

## CCI Support LIBRARY CATALOGUE



### ACTIVITY/MOVEMENT/EXERCISE

<b>Mayo Clinic on Chronic Pain</b> Jeffrey Rome, MD	Practical advice for leading a more active life. A resource on chronic pain control discusses lifestyle changes that can ease pain and includes techniques for coping with it.  <b>Publisher:</b> Kensington Publishing Corporation. <b>Published Date:</b> 2002. <b>Pages:</b> 210. <b>ISBN:</b> 1893005275
<b>Yoga for Fibromyalgia: Move, Breathe and Relax to Improve Your Quality of Life</b> Shoosh Lettick Crotzer	A comprehensive program of 26 illustrated yoga poses, breathing techniques, and guided visualisation and relaxation sessions can be practiced regardless of age or yoga experience. Use simple props such as a chair or blanket to modify poses and support your body and your changing needs. Each pose includes "Everyday Yoga" a section that shows how to use the pose to ease the effects of daily activities, such as sitting, driving and gardening. Poses are for pain relief, fatigue, sleep improvement, body awareness and flexibility.  <b>Publisher:</b> Rodmell Press. <b>Published Date:</b> 2008. <b>Pages:</b> 119. <b>ISBN:</b> 9781930485167

### COMPLEX CONDITIONS

<b>A Physiotherapist's Guide to Understanding and Managing ME/CFS</b> Karen Leslie, Michelle Bull, Nicola Clague-Baker and Natalie Hilliard	ME is a deeply complex and multi-system condition with has historically suffered from a lack of awareness within physiotherapy education and practice. Similarities in presentation between this condition and Long Covid make this comprehensive and evidence-based guide for physiotherapists even more timely and important. Including an in-depth explanation and history of ME/CFS and describing symptoms, varying degrees of severity and how to manage in children. Detailed management advice and case studies.  <b>Publisher:</b> Jessica Kingsley Publishers. <b>Published Date:</b> 2023 <b>Pages:</b> 320. <b>ISBN:</b> 9781839971433
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<p><b>Breaking Thru the Fibro Fog</b> Kevin P. White</p>	<p>Scientific proof Fibromyalgia is real. Fibromyalgia (FM) is a common condition that is associated with oftentimes debilitating chronic widespread pain, severe fatigue, poor sleep, mental foggiess (often called fibro fog) and several other symptoms. Breaking Thru the Fibro Fog is the first and only book of its kind. It examines all the arguments against fibromyalgia and reviews the published scientific evidence refuting each and every one of them.</p> <p><b>Publisher:</b> Wortley Road Books. <b>Published Date:</b> 2011. <b>Pages:</b> 252. <b>ISBN:</b> 9780986788109</p>
<p><b>Chronic Fatigue Syndrome and Fibromyalgia</b> Nancy Fowler and Lisa Ball</p>	<p>From F.I.N.E. (Frustrated, Irritated, Nauseated, Exhausted) to Feeling Better. An Idyll Arbor Personal Health Book.</p> <p><b>Publisher:</b> Idyll Arbor. <b>Published Date:</b> 2010. <b>Pages:</b> 214. <b>ISBN:</b> 9781882883684</p>
<p><b>Chronic Fatigue Syndrome, Fibromyalgia and other Invisible...</b> Katrina Berne, PhD</p>	<p>The comprehensive guide. The latest research on causes, symptoms, diagnosis &amp; treatment.</p> <p><b>Publisher:</b> Hunter House. <b>Published Date:</b> 2002. <b>Pages:</b> 378. <b>ISBN:</b> 0 89793 280 3</p>
<p><b>Chronic Fatigue Syndrome: Critical Reviews &amp; Clinical Advances</b> Kenny De Meirleir, MD, PhD Roberto Patarca-Montero, MD, PhD</p>	<p>This volume provides the specialized views of different schools of thought, research, and clinical intervention for CFS and ME (Myalgic encephalomyelitis). Edited by the organizer of the Second World Congress on Chronic Fatigue Syndrome and Related Disorders, this work focuses on information gathered there.</p> <p><b>Publisher:</b> The Haworth Medical Press. <b>Published Date:</b> 2000. <b>Pages:</b> 170. <b>ISBN</b> 0789009994</p>
<p><b>Chronic Fatigue Syndrome/M.E</b> Dr Rosamund Vallings</p>	<p>Carefully describes the process for accurate diagnosis, and the difficulties entailed. Based on recent medical research, this practical, easy-to-follow resource provides a unique and timely</p>

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	<p>overview of an elusive disease for anyone with Chronic Fatigue Syndrome/ME, and for any friends and family members. It is also a useful guide for health professionals diagnosing and treating the disease.</p> <p><b>Publisher:</b> Calico Publishing Ltd. <b>Published Date:</b> 2012. <b>Pages:</b> 350. <b>ISBN:</b> 9781877429026</p>
<p><b>Chronic Fatigue Syndrome (CFS/ME): The Facts</b> Frankie Campling and Michael Sharpe</p>	<p>Chronic fatigue syndrome remains a controversial illness, both in terms of its causes, and the best ways to treat the illness. For years, CFS sufferers have had to deal with skepticism from their families, employers, and even health care professionals. The conflicting advice published up to now has served to confuse sufferers and professionals even more. Providing sufferers and their families practical advice based on scientific evidence. Written by a sufferer of CFS/ME and a physician, both who have had extensive experience helping patients. A self-help guide advising on how to choose therapies and therapists, and how to deal with CFS/ME in children.</p> <p><b>Publisher:</b> Oxford University Press. <b>Published Date:</b> 2008. <b>Pages:</b> 199. <b>ISBN:</b> 9780199233168</p>
<p><b>Chronic Fatigue Syndrome, ME (updated)</b> Dr Rosamund Vallings</p>	<p>A fully revised edition of this internationally acclaimed book provides a timely review of Chronic Fatigue Syndrome, the impact of COVID, and the latest research into treatments.</p> <p><b>Publisher:</b> Calico Publishing Ltd. <b>Published Date:</b> 2020. <b>Pages:</b> 380. <b>ISBN:</b> 9781877429323</p>
<p><b>Chronic Fatigue Syndrome, ME</b> Dr Rosamund Vallings</p>	<p>Symptoms, diagnosis and management of ME/CFS. 'Carefully describes the process for accurate diagnosis, and the difficulties entailed. Based on recent medical research, this practical, easy-to-follow resource provides a unique and timely overview of an elusive disease ... for anyone with Chronic Fatigue Syndrome/ME, and for any friends and family members. It is also a useful guide for health professionals diagnosing and treating the disease.</p> <p><b>Publisher:</b> Calico Publishing Ltd. <b>Published Date:</b> 2012. <b>Pages:</b> 350. <b>ISBN:</b> 9781877429026</p>

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<p><b>Diagnosis and Treatment of CFS and ME</b> Sarah Myhill, MD</p>	<p>Since its publication in April 2014, Dr Myhill's guide to understanding and overcoming CFS/ME has become a must-read for sufferers from this poorly understood condition, but in that time both new research and new clinical findings have thrown further light onto an illness that for sufferers is life-stopping but for many doctors is 'all in the mind'. At the heart of the book remains the issue of mitochondrial failure – what this is, what it means for patients and what can be done to put it right.</p> <p><b>Publisher:</b> Hammersmith Health Books. <b>Published:</b> 2017. <b>Pages:</b> 448. <b>ISBN:</b> 9781781610794</p>
<p><b>Fibromyalgia and Chronic Fatigue Syndrome: 7 Proven Steps to Less Pain and More Energy</b> Fred Friedberg, PHD</p>	<p>All illnesses have both physical and psychological components and are best healed when both are treated simultaneously. CFS/FMS are no exceptions. In the west, an inappropriate distinction has been made attempting to separate illnesses into either physical or mental. By treating patients using our SHIN protocol (sleep, hormonal deficiencies, infections, and nutritional deficiencies), our study showed that 91% of CFS/FMS patients improve with an increase in quality of life of 90%.</p> <p><b>Publisher:</b> New Harbinger Publications Inc. <b>Published Date:</b> 2006. <b>Pages:</b> 278. <b>ISBN:</b> 9781458760685</p>
<p><b>Fibromyalgia and Muscle Pain</b> Leon Chaitow</p>	<p>Essential reading for those who want to free themselves from these disorders, but also for loved ones. This book clearly explains what fibromyalgia is and how it affects sufferers.</p> <p><b>Publisher:</b> Harper Thorsons. <b>Published Date:</b> 2001. <b>Pages:</b> 274. <b>ISBN:</b> 9780007115020</p>
<p><b>Fibromyalgia and Chronic Myofascial Pain: A Survival Manual</b> Devin Starlanyl and Mary Ellen Copeland</p>	<p>The many symptoms of FMS &amp; CMP. Many answers may be found within this book. An authoritative and valuable resource for those suffering from Fibromyalgia and Chronic Myofascial Pain features tips and self-help techniques, provides the most recent information on various treatments, discusses surgical options and medications, and much more.</p>

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	<p><b>Publisher:</b> New Harbinger Publications, Inc. <b>Published Date:</b> 2001. <b>Pages:</b> 398. <b>ISBN:</b> 1572242388</p>
<p><b>Fibromyalgia and Myofascial Pain Syndrome: A Practical Guide to Getting on with Your Life</b> Chris Jenner, MD</p>	<p>Manage your Fibromyalgia by becoming an expert patient. There really is life after being diagnosed with fibromyalgia or myofascial pain syndrome...and yours starts here. The lack of knowledge surrounding two of the most globally prevalent illnesses means that they can often go undiagnosed &amp; untreated for years, during which time both the mental and physical condition of sufferers can deteriorate considerably. Self-education is the first step towards dramatic improvement of quality of life. A practical guide to the conditions, how they affect your life, your options, and how to get on with your life.</p> <p><b>Publisher:</b> How to Books Ltd. <b>Published Date:</b> 2011. <b>Pages:</b> 207. <b>ISBN:</b> 9781845284671</p>
<p><b>Fibromyalgia for Dummies</b> Rolland Staud, MD with Christine Adamec</p>	<p>Identify your trigger points, cope with chronic pain and sleep problems, evaluate the new medications, make healing lifestyle changes, help a child with FMS. Plain-English guide outlines the latest treatments and highlights new research. You'll see how to spot the various symptoms and their possible causes, work with your physician to develop a plan of care and manage your pain at home or the office.</p> <p><b>Publisher:</b> Wiley Publishing, Inc. <b>Published Date:</b> 2007. <b>Pages:</b> 336. <b>ISBN:</b> 9780470145029</p>
<p><b>Fighting Fatigue</b> Sue Pemberton and Catherine Pemberton</p>	<p>This practical manual comes from a nationally recognised centre for the condition and is jointly written by health professionals and their patients. They give straightforward and specific expert advice, accompanied by real life stories, on managing different aspects of everyday life that can affect energy, and they show how to put this advice into practice.</p> <p><b>Publisher:</b> Hammersmith Press. <b>Published Date:</b> 2009. <b>Pages:</b> 237. <b>ISBN:</b> 9781905140282</p>

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<p><b>From Fatigued to Fantastic</b> Jacob Teitelbaum</p>	<p>Unique program tackles the root causes of chronic fatigue and fibromyalgia, and progressively works to eliminate deficiencies and imbalances in the body. The integrated SHIN protocol – sleep, hormones, infections and nutrition – addresses these four main areas of treatment. Worksheets throughout the book will equip you with a treatment plan fitted to your specific needs. Treatment recommendations including strategies for using prescription and over-the-counter medications, nutritional supplements, alternative therapies, and dietary and lifestyle modifications. Based on the clinically proven results of his landmark study.</p> <p><b>Publisher:</b> Penguin Books Ltd. <b>Published Date:</b> 2007. <b>Pages:</b> 424. <b>ISBN:</b> 9781583332894</p>
<p><b>Healing is Possible</b> Neil Nathan</p>	<p>Coping with Chronic Fatigue, Fibromyalgia, persistent pain &amp; other chronic illnesses. Dr. Nathan has brought countless people relief from their long-term symptoms and illnesses. He identifies the twelve major imbalances in the body that often contribute to chronic and/or complex illnesses, such as chronic fatigue and fibromyalgia. Cutting-edge diagnostic tools and treatments are discussed in easy-to-understand language.</p> <p><b>Publisher:</b> Basic Health Publications. <b>Published Date:</b> 2013. <b>Pages:</b> 310. <b>ISBN:</b> 949-715-7327</p>
<p><b>How to Manage Chronic Fatigue</b> Christine Craggs-Hinton</p>	<p>Self-help strategies designed for this complex condition. Self-help guide.</p> <p><b>Publisher:</b> Sheldon Press. <b>Published Date:</b> 2009. <b>Pages:</b> 108. <b>ISBN:</b> 9781847090645</p>
<p><b>Living Well with CFS &amp; Fibromyalgia: What Your Doctor Doesn't Tell You That You Need to Know</b> Mary J. Shomon</p>	<p>What your doctor doesn't tell you.... that you need to know. From the author of Living Well with Hypothyroidism, a comprehensive guide to the diagnosis and treatment of chronic fatigue syndrome and fibromyalgia - vital help for the millions of people suffering from pain, fatigue, and sleep problems. In her trademark accessible, easy-to-follow style, patient advocate Mary J. Shomon integrates the latest findings regarding these misunderstood conditions.</p> <p><b>Publisher:</b> Harper Collins. <b>Published Date:</b> 2004. <b>Pages:</b> 416. <b>ISBN:</b> 0060521252</p>

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<b>Living with M.E.: The Chronic/Post-Viral Fatigue Syndrome</b> Charles Shepherd, MD	<p>Easy to use, plenty of information, advice &amp; encouragement.</p> <p><b>Publisher:</b> Random House UK. <b>Published Date:</b> 1999. <b>Pages:</b> 400. <b>ISBN:</b> 9780091816797</p>
<b>Managing ME/CFS: A Guide for Young People</b> Dr Rosamund Vallings	<p>If you are a young person who has just been diagnosed with ME or CFS, you will find a sympathetic voice in this book. Dr Vallings is a very experienced doctor who has spent much of her career helping people with ME/CFS, and explains this complicated illness in an easily understandable way. Great suggestions for managing everyday tasks and ups and downs of the illness, and how to create the best chance of recovery.</p> <p><b>Publisher:</b> Calico Publishing Ltd. <b>Published Date:</b> 2015. <b>Pages:</b> 136. <b>ISBN:</b> 9781877429149</p>
<b>Reviving the Broken Marionette: Treatments for CFS/ME and Fibromyalgia</b> Maija Haavisto	<p>Most doctors do not really understand these illnesses and the enormous impact they have on the patients life and many tell the patient there's nothing they can do. Luckily, the doctors are wrong. There are no miracle cures, but both CFS/ME and fibromyalgia can be effectively treated with numerous therapies, which do not have focus on just isolated symptoms like pain, insomnia or depression. - Over 250 pharmaceuticals that can be used to treat CFS/ME and fibromyalgia. - Possible side effects, contraindications and drug interactions. - International availability and prices of medications. - Considerations for surgeries and vaccinations. - Over 1,000 references.</p> <p><b>Publisher:</b> Maija Haavisto. <b>Published Date:</b> 2008. <b>Pages:</b> 346. <b>ISBN:</b> 9781409203353</p>
<b>Take Charge of Your Chronic Pain</b> Peter Abaci, MD	<p>Chronic pain afflicts some fifty million Americans. With many years of experience, Dr Peter Abaci shares innovative treatments he has developed that have helped thousands better their lives in dramatic ways. Traditional medicine is paired with unconventional treatments – such as tai chi,</p>

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	<p>art therapy, diet and yoga. It reveals how functional MRIs can now measure pain and the startling truth that narcotic pain medications can worsen chronic pain.</p> <p><b>Publisher:</b> GPP Life. <b>Published Date:</b> 2010. <b>Pages:</b> 291. <b>ISBN:</b> 9780762754090</p>
<p><b>The Advanced ME/CFS, Fibromyalgia and MCS Recovery Program</b> Ashok Gupta</p>	<p>Gupta Amygdala Retraining is a brand-new powerful treatment for Chronic Fatigue Syndrome, ME, Fibromyalgia, MCS and associated conditions. It was developed by Ashok Gupta, a well-known researcher and therapist in CFS/ME, who has dedicated the last 10 years of his life to understanding and treating the condition. He suffered from the condition himself around 10 years ago and has now been 100% better for many years. He runs a clinic in Harley Street in Central London, where he successfully treats patients with the condition. Accompanying Book to the DVD Program.</p> <p><b>Publisher:</b> Harley Street Solutions Ltd. <b>Published Date:</b> 2013. <b>Pages:</b> 159</p>
<p><b>The CFIDS/Fibromyalgia Toolkit: A Practical Self-Help Guide</b> Bruce F. Campbell, PHD</p>	<p>Offering help to the 4 million Americans living with DFIDS (Chronic Fatigue and Immune Dysfunction Syndrome) and fibromyalgia. Even though there is no cure for either illness, there are many things you can do to take charge of your condition and your life through personal change. This manual includes a framework to understand your illness and practical tools for symptom control, enabling a more stable life. Learn how to: 1. live within your energy envelope; 2. pace yourself to control the "chronic illness roller coaster"; 3. set realistic short-term goals; 4. reduce stress; 5. manage emotions; 6. improve relationships; 7. minimise relapses. This is the official text of the CFIDS/Fibromyalgia Self-Help course self-management program offered online and throughout the US.</p> <p><b>Publisher:</b> iUniverse.com. <b>Published Date:</b> 2001. <b>Pages:</b> 162. <b>ISBN:</b> 05951646481</p>
<p><b>The Chronic Illness Workbook</b> Patricia A. Fennell</p>	



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	<p>Strategies &amp; solutions for taking back your life. Based on her own research, Fennell has created a comprehensive long-term coping model to integrate chronic illness into a balanced, meaningful life.</p> <p><b>Publisher:</b> New Harbinger Publications Incorporated. <b>Published Date:</b> 2001. <b>Pages:</b> 239. <b>ISBN:</b> 9781572242647</p>
<p><b>The Fatigue Book</b> Lydia Rolley</p>	<p>A practical guide to managing chronic fatigue, whatever its cause, in order to enable recovery at a pace that works for the individual. It outlines 100 proven fatigue management tips drawn from the author's personal and professional experience and is suitable for those affected of all ages, and their family and friends. Applies the principles of Pacing and Activity Management. Lydia Rolley has occupational therapy and psychotherapy joint training, and recognises the physical, mental and social/emotional needs of the individual.</p> <p><b>Publisher:</b> Hammersmith Health Books. <b>Published Date:</b> 2010. <b>Pages:</b> 296. <b>ISBN:</b> 9781781612378</p>
<p><b>The Fibromyalgia &amp; CFS Resource Book</b> Dawn Hughes</p>	<p>Healing resources for patients, family &amp; friends. A must resource for the millions of people affected by Fibromyalgia and Chronic Fatigue Syndromes. FMS and CFS, unlike well-known and understood diseases like cancer, springboards a journey for education, understanding and compassion. The book powerfully captures this journey, and is the first to provide patients, family and friends with the imperative resources to find support through their walk.</p> <p><b>Publisher:</b> Universal-Publishers. <b>Published Date:</b> 2001. <b>Pages:</b> 212. <b>ISBN:</b> 9781581126853</p>
<p><b>The Joke's on M.E.</b> Interaction (Arber)</p>	<p>A collection of cartoons from InterAction by Arber.</p> <p><b>Publisher:</b> M.E Action. <b>Published Date:</b> no date given. <b>Pages:</b> not stated</p>

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<p><b>The Patient's Guide to Chronic Fatigue Syndrome and Fibromyalgia: Take Charge Using Proven Self-Management Strategies</b> Bruce Campbell, Ph.D</p>	<p>Practical strategies for managing pain, fatigue and sleep, pacing yourself, minimising flares and relapses, problem solving, charting your progress, controlling stress, building support, stabilising emotions, exercising safely, finding doctors and support groups. Bruce Campbell, Ph.D is a recovered CFS patient who has worked at Stanford University on self-help programs for chronic illness.</p> <p><b>Publisher:</b> CSH Press. <b>Published Date:</b> 2006. <b>Pages:</b> 249. <b>ISBN:</b> 0970526717.</p>
<p><b>The Pocket Guide to CFS/ME</b> Dr. Rosamund Vallings</p>	<p>This concise and easy-to-read book will help anyone with Chronic Fatigue Syndrome/ME manage their illness and improve their overall wellbeing. It explains how CFS/ME is diagnosed and the different ways it may affect the body, so that people with CFS/ME will be able to more actively take charge of their health and create the best chance for recovery.</p> <p><b>Publisher:</b> Calico Publishing. <b>Published Date:</b> 2017. <b>Pages:</b> 144. <b>ISBN:</b> 9781877429231</p>
<p><b>Treating &amp; Beating Fibromyalgia &amp; Chronic Fatigue</b> Dr Rodger Murphree</p>	<p>A step-by-step programme to help you get well again. Are you still suffering from fibromyalgia or chronic fatigue syndrome despite consulting numerous doctors and taking dozens of pills? Have you been told that you're just lazy, crazy, or simply depressed? You don't need more advice on getting your life together, you need research-driven, patient-proven solutions.</p> <p><b>Publisher:</b> Harrison &amp; Hampton Pub. <b>Published Date:</b> 2006. <b>Pages:</b> 384. <b>ISBN:</b> 0972893822</p>
<p><b>When Muscle Pain Won't Go Away: The Relief Handbook for Fibromyalgia and Chronic Muscle Pain</b> Gayle Backstrom with Dr Bernard R. Rubin</p>	<p>The FM diagnosis, basic symptoms and common conditions, all the options for treatment: drugs, physical therapy, and osteopathic manipulation, what to do when FM affects your work, simple pain-relieving exercises. In easy-to-understand language, Gayle Backstrom, who has FM, with Dr Rubin, an FM expert, include tips for easier everyday living, techniques for coping, and answers 30 of the most common questions about FM.</p> <p><b>Publisher:</b> Taylor Publishing Company. <b>Published Date:</b> 1992. <b>Pages:</b> 145. <b>ISBN:</b> 0878337946</p>

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<p><b>You Don't look Sick</b> Joy &amp; Overman Selak, Steven MD</p>	<p>Living well with invisible chronic illness. Chronicles one person's true life story of illness and her physician's compassionate commentary as they journey through the four stages of chronic illness; Getting Sick, Being Sick, Grief and Acceptance and Living Well. Designed for people at all stages of the chronic illness journey, this book is also illuminating for caregivers and loved ones.</p> <p><b>Publisher:</b> Demos Medical Publishing. <b>Published Date:</b> 2012. <b>Pages:</b> 170. <b>ISBN:</b> 9781936303427</p>
<p><b>Your Symptoms Are Real</b> Natelson, Benjamin H. MD</p>	<p>What to do when your doctor says nothing is wrong. Praise for Your Symptoms Are Real 'Thank God for this book. It provides the help that millions of Americans with 'silent illnesses' like chronic fatigue and fibromyalgia have been waiting for. Dr. Natelson is a brilliant and compassionate clinician who covers the best treatments that medical science has to offer, along with a thorough consideration of complementary approaches.</p> <p><b>Publisher:</b> Wiley. <b>Published Date:</b> 2007. <b>Pages:</b> 288. <b>ISBN:</b> 9780471740285</p>

### HOLISTIC/LIFESTYLE

<p><b>Alternative Treatments for Fibromyalgia &amp; CFS</b> Skelly, Mari &amp; Walker, Helen</p>	<p>Interviews with leading practitioners - how their therapy works, how it can help. Inspiring stories from across the globe. Mainstream medicine, however useful in other areas of healing, has failed to effectively treat the complexities of fibromyalgia and chronic fatigue syndrome. This useful book focuses on alternative therapies for these prevalent diseases. With 70 percent new material, this guide offers both insight and inspiration for those dealing with these challenging conditions.</p> <p><b>Publisher:</b> Hunter House. <b>Published Date:</b> 31/08/2006. <b>Pages:</b> 304. <b>ISBN</b> 9780897934725</p>
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<p><b>Atomic Habits</b> James Clear</p>	<p>Atomic Habits offers a proven framework for improving--every day. James Clear, one of the world's leading experts on habit formation, reveals practical strategies that will teach you exactly how to form good habits, break bad ones, and master the tiny behaviors that lead to remarkable results.</p> <p><b>Publishing Date:</b> 2018. <b>Publisher:</b> Random House. <b>Pages:</b> 320. <b>ISBN:</b> 0735211299</p>
<p><b>Better health for you</b> Denis Toorey</p>	<p>Insider's guide by Tauranga pharmacist. A balanced overview, written by a health professional with forty-years-experience, ending with his community pharmacy winning a prestigious Customer Choice Award three years in a row. Find out why the author promotes a holistic (big picture) approach after a fantastic holistic medical doctor solved his problem when his orthodox doctor had no answers and the need to spread the word on better ways to look after your most valuable asset - your health. Denis believes there is a need for a greater focus on real cures and prevention of disease over just treating symptoms with medicines.</p> <p><b>Publisher:</b> Lulu.com. <b>Published Date:</b> 2014. <b>Pages:</b> 158. <b>ISBN</b> 9780473295424</p>
<p><b>Exhausted to Energised</b> Dr Libby Weaver</p>	<p>Where energy comes from, how it's made, what depletes it and how to reignite it. Combining professional experience with scientific research and personal insights, Dr Libby shares her solutions to the most common causes of fatigue. It explains what can be done to restore your health and dedicate your energy to what is important for you.</p> <p><b>Publisher:</b> Hay House UK Ltd. <b>Published Date:</b> 2018. <b>Pages:</b> 319. <b>ISBN:</b> 9781788170727</p>
<p><b>How to Keep House While Drowning: A Gentle Approach to Cleaning and Organising</b> Katherine Davis</p>	<p>Have you ever looked at a pile of dishes in the sink and wanted to crawl into bed? Or found yourself staring at the overflowing recycling bin and thinking 'Why is my life such a mess?'. KC Davis, therapist and busy mother of two, will introduce you to six life-changing principles to revolutionise housework, all without a single to-do list. This is a book for anyone who feels</p>

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	<p>overwhelmed by life and is looking for an accessible and gentle way to care for their home – and themselves. With KC's help, your home will feel like a sanctuary again.</p> <p><b>Publisher:</b> Penguin Random House UK. <b>Published Date:</b> 2022. <b>Pages:</b> 151. <b>ISBN:</b> 9781529900033</p>
<p><b>Natural Remedies That Really Work: an NZ Guide</b> Dr Shaun Holt &amp; Iona MacDonald</p>	<p>Natural remedies: what works and why. Evaluates 75 natural remedies, and gives links to informative websites. What medical research actually says about natural health products and therapies that other sources recommend. In a world that's besieged by extravagant claims for an avalanche of natural remedies, who should we believe, and how can we get the information we need to make the right choices? The answers to these and many more questions are in this book. A surprising number of natural remedies are the subject of high-quality clinical research, Natural Remedies That Really Work summarises and evaluates the most important and interesting research in a concise and user friendly format. A must for all New Zealand families looking for complementary natural health remedies.</p> <p><b>Publisher:</b> Craig Potton Publishing Limited. <b>Published Date:</b> 2010. <b>Pages:</b> 295. <b>ISBN</b> 9781877517181</p>
<p><b>15 Natural Remedies For Migraine Headaches: Proven Effective Treatments for Adults and Children.</b> Jay S Cohen, MD</p>	<p>Several powerful and expensive migraine drugs are available by prescription, but most have side effects that can cause individuals to stop treatment. Best-selling author Jay Cohen, one of the countries leading authorities on the dangers of prescription drugs and an expert on migraines, offers a concise and practical guide to natural remedies that are just as effective as their conventional counterparts. The book begins by explaining what migraines are, their causes, symptoms and triggers, then lists the most valuable natural migraine therapies available. Each remedy is explained, with how it works and recommended dosages. Migraine prevention in children and adolescents is also covered. Treatments to stop acute micrane attacks are revealed.</p>

## NUTRITION/COOKBOOK

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<p><b>4 Ingredients: Allergies</b> Kim McCosker</p>	<p>Recipes for people with food allergies</p> <p><b>Publisher:</b> Four Ingredients. <b>Published Date:</b> 2013. <b>Pages:</b> 144. <b>ISBN:</b> 9780980629446</p>
<p><b>Clean Living: Paleo Basics</b> Luke Hines &amp; Scott Gooding</p>	<p>This is not a diet book, a quick fix or a fad, but a paleo guidebook that will help you to achieve vibrant health and sustain it for the rest of your life. The Paleo diet has been around since the dawn of humankind, and with its emphasis on fresh produce and whole, unprocessed foods, it's exactly what your body needs to thrive. This comprehensive ready reference guide explains all you need to know about living paleo and is packed full of tips, swap-outs and delicious recipes that will have you well on your way to making positive changes in your life.</p> <p><b>Publisher:</b> Hachette Australia. <b>Date:</b> 2015. <b>Pages:</b> 257. <b>ISBN:</b> 9780733633829</p>
<p><b>Decoding Food Additives</b> Dr Geoffrey Skurray</p>	<p>A comprehensive guide to food additive codes and food labelling. The definitive guide to food additives and labelling regulations in Australia. Dr Geoffrey Skurray presents the most up-to-date and comprehensive catalogue of food additives approved for use in food processing in Australia today.</p> <p><b>Publisher:</b> Hachette Australia. <b>Published Date:</b> 2007. <b>Pages:</b> 226. <b>ISBN:</b> 9780733622243</p>
<p><b>Feed Me Right</b> Dee &amp; Tamarin Pigneguy</p>	<p>Nutritional know-how &amp; body science. How do I 'feed me right'? This book is the latest tool in the fight against childhood obesity. Feed Me Right explains what happens to food from the moment it slips past your lips, till it plops out the other end, and provides the nutritional know-how that YOU need for health and longevity</p> <p><b>Publisher:</b> Papawai Press. <b>Published Date:</b> 2007. <b>Pages:</b> 79. <b>ISBN:</b> 9780958280624</p>

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<b>Fermented Foods for Health</b> Deirdre Rawlings, PhD, ND	<p>Use the power of probiotic foods to improve digestion, strengthen immunity and prevent illness. Provides recipes and meal plans featuring fermented foods that are intended to address specific ailments, strengthen immunity, and increase enzyme production.</p> <p><b>Publisher:</b> Fair Winds Press (MA). <b>Published Date:</b> 2013. <b>Pages:</b> 208. <b>ISBN:</b> 9781592335527</p>
<b>Foods That Fight fibromyalgia</b> Deirdre Rawlings, PhD, ND	<p>Nutritional guidelines &amp; 100 recipes to aid your recovery. If you are one of the 6 million people suffering from fibromyalgia, what you put on your plate can make or break your health. Featuring the most up-to-date nutritional research currently available, Foods that Fight Fibromyalgia provides you with nutritional guidelines and 100 recipes that will put you on the road to recovery.</p> <p><b>Publisher:</b> Fair Winds Press (MA). <b>Published Date:</b> 2012. <b>Pages:</b> 256. <b>ISBN:</b> 9781592335398</p>
<b>Foodwatch A to Z</b> Catherine Saxelby	<p>Additives, Allergens, Culprit Chemicals &amp; Nutrition Terms Explained. A pocket shopping and reference guide to help you decode the puzzling words that crop up on labels in the shops and in the media. What's the difference between sucrose and dextrose? What's an antioxidant? If you need sound, authoritative information on what's OK and what's not, this guide is indispensable.</p> <p><b>Publisher:</b> Hardie Grant Books. <b>Published Date:</b> 2002. <b>Pages:</b> 210. <b>ISBN:</b> 9781740660242</p>
<b>4 Ingredients: Gluten and Lactose Free</b> Kim McCosker	<p>Gluten and lactose free recipes.</p> <p><b>Publisher:</b> 4 Ingredients. <b>Published Date:</b> 2013. <b>Pages:</b> 149. <b>ISBN:</b> 9780980629460</p>
<b>Everyday Gluten-Free Cooking</b> Bette Hagman	<p>Bette Hagman has spent more than 20 years developing recipes using special flours for pizzas, breads, pasta, pies, cakes and biscuits. Containing some 200 recipes, this volume makes</p>

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	<p>cooking gluten-free faster and more fulfilling than ever before. This book is more than just recipes, it is a sourcebook on how to live healthily with celiac disease, or wheat allergy, featuring information on developing a celiac diet, raising a celiac child, avoiding hidden glutes and eating well while travelling.</p> <p><b>Publisher:</b> MetroBooks. <b>Published Date:</b> 2002. <b>Pages:</b> 330. <b>ISBN:</b> 9781843580331</p>
<p><b>Gut &amp; Psychology Syndrome</b> Dr Natasha Campbell-Mcbride</p>	<p>Provides information you need to heal a damaged digestive system. Dr. Natasha Campbell-McBride set up The Cambridge Nutrition Clinic in 1998. As a parent of a child diagnosed with learning disabilities, she is acutely aware of the difficulties facing other parents like her, and she has devoted much of her time to helping these families. She realized that nutrition played a critical role in helping children and adults to overcome their disabilities, and has pioneered the use of probiotics in this field. Psychology Syndrome captures her experience and knowledge, incorporating her most recent work. Her deep understanding of the challenges they face puts her advice in a class of its own.</p> <p><b>Publisher:</b> Medinform Pub. <b>Published Date:</b> 2010. <b>Pages:</b> 392. <b>ISBN:</b> 9780954852023</p>
<p><b>The Complete Idiot's Guide to Food Allergies</b> Lee Freund H. M.D. &amp; Jeanne Rejaunier</p>	<p>The Complete Idiot's Guide to Food Allergies, readers will find expert answers to their food allergy questions- How and why bodies react adversely to foods, and how to tell if it is an allergic or non-allergic reaction. Tips on things to consider when seeing an allergist and submitting to allergy tests. A broad look at the various food allergy treatments and a comparison of their effectiveness.</p> <p><b>Publisher:</b> Penguin. <b>Published Date:</b> 2003. <b>Pages:</b> 297. <b>ISBN:</b> 9781592571178</p>
<p><b>Coping with Food Intolerances</b> Dick Thomas</p>	<p>How to change your diet, lessen your exposure to toxins &amp; ideas in testing, diagnosis &amp; diet substitutions. A specialist in diagnosing and treating food sensitivities will help you figure out if you're one of the many sufferers—and guide you through the confusing process of identifying</p>



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	<p>the offenders. Once you understand why you crave the foods you are most susceptible to; and why childhood sensitivities disappear (only to return), you'll be able to cure them.</p> <p><b>Publisher:</b> Sterling Publishing Company Incorporated. <b>Published Date:</b> 2002. <b>Pages:</b> 290. <b>ISBN:</b> 9780806997926</p>
<p><b>Olive Leaf Extract</b> Jack Ritchason</p>	<p>Read about olive leaf's therapeutic abilities, historical use, safety and availability.</p> <p><b>Publisher:</b> Bizmoore Pty Ltd. <b>Date:</b> 2000. <b>Pages:</b> 32. <b>ISBN:</b> 978-1-86514-999-8</p>
<p><b>The Chronic Fatigue Healing Diet</b> Christine Craggs-Hinton</p>	<p>A special diet that will help strengthen the immune system, the endocrine system and the central nervous system. She also explains how to overcome the food intolerances that are common in people who suffer from CFS/ME. She describes the nutritional supplements that can help and outlines a 21-day detox diet. Following this diet will help balance your body, and encourage your system to heal itself.</p> <p><b>Publisher:</b> Sheldon Press. <b>Published Date:</b> 2003. <b>Pages:</b> 115 <b>ISBN:</b> 9780859698788</p>
<p><b>The Gluten Connection</b> Shari Lieberman, PHD, CNS, FACN With Linda Segall</p>	<p>Struggling with headaches or joint pain? Persistent fatigue? Digestive upset? Dr Lieberman has been researching how going gluten-free can alleviate the sort of vague complaints for which doctors may not find a cause, as well as chronic conditions which mainstream medicine may offer little hope of relief including rheumatoid arthritis, chronic fatigue, Crohn's disease, asthma and psoriasis. Learn if you have gluten sensitivity then follow the detailed eating plan. In 14 days you could be symptom-free!</p> <p><b>Publisher:</b> Rodale. <b>Published Date:</b> 2007. <b>Pages:</b> 327. <b>ISBN:</b> 1594863865</p>
<p><b>The Paleo Solution</b></p>	

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<p>Robb Wolf</p>	<p>The original human diet. Do you want to lose fat and stay young, all while avoiding cancer, diabetes, heart disease, Parkinson's, Alzheimer's and a host of other illnesses? The Paleo Solution incorporates the latest, cutting edge research from genetics, biochemistry and anthropology to help you look, feel and perform your best. With Robb's unique perspective as both scientist and coach you will learn how simple nutrition, exercise and lifestyle changes can radically change your appearance and health for the better.</p> <p><b>Publisher:</b> Victory Belt Publishing. <b>Published Date:</b> 2010. <b>Pages:</b> 320. <b>ISBN:</b> 9780982565841</p>
<p><b>Read the Label!: Discover What's Really in Your Food</b> Richard Emerson</p>	<p>This book demystifies the science behind the food label, using simple, everyday language.</p> <p><b>Publisher:</b> Random House UK. <b>Published Date:</b> 2007. <b>Pages:</b> 240. <b>ISBN:</b> 9780091917142</p>
<p><b>The Big Book of Wheat-Free Cooking</b> Antoinette Savill</p>	<p>Includes gluten-free, dairy-free, &amp; reduced fat recipes.</p> <p><b>Publisher:</b> Thorsons. <b>Published Date:</b> 2004. <b>Pages:</b> 312. <b>ISBN:</b> 9780007154524</p>
<p><b>Natural Wonderfoods</b> Bartimeus, Haigh, Merson, Owen &amp; Wright</p>	<p>100 amazing foods for healing and immune boosting. Discover 100 wonderfoods for optimum health and vitality. Maximise your health and combat common ailments. learn which foods can have a huge effect on the way you look and feel. Find out how to boost your immune system and protect yourself from illness. enhance your body's strength, fitness and well-being. Discover delicious recipes, beauty treatments and home remedies.</p> <p><b>Publisher:</b> Duncan Baird Publishers. <b>Published Date:</b> 2011. <b>Pages:</b> 288. <b>ISBN:</b> 9781848990005</p>
<p><b>Why We Get Fat: And What to Do About It</b> Gary Taubes</p>	<p>What's making us fat? And how can we change? Building upon his critical work in Good Calories, Bad Calories and presenting fresh evidence for his claim, bestselling author Gary</p>

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	<p>Taubes revisits these urgent questions. Persuasive, straightforward, and practical, <i>Why We Get Fat</i> is an essential guide to nutrition and weight management.</p> <p><b>Publisher:</b> Random House USA Inc. <b>Date:</b> 2012. <b>Pages:</b> 288. <b>ISBN:</b> 9780307474254</p>
<p><b>4 Ingredients Gluten Free</b> Kim McCosker and Rachael Bermingham</p>	<p>Following the success of their first two books <i>4 Ingredients</i> &amp; <i>4 Ingredients 2</i>, people around the world have been asking for follow-up editions including recipes for those with special dietary requirements. Rachael and Kim have collected and cooked thousands of recipes free from gluten to bring you this fantastic new book. <i>4 Ingredients Gluten Free</i> has over 340 easy and economical recipes that will whip your taste buds into a frenzy!</p> <p><b>Publisher:</b> 4 Ingredients. <b>Date:</b> 2009. <b>Pages:</b> 236. <b>ISBN:</b> 9780980629408</p>
<p><b>The Paleo Diet Cookbook: More Than 150 Recipes for Paleo Breakfasts, Lunches, Dinners, Snacks, and Beverages</b> Nell Stephenson &amp; Loren Cordain</p>	<p>Dr. Loren Cordain's <i>The Paleo Diet</i> has helped thousands of people lose weight, keep it off, and learn how to eat for good health by following the diet of our Paleolithic ancestors and eating the foods we were genetically designed to eat. Now this revolutionary cookbook gives you more than 150 satisfying recipes packed with great flavors, variety, and nutrition to help you enjoy the benefits of eating the Paleo way every day.</p> <p><b>Publisher:</b> Houghton Mifflin Harcourt. <b>Published Date:</b> 2010. <b>Pages:</b> 256. <b>ISBN:</b> 0470913045</p>

## PERSONAL STORIES

<p><b>I'm Not Crazy, I'm Just A Little Unwell</b> Leigh Hatcher</p>	<p>My journey through CFS. In this passionate account, Leigh Hatcher describes the acute physical suffering and huge personal losses of his battle with chronic fatigue.</p>
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	<p><b>Publisher:</b> Strand Publishing Sydney. <b>Published Date:</b> 2005. <b>Pages:</b> 119. <b>ISBN</b> 9781876825355</p>
<p><b>I haven't been entirely honest with you</b> Miranda Hart</p>	<p>Packed with hard-won wisdoms and gentle truths, this is Miranda's honest exploration of the lessons she has learned on her journey from illness to recovery</p> <p>Hello to you, I am with news. I have a new book.</p> <p>Basically, I have had an unexpectedly difficult decade – there have been surprising joys, but also challenging lows. I shall be honest about those, because what I discovered in the difficult times were my, what I call, treasures. Practical tools, values, ways, answers researched from some great scientists, neuroscientists, therapists, sociologists (all the 'ists') out there, that have led to a sense of freedom, joy, peace and physical recovery I never would have thought possible.</p> <p>If you fancy having a read, then I hope my story might help your story. Rest assured there are funny stories along the way. Oh, and I couldn't possibly say if there is a love story in it . . . (There is – shush) Exciting.</p> <p><b>Publisher:</b> Random House. <b>Published Date:</b> 2024. <b>Pages:</b> . <b>ISBN</b> 9781405958349</p>
<p><b>Chronic Illness — Facing its Challenges</b> Kuenstler, Aletha T.</p>	<p>Step by step guide based on nurse's own personal experience. Given less than six months to live in her early thirties and currently living life to its fullest at 63, Aletha testifies to God's sustaining strength in the face of each new challenge. Presented in a professional manner by a nurse and Christian therapist, this book addresses the challenges you may face prior to receiving a diagnosis as well as learning to live life to its fullest with a chronic illness.</p> <p><b>Publisher:</b> Xulon Press. <b>Published Date:</b> 03/2011. <b>Pages:</b> 184. <b>ISBN:</b> 9781612159058</p>
<p><b>Darwin's Mysterious Illness</b></p>	<p>For most of his working life, Charles Darwin suffered from a chronic and debilitating illness, which remained undiagnosed in his lifetime. More recently, there has been speculation on the nature</p>

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Robert Youngson	<p>of Darwin's condition. Seasickness, heart disease, hypochondria, psychosomatic disorder, Chagas' disease, neurosis: all were proposed as candidates for his illness. Robert Youngson comes to an original and surprising conclusion.</p> <p><b>Publisher:</b> Huxley Scientific Press. <b>Published Date:</b> 2010. <b>Pages:</b>13. <b>ISBN:</b> 9780952267126</p>
<p><b>Defeat Chronic Fatigue Syndrome</b></p> <p>Kilcoyne, Martha E.</p>	<p>The 8-step protocol to recovery. The formerly bedridden author, now fully recovered, provides a pragmatic and inspiring guide for CFS, fibromyalgia, CFIDS, and ME patients. This proactive, self-management protocol demonstrates how to get control over those aspects of the disease that can be controlled. Physicians will appreciate the emphasis on a strong working relationship and the foundation on which to build a successful treatment plan. Caregivers will better understand their loved ones and get specific suggestions about how to help.</p> <p><b>Publisher:</b> Triple Spiral Press. <b>Published Date:</b> 2007. <b>Pages:</b> 109. <b>ISBN</b> 9780979476938</p>
<p><b>Encounters with the Invisible</b></p> <p>Wall, Dorothy</p>	<p>Unseen Illness, Controversy, and Chronic Fatigue Syndrome</p> <p><b>Publisher:</b> Southern Methodist University Press. <b>Published Date:</b> 2005. <b>Pages:</b> 352. <b>ISBN</b> 9780870745041</p>
<p><b>FibroWHYalgia: Why REBUILDING the Ten Root Causes of Chronic Illness RESTORES Chronic Wellness</b></p> <p>Susan E. Ingebretson</p>	<p>When Susan Ingebretson found her health spiraling out of control, she wanted to know why. Her tenacious research into the causes of chronic illness led her through a maze of traditional and nontraditional healing methods. Ingebretson eventually connected the dots and found wellness. FibroWHYalgia is a half diary/half tutorial guide that exposes the facts, fibs and fairytales of failing health and offers practical solutions.</p> <p><b>Publisher:</b> Norsehorse Press. <b>Published Date:</b> 2010. <b>Pages:</b> 204. <b>ISBN:</b> 9780984311804</p>

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<p><b>Help Me! What I Wish Families Knew About ME/CFS</b></p> <p>Rebecca Susan Culbertson, MSW, LISW-S</p>	<p>Invaluable resource for all those who suffer from CFS/Fibromyalgia. It provides insight into dealing with the difficulty of performing activities of daily living and serves as inspiration for those who need to realise that they are not alone in their journey.</p> <p><b>Publisher:</b> Rebecca Susan Culbertson. <b>Published Date:</b> 2020. <b>Pages:</b> 209. <b>ISBN:</b> 9781654247492</p>
<p><b>Life Disrupted</b></p> <p>Edwards, Laurie</p>	<p>Getting real about chronic illness in your 20s &amp; 30s. Outlines advice about how to take a pro-active role in managing chronic illness, citing a rise in patients with chronic illness who might not have survived in earlier historical periods while sharing advice on such topics as interacting with medical professionals and having a career that makes room for health needs.</p> <p><b>Publisher:</b> Bloomsbury Publishing USA. <b>Published Date:</b> 24/06/2008. <b>Pages:</b> 272. <b>ISBN</b> 9780802716491</p>
<p><b>Living with Fibromyalgia</b></p> <p>Christine Craggs-Hinton</p>	<p>As well as tried and tested advice on how to reduce pain, boost energy levels and help with regular sleep, this new edition includes the latest in treatments, such as the popular therapy guaifenesin. 'Fibromyalgia' also looks at how pain is experienced and clarifies the difference between fibromyalgia and chronic fatigue syndrome.</p> <p><b>Publisher:</b> Sheldon Press. <b>Published Date:</b> 2010. <b>Pages:</b> 143. <b>ISBN</b> 9781847091000</p>
<p><b>Love and Fatigue in America</b></p> <p>King, Roger</p>	<p>An autobiographical novel. When an Englishman receives an invitation from an American university, he embraces it as a jubilant new beginning. Instead, on arrival, he is stricken with a persistent inability to stand up or think straight. Diagnosed with ME disease—also called chronic fatigue syndrome—he moves restlessly across his newly adopted country, searching for a love and a life suited to his new condition. Love and Fatigue in America briskly compresses an illness, a nation, and an era in a masterly blend of literary forms.</p>

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	<p><b>Publisher:</b> University of Wisconsin Press. <b>Published Date:</b> 20/02/2014. <b>Pages:</b> 283. <b>ISBN:</b> 9780299287245</p>
<p><b>Parting the Fog: The Personal Side of Fibromyalgia/Chronic Fatigue Syndrome</b></p> <p>Jones, Sue</p>	<p>A candid account dealing with the reality of being an FMS/CFS sufferer. While it is occasionally a story of gloom, it is never a story of doom. As the author herself has been stricken with this illness, respect is shown for the seriousness of FMS/CFS. Yet, humor is mingled with hardship and the pages are sprinkled with hope. Prose and poetry combine to get to the heart of the FMS/CFS experience.</p> <p><b>Publisher:</b> LaMont Publishing. <b>Published Date:</b> 2001. <b>Pages:</b> 116. <b>ISBN:</b> 0971217505</p>
<p><b>Sophie's Story: My 20-year Battle with Irritable Bowel Syndrome</b></p> <p>Sophie Lee</p>	<p>A brave young woman's fight against the IBS "monster" offering valuable insights on coping with, and even controlling the symptoms. Partly an offering of hope to other IBS sufferers and partly her way of fighting back against those who told her that IBS is all in her head, this no-holds-barred narrative discusses the many psychological, physical and social effects of living with this disease. Conventional and alternative treatments are covered along with her successful, personal formula to conquer IBS.</p> <p><b>Publisher:</b> Health Point Press. <b>Published Date:</b> 2011. <b>Pages:</b> 158. <b>ISBN:</b> 9780982618325</p>
<p><b>The Choice: Even in hell hope can flower</b></p> <p>Edith Eger</p>	<p>Inspirational story of surviving the Holocaust.</p> <p><b>Publisher:</b> Penguin, Random House. <b>Published Date:</b> 2018. <b>Pages:</b> 367. <b>ISBN:</b> 9781846045127</p>
<p><b>The Last Best Cure</b></p> <p>Donna Jackson Nakazawa</p>	<p>How I switched on the healing part of my brain, got back my body, my joy &amp; my life. The award-winning author of The Autoimmune Epidemic traces her long-time struggle with autoimmune disorders and her effort to improve life quality, documenting her year-long experimentation with</p>

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	<p>various therapies before discovering a transformative treatment for negative childhood experiences.</p> <p><b>Publisher:</b> Avery. <b>Published Date:</b> 2013. <b>Pages:</b> 299. <b>ISBN</b> 9781594631283</p>
<p><b>The Night-Side: Chronic Fatigue Syndrome &amp; The Illness Experience</b></p> <p>Skloot, Floyd</p>	<p>CFS &amp; the Illness Experience. A sublime, sometimes humorous collection of personal essays about Skloot's struggle with chronic illness: from experimental drug trials and exotic alternative medicine to redefining his lifelong love affair with baseball.</p> <p><b>Publisher:</b> Story Line Press. <b>Published Date:</b> 1996. <b>Pages:</b> 190. <b>ISBN</b> 9781885266316</p>
<p><b>The State of Me</b></p> <p>Nasim Marie Jafry</p>	<p>When Helen Fleet, a bright and popular university student is struck down by a mystery illness, the doctors are baffled. While the energetic 1980's are in full flow all around her, Helen is increasingly housebound with even the slightest effort leaving her exhausted. Diagnosed with ME, she faces an uncertain future – a future she decides to tackle head-on with courage, humour and a decent haircut.</p> <p><b>Publisher:</b> The Friday Project. <b>Published Date:</b> 2008. <b>Pages:</b> 500. <b>ISBN:</b> 9781906321055</p>
<p><b>Verity Red's Diary: A Story of Surviving M.E.</b></p> <p>Maria Mann</p>	<p>Laugh, cry &amp; grind your teeth with frustration as you read this day-by-day account of a year in the life of Verity Red, an M.E. sufferer. She copes with scepticism &amp; lack of understanding, boredom, low self-worth, aching, tired body &amp; food cravings. We are privy to notable events of Verity's life, her everyday routine &amp; struggle to complete even the most mundane of chores, and her innermost thoughts, including suspicions regarding her partners infidelity – rational or otherwise. When she is given a book of spells for the modern witch, life becomes much more interesting and fun with the arrival of gnomes and fairies.</p> <p><b>Publisher:</b> Janus Publishing Company. <b>Published Date:</b> 2005. <b>Pages:</b> 478. <b>ISBN:</b> 9781857566307</p>



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### **What Your Doctor Doesn't Know About Fibromyalgia: Why Doctors Can't or Won't Treat Chronic Pain**

Linda Meilink with Patrick Rhoades, MD

Because doctors do not like to treat conditions they don't understand, patients are often ignored, denied pain relief, shuttled off to other "experts" or filled with powerful prescription drugs that may add new and confusing symptoms. Fibromyalgia is listed as one of the top ten most painful conditions in medicine, but many doctors still do not "believe" in it. If they do, they have only a vague notion of a collection of mild symptoms that they attribute to stress, menstrual problems, weight gain, depression or hysteria – none of which have been scientifically linked to fibromyalgia. This book will help you take charge of your condition and teach you how to find physicians you can trust so that you can obtain the relief you need.

**Publisher:** iUniverse. **Published Date:** 2010. **Pages:** 198 **ISBN:** 9781936236343

## RELATED DISORDERS

### **Tinnitus and Meniere's Disease**

Oakbrook, Gillian (compiler)

What is Tinnitus? Are There Different Types of Tinnitus? What Causes Tinnitus? Can Tinnitus Be Cured? & much more.

**Publisher:** Tauranga Hearing Association. **Published Date:** 2008. **Pages:** 58

### **Feeling Tired All The Time**

Fitzgibbon, Dr Joe

The common & treatable causes of fatigue. How to recognise conditions that might apply. While stress and depression are the most frequent reasons for tiredness, there are many other possible causes such as diet, food allergy, nutritional deficiency and chemical sensitivity. This book is an introduction to the common and treatable causes of fatigue written for the layperson. The author explains the main causes of fatigue, why some people feel permanently worn out, and suggests ways to address the problem and resume a normal, healthy life. The text is thoroughly researched, simply written and the author uses a number of case studies to help illustrate the points raised. A directory of support organizations is also included.

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	<b>Publisher:</b> NewLeaf. <b>Published Date:</b> 2001. <b>Pages:</b> 296. <b>ISBN:</b> 9780717132850
<b>50 Ways to Fight Depression Without Drugs</b>  Rosenthal, M. Sara	<p>Solid, effective advice on how to overcome depression. Millions suffer from depression, yet only a small fraction of these individuals seek treatment. Featuring valuable information on causes, symptoms, treatment, and prevention, this book offers new hope to all who struggle to free themselves from this debilitating condition. Here the reader will discover workable solutions and strategies designed to reduce and combat depression.</p> <p><b>Publisher:</b> McGraw-Hill. <b>Published Date:</b> 06/02/2002. <b>Pages:</b> 160. <b>ASIN:</b> B007K4QUPI</p>
<b>Living Well with pain &amp; illness</b>  Burch, Vidyamala	<p>After two serious spinal injuries, Vidyamala Burch found herself facing the loneliness of disability and chronic pain with few skills or resources to turn to. But instead of giving up, she set out on a mission to embrace her physical challenges with compassion, acceptance, and peace. In "Living Well with Pain and Illness," Vidyamala Burch presents a work that is at once an inspirational memoir and practical guidebook for using mindfulness to reframe your relationship with physical and emotional suffering.</p> <p><b>Publisher:</b> Piatkus Books. <b>Published Date:</b> 2008. <b>Pages:</b> 272. <b>ISBN:</b> 978-0749928605</p>
<b>Irritable Bowel Syndrome</b>  Dr Kieran J. Moriarty, CBE	<p>Dr Kieran J. Moriarty is a Consultant Physician and Gastroenterologist. He has wide experience in the treatment of patients with gastrointestinal disorders. His research interests include abdominal pain, alcohol, IBS and bowel disorders. In 2002 he was awarded the CBE for services to medicine.</p> <p><b>Publisher:</b> Family Doctor Publications. <b>Published Date:</b> n.d. <b>ISBN:</b> 1903474485</p>

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<p><b>Hypoglycemia for Dummies</b></p> <p>Chow, Cheryl &amp; James MD</p>	<p>Hypoglycemia for Dummies explores this fickle condition and shows you how to manage your blood sugar to feel better. This no-nonsense, plain-English guide lays out the facts you need to maintain a healthy body. It offers expert advice on identifying symptoms, changing lifestyles, and also extensive coverage on diet, exercise, alternative treatments, and the link between low blood sugar and diabetes.</p> <p><b>Publisher:</b> John Wiley &amp; Sons. <b>Published Date:</b> 26/03/2007. <b>Pages:</b> 288. <b>ISBN:</b> 9780470121702</p>
<p><b>Radical Remission Surviving cancer against all odds</b></p> <p>Kelly A. Turner</p>	<p>9 key factors to dramatic healing. In her New York Times bestseller, Radical Remission: Surviving Cancer Against All Odds, Dr. Kelly A. Turner, founder of the Radical Remission Project, uncovers nine factors that can lead to a spontaneous remission from cancer—even after conventional medicine has failed. Her research continued by interviewing over 100 Radical Remission survivors and studying over 1000 of these cases. Her evidence presents nine common themes that she believes may help even terminal patients turn their lives around.</p> <p><b>Publisher:</b> HarperOne. <b>Published Date:</b> 15/09/2015. <b>Pages:</b> 336. <b>ISBN</b> 9780062268747</p>
<p><b>Splitting: The inside story on Headaches</b></p> <p>Amanda Ellison</p> <p>Available Copies: 1</p>	<p>Written by a leading neuroscientist, Splitting tells the fascinating true story about headaches, and the secrets they reveal about your brain and overall health. From migraines to sinus pain to tension headaches - and everything in between - Splitting separates fact from fiction, putting you in control and helping you practise habits that will protect you from headache.</p> <p><b>Publication Date:</b> 09/09/2020. <b>Publisher:</b> Bloomsbury Publishing PLC. <b>Pages:</b> 240. <b>ISBN:</b> 978 1 4729 7141 8</p>

## CCI Support LIBRARY CATALOGUE



<b>Adrenal Fatigue - the 21st Century Stress Syndrome</b>  Wilson, James L MD, DC, PhD	<p>What adrenal fatigue is and how you can recover your energy, immune resistance, vitality and enjoyment of life. Discusses adrenal fatigue, covering symptoms and remedies.</p> <p><b>Publisher:</b> Smart Publications. <b>Published Date:</b> 2001. <b>Pages:</b> 361. <b>ISBN:</b> 9781890572150</p>
<b>Allergic to the Twentieth Century</b>  Radetsky, Peter	<p>The controversial &amp; insidious new disease: multiple chemical sensitivity (MCS). Discusses the causes of and controversies surrounding Multiple Chemical Sensitivity (MCS), some form of which affects more than 2.5 million Americans, examining the history and spread of this new disease.</p> <p><b>Publisher:</b> Little, Brown Medical Division. <b>Published Date:</b> 1997. <b>Pages:</b> 264. <b>ISBN:</b> 9780316732215</p>
<b>Happiness is a Regular Complete Bowel Motion</b>  Edwards, Peter MD	<p>Effective natural treatment of digestive &amp; bowel problems that is practical &amp; inexpensive, without the use of drugs. A story of hope for all with digestive and bowel problems. Effective natural treatment that is practical and inexpensive, without the use of drugs.</p> <p><b>Publisher:</b> Zealand Publishing House. <b>Published Date:</b> 2009. <b>Pages:</b> 304. <b>ISBN:</b> 0908850719</p>
<b>Breaking Out of Environmental Illness</b>  Robert Sampson, Patricia Hughes	<p>This text focuses on spiritual and transformational healing as a way to cure environmental illnesses such as chronic fatigue and allergies, rather than choosing traditional routes of avoidance.</p> <p><b>Publisher:</b> Inner Traditions / Bear &amp; Co. <b>Published Date:</b> 1997. <b>Pages:</b> 258. <b>ISBN:</b> 9781879181410</p>
<b>Cleaning Yourself to Death. How Safe is Your Home?</b>	<p>Full of practical, hard-hitting information, valuable tips on how to lessen our exposure to toxins. Wake-up and smell the chemicals! Chemicals are in everything we eat and drink and every lungful of air we take in. They are on the clothes we wear, on the furniture we buy and in the</p>

## CCI Support LIBRARY CATALOGUE



Thomas, Pat	cars we drive. And the emerging evidence is that many of these chemicals have the potential to make us very ill. Most of us are happy that we and our homes are as clean as we know how to make them. Yes, they are clean but are they safe?  <b>Publisher:</b> NewLeaf. <b>Published Date:</b> 2001. <b>Pages:</b> 227. <b>ISBN:</b> 9780717131624
<b>Depression — Natural Remedies That Really Work</b>  Holt, Prof. Shaun & MacDonald, Iona	What medical research says about natural health products and therapies.  <b>Publisher:</b> Wairau Press. <b>Published Date:</b> 2011. <b>Pages:</b> 219. <b>ISBN:</b> 9781927158029
<b>Dysautonomia POTS Syndrome</b>  Mike Mohebbi	This Book Tells You All You Need To Know About Dysautonomia Or POTS Syndrome And Understand Autonomic Nervous System Disorders, All The Symptoms, How To Diagnose POTS Syndrome And The Best Natural And Easy Treatments For Dysautonomia.  <b>Publisher:</b> Createspace Independent Publishing Platform. <b>Published Date:</b> 2015. <b>Pages:</b> 66. <b>ISBN:</b> 9781522867425
<b>The highly sensitive person's workbook</b>  Elaine N. Aron PhD	Practical guide for highly sensitive people and support groups. A psychotherapist and workshop leader presents a comprehensive collection of pre-tested exercises developed to enhance the lives of highly sensitive people and help them embrace their unique trait.  <b>Publisher:</b> Broadway. <b>Published Date:</b> 01/1999. <b>Pages:</b> 317. <b>ISBN:</b> 9780767903370
<b>Hyper-Ventilation Syndrome</b>	

## CCI Support LIBRARY CATALOGUE



Bradley, Dinah	<p>Handbook for bad breathers. No 'quick cure'. How to recover, regain confidence, &amp; practise better breathing.</p> <p><b>Publisher:</b> Random House New Zealand. <b>Published Date:</b> 03/1991. <b>Pages:</b> 96. <b>ISBN:</b> 9780908884049</p>
<p><b>Life After Trauma</b></p> <p>Rosenbloom, Dena; Williams, Mary Beth &amp; Watkins, Barbara E.</p>	<p>Workbook to rebuild life: activities, relaxation techniques and self-evaluation questionnaires. Trauma can turn a person's world upside down-- afterward, nothing may look safe or familiar. This supportive workbook helps trauma survivors find and use crucial skills for coping, self-understanding, and self-care. Even when the worst has happened, this book shows how it is possible to feel good again. Readers learn how to protect themselves from overwhelming memories and to heal from trauma-related reactions that may be disturbing their day-to-day lives. Written by experts in treating trauma and based on extensive research, the workbook can be used on its own or in conjunction with psychotherapy.</p> <p><b>Publisher:</b> Guilford Press. <b>Published Date:</b> 19/04/1999. <b>Pages:</b> 352. <b>ISBN</b> 9781572302396</p>
<p><b>Living well with migraine disease &amp; headaches</b></p> <p>Teri Robert</p>	<p>For millions of Americans, Migraine disease, tension headaches, and other headaches are a debilitating part of every day. Teri Robert has been there—in fact, she experienced her first Migraine at age six. Now, in this groundbreaking holistic guide to the diagnosis and treatment of headaches and Migraine disease, she brings a patient-empowering message to all headache sufferers: you don't have to live with daily pain. She provides you with all the information you need to know about getting the help you need, including: Understanding side effects Treatments for long-term relief Risks and symptoms Identification of the various types of headaches Traditional and alternative therapies Information on finding health care practitioners and support Numerous case studies and expert advice.</p>

## CCI Support LIBRARY CATALOGUE



	<b>Publisher:</b> Harper Collins. <b>Published Date:</b> 01/11/2005. <b>Pages:</b> 336. <b>ISBN:</b> 9780060766856
<b>The Migraine Brain</b>  Carolyn Bernstein & Elaine McArdle	Your Breakthrough Guide to Fewer Headaches, Better Health  <b>Publisher:</b> Atria Books. <b>Published Date:</b> 16/09/2008. <b>Pages:</b> 369. <b>ISBN:</b> 9781439150351
<b>Waking the Tiger: Healing Trauma</b>  Levine, Peter A. PhD & Frederick, Ann PhD	The innate capacity to transform overwhelming experiences. A straightforward and drug-free approach to dealing with trauma and behavioral disorders, this book presents simple 'first aid' tools to help prevent traumatic reactions from developing in the aftermath of 'overwhelm' and injury. Thoroughly investigated, this work is based upon the author's years of work with numerous stress and trauma victims. Illustrations.  <b>Publisher:</b> North Atlantic Books. <b>Published Date:</b> 1997. <b>Pages:</b> 274. <b>ISBN:</b> 9781556432330
<b>Accidentally Overweight: Solve Your Weight Loss Puzzle</b>  Dr Libby Weaver	Accidentally Overweight is about what has to happen for a human to be able to access body fat and burn it. Essentially it is about weight loss and all of things that need to come together in our bodies for this to be possible.  <b>Publisher:</b> Little green frog publishing. <b>Pages:</b> 229. <b>Date:</b> 2010. <b>ISBN:</b> 9780473181482
<b>Borderline Personality Disorder: A Guide for the Newly Diagnosed</b>	Manage your symptoms and stay on the path to wellness. If you've recently been diagnosed with borderline personality disorder (BPD), you probably know what it feels like to experience

## CCI Support LIBRARY CATALOGUE



<p>Alexander L. Chapman, PhD, RPsych, &amp; Kim L. Gratz, PhD</p>	<p>intense, overwhelming emotions, "all-or-nothing" thinking, problems with relationships, and even self-harm or other self-damaging behaviors. You may have questions about treatment options, telling friends and loved ones about this diagnosis, and common medication side effects. An easy-to-read introduction to BPD, including information about the most effective treatments, how changes in lifestyle habits can help to manage emotions, how to cope with triggers, and how to stay committed to a path of healing and wellness.</p> <p><b>Publisher:</b> New Harbinger Publications, Inc. <b>Pages:</b> 142. <b>Date:</b> 2013. <b>ISBN:</b> 978M,1608827060</p>
<p><b>Sleep Smarter: 21 Essential Strategies to Sleep Your Way to A Better Body, Better Health and Bigger</b></p> <p>Shawn Stevenson</p>	<p>In Sleep Smarter, Stevenson shares easy tips and tricks to discover the best sleep and best health of your life. With his 14-Day Sleep Makeover, you'll learn how to create the ideal sleep sanctuary, how to hack sunlight to regulate your circadian rhythms, which clinically proven sleep nutrients and supplements you need, and stress-reduction exercises and fitness tips to keep you mentally and physically sharp. Sleep Smarter is the ultimate guide to sleeping better, feeling refreshed, and achieving a healthier, happier life.</p> <p><b>Publisher:</b> Hay House India. <b>Date:</b> 2019. <b>Pages:</b> 263. <b>ISBN:</b> 978-9386832795</p>
<p><b>The Irritable Bowel Syndrome Solution</b></p> <p>Stephen Wangen</p>	<p>If you have IBS, constipation, diarrhea, gas, bloating, indigestion or abdominal pain, there is a logical reason for your suffering. You do not need to eat more fiber, take medications or supplements for the rest of your life, or wonder if you are too stressed out. You can actually live your life completely free of IBS.</p> <p><b>Publisher:</b> Innate Health Group. <b>Date:</b> 2006. <b>Pages:</b> 185. <b>ISBN:</b> 9780976853787</p>

## SUPPORTER/CAREGIVER GUIDES



## CCI Support LIBRARY CATALOGUE



<b>What is ME? For children</b>  Christine Barber, Yvonne Arber	Comic strip for children. Information from AfME in U.K  <b>Publisher:</b> Bay of Plenty Myalgic Encephalomyelitis Support Group Inc Library. <b>Published Date:</b> unknown. <b>Pages:</b> 4
<b>Your Child &amp; M.E. A guide for parents and families. Action for ME.</b>	A guide for parents & families  <b>Publisher:</b> Action for ME. <b>Published Date:</b> 2003. <b>Pages:</b> 45
<b>Managing ME/CFS: A guide for young people</b>  Dr. Rosamund Vallings	Explanation, tips and strategies Clear explanations, tips, strategies for youngsters & caregivers  <b>Publisher:</b> Calico. <b>Published Date:</b> 2015. <b>Pages:</b> 140. <b>ISBN:</b> 978-1-87742-914-9
<b>Chronic Fatigue Syndrome/ME: Support for family and friends</b>  Turp, Elizabeth	Information & support for family and friends. People with Chronic Fatigue Syndrome (CFS)/ME experience extreme tiredness and a range of other symptoms, including pain, headaches, impaired concentration and memory, anxiety, sleep problems, and palpitations. This book offers much-needed information and support to the friends, families, and carers of people with CFS/ME.  <b>Publisher:</b> Jessica Kingsley Publishers. <b>Published Date:</b> 15/09/2010. <b>Pages:</b> 240. <b>ISBN:</b> 9781849051415
<b>Rain, Hail or Sunshine: Exploring change, loss &amp; grief in a carer's world.</b>	Exploring change, loss & grief in a carer's world.

## CCI Support LIBRARY CATALOGUE



Irving, Tricia	<b>Publisher:</b> Skylight. <b>Published Date:</b> 2005. <b>Pages:</b> 80. <b>ISBN:</b> 095826550
<b>Self-care for Caregivers</b>  Samples, Pat & Larsen, Diane and Marvin	<p>This book offers sensitive &amp; sensible guidance for the family caregiver. How to take care of yourself. Self-Care for Caregivers</p> <p><b>Publisher:</b> Hazelden Publishing. <b>Published Date:</b> 01/09/2000. <b>Pages:</b> 142. <b>ISBN:</b> 9781568385600</p>
<b>My Teenage Son Had Chronic Fatigue Syndrome</b>  Sheddon, Darcy	<p>How David and his mother endured five years of: endless tests, doctors, therapists, medications, significant school issues, loss of friends and social standing, and disbelief that he was genuinely ill. 'I feel tired Mum ... really tired. I have a headache and I feel sick to my stomach.' These simple words were the beginning of our five years of hell. This book has been written for you: parents, siblings, grandparents, friends and carers of loved-ones with the debilitating condition, myalgic encephalomyelitis/chronic fatigue syndrome. It sets out, in a very detailed and personal way, everything David and his mother endured during the years of his illness: endless tests, doctors, therapists, medications, alternative treatments; significant school issues, the loss of friends and social-standing and (the most soul-destroying aspect of all) the pervading disbelief that he was genuinely ill. It is a story of a mother's determination to do what was right for her son.</p> <p><b>Publisher:</b> Palmer Higgs. <b>Published Date:</b> 2013. <b>Pages:</b> 147. <b>ISBN:</b> 9781922219602</p>
<b>Why David Hated Tuesdays</b>  Antonetti, Amilya	<p>One courageous mother's guide to keeping your family toxin &amp; allergy free. A comprehensive guide to keeping a naturally clean home for those who suffer from allergic reactions to common household cleaners, describing the hidden dangers of household cleaning products and providing helpful suggestions on how to keep a clean house without polluting the environment of poisoning its occupants. Original. 15,000 first printing.</p>

## CCI Support LIBRARY CATALOGUE



**Publisher:** Prima Lifestyles. **Published Date:** 2003. **Pages:** 264. **ISBN:** 9780761514992

### MIND/BODY/SPIRIT

#### **Living a Healthy Life with Chronic Conditions**

Lorig, Holman, Sobel, Laurent, Gonzalez, Minor

Living the best possible life with a long-term condition. Drawing on input from people with long-term ailments, this book points the way to achieving the best possible life under the circumstances.

**Publisher:** Bull Publishing Company. **Published Date:** 2000. **Pages:** 330. **ISBN:** 9780923521530

#### **Nuturing Resilience**

Kathy L. Kain & Stephen J. Terrell

Offers an introduction and practical, integrated approach for therapists working with people (both adults and children) who have been impacted by developmental trauma and attachment difficulties. Kathy L. Kain and Stephen J. Terrell draw on fifty years of their combined clinical and teaching experience to provide this clear road map for understanding the complexities of early trauma and its related symptoms. For therapists working with both adults and children and anyone dealing with symptoms that typically arise from early childhood trauma--anxiety, behavioral issues, depression, metabolic disorders, migraine, sleep problems, and more--this book offers fresh hope.

**Publisher:** North Atlantic Books. **Published Date:** 2018. **Pages:** 304 **ISBN:** 1623172039

#### **Over the Rainbow to Enlightenment**

Street, Noel & Dupree, Judy

A step by step guide to meditation.

**Publisher:**     **Published Date:** 2000. **Pages:**     **ISBN:** 0473069520

#### **The Biology of Belief**

Bruce H Lipton, PhD

Unleashing the Power of Consciousness, Matter & Miracles

**Publisher:** Hay House. **Published Date:** 2015. **Pages:** 311. **ISBN:** 9781401938697

## CCI Support LIBRARY CATALOGUE



<b>Thoughts on Peace</b> Gillian Bruce-Knight	A collection of quotes on peace from some of the world's most inspired thinkers. <b>Publisher:</b> Essania Ltd. <b>Published Date:</b> 2011. <b>Pages:</b> 30 pages. <b>ISBN:</b> 9781908179005
<b>Mindfulness for Health</b> Vidyamala Burch and Danny Penman	A Practical guide to relieving pain, reducing stress and restoring well-being <b>Publisher:</b> Piatkus. <b>Date:</b> 2013. <b>Pages:</b> 288. <b>ISBN:</b> 9780749959241
<b>When the Body Says No</b> Mate, Gabor	The cost of hidden stress. In this book the author shows how stress & our emotions can help cause chronic illness. <b>Publisher:</b> Ebury Publishing. <b>Published Date:</b> 2019. <b>Pages:</b> 320. <b>ISBN:</b> 178504222X
<b>ACT made simple</b> Russ Harris	With a focus on mindfulness, client values and a commitment to change, ACT is proven-effective in treating depression, anxiety, stress, addictions, eating disorders, schizophrenia, borderline personality disorder (BPD) and myriad other psychological issues. It's also a revolutionary new way to view the human condition - packed full of exciting new tools, techniques and strategies for promoting profound behavioural change. A practical primer, ideal for ACT newcomers and experienced ACT professionals alike, ACT Made Simple offers clear explanations of the six ACT processes and a set of real-world tips and solutions for rapidly

## CCI Support LIBRARY CATALOGUE



	<p>and effectively implementing them in your practice. This book gives you everything you need to start using ACT with your clients for impressive results.</p> <p><b>Publisher:</b> New harbinger Publications. <b>Date:</b> 2009. <b>Pages:</b> 280. <b>ISBN:</b> 1572247053</p>
<p><b>Ageless Body, Timeless Mind</b></p> <p>Deepak Chopra</p>	<p>A practical guide to growing old.</p> <p>Publisher: <b>Rider</b>. Published Date: <b>1993</b>. Pages: <b>342</b>. ISBN: <b>0-7126-5673-1</b></p>
<p><b>The Anatomy of Hope</b></p> <p>Groopman, Jerome MD</p>	<p>How people prevail in the face of illness. Explores the diverse ways in which hope and other positive emotions influence the healing process, drawing on real-life experiences to analyze the biology of hope, as well as its benefits and limits.</p> <p><b>Publisher:</b> Random House Trade Paperbacks. <b>Published Date:</b> 01/2005. <b>Pages:</b> 248. <b>ISBN:</b> 9780375757754</p>
<p><b>How I Rescued My Brain: a psychologist's remarkable recovery from stroke and trauma</b></p> <p>Roland, David</p>	<p>Psychologist's recovery from stroke and trauma: neurological difficulties, cognitive recovery and journey to emotional health.</p> <p><b>Publisher:</b> Scribe Publications. <b>Published Date:</b> 26/02/2015. <b>Pages:</b> 291. <b>ISBN</b> 9781922247421</p>
<p><b>Who Moved my Cheese?</b></p> <p>Johnson, Spencer MD</p>	<p>An amazing way to deal with change in your work &amp; in your life.</p> <p><b>Publisher:</b> G. P. Putnam's Sons. <b>Published Date:</b> 08/09/1998. <b>Pages:</b> 96. <b>ISBN:</b> 9780399144462</p>

## CCI Support LIBRARY CATALOGUE



<b>50 Tips to Build Your Confidence</b>  Anna Barnes	Succinct, practical tips  <b>Publisher:</b> Summersdale Pub Limited. <b>Published Date:</b> 01/10/2015. <b>Pages:</b> 96. <b>ISBN:</b> 9781849535083
<b>Crafting calm</b>  Maggie Oman Shannon	In this wired, wild world, it is harder than ever to shut out noise and busyness in order to truly calm yourself, but in Crafting Calm, a D.I.Y. guide to peace of mind, you'll find inspiring ideas for how to do exactly that through a wide range of creative exercises. Crafts and how-to ideas include contemplation candles, visual journals, prayer shawls, collage mandalas, intention beads, finger labyrinths, personal prayer flags, spiritual toolkits, and tabletop altars.  <b>Publisher:</b> Cleis Press. <b>Published Date:</b> 16/04/2013. <b>Pages:</b> 288. <b>ISBN:</b> 9781936740406
<b>Living Happily in Defiance of Illness</b>  Duncan, Linley	Inspiration to find possible solutions for your health issues. Linley Duncan is a mother, orchardist and a survivor from a number of illnesses, including Fibromyalgia and Rheumatoid Arthritis.  <b>Publisher:</b> Linley Jean Duncan. <b>Published Date:</b> 2012. <b>Pages:</b> 190. <b>ISBN:</b> 9780473214333
<b>Why You Get Sick &amp; How Your Brain Can Fix It</b>  Barwell, Richard G DC	Why your nervous system determines the health of your entire body & how to sustain a healthy nervous system for life.  <b>Publisher:</b> Portervision, LLC. <b>Published Date:</b> 09/2012. <b>Pages:</b> 220. <b>ISBN:</b> 9781937111168
<b>Free to Love, free to Heal</b>  Simon, David MD	Relieve emotional pain. If you are struggling with an emotional or physical health challenge, Free to Love, Free to Heal offers a unique, proven path to authentic healing. In this book, renowned mind-body physician and Chopra Center co-founder, David Simon, M.D., guides you in the five-step process that has helped thousands release their emotional pain, find freedom from the past, and reclaim happiness.  <b>Publisher:</b> Chopra Enterprises Llc. <b>Published Date:</b> 2012. <b>Pages:</b> 209. <b>ISBN:</b> 9780981964010

## CCI Support LIBRARY CATALOGUE



<b>Healing Trauma: A Pioneering Program for Restoring the Wisdom of Your Body (book &amp; cd)</b>  Levine, Peter A. PhD & Frederick, Ann PhD	A Pioneering Programme for Restoring the Wisdom of Your Body.  <b>Publisher:</b> Sounds True. <b>Published Date:</b> 01/10/2008. <b>Pages:</b> 104. <b>ISBN:</b> 9781591796589
<b>Healthy, Happy, Free</b>  Dawson, Dr Lisa	Healthy choices for body,soul & spirit. Our busy lifestyles leave us with little time to take care of ourselves and focus on what's really important. In an age of information overload it can be difficult to know what choices to make to achieve balance in our lives. In this superb book, Lisa Dawson (a qualified medical doctor, wife, mother and speaker) draws on years of practical research and experience to bring together the information we need to make healthy choices.  <b>Publisher:</b> Castle Publishing Ltd. <b>Published Date:</b> 04/2005. <b>Pages:</b> 64. <b>ISBN:</b> 9780958239882
<b>Your Body is Talking; Are You Listening?</b>  Martin, Art PhD	The body/mind medicine connection: The theory & process of healing with the power of the mind. Martin explains how people end up living in boxes with limitations, experiencing a life that is not filled with happiness and joy. He provides the direction to get out of the box and start living life without limitations and blocks.  <b>Publisher:</b> Personal Transformation Press. <b>Published Date:</b> 01/03/1999. <b>Pages:</b> 364. <b>ISBN:</b> 9781891962011
<b>Magic of the Moment</b>	

## CCI Support LIBRARY CATALOGUE



Hamilton, Maggie	<p>Every moment is a miracle. Your life is a miracle. Learn to recognise all the signposts around you and move beyond your current limitations, so you can begin to experience the magic of each moment and live the life you dream of.</p> <p><b>Publisher:</b> Penguin Global. <b>Published Date:</b> 03/2005. <b>Pages:</b> 352. <b>ISBN:</b> 9780143000631</p>
<p><b>The Memory Doctor</b></p> <p>Mason, Douglas &amp; Smith, Spencer</p>	<p>Fun, simple techniques to improve memory &amp; boost your brain power. This book will not only provide succinct proven mnemonics but will also serve as a guide to the most up-to-date efficacy of medications, researched alternative natural remedies, homeopathic remedies, and hypnosis.</p> <p><b>Publisher:</b> New Harbinger Publications Incorporated. <b>Published Date:</b> 2005. <b>Pages:</b> 143. <b>ISBN:</b> 9781572243705</p>
<p><b>Little Miracles</b></p> <p>Dan Zadra &amp; Katie Lambert</p>	<p>Messages of hope, joy, love, kindness &amp; courage. Here is the book that rekindles our faith in miracles, and each other. Wherever you find great love, friendship or kindness, you will also find Little Miracles.</p> <p><b>Publisher:</b> Compendium Incorporated. <b>Published Date:</b> 01/05/1996. <b>Pages:</b> 128. <b>ISBN:</b> 978188838704</p>
<p><b>Molecules of Emotion</b></p> <p>Candace.B.Pert</p>	<p>In MOLECULES OF EMOTION, neuroscientist Candace Pert provides startling and decisive answers to these long-debated questions, establishing the biomolecular basis for our emotions and explaining these new scientific developments in a clear and accessible way. Her pioneering research on how the chemicals inside us form a dynamic information network, linking mind and body, is not only provocative, it is revolutionary. In her groundbreaking book, Candace Pert offers a new scientific understanding of the power of our minds and our feelings to affect our health and well-being.</p> <p><b>Publisher:</b> Simon &amp; Schuster. <b>Date:</b> 1999. <b>Pages:</b> 368. <b>ISBN:</b> 9780671033972</p>



## CCI Support LIBRARY CATALOGUE



<b>Overcoming Chronic Fatigue</b>  Burgess, Mary & Chalder, Trudi	<p>Overcoming Chronic Fatigue shows readers how to improve their sleep patterns; provides practical strategies for balancing activity and rest; helps deal with blocks to recovery; reveals how worry and stress can contribute to fatigue; and offers advice on how partners, relatives and friends can help.</p> <p><b>Publisher:</b> Constable. <b>Published Date:</b> 2005. <b>Pages:</b> 207. <b>ISBN:</b> 9781841199429</p>
<b>You are the Placebo</b>  Dr. Joe Dispenza	<p>In You Are the Placebo, Dr. Joe Dispenza explores the history, the science, and the practical applications of the so-called placebo effect. Citing many amazing individual cases studies, this compelling book will empower you to personally use 'the expectation of a particular outcome' to alter your internal states-as well as external reality-solely through the action of your mind. You Are the Placebo combines the latest research in neuroscience, biology, psychology, hypnosis, behavioral conditioning, and quantum physics to demystify the workings of the placebo effect and show how the seemingly impossible can become possible.</p> <p><b>Publisher:</b> Hay House Incorporated. <b>Published Date:</b> 29/04/2015. <b>Pages:</b> 348. <b>ISBN:</b> 9781401944599</p>
<b>Rushing Woman's Syndrome</b>  Weaver, Dr Libby	<p>The impact of a never-ending to-do list on your health</p> <p><b>Publisher:</b> Little green frog publishing ltd. <b>Published Date:</b> 2011. <b>Pages:</b> 364. <b>ISBN:</b> 978043204037</p>
<b>50 Tips to Build Your Self-Esteem</b>	<p>Succinct, practical tips</p>

## CCI Support LIBRARY CATALOGUE



Anna Barnes	<b>Publisher:</b> Summersdale Pub Limited. <b>Published Date:</b> 01/10/2015. <b>Pages:</b> 96. <b>ISBN:</b> 9781849535090
<b>50 Tips to Help You Sleep Well</b>  Anna Barnes	<p>50 simple, easy-to-follow tips for a better night's rest. This book of simple, easy-to-follow tips provides you with the tools and techniques needed to understand your sleep patterns, and to make changes that will steer you on the path towards restful sleep.</p> <p><b>Publisher:</b> Summersdale Pub Limited. <b>Published Date:</b> 01/09/2014. <b>Pages:</b> 96. <b>ISBN:</b> 9781849534017</p>
<b>Turning Suffering Inside Out</b>  Cohen, Darlene	<p>A Zen approach to living with physical &amp; emotional pain. Darlene Cohen discovered the secret to finding happiness in the midst of debilitating pain. She shares her knowledge in her popular workshops and now in this book. With stories, strategies, exercises, and an awareness born of long Zen practice, Cohen shows us how to tap into that enrichment--and how we can lead a satisfying and even joyful life in the very midst of pain.</p> <p><b>Publisher:</b> Shambhala Publications. <b>Published Date:</b> 01/09/2002. <b>Pages:</b> 272. <b>ISBN:</b> 9781570628177</p>
<b>In an Unspoken Voice</b>  Levine, Peter A. PhD & Frederick, Ann PhD	<p>How the body releases trauma &amp; restores goodness. Blends the latest findings in biology, neuroscience and body-oriented psychotherapy with revealing personal stories, case studies and awareness exercises to show readers how to read body language as a way to deal with past and present personal trauma and loss.</p> <p><b>Publisher:</b> North Atlantic Books. <b>Published Date:</b> 2010. <b>Pages:</b> 370. <b>ISBN:</b> 9781556439438</p>

## CCI Support LIBRARY CATALOGUE



### **Sacred Rest: Recover Your Life, Renew Your Energy, Restore Your Sanity**

Dr. Saundra Dalton-Smith

How can you keep your energy, happiness, creativity, and relationships fresh and thriving in the midst of never-ending family demands, career pressures, and the stress of everyday life? In Sacred Rest, Dr. Saundra Dalton-Smith, a board-certified internal medicine doctor, reveals why rest can no longer remain optional.

**Publisher:** FaithWords. **Date:** 2017. **Pages:** 240. **ISBN:** 1478921684