



Laughlin Memorial Hospital
Health Information Library
Resource Listing

<u>TITLE</u>	<u>AUTHOR</u>	<u>COPYRIGHT</u>	<u>TYPE</u>
Aging			
Healthy Aging: A Lifelong Guide to Your Well Being	Well, Andrew	2007	Paperback
Rules for Aging: A Wry and Witty Guide to	Rosenblatt, Roger	2000	Hardcover
Alzheimer's Disease			
The 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 L.	2006	Hardcover
Mayo Clinic Guide to Alzheimer's disease	Mayo Clinic	2006	Hardcover
Talking to Alzheimer's: Simple Ways to Connect When You Visit with a Family	Strauss, Claudia J.	2001	Paperback
Arthritis			
Arthritis Foundation's Guide to Good Living with Osteoarthritis, 2 nd edition	Foltz-Gray, Dorothy	2006	Paperback
Arthritis Foundation's Guide to Good Living with Rheumatoid Arthritis, 3 rd edition	Foltz-Gray, Dorothy	2006	Paperback
Arthritis Today	Arthritis Foundation		Magazine
Attention Deficit Disorder			
ADHD: A Complete & Authoritative Guide	Reiff, M. & Tippins, S.	2004	Paperback
Driven to Distraction: Recognizing and Coping with Attention Deficit Disorder from Childhood through Adulthood	Hallowell, Edward M.	1995	Paperback
Healing ADD: The Breakthrough Program That Allows You to See and Heal the Six	Amen, Daniel G.	2001	Hardcover
Taking Charge of ADHD, Revised Edition	Barkley, Russell A.	2000	Paperback
You Mean I'm Not Lazy, Stupid or Crazy?!: A Self-Help Book for Adults with Attention Deficit Disorder	Kelly, Kate	1995	Hardcover





Laughlin Memorial Hospital
Health Information Library
Resource Listing

<u>TITLE</u>	<u>AUTHOR</u>	<u>COPYRIGHT</u>	<u>TYPE</u>
Biography			
A Child Called "It": One Child's Courage to Survive	Pelzer, David J.	1995	Hardcover
A Man Named Dave: A Story of Triumph & Forgiveness	Pelzer, David J.	2000	Paperback
Beautiful Boy: A Father's Journey Through His Son's Meth Addiction	David Sheff	2008	Paperback
Crying in the Shower—Cervical Cancer	Ayer, Pamela	2005	Paperback
It's Not About the Bike: My Journey Back to Life	Armstrong, Lance	2000	Hardcover
Manic: A Memoir	Cheney, Terri	2008	Paperback
The Thought that Counts: A Firsthand Account of One Teenager's Experience with Obsessive-Compulsive Disorder	Kant, Jared	2008	Paperback
Wasted: A Memoir of Anorexia and Bulimia	Hornbacher, Marya	1998	Paperback
Breast Cancer			
A Breast Cancer Journey: Your Personal Guidebook; 2 nd edition	American Cancer Society	2003	Paperback
A Significant Journey: Breast Cancer Survivors and the Men Who Love Them	American Cancer Society	1992	Video
A Woman's Decision: Breast Care, Treatment & Reconstruction	Berger, Karen	1999	Paperback
B.S.E.: A New Approach	Lange Productions	1988	Video
The Breast Cancer Book of Strength & Courage: Inspiring Stories to See You Through Your Journey	Bodai, Ernie and Panneton, Judie Fertig editors	2002	Hardcover
Breast Cancer Early Detection: Know the Facts, Know for Sure	CRW Medical Publications	1998	Video





Laughlin Memorial Hospital
Health Information Library
Resource Listing

<u>TITLE</u>	<u>AUTHOR</u>	<u>COPYRIGHT</u>	<u>TYPE</u>
Breast Cancer			
Breast Cancer Prevention Diet: The Powerful Foods, Supplements, and Drugs That Combat Breast Cancer (The)	Arnot, Robert Burns	1999	Hardcover
Breast Cancer Survival Manual: A Step-by-Step Guide for the Woman with Newly Diagnosed Cancer (The)	Link, John	2007	Paperback
Breast Cancer Treatment: Different People, Different Choices	American College of Obstetricians	1994	Video
Breast Cancer: What Every Family Should	The American College of Obstetricians	1998	Video
Breast Self Examination	Milner-Fenwick, Inc.	1984	Video
Clinical Breast Examination A New Approach	American Cancer Society	1992	Video
Deteccion Temprana del Cancer del Seno: Conozca los Hechos, Asegurese de Ellos	CRW Medical Publications	1998	Video
Dr. Susan Love's Breast Book	Love, Susan M.	2005	Paperback
Facing the Mirror with Cancer: A Guide to Using Make-up to Make a Difference	Ovitz, Lori	2004	Paperback
Fighting for Our Future: How Young Women Find Strength, Hope, and Courage While Taking Control of Breast Cancer	Murphy, Beth	2003	Hardcover
Just Get Me Through This: The Practical Guide to Breast Cancer	Cohen, Deborah A.	2000	Paperback
Living Beyond Breast Cancer: A Survivor's Guide for When Treatment Ends and the Rest of Your Life Begins (2 copies)	Weiss, Marisa	1998	Paperback
Lymphedema	American Cancer Society	2006	Paperback





Laughlin Memorial Hospital
Health Information Library
Resource Listing

<u>TITLE</u>	<u>AUTHOR</u>	<u>COPYRIGHT</u>	<u>TYPE</u>
Breast Cancer			
Patient's Guide to Outstanding Breast Cancer Care (The)	Senofsky, Gregory editor	2002	Paperback
Por Su Salud y por Su Familia (For Your Health for Your Family)	Cancer Research and Prevention Foundation	1999	Video
Quality Mammography - Can Save Your Life	American Cancer Society	2000	Video
Uplift: Secrets from the Sisterhood of Breast Cancer Survivors	Delinsky, Barbara	2001	Hardcover
Saving Jack: A Man's Struggle with Breast Cancer	Willis, Jack	2008	Paperback
Victoria's Secret Catalog Never Stops Coming: And Other Lessons I Learned from	Nash, Jennie	2001	Hardcover
Your Life in Your Hands: Understanding, Preventing and Overcoming Breast Cancer	Plant, Jane A.	2001	Hardcover
Mammography: An Image for Life	Lange Productions	1988	Video
Mammography: Woman to Woman (<i>2 copies</i>)	American College of Obstetricians	1992	Video
Breastfeeding			
So That's What They're for: Breastfeeding, 3 rd ed.	Tamaro, Janet	2005	Paperback
Cancer			
A Cancer Battle Plan: Six Strategies for Beating Cancer, from a Recovered 'Hopeless	Frahm, David	2000	Paperback
Alpha Book on Cancer and Living for Patients, Family, and Friends (The)	Ryder, Brent	1993	Hardcover
American Cancer Society's Healthy Eating Cookbook: A Celebration of Food, Friends, & Healthy Living (The)	American Cancer Society	2003	Hardcover
Angels & Monsters: a child's eye View of Cancer	Bassett, Beth & Murray Lisa	2002	Hardcover
Bladder Cancer	Raghavan, M.D. & Tuthill, K.	2008	Paperback





Laughlin Memorial Hospital
Health Information Library
Resource Listing

<u>TITLE</u>	<u>AUTHOR</u>	<u>COPYRIGHT</u>	<u>TYPE</u>
Cancer			
Cancer in the Family: Helping Children Cope with a Parent's Illness	Heiney, Sue P.	2001	Paperback
Cancer Survival Guide: Practical Help, Spiritual Hope (The)	Strom, Kay Marshall	2002	Paperback
Cancer Survivors Network	American Cancer Society		Video
Cancer: What Causes It, What Doesn't.	American Cancer Society	2003	Paperback
Caregiving: A Step-by-step Resource for Caring for the Person with Cancer at Home (<i>2 copies</i>)	Houts, P. & Bucher, J.	2000	Paperback
Check It Out: Why & How to Do Skin	American Cancer Society	2000	Video
Coming to Terms with Cancer: A Glossary of Cancer-related Terminology	Laughlin, Edward H.	2002	Paperback
Complete Guide to Colorectal Cancer	American Cancer Society	2006	Paperback
Consumers Guide to Cancer Drugs	Wilkes, Gail & Ades, Terri	2004	Paperback
Couples Confronting Cancer	Fincannon, Joy L., & Bruss, Katherine V.	2003	Paperback
Crossing Divides: A couple's story of cancer, hope, and hiking Montana's Continental Divide	Bischke, Scott	2002	Paperback
CURE: Cancer Updates, Research &			Magazine
Eating Well, Staying Well (<i>2 copies</i>)	Bloch, Abby (editor), et al	2004	Paperback
Everyone's Guide to Cancer Therapy: How Cancer is Diagnosed, Treated, & Managed day-to-day; 5 th edition	Dollinger, Malin	2008	Paperback
Getting Well Again	Simonton, O. Carl	1992	Paperback
Guide to Complementary and Alternative Cancer Methods	American Cancer Society	2000	Paperback
Guide to Survivorship for Women with Ovarian Cancer	Montz, F. J.; Bristow, Robert	2005	Paperback





Laughlin Memorial Hospital
Health Information Library
Resource Listing

<u>TITLE</u>	<u>AUTHOR</u>	<u>COPYRIGHT</u>	<u>TYPE</u>
Cancer			
Guide to Pain Control: Powerful Methods To Overcome Cancer Pain	American Cancer Society	2001	Paperback
Healing Quilt (The)	Snelling, Lauraine	2002	Paperback
Heaven Can Wait: Surviving Cancer	Doren, Kim; Jones, Charlie	2003	Paperback
It's Not About the Bike: My Journey Back to Life	Armstrong, Lance	2000	Hardcover
Living with a Brain Tumor	Black, Peter	2006	Paperback
Living with Lymphoma: A Patient's Guide	Adler, Elizabeth	2005	Paperback
Make Your Own Miracle: Surviving Cancer	Huff, Paul; Yenichek, Julie; Huff, Kim	2005	Paperback
Melanoma: Prevention, Detection, & Treatment	Poole, C.; Guerry, D.	2005	Paperback
Non-Hodgkin's Lymphomas: Making Sense of Diagnosis, Treatment and Options	Johnston, Lorraine	1999	Paperback
Our Mom has Cancer	Ackerman, Abigail and	2001	Hardcover
Prostate Cancer: What Every Man - and His Family - Needs to Know	Bostwick, David G.	1999	Paperback
When God & Cancer Meet	Eib, Lynn	2002	Paperback
Cardiac / Heart Health			
8-Week Cholesterol Cure: How to Lower Your Blood Cholesterol by Up to 40 Percent Without Drugs or Deprivation (The)	Kowalski, Robert E.	1999	Paperback
American Heart Association Low-Fat, Low Cholesterol Cookbook: Heart-Healthy, Easy-To-Make Recipes That Taste Great	American Heart Association	1997	Spiral-bound
American Medical Association Guide to Preventing & Treating Heart Disease: Essential Information You & Your Family Need to Know About Having a Healthy Heart	Lipsky, Martin	2007	Hardcover





Laughlin Memorial Hospital
Health Information Library
Resource Listing

<u>TITLE</u>	<u>AUTHOR</u>	<u>COPYRIGHT</u>	<u>TYPE</u>
Cardiac / Heart Health			
Cardiovascular Patient Education Resource Manual, Second Edition	Weavers, Simon B.	2002	Loose-leaf
Every Heart Attack is Preventable: How to Take Control of the 20 risk Factors and Save	Mogadam, Michael	2001	Paperback
Harvard Medical School Guide to Lowering Your Cholesterol	Freeman, Mason	2005	Paperback
Heart Disease, The First Year Guide for the Newly Diagnosed	Chilnick, Lawrence	2008	Paperback
Heart Disease Breakthrough: The 10-Step Program That Can Save Your Life (The)	Yannios, Thomas	1999	Hardcover
Living with Coronary Heart Disease: A Guide for Patients & Families	Granato, Jerome	2008	Hardcover
Mayo Clinic Heart Book (The)	Gersh, Bernard J.	2000	Hardcover
New 8-Week Cholesterol Cure: The Ultimate Program for Preventing Heart Disease (The)	Kowalski, Robert	2002	Hardcover
Reverse Heart Disease Now: Stop Deadly Deadly Cardiovascular Plaque before It's Too Late	Sinatra, James, et al	2008	Paperback
Success With Heart Failure: Help and Hope for Those with Congestive Heart Failure, 3rd	Silver, Marc A.	2002	Paperback
Childbirth & Pregnancy			
Beyond the Blues: A Guide to Understanding & Treating Prenatal & Postpartum Depression	Bennett, S.; Indman, P	2006	Paperback
Birthing from Within: An Extra-Ordinary Guide to Childbirth Preparation	England, Pam	1998	Paperback
Gestational Diabetes: What to Expect, 5th edition	American Diabetes Association	2006	Paperback
Guide to a Healthy Pregnancy	Mayo Clinic	2006	Paperback
Healthy Eating During Pregnancy (Harvard Medical School Guide to)	Walker, Allan	2006	Paperback





Laughlin Memorial Hospital
Health Information Library
Resource Listing

<u>TITLE</u>	<u>AUTHOR</u>	<u>COPYRIGHT</u>	<u>TYPE</u>
Childbirth & Pregnancy			
Mothering the New Mother: Women's Feelings and Needs After Childbirth a Support and Resource Guide	Placksin, Sally	1998	Paperback
Postpartum Depression Demystified: An Essential Guide for Understanding & Overcoming the Most Common Complication after Childbirth	Venis, J. & McCloskey, S.	2007	Paperback
Pregnancy			Magazine
This Isn't What I Expected: Overcoming Postpartum Depression	Kleiman, Karen R.	1994	Paperback
Your Pregnancy Week by Week	Curtis, Glade	2007	Paperback
What to Expect When You're Expecting, Third Edition	Murkoff, Heidi Eisenberg	2002	Hardcover
Children's Health			
Baby and Child Health	American Academy of Pediatrics	2006	Paperback
Baby Book: Everything You Need to Know About Your Baby from Birth to Age Two	Sears, William	2003	Paperback
Hands Are Not for Hitting	Agassi, Martine	2000	Hardcover
Caring for your Baby and Young Child: From Birth to Age 5	Shelov, S.	2005	Hardcover
Deceptively Delicious: Simple Secrets to Get Your Kids Eating Good Food	Seinfeld, Jessica	2007	Paperback
Generation Extra Large: Rescuing Our Children from the Epidemic of Obesity	Tartmella, Lisa	2006	Paperback
Me, Myself and I: How Children Build Their Sense of Self: 18 to 36 months	Pruett, Kyle D.	1999	Paperback
Parent's Guide to Food Allergies: Clear and Complete Advice from the Experts on Raising Your Food Allergic Child (The)	Barber, Marianne S.	2001	Paperback
What Your Doctor May Not Tell You About Children's Vaccinations	Cave, Stephanie	2001	Paperback





Laughlin Memorial Hospital
Health Information Library
Resource Listing

<u>TITLE</u>	<u>AUTHOR</u>	<u>COPYRIGHT</u>	<u>TYPE</u>
Death and Dying			
After a Parent's Suicide: Helping Children Heal	Requarth, Margo	2008	Paperback
Beyond Tears: Living After Losing a Child	Mitchell, Ellen, et al	2005	Paperback
Coping with Public Tragedy (Living with grief series)	Lattanzi-Licht, Marcia & Doka, Kenneth	2003	Paperback
Do Not Be Sad: A Chronicle of Healing	Jarrin, Chris	2002	Hardcover
Don't Let Death Ruin Your Life: A Practical Guide to Reclaiming Happiness After the Death of a Loved One	Brooke, Jill	2001	Hardcover
Ethical Dilemmas: At The End of Life	Doka Kenneth J.	2005	Paperback
Fall of Freddie the Leaf: A Story of Life for All Ages (The)	Buscaglia, Leo F.	2002	Hardcover
Final Gifts: Understanding the Special Awareness, Needs, and Communications of the Dying	Callanan, Maggie	1997	Paperback
Grief Recovery Handbook: The Action Program for Moving Beyond Death, Divorce, and Other Losses (The)	James, John W.	1998	Paperback
Grieving the Unexpected: The Suicide of a Son	Leblanc, Gary	2003	Paperback
Help Me Say Goodbye: Activities for Helping Kids Cope When a Special Person Dies	Silverman, Janis L.	1999	Paperback
How We Die: Reflections on Life's Final	Nuland, Sherwin B.	1995	Paperback
Living with Grief: Before & After Death	Doka, Kenneth J.	2007	Paperback
Living with Grief: Children & Adolescents	Doka, Kenneth J.	2008	Paperback
Loss In Later Life (Living with Grief series)	Doka, Kenneth J.	2002	Paperback
Motherless Daughters: The Legacy of Loss	Edelman, Hope	1994	Paperback
On Death & Dying	Keubler-Ross, Elisabeth	1997	Hardcover
Pain Management at the End of Life	Doka, Kenneth J.	2006	Paperback





Laughlin Memorial Hospital
Health Information Library
Resource Listing

<u>TITLE</u>	<u>AUTHOR</u>	<u>COPYRIGHT</u>	<u>TYPE</u>
Death and Dying			
What Dying People Want: Practical Wisdom for the End of Life	Kuhl, David	2002	Hardcover
When the Focus is on Care: Palliative Care and Cancer	Foley, K. (editor); et al	2005	Paperback
Where is Heaven? Children's Wisdom Facing Death	Menten, Ted	1995	Hardcover
Diabetes			
Beating Diabetes: Lower your blood sugar, lose weight, & stop diabetes and its complications in their tracks	Nathan, D., Delahanty, L.	2005	Paperback
Complete Guide to Diabetes; 4 th Edition	American Diabetes Association	2005	Paperback
Countdown	Juvenile Diabetes Research Foundation		Magazine
Countdown for Kids	Juvenile Diabetes Research Foundation		Magazine
Diabetes Demystified	Masharani, Umesh	2007	Paperback
Diabetes Forecast	American Diabetes Association		Magazine
Diabetes & Heart Healthy Cookbook	American Diabetes Association & American Heart Association	2004	Paperback
Diabetes Meal Planning Made Easy; 3 rd ed.	Warshaw, Hope	2006	Paperback
Diabetes Patient Education Manual	Aspen Reference Group Health and Science	2002	Loose-leaf
Dr. Bernstein's Diabetes Solution: A Complete Guide to Achieving Normal Blood	Bernstein, Richard	2007	Hardcover
Everything Parent's Guide to Children with Juvenile Diabetes (The)	McCarthy, Moira	2007	Paperback
First Year Type 2 Diabetes: An Essential Guide for the Newly Diagnosed (The)	Becker, Gretchen	2001	Paperback
Real Life Parenting of Kids with Diabetes	Loy, Virginia	2001	Paperback
The "I hate exercise" book for people with Diabetes	Hayes, Charlotte	2006	Paperback





Laughlin Memorial Hospital
Health Information Library
Resource Listing

<u>TITLE</u>	<u>AUTHOR</u>	<u>COPYRIGHT</u>	<u>TYPE</u>
Diet & Nutrition			
Carbohydrate Addict's Lifespan Program: A Personalized Plan for Becoming Slim, Fit and Healthy in your 40s, 50s, 60s, and Beyond	Heller, Richard F.	1997	Paperback
Dietitian's Patient Education Resource Manual, Second Edition	Weavers, Simon B.	2001	Loose-leaf
Eat Right for Your Type: The Individualized Diet Solution to Staying Healthy, Living Longer & Achieving Your Ideal Weight: 4 Blood Types, 4 Diets	D'Adamo, Peter	1996	Hardcover
Eat, Drink, and Be Healthy: The Harvard Medical School Guide to Healthy Eating	Willett, Walter	2001	Hardcover
Healthy Weight for EveryBody	Hensurd, Donald	2005	Paperback
Mayo Clinic/Williams-Sonoma Cookbook: Simple solutions for eating well (The)	Carroll, John Phillip	1998	Hardcover
Obesity: Why Are Men Getting Pregnant?: Watch out! That Potbelly can Kill You!	Schauss, Alexander	2006	Paperback
Stop Stuffing Yourself: 7 Steps to Conquering Overeating (Weight Watchers)	Turvett, Barbara	1998	Hardcover
Ultimate Low-Carb Diet Cookbook: Over 200 Fabulous Recipes to Add Variety and Great Taste to your Low-Carbohydrate Lifestyle	Rodnitzky, Donna	2001	Paperback
Eating Disorders			
Dying to Be Thin: Understanding and Defeating Anorexia Nervosa and Bulimia - A Practical, Lifesaving Guide	Sacker, Ira M.	1987	Hardcover
Help your teenager beat an eating disorder	Lock, J. & Grange, D.	2005	Paperback
It's Not About Food: Change Your Mind; Change Your Life; End Your Obsession With Food and Weight	Normandi, Carol Emery	1999	Paperback
Wasted: A Memoir of Anorexia and Bulimia	Hornbacher, Marya	1998	Paperback





Laughlin Memorial Hospital
Health Information Library
Resource Listing

<u>TITLE</u>	<u>AUTHOR</u>	<u>COPYRIGHT</u>	<u>TYPE</u>
Elder Care			
Another Country: Navigating the Emotional Terrain of Our Elders	Pipher, Mary Bray	1999	Hardcover
Complete Eldercare Planner: Where To Start, Which Questions to Ask, and How to Find Help (The)	Loverde, Joy	2000	Paperback
Fourteen Friends Guide to Eldercaring	Cooper, Joan, et al.	1999	Hardcover
How to Care for Aging Parents	Morris, Virginia	1996	Paperback
Exercise			
8 Minutes in the Morning: A Simple Way to Start Your Day That Burns Fat and Sheds	Cruise, Jorge	2001	Hardcover
Ancient Secrets of the Fountain of Youth	Kelder, Peter	1998	Hardcover
Business Plan for the Body (The)	Karas, Jim	2001	Paperback
Busy Mom's Ultimate Fitness Guide	Moxley, Cathy	2006	Paperback
Fat To Firm at Any Age	Bauman, Alisa; Harrar, Sari	1998	Hardcover
Strength Training Past 50	Westcott, Wayne	2007	Paperback
Fibromyalgia			
Alternative Treatments for Fibromyalgia & Chronic Fatigue Syndrome: Insights from Practitioners and Patients	Skelly, Mari	1999	Hardcover
Fibromyalgia AWARE			Magazine
Fibromyalgia: The Complete Guide from Medical Experts and Patients	Ostalecki, Sharon	2007	Paperback
Food That Helps Win the Battle against Fibromyalgia: Ease Everyday Pain & Fight Fatigue	Rawlings, Deirdre	2008	Paperback
What Your Doctor May Not Tell You About Fibromyalgia: The Revolutionary Treatment That Can Reverse The Disease	St. Amand, R. Paul	2006	Paperback





Laughlin Memorial Hospital
Health Information Library
Resource Listing

<u>TITLE</u>	<u>AUTHOR</u>	<u>COPYRIGHT</u>	<u>TYPE</u>
General Health			
100 Questions & Answers about Overactive Bladder & Urinary Incontinence	Ellsworth, P. Gordon, D.	2005	Paperback
A Good Night's Sleep – a Harvard Medical School Guide	Epstein, Lawrence	2007	Paperback
A to Z of Autism Spectrum Disorders	Turkington, Carol; Anan, Ruth	2007	Hardcover
Action Plan for Allergies	Briner	2006	Paperback
Age-Related Macular Degeneration: An Essential Guide for the Newly Diagnosed	Roberts, Daniel	2006	Paperback
Ask a Nurse: From Home Remedies to Hospital Care	American Association of Colleges of Nursing	2001	Hardcover
Asthma	Levy, Mark	2006	Paperback
Autism Sourcebook: Everything You Need To Know About Diagnosis, Treatment, Coping, & Healing	Exkorn, Karen	2005	Hardcover
Celiac Disease: A Hidden Epidemic	Green, Peter	2006	Hardcover
Cerebral Palsy: A Complete Guide for Caregiving	Miller, Freeman	2006	Paperback
Cystic Fibrosis (Facts)	Harris, Ann	2008	Paperback
Gastrointestinal Health: The Proven Nutritional Program to Prevent, Cure, or Alleviate Irritable Bowel Syndrome, Ulcers, Gas, Constipation, Heartburn & Many other Digestive Disorders	Peikin, Stephen	2004	Paperback
Glaucoma: A Patient's Guide to the Disease	Trope, G.E.	2004	Paperback
Guide to Living with HIV Infection	Barlett, John	2006	Hardcover





Laughlin Memorial Hospital
Health Information Library
Resource Listing

<u>TITLE</u>	<u>AUTHOR</u>	<u>COPYRIGHT</u>	<u>TYPE</u>
General Health			
Headache Help: A Complete Guide to Understanding Headaches and the Medications That Relieve Them - Fully	Robbins, Lawrence	2000	Paperback
Living with Hepatitis C: A Survivor's Guide 4th edition	Everson & Weinberg	2006	Paperback
Mayo Clinic: Book of Alternative Medicine	Mayo Clinic	2007	Hardcover
Migraine and Other Headaches	Young, William	2004	Paperback
Muscular Dystrophy: The Facts, 3 rd ed.	Emery, Alan	2008	Paperback
Official Patient's Sourcebook on Cataract Surgery	Parker, James	2005	Paperback
Overcoming Dyslexia: A New & Complete Science-based Program for Reading Problems at Any Level	Shaywitz, Sally	2005	Papreback
Kicking butts: Quit Smoking & Take Charge of Your Health	American Cancer Society	2003	Paperback
Patient's Guide to Medical Tests (The)	Segen, J.C.	2002	Hardcover
Wrinkle Cure: Unlock the Power of Cosmeceuticals for Supple, Youthful Skin	Perricone, Nicholas	2002	Paperback
Healthy Lifestyle			
Health			Magazine
Prevention			Magazine
Weight Loss Surgery: Is It Right for You?	Goldberg, Merle	2005	Paperback
Hypertension/Blood Pressure			
Dash Diet for Hypertension: Lower Your Blood Pressure in 14 Days — Without Drugs	Moore, Thomas	2001	Paperback
Harvard Medical School Guide to Lowering Your Blood Pressure	Casey, Aggie	2006	Paperback





Laughlin Memorial Hospital
Health Information Library
Resource Listing

<u>TITLE</u>	<u>AUTHOR</u>	<u>COPYRIGHT</u>	<u>TYPE</u>
Hyperthyroidism & Hypothyroidism			
Living Well with Grave's Disease and Hyperthyroidism: What Your Doctor Doesn't Tell You that You Need to Know	Shomon, Mary J.	2005	Paperback
Living Well with Hypothyroidism: What Your Doctor Doesn't Tell You.. That You Need to Know	Shomon, Mary J.	2005	Paperback
Infertility			
Baby Solution: Your Essential Resource for Overcoming Infertility (The)	Kenigsberg, Daniel & Hartman, Lauren	2006	Paperback
Couple's Guide to Fertility: Entirely Revised and Updated With the Newest Scientific Techniques to Help You Have a Baby (The)	Berger, Gary S.	2001	Paperback
Inconceivable: A Woman's Triumph over Despair and Statistics	Indichova, Julia	2001	Paperback
Making a Baby: Everything You Need to Know to Get Pregnant	Bruce, Debra Flughum	2000	Paperback
Taking Charge of Your Fertility	Weschler, Toni	2006	Paperback
The Empty Picture Frame: An Inconceivable Journey through Infertility	Nadeau, Jenna	2007	Paperback
When Empty Arms Become a Heavy Burden: Encouragement for Couples Facing Infertility	Glahn, Sandra	1997	Paperback
Kidney Stones			
No More Kidney Stones	Rodman, John S.	2007	Paperback
Lupus			
Lupus Book: A Guide for Patients and Their Families (The)	Wallace, Daniel J.	2005	Hardcover
Lupus: Everything You Need to Know	Bernatsky, S. & Senecal, J.	2005	Paperback





Laughlin Memorial Hospital
Health Information Library
Resource Listing

<u>TITLE</u>	<u>AUTHOR</u>	<u>COPYRIGHT</u>	<u>TYPE</u>
Menopause & Perimenopause			
Before the Change: Taking Charge of Your Perimenopause	Gittleman, Ann Louise	1998	Paperback
Change Before the Change: Everything You Need to Know to Stay Healthy in the Decade Before Menopause	Corio, Laura E.	2000	Hardcover
Kathy Smith's Moving Through Menopause: The Complete Program for Exercise, Nutrition, and Total Wellness	Smith, Kathy	2002	Paperback
Natural Hormone Replacement for Women over 45: For Women over 45	Wright, Jonathan V.	1997	Paperback
Power of Perimenopause: A Woman's Guide to Physical and Emotional Health During the Transitional Decade	Bender, Stephanie Degraff	1998	Paperback
What Your Doctor May Not Tell You About Menopause: The Breakthrough Book on Natural Progesterone	Lee, John R.	1996	Paperback
Wisdom of Menopause: Creating Physical and Emotional Health and Healing During the Change (The)	Northrup, Christiane	2006	Hardcover
Men's Health			
A to Z of Men's Health: A Concise Encyclopedia	Rothfield, G., Romaine, D.	2005	Hardcover
Men in Midlife Crisis	Conway, Jim	1997	Paperback
Prostate: A Guide for Men and the Women Who Love Them (The)	Walsh, Patrick C.	1997	Paperback





Laughlin Memorial Hospital
Health Information Library
Resource Listing

<u>TITLE</u>	<u>AUTHOR</u>	<u>COPYRIGHT</u>	<u>TYPE</u>
Mental Health			
After a Parent's Suicide: Helping Children Heal	Requarth, Margo	2008	Paperback
Bipolar Disorder: A Guide for Patients & Families	Mondimore, Francis	2006	Paperback
Complete Family Guide to Schizophrenia: Helping Your Loved One Get the Most Out of Life	Mueser, Kim	2006	Paperback
Coping with OCD: Practical Strategies for Living Well with Obsessive-Compulsive Disorder	Hyman, Bruce	2008	Paperback
Depression: The Mood Disease	Mondimore, Francis	2006	Paperback
Feeling Good Handbook (The)	Burns, David D.	1999	Paperback
Feeling Good: The New Mood Therapy	Burns, David D.	2000	Paperback
Haunted by Combat: Understanding PTSD In War Veterans Including Women, Reservists, And those coming back from Iraq	Paulson, Daryl	2007	Hardcover
Last Call: Alcoholism and Recovery	Hedblom, Jack	2007	Paperback
Living Well with Depression & Bipolar Disorder	McManamy, J.	2006	Paperback
Manic: A Memoir	Cheney, Terri	2008	Paperback
Post-Traumatic Stress Disorder Sourcebook	Schiraldi, Glenn R.	2000	Paperback
The Thought that Counts: A firsthand account Of One Teenager's Experience with Obsessive-Compulsive Disorder	Kant, Jared	2008	Paperback
When Dad Hurts Mom: Helping Your Children Heal the Wounds of Witnessing Abuse	Bancroft, Lundy	2005	Paperback
Multiple Sclerosis			
Multiple Sclerosis: The Guide to Treatment And Management	Polman, Chris	2006	Paperback
Multiple Sclerosis: A Guide for Families	Kalb, Rosalind	2006	Paperback





Laughlin Memorial Hospital
Health Information Library
Resource Listing

<u>TITLE</u>	<u>AUTHOR</u>	<u>COPYRIGHT</u>	<u>TYPE</u>
Neurological Conditions			
Epilepsy: A Guide to Balancing Your Life	Leppik, Ilo E.	2007	Paperback
Epilepsy Patient & Family Guide	Devinsky, Orrin	2008	Paperback
Peripheral Neuropathy: When the Numbness Weakness, and Pain Won't Stop	Latov, Norman	2007	Paperback
Restless Legs Syndrome: Coping with Your Sleepless Nights	Buchfuhrer, M., Hening, W., & Kushida, C.	2006	Paperback
Neurology Now	American Academy of Neurology		Magazine
Organ Donation			
Nicholas Effect: A Boy's Gift to the World	Green, Reg	1999	Hardcover
Our Hero, Freebird: An Organ Donor's Story	Ehresman McAdams, Deirdre,	1998	Spiral-bound
Osteoporosis			
Better Bones, Better Body: Beyond Estrogen and Calcium	Brown, Susan E.	2000	Paperback
Fighting Osteoporosis	Williams, Xandria	2002	Paperback
Food and Our Bones: The Natural Way to Prevent Osteoporosis	Colbin, Annemarie	1998	Paperback
Healthy Bones: What You Should Know About Osteoporosis	Appleton, Nancy	1991	Paperback
It's Not Too Late to Prevent Osteoporosis: Welcome to the Age of Evista (3 copies)	Eli Lilly and Company	1999	Video
Osteoporosis Book (The)	Lane, Nancy E.	1999	Paperback
Osteoporosis Handbook: Every Woman's Guide to Prevention and Treatment (The)	Bonnick, Sydney Lou	2000	Paperback
Strong Women, Strong Bones: Everything You Need to Know to Prevent, Treat, and Beat Osteoporosis; Rev. Edition	Nelson, Miriam E.	2006	Paperback
Walk Tall! An Exercise Program for the Prevention and Treatment of Osteoporosis	Meeks, Sara	1999	Spiral-bound





Laughlin Memorial Hospital
Health Information Library
Resource Listing

<u>TITLE</u>	<u>AUTHOR</u>	<u>COPYRIGHT</u>	<u>TYPE</u>
Parenting			
10-Minute Life Lessons for Kids: 52 Fun and Simple Games and Activities to Teach Your Child Trust, Honesty, Love, and Other	Miller, Jamie C.	1998	Paperback
Ask the Children: The Breakthrough Study That Reveals How to Succeed at Work and	Galinsky, Ellen	2000	Paperback
Babyproofing Your Marriage: How to Laugh More, Argue Less, & Communicate Better as Your Family Grows	Cockrell, S.; O'Neil, C.	2007	Paperback
Bedtime Sucks: What to do When You and Your Baby Are Cranky, Sleep Deprived, and Miserable	Kimes, Joanne	2007	Paperback
Discipline Book: How to Have a Better-Behaved Child From Birth to Age Ten	Sears, William	1995	Paperback
Explosive Child: A New Approach for Understanding and Parenting Easily Frustrated, Chronically Inflexible Children	Greene, Ross W.	2005	Paperback
Fatherneed: Why Father Care Is as Essential as Mother Care for Your Child	Pruett, Kyle D.	2000	Hardcover
Girlfriend's Guide to Surviving the First Year of Motherhood: Wise and Witty Advice on Everything from Coping with Postpartum Mood Swings	Iovine, Vicki	1997	Paperback
Heading Home with Your New Born: From Birth to Reality	Jana, Laura; Shu, Jennifer	2005	Paperback
Helping Your Kids Cope with Divorce the Sandcastles Way	Neuman, M. Gary	1998	Paperback
Helping Your Troubled Teen: Learn to Recognize Understand & Address the Destructive Behavior of Today's Teens	Kaplan, Cynthia	2007	Paperback
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 Allen	2002	Hardcover





Laughlin Memorial Hospital
Health Information Library
Resource Listing

<u>TITLE</u>	<u>AUTHOR</u>	<u>COPYRIGHT</u>	<u>TYPE</u>
Parenting			
Little Big Book for Grandmothers (The)	Tabori, Lena; Wong, Alice	2002	Hardcover
Mommy Rescue Guide: Potty Training	Sonna, Linda	2007	Paperback
No-Cry Sleep Solution: Gentle Ways to Help Your Baby Sleep Through the Night (The)	Pantley, Elizabeth	2002	Paperback
Overcoming Teen Depression: A Guide for Parents (Issues in Parenting)	Kaufman, Miriam	2001	Paperback
Parent's Guide to Speech & Language Problems	Feit, Deborah	2007	Paperback
Parenting with Love and Logic	Cline, Foster; Fay, Jim	2006	Paperback
Power of a Positive Mom (The)	Ladd, Karol	2007	Paperback
Protecting the Gift: Keeping Children and Teenagers Safe (And Parents Sane)	DeBecker, Gavin	2000	Paperback
Putting Family First: Successful Strategies for Reclaiming Family Life in a Hurry Up	Doherty, William J.	2002	Paperback
Reading Magic: Why Reading Aloud to Our Children Will Change Their Lives Forever	Fox, Mem	2001	Hardcover
Screamfree Parenting: The Revolutionary Approach to Raising Your Kids by Keeping Your Cool	Runkel, Hal Edward	2007	Paperback
Siblings Without Rivalry: How to Help Your Children Live Together So You Can Live Too	Faber, Adele	1998	Paperback
Successful Child: What Parents Can Do to Help Kids Turn Out Well (The)	Sears, William	2002	Hardcover
Toddler 411: Clear Answers & Smart Advice	Fields, Denise; Brown, Ari	2007	Paperback
Twelve Gifts of Birth (The)	Costanzo, Charlene	2001	Hardcover
Working Mother	Working Mother Media Inc.		Magazine





Laughlin Memorial Hospital
Health Information Library
Resource Listing

<u>TITLE</u>	<u>AUTHOR</u>	<u>COPYRIGHT</u>	<u>TYPE</u>
Parkinson's Disease			
Parkinson's Disease: A Complete Guide For Patients & Families	William, J., Shulman, L. & Lang, A.	2006	Paperback
Personal Growth			
7 Habits of Highly Effective People (The)	Covey, Stephen R.	2004	Paperback
7 Habits of Highly Effective Teens: The Ultimate Teenage Success Guide	Covey, Sean	1998	Hardcover
Authentic Happiness: Using the New Positive Psychology to Realize Your Potential for Lasting Fulfillment	Seligman, Martin E.	2002	Hardcover
Difficult Conversations: How to Discuss what Matters Most	Stone, Douglas	1999	Paperback
Heart of the Soul: Emotional Awareness	Zukav, Gary	2001	Hardcover
His Needs, Her Needs: Building an Affair-Proof Marriage	Harley, Willard F.	2001	Hardcover
How to Stop Worrying and Start Living	Carnegie, Dale	1985	Paperback
I'm at a Loss for Words: What to Say When You Don't Know What to Say	MacGregor, Cynthia	2002	Paperback
Last Call: Alcoholism and Recovery	Hedblom, Jack	2007	Paperback
Life Makeovers	Richardson, Cheryl	2000	Hardcover
Love & Survival: 8 Pathways to Intimacy and Health	Ornish, Dean	1999	Hardcover
Relationship Rescue: A Seven-Step Strategy for Reconnecting With Your Partner	McGraw, Phillip C.	2000	Hardcover
Self Matters: Creating Your Life from the Inside Out	McGraw, Phillip C.	2003	Hardcover





Laughlin Memorial Hospital
Health Information Library
Resource Listing

<u>TITLE</u>	<u>AUTHOR</u>	<u>COPYRIGHT</u>	<u>TYPE</u>
Personal Growth			
Seven Sins of Memory: How the Mind Forgets and Remembers (The)	Schacter, Daniel L.	2001	Hardcover
Story Jar (The)	Bedford, Debbi	2001	Paperback
Ten Things I Wish I'd Known Before I Went Out into the Real World	Shriver, Maria	2000	Hardcover
There's a Spiritual Solution to Every Problem	Dyer, Wayne W.	2001	Hardcover
Turning to One Another: Simple Conversations to Restore Hope to the Future	Wheatley, Margaret J.	2002	Paperback
Who Moved My Cheese? An Amazing Way to Deal with Change in Your Work	Johnson, Spencer	1998	Hardcover
Sexual Health			
Seductive Delusions: How Everyday People Catch STDs	Grimes, Jill	2008	Paperback
Sexually Transmitted Diseases: A Physician Tells You What You Need to Know	Marr, Lisa	2007	Paperback
Stroke			
Stroke Recovery Book: A Guide for Patients and Families (The)	Burkman, Kip	1998	Paperback
Life After Stroke: The Guide to Recovering Your Health and Preventing Another Stroke	Stein, Joel	2006	Paperback





Laughlin Memorial Hospital
Health Information Library
Resource Listing

<u>TITLE</u>	<u>AUTHOR</u>	<u>COPYRIGHT</u>	<u>TYPE</u>
Women's Health			
Athletic Woman's Survival Guide: How to Win the Battle Against Eating Disorders, Amenorrhea, and Osteoporosis (The)	Otis, Carol L.	2000	Paperback
Complete Book of Running for Women: Everything You Need to Know About Training, Nutrition, Injury Prevention, Motivation, Racing & Much, Much More (The)	Kowalchik, Claire	1999	Paperback
Coping With Endometriosis: Sound, Compassionate Advice for Alleviating the Physical and Emotional Symptoms of This Frequently Misunderstood Illness	Phillips, Robert H.	2000	Paperback
Explaining Endometriosis	Henderson, Lorraine	2000	Paperback
It's a Sistah Thing: A Guide to Understanding and Dealing with Fibroids for Black Women	Brown, Monique R.	2002	Paperback
Living Well with Endometriosis: What Your Doctor Doesn't Tell You.. That You Need to Know	Morris, K.A.	2006	Paperback
MAMM: Women, Cancer, & Community	MAMM		Magazine
Our Bodies, Ourselves for the New Century: A Book by and for Women	Boston Women's Health Book Collective	1998	Hardcover
Perricone Prescription (The)	Perricone, Nicholas	2002	Hardcover
Savvy Woman's Guide to PCOS: They Many Faces of a 21 st Century Epidemic.. & What You Can Do About It	Vliet, Elizabeth	2006	Paperback
Screaming to be Heard: Hormonal Connections Women Suspect, and Doctors	Vliet, Elizabeth Lee	2001	Hardcover
Smart Woman's Guides to Midlife & Beyond: A No Nonsense Approach to Staying Healthy After 50	Horn, Janet & Miller, Robin	2008	Paperback





Laughlin Memorial Hospital
Health Information Library
Resource Listing

<u>TITLE</u>	<u>AUTHOR</u>	<u>COPYRIGHT</u>	<u>TYPE</u>
Women's Health			
Uterine Fibroids: The Complete Guide	Stewart, Elizabeth	2007	Paperback
What Your Doctor May Not Tell You about HPV and Abnormal Pap Smears	Palefsky, Joel	2002	Paperback
What Your Mother Never Told You About Sex	Hutcherson, Hilda	2002	Hardcover
Women and Autoimmune Disease: The Mysterious Ways Your Body Betrays Itself	Lahita, Robert G.; Yalor, Ina	2005	Paperback
Women's Bodies, Women's Wisdom	Northrup, Christiane	2006	Hardcover
Women's Health & Fitness			Magazine
Women's Health Patient Education Resource Manual, Second Edition	Marcus, Judy	2002	Loose-leaf
Women's Moods: What Every Woman Must Know About Hormones, the Brain and Emotional Health	Sichel, Deborah	1999	Paperback





Laughlin Memorial Hospital
Health Information Library
Resource Listing

<u>TITLE</u>	<u>AUTHOR</u>	<u>COPYRIGHT</u>	<u>TYPE</u>
Reference			
Abridged Dewey, 13th edition, II Volumes	Dewey, Melvil	1997	Hardcover
American College of Physicians Complete Home Medical Guide (with Interactive Human Anatomy CD-ROM)	Goldmann, David R. editor-in-chief	1999	Hardcover
Cancer: 50 Essential Things to Do	Anderson, Greg	1999	Paperback
Complete Directory for People with Disabilities, 2008: A Comprehensive Source Book for Individuals and Professionals	Mars-Proietti, Laura	2008	Paperback
Complete Guide to Prescription & Nonprescription Drugs 2007	Griffith, H. Winter	2007	Paperback
Complete Guide to Symptoms, Illness & Surgery (5 th Ed) (The)	Griffith, H. Winter	2006	Paperback
Harvard Medical School Family Health Guide	Komaroff, Anthony L.	2005	Hardcover
Informed Decisions: The Complete Book of Cancer Diagnosis, Treatment, and Recovery	Eyre, Harmon	2002	Paperback
Mayo Clinic Family Health Book: The Ultimate Home Medical Reference	Litin, Scott C.	2003	Hardcover
Merck Manual of Medical Information: Home Edition (The)	Beers, Mark H. & Fletcher, Andrew J.	2004	Paperback
Patient's Guide to Medical Terminology (The)	Isler, Charlotte	1997	Paperback
Sears List of Subject Headings, 17th edition	Miller, Joseph	2000	Hardcover
Taber's Cyclopedic Medical Dictionary	Venes, Donald editor & Thomas, Clayton L. co-editor	2001	Hardcover





Laughlin Memorial Hospital

Health Information Library

Resource Listing

Location & Hours

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

Books and videos may be checked out of the library. Reference materials and magazines may be used in the library and are not available for check out.

Hours of Operation:

Monday through Thursday 8:00 am - 4:30 pm and Friday 8:00 am - 12:00 pm.

Materials in the Laughlin Health Information Library are obtained through funds provided by the Laughlin Health Care Foundation.

Updated 10/31/2008



Laughlin Center for Women's Health
1420 Tusculum Boulevard, Greeneville, TN 37745
Phone: (423) 787-5123 * Fax: (423) 787-5171
www.laughlinmemorial.org