination will inspire you to adopt a positive attitude, discover your faith

ISBN: 1558744037

Prostate Cancer answer book: an unbiased guide to treatment choices

Morra, Marion

Designed as a comprehensive guide to making choices about treatment for prostate problems, this insightful resource compiles the latest medical studies, diagrams and treatment outcomes on this disease, which will affect 317,000 American men in 1996, according to American Cancer Society estimates.

ISBN: 0380785641

Living with prostate cancer : one man's story : what everyone should know

Newton, Audrey Currie, 1935-

Living with Prostate Cancer is designed to serve as a reliable and accessible first reference about prostate cancer. The reader will find in these pages a clear description of the course of the disease and the alternative treatments that patients may have to choose from. The book is also more

ISBN: 0771067798

What you really need to know about cancer

Buckman, Robert.

ISBN: 1550136925

The truth about breast cancer

Hoy, Claire.

ISBN: 0773728333

My breast : one woman's cancer story

Wadler, Joyce.

After her breast cancer diagnosis in 1991, Joyce Wadler, a smart, savvy, forty-something New York writer, fought back with a grounded, roll-with-the-punches outlook. She took charge of her treatments, her options, her life -- and her disease. My Breast is her irreverently witty, fiercely personal story of facing cancer's

ISBN: 0201632837

Safe in the sun

Siegel, Mary-Ellen.

ISBN: 0802773389

Helping yourself : a workbook for people living with cancer[sound recording]

Cunningham, Alistair.

Pages: 2 cassettes and 1 workbook

CEREBRAL PALSY

Imagine me on a sit-ski!

Moran, George.

A child who has cerebral palsy and uses a wheelchair describes learning to ski with adaptive equipment.

ISBN: 0807536180

It's your turn at bat : featuring Mark Riley

Aiello, Barbara.

While reluctantly doing research on sewing machines for a school report, Mark, a fifth-grader with cerebral palsy, discovers that the money for his team's baseball

jerseys that he was responsible for is missing, and he finds himself feeling more friendly towards sewing machines. Includes a question and answer section about
ISBN: 0941477029

CHOLESTROL

Love in the time of cholesterol : a memoir with recipes

Ross, Cecily.

ISBN: 0670063754

Betty Crocker's new low-fat low-cholesterol cookbook

ISBN: 002861531X

Good fat, bad fat

Lambert-Lagace, Louise.

ISBN: 0773757139

Cholesterol & triglycerides : questions you have-- answers you need

Moyer, Ellen.

ISBN: 1882606515

Lindsay's Light kitchen : more easy & healthy recipes from the author of Lighthearted everyday cooking

Lindsay, Anne.

"First published in 1991, this new edition of Anne Lindsay's Light Kitchen features fully revised introductory material that can help anyone with a health concern - be it excess weight or high levels of blood glucose, blood pressure or blood fats - make lifestyle changes that will enhance their wellbeing."

ISBN: 0771590296

The no cholestral (no kidding!) cookbook : the medically proven kitchen cure for cholestral

Carroll, Mary.

ISBN: 0878579761

Healing your heart : a proven program for lowering cholesterol and preventing or healing heart disease

Hellerstein, Herman, M.D.

ISBN: 0671725637

DEPRESSION

Against depression

Kramer, Peter D.

"Against Depression is an assessment of the science of mood disorder - a field that has taken leaps forward in the past decade. Walking the reader through the full range of new research, Kramer shows how depression endangers nerve cells, disrupts brain functioning, damages the heart and the blood vessels,

ISBN: 0670034053

My kind of sad : what it's like to be young and depressed

Scowen, Kate.

A guide to depression and its treatment for kids 13 and up with topics such as mood vs. mood disorders, bipolar disorder, anxiety, self-mutilation, etc. Includes quotes from teen sufferers and an afterword by a youth psychiatrist.

ISBN: 1550379410

Dark nights of the soul : a guide to finding your way through life's ordeals

Moore, Thomas.

Every human journey is filled with emotional tunnels: the loss of a loved one or end of a relationship, aging and illness, career disappointments, or just an ongoing sense of dissatisfaction with life. Society tends to view these "dark nights" in clinical terms as obstacles to be overcome as quickly

ISBN: 1592400671

Down came the rain

Shields, Brooke.

In this compelling memoir, Brooke Shields talks candidly about her experience with postpartum depression after the birth of her daughter, and provides millions of women with an inspiring example of recovery.

ISBN: 1401301894

New hope for people with bipolar disorder

Fawcett, Jan.

Discover Exciting New Treatments For Bipolar Disorder Now you can maintain control of your bipolar disorder and begin enjoying life again-today! This book dispels the myths and fears surrounding bipolar disorder. It offers compassionate, practical, and immediate guidance for anyone affected by this disorder. Inside, world-renowned experts present important, life-altering

ISBN: 0761530088

Prozac backlash : overcoming the dangers of prozac, zoloft, paxil, and other antidepressants with safe, effective alternatives

Glenmullen, Joseph, 1950-

Roughly 28 million Americans -- one in every ten -- have taken Prozac, Zoloft, or Paxil or a similar antidepressant, yet very few patients are aware of the dangers of these drugs, nor are they aware that better, safer alternatives exist. Now Harvard Medical School's Dr. Joseph Glenmullen documents the

ISBN: 0684860015

Depression : practical ways to restore health using complementary medicine

Ernst, Edzard.

Few afflictions create more unnecessary suffering for more millions of people than depression. The main reasons: most people who have it don't recognize it, health care professionals too often miss it, and some people simply are afraid of being stigmatized by friends or fired by employers. The good news is

ISBN: 0806970669

Depression : questions you have- answers you need

Salmans, Sandra.

These guides from People's Medical Society address the most common medical concerns in an accessible question-and-answer format. In a departure from

conventional references, these books present both traditional and alternative methods of treatment, and offer pro and con points of view for each.

ISBN: 1882606140

On the edge of darkness : conversations about conquering depression

Cronkite, Kathy.

They have made the impossible climb into the spotlight and attained their brightest dreams. But for Mike Wallace, Kitty Dukakis, William Styron, Joan Rivers, and countless other people struggling against the debilitating effects of depression, life's most challenging battle is waged, not in the public eye, but in the darkest recesses

ISBN: 038542194X

Feeling good : the new mood therapy

Burns, David.

ISBN: 0380718030

Dare to live : a guide to understanding and prevention of teenage suicide and depression

Miller, Michael.

ISBN: 1895270049

DIABETES

The Canadian type 2 diabetes sourcebook

Rosenthal, M. Sara.

YOUR GUIDE TO HEALTHY LIVING "Enabling self-management is what The Canadian Type 2 Diabetes Sourcebook is all about...a comprehensive resource that is there for you when you need the right information at the right time!"-Michael Evans, M.D., CCFP The only Canadian reference on Type 2 diabetes, The Canadian Type 2

ISBN: 0470834781

Canada's best cookbook for kids with diabetes

Bartley, Colleen, 1953-

ISBN: 0778801071

Diabetes burnout : what to do when you can't take it anymore

Polonsky, William H., 1952-

"Diabetes Burnout" is an interactive book that addresses the emotional issues that contribute to poor glycemic control and provides guidance to overcoming the barriers to good self-care. Worksheets help readers assess their current state of motivation and establish a successful plan of action.

ISBN: 1580400337

Complete Canadian diabetes cookbook

Yunker, Katherine E.

ISBN: 077880108X

The Canadian type 2 diabetes sourcebook

Rosenthal, M. Sara.

ISBN: 155335006

Carol Guber's type 2 diabetes life plan : take charge, take care and feel better than ever

Guber, Carol.

An invigorating guide to beating adult-onset diabetes is offered by a motivating health lecturer and nutritionist who has triumphed in her own fight against the disease.

ISBN: 0767905253

The Canadian type 2 diabetes sourcebook

Rosenthal, M. Sara.

ISBN: 155335006

How to prevent, control and cure diabetes

Alterman, Seymour L.

"This book offers the most authoritative, up-to-date, and easy-to-understand advice for the treatment of diabetes. Dr. Seymour Alterman, a respected endocrinologist, provides guidance for today's diabetics".--Pritikin Longevity Center.

ISBN: 0883910195

When a child has diabetes

Daneman, Denis.

ISBN: 1550139436

Managing your diabetes : the only complete guide to type 2 diabetes for Canadians

Rosenthal, M. Sara.

ISBN: 0771575602

Diabetes : questions you have...answers you need

Brisco, Paula.

These guides from People's Medical Society address the most common medical concerns in an accessible question-and-answer format. In a departure from conventional references, these books present both traditional and alternative methods of treatment, and offer pro and con points of view for each.

ISBN: 1882606531

The diabetic woman : all your questions answered

Jovanovic-Peterson, Lois.

Diabetes complicates every aspect of a woman's life: puberty, menstruation, pregnancy, and menopause, as well as career, marriage, and motherhood. Yet this best-selling classic remains the only book to address the unique problems diabetes creates for women. Now, in this completely revised and updated edition, women will find authoritative, creative,

ISBN: 0874778298

More choice menus and more recipes to help make healthy meal planning easier

Hollands, Marjorie.

ISBN: 0771573685

50 essential things to do when the doctor says it's diabetes

Tonnessen, Diana.

Medical writer Diana Tonnessen reveals that--contrary to popular belief--the recommendations for staying healthy for people with diabetes are no different from those who do not have the disease. The key is knowing all the facts--and this essential resource is packed with the most current medical information available.

ISBN: 0452276209

EARS

Eyes and ears

Simon, Seymour.

Describes the anatomy of the eye and ear, how those organs function and some ways in which they may malfunction, and how the brain is also involved in our seeing and hearing.

ISBN: 0688153038

The ear and hearing

Ward, Brian R.

ISBN: 0531042898

EPILEPSY

Moments that disappear : children living with epilepsy

Bergman, Thomas.

ISBN: 0836807391

EYE

The physician's guide to cataracts, glaucoma and other eye problems

Eden, John.

ISBN: 0890434255

FIBROMYALGIA

All about fibromyalgia

Wallace, Daniel J.

This year, six million Americans--most of them women--will go to their doctors, complaining of an illness they have no name for. The majority will be turned away or treated for depression; the few who persist will go to an average of four doctors before they receive the correct diagnosis: fibromyalgia.

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Starlanyl, Devin.

Fibromyalgia and Chronic Myofascial Pain Syndrome offers the first comprehensive patient guide for managing these conditions. You'll start by learning what FMS and MPS are, evaluating your own symptoms, and identifying the tender and/or trigger points that are crucial for treating them. The manual covers chronic pain, sleep problems, and

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Man, S. C.

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Williamson, Miryam Ehrlich.

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Fitzgerald, Helen.

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Lukas, Christopher.

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Smith, Judie.

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Martin, John D.

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Serure, Pamela.

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King, Larry.

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