

| <b><u>TITLE</u></b>   | <b><u>AUTHOR</u></b> |
|---|----------------------|
| <b><u>Advice &amp; Inspirational</u></b>  |                      |
| 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<br>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<br>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<br>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<br>Know What to Say                                     | MacGregor, Cynthia   |
| Life is a Verb: 37 Days to Wake Up, Be Mindful, and<br>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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**TITLE****AUTHOR****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<br>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<br>Remembers (The)                | Schacter, Daniel   |
| Story Jar (The)  | Bedford, Debbi     |
| Ten Things I Wish I had Known Before I Went Out<br>Into the Real World           | Shriver, Maria     |
| There's a Spiritual Solution to Every Problem                                    | Dyer, Wayne        |
| Turning to One Another: Simple Conversations to Restore<br>Hope to the Future    | Wheatley, Margaret |
| Who Moved My Cheese? An Amazing Way to Deal with<br>Change in Your Work          | Johnson, Spencer   |
| Women Who Love Too Much: When You Keep Wishing<br>And Hoping He'll Change        | Norwood, Robin     |

**Aging / Eldercare**

|   |                      |
|---|----------------------|
| Another Country: Navigating the Emotional Terrain<br>Of Our Elders                                | Pipher, Mary B.      |
| Complete Eldercare Planner: Where to Start, Which<br>Questions to Ask, and How to Find Help (The) | Loverde, Joy         |
| Fourteen Friends Guide to Eldercaring   | Cooper, Joan, et al. |

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| <b><u>TITLE</u></b>  | <b><u>AUTHOR</u></b> |
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| <b><u>Aging / Eldercare</u> <i>continued</i></b>   |                      |
| 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    |
| <br>   |                      |
| <b><u>Biographies</u></b>  |                      |
| A Child Called "It": One Child's Courage to Survive  | Pelzer, David        |
| 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          |
| Wasted: A Memoir of Anorexia and Bulimia   | Hornbacher, Marya    |

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| <b><u>TITLE</u></b>   | <b><u>AUTHOR</u></b>    |
|---|-------------------------|
| <b><u>Breast Cancer</u></b>   |                         |
| Breast Cancer Book of Strength & Courage: Inspiring Stories To See You Through Your Journey                 | Bodai, E.; et al        |
| 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              |
| 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          |
| Lymphedema  | American Cancer Society |
| Saving Jack: A Man's Struggle with Breast Cancer  | Willis, Jack            |
| 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            |

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| <b><u>TITLE</u></b>   | <b><u>AUTHOR</u></b>    |
|---|-------------------------|
| <b><u>Cancer</u></b>  |                         |
| 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             |
| Cancer Survival Guide: Practical Help, Spiritual Hope (The)   | Strom, K. M.            |
| Cancer: What Causes It, What Doesn't  | American Cancer Society |
| Caregiving: A Step-by-Step Resource for Caring for the Person With Cancer at Home                     | Houts, P., & Bucher, J. |
| Chemotherapy Survival Guide: Everything You Need to Know to Get Through Treatment (The)               | McKay, Judith           |
| Chicken Soup for the Surviving Soul   | Canfield, Jack          |
| Coming to Term with Cancer: A Glossary of Cancer-related Terminology                                  | Laughlin, Edward        |
| Complete Guide to Colorectal Cancer   | 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        |

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| <b><u>TITLE</u></b>  | <b><u>AUTHOR</u></b>     |
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| <b><u>Cancer</u></b> <i>continued</i>  |                          |
| Guide to Survivorship for Women with Ovarian Cancer  | Montz, F. J.             |
| Healing Quilt (The)  | Snelling, Lauraine       |
| 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              |
| 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                |
| Your Brain After Chemo: A Practical Guide to Lifting the Fog and Getting Back Your Focus                         | Silverman, Dan           |

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| <b><u>TITLE</u></b>  | <b><u>AUTHOR</u></b>   |
|--|------------------------|
| <b><u>Death &amp; Grief</u></b>  |                        |
| 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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| <u>TITLE</u>   | <u>AUTHOR</u>           |
|--|-------------------------|
| <b><u>Death &amp; Grief</u></b> <i>continued</i>             |                         |
| 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             |

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| <b><u>TITLE</u></b>  | <b><u>AUTHOR</u></b> |
|--|----------------------|
| <b><u>Diseases and Conditions</u></b>  |                      |
| <b>Alzheimer's / Dementia</b>  |                      |
| 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          |
| 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     |
| <b>Arthritis</b>   |                      |
| 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           |

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**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**

|  |                               |
|--|-------------------------------|
| 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 |

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| <b><u>TITLE</u></b>  | <b><u>AUTHOR</u></b>          |
|--|-------------------------------|
| <b><u>Diseases and Conditions</u></b> <i>continued</i>   |                               |
| <b>Diabetes</b> <i>continued</i>   |                               |
| Complete Guide to Diabetes, 5th edition, The Ultimate Home Reference from the Diabetes Experts | American Diabetes Association |
| Diabetes Demystified   | Masharani, Umesh              |
| Diabetes & Heart Healthy Cookbook  | American Diabetes Association |
| Diabetes Meal Planning Made Easy; 3rd edition  | Warshaw, Hope                 |
| 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               |
| First Year Type 2 Diabetes: An Essential Guide for the Newly Diagnosed                         | Becker, Gretchen              |
| Real Life Parenting of Kids with Diabetes  | Loy, Virginia                 |
| The "I Hate Exercise" Book for People with Diabetes  | Hayes, Charlotte              |
| <b>Eye / Vision Health</b>   |                               |
| 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.                  |

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| <b><u>TITLE</u></b>  | <b><u>AUTHOR</u></b> |
|--|----------------------|
| <b><u>Diseases and Conditions</u></b> <i>continued</i>   |                      |
| <b>Fibromyalgia</b>  |                      |
| 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     |
| <b>General Health</b>  |                      |
| A Good Night's Sleep — Harvard Medical School Guide  | Epstein, Lawrence    |
| Alternative Medicine (Book of)   | Mayo Clinic          |
| 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         |
| Cystic Fibrosis (Facts)  | Harris, Ann          |
| Effortless Sleep Method (The)  | Stephens, Sasha      |
| Foot Book: Complete Guide to Healthy Feet (The)  | Rose, Jonathan       |

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

|   |                           |
|---|---------------------------|
| 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        |
| Muscular Dystrophy: The Facts, 3rd edition  | Emery, Alan               |
| Overactive Bladder & Urinary Incontinence   | Ellsworth, P., Gordon, D. |
| Overdiagnosed: Making People Sick in the Pursuit of Health                                  | Welch, Gilbert            |
| Sjogren's Book (The)  | Wallace, Daniel           |
| Stop the Thyroid Madness: A Patient Revolution Against Decades of Inferior Treatment        | Bowthorpe, Janie          |

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

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

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

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| <b><u>TITLE</u></b>  | <b><u>AUTHOR</u></b>       |
|--|----------------------------|
| <b><u>Diseases and Conditions</u></b> <i>continued</i>   |                            |
| <b>Heart / Cardiovascular Health</b>   |                            |
| 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               |
| Heart Disease, The First Year Guide for the Newly Diagnosed  | Chilnick, Lawrence         |
| Living With Coronary Heart Disease: A Guide for Patients & Families  | Granato, Jerome            |
| Reverse Heart Disease Now: Stop Deadly Cardiovascular Plaque Before It's Too Late  | Sinatra, James; et al      |
| While You Quit: A Smoker's Guide to Reducing the Risk of Heart Disease and Stroke  | Fenske, Theodore           |

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**TITLE****AUTHOR****Diseases and Conditions** *continued***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.    |
| 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      |
| Taking Charge of Your Fertility   | Weschler, Toni        |
| 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         |

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

Lupus Book: A Guide for Patients and Their Families

Wallace, Daniel

Lupus: Everything You Need to Know

Bernatsky, S.; et al

**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 &amp; Practical Advice

Rosner, L., Ross, S.

Multiple Sclerosis: The Guide to Treatment &amp; Management

Polman, Chris

| <b><u>TITLE</u></b>   | <b><u>AUTHOR</u></b>  |
|---|-----------------------|
| <b><u>Diseases and Conditions</u></b> <i>continued</i>  |                       |
| <b>Neurological Conditions</b>  |                       |
| Epilepsy: A Guide to Balancing Your Life  | Leppik, Ilo E.        |
| Epilepsy: Patient & Family Guide  | Devinsky, Orrin       |
| Epilepsy and Seizure  | Anderson, Ken         |
| Migraine and Other Headaches  | Young, William        |
| Migraine Brains & Bodies: A Comprehensive Guide to Solving<br>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,<br>and Pain Won't Stop                          | Latov, Norman         |
| Restless Legs Syndrome: Coping with Your Sleepless Nights   | Buchfuhrer, M.; et al |
| Take Charge of Parkinson's Disease: Dynamic Lifestyle Change  | Mikkelsen, Anne       |
| <b>Osteoporosis</b>   |                       |
| Complete Book of Bone Health (The)  | Schneider, Diane      |
| Strong Women, Strong Bones: Everything You Need to Know<br>to Prevent, Treat, and Beat Osteoporosis | Nelson, Miriam        |
| Your Bones: How You Can Prevent Osteoporosis & Have<br>Strong Bones for Life Naturally              | Pizzorno, Lara        |

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**TITLE****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

| <b><u>TITLE</u></b>   | <b><u>AUTHOR</u></b> |
|---|----------------------|
| <b><u>Exercise &amp; Fitness</u></b>  |                      |
| 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        |
| Run Like a Mother: How to Get Moving and Not Lose Your Family, Job, or Sanity                     | Shea, Sarah B.       |
| Strength Training Anatomy, 3rd edition  | Delavier, Frederic   |
| Strength Training Past 50   | Westcott, Wayne      |
| Yoga for Osteoporosis: The Complete Guide   | Fishman, Loren       |

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| <b><u>TITLE</u></b>  | <b><u>AUTHOR</u></b>      |
|--|---------------------------|
| <b><u>Men's Health</u></b>   |                           |
| A to Z of Men's Health: A Concise Encyclopedia   | Rothfield, G. Romaine, D. |
| Essential Guide to Prostate Health   | Mayo Clinic               |
| Testosterone: A Man's Guide; 2nd edition   | Vergel, Nelson            |
| <b><u>Mental Health</u></b>  |                           |
| 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            |
| Last Call: Alcoholism and Recovery   | Hedblom, Jack             |
| Post-Traumatic Stress Disorder Sourcebook, 2nd edition<br>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             |

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| <b><u>TITLE</u></b>   | <b><u>AUTHOR</u></b>       |
|---|----------------------------|
| <b><u>Nutrition &amp; Wellness</u></b>  |                            |
| American Heart Association Cookbook, 8th edition  | American Heart Association |
| 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          |
| Complete Weight-Loss Surgery Guide & Diet Program   | Ekserci, Sue               |
| DASH Diet Action Plan (The)   | Heller, Marla              |
| Deliciously Organic Cookbook  | Vitt, Carrie               |
| Eat This, Not That! 2012: The No Diet Weight Loss Solution  | Zinczenko, David           |
| Eat This, Not That! Restaurant Survival Guide   | Zinczenko, David           |
| Eating Well After Weight-Loss Surgery   | Levine, Patti              |
| Healthy Weight for Everybody  | Hensurd, Donald            |
| Lean Belly Prescription (The)   | Stork, Travis              |
| Obesity: Why are Men getting Pregnant? Watch Out! That Potbelly Can Kill You!   | Schauss, Alexander         |
| 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             |

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**TITLE****AUTHOR****Nutrition & Wellness *continued***

Vitamin D Solution: A 3-Step Strategy to Cure Our Most Common Health Problems (The)

Holick, Michael

Weight Loss Surgery: Is It Right For You?

Goldberg, Merle

Wheat Belly: Lose the Wheat, Lose the Weight

Davis, William

**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

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| <b><u>TITLE</u></b>   | <b><u>AUTHOR</u></b>           |
|---|--------------------------------|
| <b><u>Parenting &amp; Child Health</u></b>  |                                |
| 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 |
| 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                  |
| 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                   |
| Fatherneed: Why Father Care is as Essential as Mother Care for Your Child   | Pruett, Kyle                   |
| Generation Extra Large: Rescuing Our Children from the Epidemic of Obesity  | Tartmella, Lisa                |

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| <b><u>TITLE</u></b>   | <b><u>AUTHOR</u></b>   |
|---|------------------------|
| <b><u>Parenting &amp; Child Health</u></b> <i>continued</i>   |                        |
| 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. |
| 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     |
| Odd Girl Out: The Hidden Culture of Aggression in Girls   | Simmons, Rachel        |

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| <b><u>TITLE</u></b>  | <b><u>AUTHOR</u></b> |
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| <b><u>Parenting &amp; Child Health</u></b> <i>continued</i>  |                      |
| 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 Speech & Language Problems   | Feit, Deborah        |
| 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.        |
| 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          |

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**TITLE****AUTHOR****Parenting & Child Health *continued***

Toddler 411: Clear Answers &amp; Smart Advice

Fields, D.; Brown, A.

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What Do You Expect? She's a Teenager! : A Hope & Happiness  
Guide for Moms with Daughters Ages 11-19

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of Witnessing Abuse

Bancroft, Lundy

Wild Things: The Art of Nurturing Boys

James, Stephen

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| <b><u>TITLE</u></b>  | <b><u>AUTHOR</u></b>          |
|--|-------------------------------|
| <b><u>Pregnancy &amp; Postpartum</u></b>   |                               |
| Beyond the Blues: A Guide to Understanding & Treating Prenatal & Postpartum Depression                           | Bennett, S.; Indman, P.       |
| 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                 |
| Life Will Never Be the Same: The Real Mom's Postpartum Survival Guide  | Dunnewold, Anne               |
| Mothering the New Mother: Women's Feelings & Needs After Childbirth  | Placksin, Sally               |
| 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, 3rd 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                 |

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| <b><u>TITLE</u></b>  | <b><u>AUTHOR</u></b>                    |
|--|---|
| <b><u>Women's Health</u></b>   |   |
| Coping with Endometriosis: Sound, Compassionate Advice for Alleviating the Physical & Emotional Symptoms   | Phillips, Robert                        |
| Explaining Endometriosis   | Henderson, Lorraine                     |
| 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                          |
| 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 |
| 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.                    |

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| <b><u>TITLE</u></b>   | <b><u>AUTHOR</u></b>  |
|---|-----------------------|
| <b><u>Women's Health</u></b> <i>continued</i>   |                       |
| Uterine Fibroids: The Complete Guide  | Stewart, Elizabeth    |
| What Your Mother Never Told You About Sex   | Hutcherson, Hilda     |
| 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           |

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### 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.

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