Maggie’s Centres Library List
# Contents

Maggie’s Library list (last edited Feb 2014)

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Introduction

This list has been compiled from suggestions from members of staff, centre visitors and searching for new titles. The titles are intended to reflect the programme of support offered at Maggie’s as well as offer the opportunity to read about a range of perspectives of cancer care and treatment.

Where possible UK books are listed however many books are American to ensure all topics covered. Some books are aimed at healthcare professionals to give a broad range of the depth of information.

Most titles are published since 2010 however some classics have also been included. Many of the books are included in Maggie’s Centre libraries through stock between Centres may vary.

This list is regularly updated, new titles are added at the beginning of each section. The book descriptions and reviews are from the Amazon website and we have included links to the original text with each book.

If would like to talk over the information you have read or any issues it may have raised then please drop into any of our Centres.

If you have suggestions for other titles that you would like to see included, or reviews of the books included then you can send them to: Robyn Volkers, Online Centre Head via our feedback address enquiries@maggiescentres.org or the Online Centre.
Cancer rehabilitation is a growing area in physical medicine and rehabilitation. Cancer survivors face both physical and psychosocial issues that affect their quality of life, no matter what type of cancer they have overcome. Additionally, patients undergoing cancer treatment often require therapy to help offset the associated medical problems that emerge as a result of their treatment or the cancer itself. This book will broadly cover assessment and treatment of a multitude of rehabilitation issues as they uniquely affect cancer patients. A complete list of topics will be drawn up by the editor in consultation with the series editor, but there should be no lack of material here. Key areas include pain control, post-surgical rehabilitation, fatigue, neuropathies, bowel and bladder dysfunction, cognitive problems, spine disorders, etc. Cancer Rehabilitation: Rehabilitation Medicine Quick Reference (RMQR) features: consistent approach in each book and within the series, allows readers to find the information they need rapidly; comprehensive coverage of all important topics in PM multi-specialty editorship and authorship ensures issues of relevance to all rehabilitation team members are addressed; focus on clinical management-provides hands-on, practical guidance for all types of interventions and therapies; and pitfalls", "Red Flags", "Complications", and "Helpful Hints" help guard against unwanted sequelae.

So: You've Survived Cancer. Now What? Kilpatrick Ther


Over 12,000,000 people have survived cancer, and as they do, new questions arise about what happens after cancer, what the “new normal” looks like. Cancer survivors Alexis Hilliar-Hine (double mastectomy at age 33) and Theresa Kilpatrick (2-time lymphoma and stem cell transplant survivor, and caregiver to her husband who had stage 4 prostate cancer) share their experiences, talk about the 9 gifts of cancer and in the process, give hope back to those who have had cancer touch their lives.

The Definitive Guide to Thriving After Cancer: A Five-Step Integrative Plan to Reduce the Risk of Recurrence and Build Lifelong Health Lise Alschuler (Author), Karolyn A. Gazella (Author)


A companion to The Definitive Guide to Cancer, this practical and fully revised guide (formerly titled Five to Thrive) outlines a five-step plan integrating both conventional and alternative therapies for cancer survivors.
You Have the Power to Thrive. If you or someone you love is a cancer survivor, you may be living in fear that one day it will return. But you can protect yourself and build a strong anti-cancer defense system of health and wellness with this practical five-step plan from Dr. Lise Alschuler and Karolyn Gazella. In this companion to The Definitive Guide to Cancer, Alschuler and Gazella teach you not just how to survive, but also how to thrive after cancer by integrating the best of conventional, natural, and alternative cancer prevention therapies to support and enhance your body’s five critical pathways. With simple, empowering daily actions that you can start today, it is the only program that provides the comprehensive approach needed for optimal health and recurrence prevention.

Survival Lessons: Alice Hoffman


Review from Amazon: I love Alice Hoffman's novels so I was curious about this book. Being a 3 year cancer survivor myself I purchased this book and was not disappointed! Lovely advice and inspiring stories abound in this treasury of how cancer patients not only survive but thrive. I have purchased two more copies for my friends. I highly recommend this book!

The cancer Survivor’s companion - Practical ways to cope with your feelings after cancer, Lucy Atkins, Dr Frances Goodhart


Coping with life after cancer can be tough. The idea that the end of successful treatment brings relief and peace just isn’t true for countless survivors. Many feel unexpectedly alone, worried and adrift. You’re supposed to be getting your life ‘back on track’ but your life has changed. You have changed. With reassurance and understanding, Dr Frances Goodhart and Lucy Atkins help readers deal with the emotional fallout of cancer whether it’s days, months or years since the treatment ended. Drawing on Dr Goodhart's extensive experience working in the NHS with cancer survivors, this guide is packed with practical and simple self-help tools to tackle issues such as worry and anxiety, depression and low mood, anger, low self-esteem and body image, relationships and sex, fatigue, sleep and relaxation. If you are a cancer survivor, this book will support you every step of the way. If you are supporting a loved one, friend, colleague or your patient, this is a vital read.


Professor Robert Thomas, Foreword by Paula Radcliffe


This completely revised 2011 edition describes high quality research from around the world which has demonstrated that self-help lifestyle changes after cancer can have major benefits. This well written evidence based advice will guide you to lifestyle which will help you cope with and reduce treatment related risks and side effect, reduce your chance of relapse and improve the chance of a fulfilling longer life.

Cancer Survivors Handbook Terry Priestman


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This book explores some of the concerns, both practical and emotional, which often arise when a person with cancer has officially finished treatment and is faced with picking up the pieces of their lives again. It also has suggestions for family, friends and carers of how they can help.

**The Breast Cancer Survivor’s Fitness Plan: A Doctor-Approved Workout Plan For a Strong Body and Lifesaving Results** (Harvard Medical School Guides) Carolyn M. Kaelin, Francesca Coltrera), Josie Gardiner, Joy Prouty (old but recommended in book survey)


Research reveals that regular exercise can reduce the chance of breast cancer recurrence and extend your life. Exercise can also help you recover energy, strength, and flexibility diminished by lifesaving breast cancer treatments.

Dr. Carolyn Kaelin is a leading breast cancer surgeon who understands the important links among exercise, recovery, and the quality of life—and she is a breast cancer survivor, too. Designed with master trainers Josie Gardner and Joy Prouty, *The Breast Cancer Survivor’s Fitness Plan* features effective, inspiring workouts tailored for each type of surgery and adapted for differing fitness levels.

**Help Me Live, Revised: 20 Things People with Cancer Want You to Know** Lori Hope


Following her own treatment for cancer, Lori Hope created a survey for cancer survivors addressing issues they wanted their families, friends, and caregivers to understand. The results of the newly expanded survey are presented with honesty, insight, and humor, and complemented by scores of personal stories from survivors of diverse ages and backgrounds. If you are a caregiver, this book will help you communicate more effectively. If you are a survivor, it will help you feel validated, empowered, and hopeful.

**Surviving Cancer: Cancer Treatment** Mrs Kelsey Smith (Author)


This book was created as a guide by Cancer Survivors and for cancer patients. You too can and will be a survivor to share your very own experiences as a testimony that there is hope.

**100 Perks Of Having Cancer: Plus 100 Health Tips for Surviving It** Florence Strang Susan Gonzalez Foreword by Bernie Siegel


Full of healthy-living tips to promote healing of the body as well as perks to guide readers on healing the mind and soul, this book is the perfect resource for anyone wanting to live healthier and happier. Whether the reader is currently battling cancer, is a cancer survivor or is trying to avoid cancer, he or she will find applicable ideas and advice delivered in a friendly, relatable manner. The authors help readers approach cancer proactively and with survival in mind. By the end of this book, readers will be ready to design their very own survival plan that addresses not only the health of their body, but, also, their mind and spirit.

**Surviving Cancer After Surviving Cancer** M.D. Siegel Bernie (Foreword), Kevin L. Murphy


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"Surviving Cancer After Surviving Cancer" is a textbook guide to some of the best ways to deal with the fallout from this disease. It is also a story about the perseverance and courage that a young man and his wife show in the face of a cancer. It will make one angry, make one laugh, and most importantly give one hope that they can overcome, even in the most difficult of circumstances.

**Facing Forward: Life After Cancer Treatment** National Cancer Institute, National Institutes of Health (Author), U.S. Department of Health and Human Services (Author)

This book covers post treatment issues such as follow-up medical care, physical and emotional changes, and changes in social and work relationships. The aim was to share common feelings and reactions that many people just like you have had after treatment ended. It also offers some practical tips to help you through this time. This book shares what we have learned from other survivors about life after cancer: practical ways of dealing with common problems and guidelines for managing your physical, social, and emotional health. When possible, specific information from research with cancer survivors has been included. As hard as treatment can be, many cancer survivors have indicated that the experience led them to make important changes in their lives. Many say they now take time to appreciate each new day. They also have learned how to take better care of themselves and value how others care for them.

**Will My Cancer Come Back?: Staying Healthy After Treatment** Julia H. Rowland, Julie K., M.D. Silver

No review available yet.

**Thrive: The Bah! Guide to Wellness after cancer** Stephanie Butland

There's still a part of us that thinks surviving cancer is a bit of freakish good fortune - the medical equivalent of having a cannonball go right through your middle and living to tell the tale - and so often it's hard to know how to 'do' life after cancer.

Thrive: The Bah! Guide to Wellness after cancer focuses on moving on from a major physical, social and psychological trauma. Like Stephanie’s first book, How I Said Bah! to cancer: A Guide to Thinking, Laughing, Living, and Dancing Your Way Through, Thrive uses a blend of storytelling, practical advice, humour, thinking techniques and strategies, visualisations, meditations, questions, candour and common sense designed to help those who have had a cancer to get from survival to a place where they are truly thriving.

**How I Said Bah! to cancer: A Guide to Thinking, Laughing, Living and Dancing Your Way**

This book tells how one woman said 'Bah!' to cancer through thinking strategies, a proactive approach to treatment, and a determination to keep the rest of her life going and retain a sense of humour (most of the time!). It shares everything she learnt along the way, from the nature of cancer cells and chemotherapy drugs, to how she was able to help her friends and family to help her.

**Improving Cognitive Function After Cancer**: Shelli Kesler (Author)

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In this book written especially for cancer survivors, neuropsychologist and cognitive neuroscientist, Dr. Shelli Kesler, discusses the cognitive effects of cancer and cancer treatments, often referred to as chemobrain. She describes the possible causes of these cognitive difficulties based on the most recent research studies. Most importantly, she outlines a practical, evidence-based program that can potentially help improve memory, thinking and attention. This book is recommended for cancer survivors as well as clinicians, family members and friends who are interested in learning more about cancer-related cognitive effects.

**Your Brain After Chemo**  Daniel Silverman


Chemotherapy saves lives, but new studies including research led by coauthor Dr. Dan Silverman reveal that the agents used to kill cancer cells may also impair normal brain function. Even years after treatment people have reported problems with memory, concentration, multitasking, and word retrieval. The authors combine cutting-edge science and true stories to demonstrate that chemo brain is not a figment of your imagination. With its strategies and nine-step program tailored to re-energizing the brain, the book gives patients the coping skills to move on with their lives.

**Life After Cancer in Adolescence and Young Adulthood: The Experience of Survivorship**  Anne Grinyer


This book presents the voices of those who have lived through the experience of cancer in young adulthood, and links them to the theoretical and analytical literature. It will be of interest to professionals and researchers in nursing, social work, counselling and medicine as well as medical sociologists, young adults living with cancer and survivors of young adult cancer.

**Picture Your Life After Cancer**

Tara Parker-Pope (Foreword), New York Times (Author), Karen Barrow (Editor)


This project, initiated by the The New York Times, asked survivors of cancer to tell their stories and send in their images of life after cancer. This is a selection of some of the inspiring stories, and photographs.

**Cancer - Diary of a daughter**  A. J. King


This is a short story that will last a lifetime. The fact that it is short is actually part of the story itself, as it is the story of a cancer journey that lasted a mere forty three days. In July 2009 the author’s father was diagnosed with terminal cancer. The story is told through the daily entries in her diary written as if she were talking directly to her dad. The story deals with the raw emotions of the cancer diagnosis and beyond. In the daily entries the author deals with dysfunctional families, divorce and re-marriage, distance, grievance and re-connecting with loved ones as well as her own pain and grief.
**Days Like These**: A life cut short by cancer, a love that touched the world Kristian Anderson, Rachel Anderson  

(Bowel with lung mets) When Kristian Anderson received the diagnosis that every devoted husband and father fears, he refused to resign himself silently to fate. He began a brave and candid blog as he underwent treatment for cancer: sharing the joy of each small victory, the devastation in every setback, and the agonising realisation that he wouldn’t always be able to protect and comfort his little boys when they were lonely or afraid, or grow old with his wife and soulmate. His posts full of hope, faith, and breathtaking honesty captured Australian hearts, then swept across the Pacific, gathering followers. A poignant video tribute for his wife Rachel became an internet phenomenon, attracting messages from well-wishers across the globe. After his death, their love inspired Rachel to bring together Kristian’s blog entries combined with her own intimate reflections. Days Like These is a heartbreaking account of her husband’s final battle, his strength and courage, but it is also a story about coming back from grief, and learning how to live again.

**Chicken Soup for the Cancer Survivor's Soul**: Healing Stories of Courage and Inspiration (Chicken Soup for the Soul) Jack Canfield, Mark Victor Hansen, Patty Aubery  

**Bereavement**

*Bereavement Care for Families* (Series in Death, Dying and Bereavement) David W. Kissane (Editor), Francine Parnes (Editor)  

Grief is a family affair. When a loved one dies, the distress reverberates throughout the immediate and extended family. Family therapy has long attended to issues of loss and grief, yet not as the dominant therapeutic paradigm. Bereavement Care for Families changes that: it is a practical resource for the clinician, one that draws upon the evidence supporting family approaches to bereavement care and also provides clinically oriented, strategic guidance on how to incorporate family approaches into other models. Subsequent chapters set forth a detailed, research-based therapeutic model that clinicians can use to facilitate therapy, engage the ambivalent, deal with uncertainty, manage family conflict, develop realistic goals, and more. Any clinician sensitive to the roles family members play in bereavement care need look no further than this ground breaking text.

**Cellmates: Our lessons in cancer, life, love and loss**: Rose T Clark  

I’m Rose. John and I shared nearly eight years of our lives together. This is our story: a story of how two ordinary people live with the diagnosis, the check-ups, the disappointments, the relief, the questions, the answers, the operations, the recovery, the emergencies, the denial, the acceptance, the anger, the pain, the loss, the love, the fear, the frustration - and the happiness.’ Shortly before he died, John made Rose promise to share their story - to tell what they had learned, practically and emotionally, and convey the hope they found even in the darkest of times. He had discovered her hidden stash of letters and diary entries, which she had been writing to keep herself sane, neither censoring nor intending them to be read. The result is an
astonishing, searingly honest, real-time account that reveals our profound capacity for love and how the human spirit can endure the most harrowing of tests to emerge dauntless, flying free. PLEASE NOTE: parts of this account may be distressing for some readers and may not be appropriate for your stage of a cancer (or carer’s) journey, especially for those recently diagnosed.

**The Essential Guide to Life after Bereavement: Beyond Tomorrow** Judy Carole Kauffmann (Author)


The period following the death of a loved one can be a time of great turmoil. This sensitive book acts as a helpful and supportive road map through the initial period of loss, and through the weeks and months that follow. The authors address not only the emotional and spiritual aspects of bereavement, but also important practical considerations which are often overlooked, such as the disposal of personal possessions, dealing with funerals, memorials and anniversaries and resolving family conflict. Drawing on many real examples from their work in bereavement counselling, they offer advice on coping with negative emotions, as well as unique and helpful guidance on breaking bad news to children, people with a learning disability and people with dementia. This practical book is essential reading for all those who have experienced bereavement or loss, as well as the friends, relatives and professionals involved in supporting them.

**Still Here with Me: Teenagers and Children on Losing a Parent** , Suzanne Sjöqvist (Editor)


Winner of the Young Minds Book Prize 2007 This book is a moving and thoughtful anthology of the experiences of thirty-one children and teenagers who have lost a parent. In their own words, children and young people of a variety of ages talk openly and honestly about losing their mother or father.

**The Art of Dying**: Peter Fenwick Elizabeth Fenwick


Is there an art to dying? And if there is, what can we do to achieve a good death? We have few special rituals to prepare for death, or to mark it, and we often fail to help the dying prepare for death. "The Art of Dying" contains accounts by the dying, and those who have been with the dying in their final hours, which help us to understand that death is a process. The experiences suggest that we are looked after after throughout the transition from life to death, and taken on a journey into love and light by loved ones who come back to take us. Other accounts are from people who have been emotionally close to someone and who, unaware that the person they love is dying, experience a sudden strong sense of their presence or an intimation of their death. Rational, scientific explanations for these experiences are hard to find, and it is almost impossible, in the face of them, to sustain the current scientific view that our consciousness is entirely brain-based, and that it is extinguished at the moment our brain ceases to function. The world is more highly interconnected and more complex than the simple mechanical model we have followed for so long. The evidence suggests we are more than brain function, and that something - soul or spirit or consciousness - will continue in some form or another for a while at least. We can ensure a "good death" for ourselves and help those we love
achieve it too. "The Art of Dying" demonstrates that we can face death with a peaceful and untroubled mind; that death is not a lonely or a fearful journey, but an intensely hopeful one.

**Mum's List: A Mother's Life Lessons to the Husband and Sons She Left Behind** St John Greene (Author)


'Kiss boys two times after I have gone' 'Please teach the boys to say what they mean' 'Mummy loved orange Club biscuits, jam and jelly and lemon curd'

On her deathbed, Kate Greene's only concern was for her two little boys, Reef and Finn, and her loving husband, Singe. She knew she'd be leaving them behind very soon. Over her last few days, Kate created Mum's List. The couple talked and cried together as she wrote her thoughts and wishes down, trying to help the man she loved create the best life for their boys after she was gone.

**Mum's Way** Ian Milthorpe


Angie and Ian were childhood sweethearts, Angie adored kids and, as one of eight children himself, Ian was only too happy to have as many as they could. After their marriage they had three sons in quick succession. But then, aged just thirty one, Angie was diagnosed with breast cancer and the couple had to accept they might not be able to have any more. Five years on, though, with Angie well again they went on to have five more. But in 2007, Angie had a shadow on her lung and it was the return of the original breast cancer she thought she had beaten. It seemed the disease had returned to tear their world apart again. Though Ian searched tirelessly for cures, Angie practised acceptance. She wouldn't live to see her children grow up. Raising eight children would be a big job for any couple; to raise them alone, without their mother, an almost Herculean feat. But this was exactly what Angie wanted Ian to be able to do. So in the last months of her life, Angie compiled a list of 'rules' to guide Ian in the future, and put him on an intensive training course, so he could learn all the skills he would need. She taught him how to make her special chicken curry, how to soothe away their hurts, pack their lunchboxes with all their favourites and do all the little things she'd done for them so unthinkingly. And Ian knew he wasn't just doing this for the children. He was doing it so his beloved wife could be comforted by knowing that he had the tools to bring their children up her way. Finally, inevitably, came the hardest task of all. Angie, the job done, had to find the courage to let them go, and Ian and the children the courage to carry on without her.

**Straight Talk about Death for Teenagers:** How to Cope with Losing Someone You Love  Earl A. Grollman


If you are a teenager whose friend or relative has died, this book was written for you. Earl A. Grollman, the award-winning author of Living When a Loved One Has Died, explains what to expect when you lose someone you love.

**Relative Grief:** Parents and Children, Sisters and Brothers, Husbands, Wives and Partners, Grandparents and Grandchildren Talk About Their Experience of Death and Grieving  Dorothy Rowe (Foreword), Clare Jenkins (Editor), Judy Merry (Editor)

In this collection of first-hand accounts, parents, grandparents, children, siblings and partners share their experiences of losing close relatives and friends through death from natural causes, genetic conditions, accident, suicide and murder. Looking at death from these different perspectives, it aims to encourage people to understand their own grief and how those closest to them might be affected by what can seem a very private loss.

Overcoming Grief  Sue Morris


Grief is a natural and healthy reaction to loss but it can be extremely debilitating and result in a downward emotional spiral, impacting on such aspects of life as relationships and work. Relentless grief can cause a host of physical problems due to the sufferer not looking after themselves properly, for example not eating, becoming over-reliant on alcohol, experiencing disrupted sleep. It can also lead to serious emotional and psychological problems such as depression, anxiety, health anxiety and panic attacks. This self-help book will prove invaluable to the recently bereaved, guiding them through the painful process of bereavement. Topics covered: Dealing with expected or unexpected death Challenging unhelpful thoughts Establishing a routine and tackling avoidance Returning to work Practical aspects such as dealing with the funeral, birthdays, etc. Planning a new future

You'll Get Over It': The Rage of Bereavement  Virginia Ironside


The death of a loved one is the most traumatic experience any of us face. No two people cope with it the same way: some cry while others remain dry-eyed; some discover growth through pain, others find arid wastes; some feel angry, others feel numb. Virginia Ironside deals with this complicated and sensitive issue with great frankness and insight, drawing on other's people's accounts as well as her own experiences.

First Steps Through Bereavement (First Steps Series)  Sue Mayfield


Being bereaved can leave you with a whole range of emotions. You may feel paralyzed; you may feel angry; you will almost certainly feel sad. However it affects you it will be difficult, and you will need help, which is precisely what this book offers: simple, compassionate help. From the shock of discovering death to the practicalities of life afterwards, First Steps through Bereavement is an indispensable guide through the process of mourning a loved one. With useful sections on funerals, continuing to function, staying healthy, dealing with emotions, how to remember your love one, and more, it will help you negotiate your way through grief. It also includes invaluable advice for close friends and relatives supporting others, including children who have been bereaved.

Setting Up and Facilitating Bereavement Support Groups: A Practical Guide  Dodie Graves (Author)


Those who have been bereaved are in need of support, and group work is an effective way in which people can come together and support each other in a trusted environment. This book provides a practical RV library list August 2013 revised 13/2/2014
introduction to setting up and facilitating bereavement support groups, giving facilitators the confidence to run a group. It guides the reader through all the stages of setting up a group, and examines different types of facilitation and the skills needed. Case studies illustrate different types of group, such as closed, time-limited groups and open groups, and the potential of online groups is discussed. Chapters also cover group dynamics, handling challenging situations, and overcoming problems that may arise. This accessible book will help to make groups successful for both participants and facilitators, and will be a valued source of information and guidance to anyone either running or considering running a bereavement support group.

Michael Rosen’s Sad Book  Michael Rosen (Author), Quentin Blake (Illustrator)

Very occasionally the term non-fiction has to stretch itself to accommodate a book that fits into no category at all. Michael Rosen’s Sad Book is such a book. It chronicles Michael's grief at the death of his son Eddie from meningitis at the age of 19. A moving combination of sincerity and simplicity, it acknowledges that sadness is not always avoidable or reasonable and perfects the art of making complicated feelings plain. It wasn’t made like any other book either; Michael Rosen said of the text, ”I wrote it at a moment of extreme feeling and it went straight down onto the page ... Quentin didn't illustrate it, he 'realized' it. He turned the text into a book and as a result showed me back to myself. No writer could ask and get more than that." And Quentin Blake says that the picture of Michael "being sad but trying to look happy" is the most difficult drawing he's ever done... "a moving experience."

What Do We Tell the Children?: Talking to Kids about Death and Dying Joseph Primo

no review yet

Bladder

Johns Hopkins Patients’ Guide to Bladder Cancer  Mark Gonzalgo (Author)

This little book strikes just the right balance between techno-medical "exposition" and plain-language explanation for the newly (and not-so-newly) diagnosed patient with bladder cancer. It is comprehensive, states the facts and reasoning behind the medical aspects, and covers most of the options that are currently mainstream.. My wife, with recurrent superficial bladder cancer, found it helpful in understanding the natural history and medical procedures and options without the constraint of time in the urologist's office.

Bladder Cancer: Causes, Symptoms, Signs, Diagnosis, Treatments, Stages Of Bladder Cancer - Revised Edition Department of Health and Human Services (Author), National Institutes of Health (Author), National Cancer Institute (Author), S. Smith (Editor, Illustrator)

RV library list August 2013 revised 13/2/2014
This book has been professionally illustrated and edited with a fully hyper-linked table of contents for ease of navigation. It is a detailed booklet that describes Bladder Cancer, symptoms, causes, and treatments, with information on getting help and coping. This booklet is also for family and friends that are looking for further understanding of Bladder Cancer.

**100 Q&A about Bladder Cancer** P. Elmsworth (Author)


Whether you’re a newly diagnosed bladder cancer patient, a survivor, or a friend or relative of either, this book offers help. The completely updated and revised 100 Questions & Answers About Bladder Cancer, Second Edition gives you authoritative, practical answers to your questions about current treatment options, post-treatment quality of life, coping strategies, sources of support, and much more. Written by a urologist, with insider advice from patients, this book is an resource for anyone coping with the physical and emotional turmoil of this disease.

**Brain**

**A Brain Tumours Travel Tale** Claire Bullimore


This book is the diary of Claire Bullimore. A person who was diagnosed at the age of 25 with a life threatening intraventricular meningioma, in other words a brain tumour the size of a grapefruit! It is not always easy for a person from the outside to see what is really happening to someone affected by a traumatic experience as such as this. The book shows the true emotion of a person dealing with the hardships of a brain tumour, surgery, recovery and then the scars inside and out. Written as a series of diary entries you will feel like you are there going through the journey. There is love, friendship and courage - you will cry, laugh, find things you didn't know before. This book can help families and friends or other outsiders to see what a brain tumour survivor really wants you to know.

**My Brain Tumour: One Woman's Uplifting Story** Mrs Lynda K Carter (Author), Mrs Sallyanne Ewens


A detailed account of one womans experience after suddenly being diagnosed with a benign meningioma brain tumor. The symptoms that lead to a diagnosis are nothing more than an irritating, involuntary twitch in the left leg which are self-diagnosed as maybe a trapped nerve in the back. No headaches, no dizziness and certainly no pain. This account reveals the emotional roller coaster that unfolds and the fear experienced by Lynda and her family and friends. Relayed in a day by day diary of events from diagnosis, through surgery to an uplifting successful outcome. The Author supplies further reading and helpful contacts and forums for others who find themselves in the same situation.

**Living with Brain Tumors: A Guide to Taking Control of Your Treatment** Peter McLaren Black (Author)


This invaluable resource tells patients everything they need to know to understand and address their diagnosis: "What Is a Brain Tumour?" provides straightforward information on brain tumour diagnoses, the
different types of tumours, and where to go for treatment; "Coping with Shock" addresses the emotional impact on the patient and their family, offering specific advice on support groups and managing work and finances; "Treatment Options" outlines the complex array of available treatments in a sequential, logical, and thorough manner; and "Recovery" addresses issues ranging from physical scars to speech and occupational therapy.

**Breast**

*Emotional Support Through Breast Cancer*, Cordelia Galgut


The shock of being diagnosed with breast cancer is hard to describe in words, as anyone who has had to suffer this diagnosis knows. Until it happens to us, we cannot really know how it feels. Not only do we have to deal with the diagnosis and subsequent treatments, but also we have to deal with the fact that breast cancer profoundly affects how we feel about ourselves as women.'

From the Introduction: This compassionate guide presents an array of new perspectives on the emotional effects of breast cancer and includes many personal testimonies from women who have been diagnosed with this disease.

Written by a breast cancer survivor and practising psychologist, it shares practical ideas to help support sufferers at all stages, be it at diagnosis, during treatment or during life after the initial treatments are over.

The concise, easy-to-read format includes exercises to develop an acceptance of thoughts and feelings, whilst the individual accounts validate the multitude of emotions felt by sufferers.

*The Breast Cancer Survivor's Fitness Plan: A Doctor-Approved Workout Plan for a Strong Body and Lifesaving Results (Harvard Medical School Guides)*


'Great publication and super info' 'Accessible and encouraging. US focused and all links and recommendations are US-centric' Amazon books UK

*The Whole-Food Guide for Breast Cancer Survivors: A Nutritional Approach to Preventing Recurrence (Whole Body Healing)* Ed Bauman


Breast cancer survivors have two things in common: gratitude for their good health and a commitment to taking care of their bodies. The Whole-Food Guide for Breast Cancer Survivors is an integrative, whole foods guide to rebuilding health after surviving breast cancer and reducing the chance of breast cancer reoccurrence. Although cancer does have a significant genetic component, lifestyle factors such as nutrition also play a role in determining the likelihood that cancer will reappear. This program helps readers get the nutrition they need in order to keep breast cancer at bay, with specific guidance for managing hormone levels with food. The guide also explains how nutritional deficiencies, environmental factors, and antioxidants affect cancer's ability to attack the body.

*Yoga and Breast Cancer: A Journey to Health and Healing* Ingrid Kollack (Author), Isabell Utz-Billing

RV library list August 2013 revised 13/2/2014
Yoga and Breast Cancer is a practical how-to guide to using yoga to manage stress, relieve pain, and gain the strength necessary to make it through this illness. It follows the authors' own research in the subject that has shown a proven correlation between yoga practice and better health and outcomes after a breast cancer diagnosis. More than simply an exercise guide, the book is a form of moving meditation and physical activity that is a safe way to rebuild strength, stamina, and flexibility both during and following cancer treatments. It is intended to support women during the critical phases of their disease as well as during times of secondary prevention and rehabilitation. It shows how yoga ameliorates difficulties after breast cancer therapy, improves a woman's awareness of her body, thoughts and feelings, and guides towards leading a healthier life.

**You Can Be Beautiful Beyond Breast Cancer: Health, Aging & Fitness** Leslie Spencer (Author)
The perfect combination of personal experience backed up by hard facts and thorough, cutting edge research. Thoughtful and often humorous prose makes this a very insightful and entertaining read. It is also a very manageable length with clear, easy to follow instructions--lots of practical help in developing a safe post breast cancer fitness program. Leslie Spencer is a pioneer in educating women in this important area of women's health. As a breast cancer survivor herself, she is living her subject matter and the evidence of her success is there on every page.

**Biographies (breast)**

**Breathing Out** [Paperback] Karen Hockney (Author)

‘You've got cancer’ are not the words you expect to hear when you’re a 40-something marathon running fitness freak who has never even smoked a cigarette. Karen Hockney’s extraordinary battle with breast cancer was different in two ways. First, as an Englishwoman living in the south of France, a stone’s throw from Cannes, she suddenly had to contend with language barriers and an unfamiliar health system (albeit an extraordinarily efficient one). Secondly, as a leading showbusiness writer who has penned for publications including Hello, The Times and You Magazine, her job was jet-setting around the world to meet some of the most famous celebrities of our time. How could she cope with facing them sans wig, battling nausea and exhaustion? How would they react - and was it really possible to go from Cancer to Cannes Film Festival in the space of a few weeks? A memoir with a difference, Breathing Out is full of practical advice, meticulous research and knowledge garnered from Karen’s journey, punctuated by hope, positivity and a smattering of bleak humour.

**My ITALIAN Therapy: Taking Cancer Therapy to a new level for those who seek joy and comfort** . . . Gina Fiore (Author)

As I sit here at my desk looking out the windows at the ever changing landscape of the city of Rome. As the bells ring throughout the city, as the clanging breaks through the day to day living of this very lively place. I am grateful for the opportunity to be here while I write this book, my book, which is dedicated to all of you. “My Italian Therapy” encompassed my whole world for the last 13 years, including me being here in Italy as I write it. My recovery from Breast Cancer 13 years ago has been a process. A process of discovery, learning,
growing, listening, creating and accepting what the world has to offer every day. "MY ITALIAN THERAPY" would not be complete without incorporating a little of what Italy has to offer as well. To learn to "La Dolce Vita" to live "The Sweet Life", is what recovery is all about. Letting go of old ways and beginning again, accepting the path God and the Universe has given you. Learning to listen with all of your senses, Italy has a way of bringing that into my world, while at home in my comfortable life of consistency I could not fully grasp. Sometimes we must leave the comforts of our surroundings to be able to get in touch with something deep inside of us. The core of our being sometimes needs to be rattled. Why Italy? Why Rome? I have yet to answer that myself and maybe by the end of this book and by the end of my time here we will all know.


When she was diagnosed with breast cancer at age thirty-nine, Hollye Jacobs-a pediatric and adult palliative care nurse with graduate degrees in bioethics and child development-started a blog to keep family and friends informed. It soon evolved into a daily must-read for thousands of women worldwide. Now, in a graceful, exquisitely illustrated work with full-color photographs by award-winning photographer Elizabeth Messina, Jacobs offers an informative, therapeutic guide for people who have been diagnosed with the disease. Part personal memoir, part professional guide, The Silver Lining is the book that Jacobs wished she'd had when she began her fight with cancer. She covers what every patient can expect as they go through their specific treatment and teaches other big issues, such as nutrition and how to talk to children about illness. While the book is brimming with action steps to help negotiate each phase of treatment and recovery, every chapter concludes with "Silver Linings" - the sources of inspiration and perspective that buoyed Jacobs through her own journey and that, taken together, comprise the heartbeat of the book. The Silver Lining will be the manual for breast cancer patients and their loved ones.


This wise little book of 150 meditations is like a breast cancer support group. It is exactly what a woman recuperating in her hospital bed or during any of the other milestones of treatment and recovery might need - the advice and wisdom of other women who have preceded her in confronting breast cancer. Gathered here are moving reflections, anecdotes and practical information for women concerned with or diagnosed with this disease. Built upon the experiences of women of all ages - women who have undergone all types of breast surgery and treatments from lumpectomy and mastectomy to radiation and chemotherapy; women who are single, married, divorced, widowed, straight, gay - the reflections touch upon topics as universal as fear and grief and as intimate as sex.

B is for Breast Cancer: From anxiety to recovery and everything in between - a beginner's guide  Christine Hamill (Author)

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The day after I was diagnosed with breast cancer, I was standing in the chemist with a basket in my hand, blinking back tears and thinking, "Now what does a breast cancer patient need?" All I could come up with was waterproof mascara. I put some in my basket and thought someone should write an alternative guide to breast cancer. Step one - buy waterproof mascara. You're going to need it. A few short months later, I found I was writing the guide myself. I sat in bed in between hospital appointments with my laptop, furiously, desperately trying to make sense of this alien world I had entered.

Written entirely while Christine Hamill was undergoing cancer treatment, this book is an honest and frank account of the emotional and physical impact of a cancer diagnosis. It is as it turns funny, sad, angry and ultimately optimistic. Written without sentimentality, B is for Breast Cancer offers bite-size chunks of help and hope - a daily pep talk to anyone affected by the disease. It's packed full of the practical information that you really need. Read this book. It helps to know you are not alone.

We know at Maggie's that when you are first diagnosed with cancer it can be a confusing and overwhelming time. There is so much information to take in, on everything from differing types of treatment and benefits to what's best to eat. That's why B is for Breast Cancer is such an important book. It breaks down all the questions you may have into clear and concise answers that are easy to read and not in the least bit intimidating. We will certainly make sure there are copies of the book in all our centres (Laura Lee, Chief Executive, Maggie's Cancer Caring Centres)

A Breast Cancer Alphabet Madhulika Sikka (Author)


A definitive and approachable guide to life during, and after, breast cancer. The biggest risk factor for breast cancer is simply being a woman. Madhulika Sikka's A Breast Cancer Alphabet offers a new way to live with and plan past the hardest diagnosis that most women will ever receive: a personal, practical, and deeply informative look at the road from diagnosis to treatment and beyond.

....This A-Z guide to living with breast cancer goes where so many fear to tread: sex (S is for Sex - really?), sentimentality (J is for Journey - it's a cliché we need to dispense with), hair (H is for Hair - yes, you can make a federal case of it) and work (Q is for Quitting - there'll be days when you feel like it). She draws an easy-to-follow, and quite memorable, map of her travels from breast cancer neophyte to seasoned veteran. As a prominent news executive, Madhulika had access to the most cutting edge data on the disease's reach and impact. At the same time, she craved the community of frank talk and personal insight that we rely on in life's toughest moments. This wonderfully inventive book navigates the world of science and story, bringing readers into Madhulika's mind and experience in a way that demystifies breast cancer and offers new hope for those living with it.

Husband's Guide To Breast Cancer: T Outcalt


Most of the more than a quarter of a million women who will be diagnosed with breast cancer in the U.S. each year will be married, or have a man who will fill the gap as a support partner from diagnosis, to treatment, and beyond. Husband's Guide to Breast Cancer is a reference guide for men who are looking for an easy-to-understand and practical resource for every stage of the journey. This book provides help at a
glance for those who need solutions in a hurry but is also complete enough to deepen a man's understanding of breast cancer and inspire his role as caregiver. Filled with first-person accounts from real men who have walked the walk, as well as quick tips in each chapter, this book speaks to the practical side of a man's care and reveals how he can use his strengths to help the woman he loves.

**Chicken Soup for the Breast Cancer Survivor's Soul: Stories to Inspire, Support and Heal** Jack Canfield Mark Victor Hansen, Mary Olsen Kelly

Review from Amazon: Bought this for a family member who was diagnosed with breast cancer, she said it helped a lot especially when family and friends would sympathize but would never fully understand what she was going through, so she said it was nice to read about other women's experiences and personal stories and how they overcome breast cancer. It's a good gift to give someone you know who has been diagnosed or dealing cancer.

**The C-Word** Lisa Lynch (2010)
The C-Word is an honest and humorous account of Lisa's battle with The Bullshit, as she came to call it. From the good days when she could almost pretend it wasn't happening, to the bad days, when she couldn't bear to wake up, Lisa's story is emotional, heartbreaking and often hilarious.

When Janet Rhys Dent is diagnosed with a life-threatening illness, she decides to try and be a 'good patient'. With any luck, this role will give her the best chance of recovery during the six months of medical testing and treatment that she faces. This book reveals her secret dilemmas and discoveries both inside and outside the hospital. It also records her successes and failures as she becomes seriously involved in the quest to find out what makes a good patient. Her experiences lead her to reflect on her life, to look further into the roles of patients, to join a support group and to seek information and enlightenment on internet sites and in philosophy and popular self-help methods. What she learns brings about a change in her attitudes, not only to being a patient but also to life and living.

**Breast Left Unsaid: A True and Uncensored Story of Survival** Jude Callirgos (Author)
What do you do when you find yourself alone in a foreign land after life as you know it has ended? Everything and everyone in your world is forever altered; and it just keeps raining. You're already battling the illness of both your parents, mourning your best friend, and in the midst of an ugly divorce when "breast cancer" is scribbled into your medical chart. The author invites us on an eighteen-month odyssey during which she learns to answer that question in a voice that is arresting, poignant, and often hilarious. Breast Left Unsaid is an unvarnished true story of one woman's survival that is a useful read for anyone who has ever had reason to ask, "Can this possibly get any worse?" Because the answer is yes; and then it gets better.

**I'm Still Standing: My Fight Against Hereditary Breast Cancer** Wendy Watson (Author)

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When Wendy Watson was just 16, her mother died from breast cancer. After researching her family history she discovered a further nine relatives had fallen victim to the disease. Although little was known about the genetic link to breast cancer at the time, Wendy was concerned about her own risk of developing the disease. 'The idea came into my head that if I had my breasts removed, I wouldn’t develop breast cancer. I’d never heard of anyone having an elective double mastectomy before, but I felt it could be the solution for me. At the age of 37, Wendy was the first woman in Britain to have a pre-emptive double mastectomy to avoid the breast cancer that had stalked her family. Now, thirteen years later, at 24, her daughter Becky has made the same choice. In 1996, Wendy set up the Hereditary Breast Cancer Helpline to offer support to women 24 hours a day, 365 days a year.

My Mummy Wears a Wig: Does Yours? Michelle Williams-Hews

A diagnosis of breast cancer made Michelle Williams-Huw, mother of two small boys, re-evaluate her life as she battled her demons to come to terms with the illness. Readers will be riveted by her honesty and enchant as, having hit bottom, she falls in love with life (and her husband) all over again. My Mummy Wears A Wig is a moving and humorous account of Michelle’s personal journey, which reveals the fears, the hopes and the absurdity of her situation. With two small children to care for and a life in turmoil, she recounts her day to day struggles while undergoing nine months of treatment. She relates with captivating candour, the effects that the illness has on her relationships with her husband and those around her.

Before I Say Goodbye Ruth Picardie (ltd copies available)

When Ruth Picardie died from complications following the misdiagnosis of breast cancer in September 1997, leaving a young husband and two-year-old twins, thousands mourned who'd never met her. Ruth's column in "The Observer" recorded with scalding honesty the progress of her illness and her feelings about living with terminal cancer. "Before I Say Goodbye" brings together these pieces, Ruth's e-mail correspondence with friends, selected letters from readers, and accounts of Ruth's last days by her sister, Justine, and husband Matt. Foods that fight cancer by Prof. Beliveau. and Dr. D Gingras

The M Word: Surviving Breast Cancer & Mastectomy Susan Connell-Ford

The 'M' Word is the author’s frank account of her personal journey through breast cancer including mastectomies, breast reconstruction, chemotherapy and radiotherapy. She details the results of her research into possible lifestyle factors which may contribute to breast cancer, and how she sought to assist her recovery, working along with her consultants for the best possible prognosis. The 'M' Word answers the questions women are reluctant to ask, is straight forward and positive, is an easy read yet informative and is written with compassion, humanity and humour.

Now and Forever Bernie Nolan

Two years ago Bernie Nolan was given the initial all-clear after a courageous battle with breast cancer. Over the moon, Bernie set about rebuilding her life and making plans for the future. Then in the summer of 2012, she was given the devastating news that the cancer had returned. It had spread to her brain, lungs, liver and bones and was incurable. Bernie’s first thought was of her daughter. Erin had just turned thirteen and was approaching a time when young girls need their mums more than ever. In true Bernie spirit she vowed not to let the cancer stop her from being 'Mum'. Moving and wonderfully warm-hearted, this is a
powerful story of a remarkable life and a mother's brave fight against a vicious disease.

**Surviving Triple Negative Breast Cancer: Hope, Treatment, and Recovery** Patricia Prijatel, Carol Scott-Conner

Hormone negative breast cancer disproportionately affects younger women and African-American women - and it can be more dangerous than other types of breast cancer. But there are many reasons to be hopeful, as author learned. Surviving Triple Negative Breast Cancer delivers research-based information on the biology of TNBC; the role of genetics, family history, and race; how to navigate treatment options; and a plethora of strategies to reduce the risk of recurrence, including diet and lifestyle changes. In clear language, she provides an accessible guide to understanding a pathology report and a vast array of scientific studies. The author’s message is that TNBC is a disease to take seriously, with proper and occasionally aggressive treatment, but it is not automatically a killer. Most women diagnosed with the disease do survive. Surviving Triple Negative Breast Cancer is a roadmap for women who want to be empowered through their treatment and recovery.

**Male breast cancer**

**Male Breast Cancer** Augustine Samuels MA

Breast cancer isn’t just a disease for women; men have a small cluster of breast tissues in their chest. These tissues are situated directly behind the nipple on the chest wall. Unlike women, these breast tissues are inactive and cannot produce milk. But these breast tissues may start an abnormal growth, a problem much more common among women. Such a growth can cause breast cancer. If you or a loved one has been diagnosed with male breast cancer, this concise book gives you the information you need to know about diagnosis and treatment for the disease.

**Breast cancer and treatment**

**Quest for the Cure: Reflections on the Evolution of Breast Cancer Treatment** George R. Blumenschein

This original fourteen chapter book is a brief, slightly autobiographic tale of medical oncologists, surgeons, radiation oncologists, and breast cancer patients in a well-established cancer center in Texas, who pursued the goal of cure for breast cancer. The evolution of improved outcomes in the treatment of microscopic metastatic breast cancer is also the story of the development of adjuvant chemotherapy for post-operative breast disease. The adjuvant therapy of breast cancer came about with the realization that this malignancy, when diagnosed in most patients, had spread beyond the confines of the primary cancer.

**The Breast Cancer Checklist** Fern Reiss

A step-by-step, day-by-day guide for what to do before, during, and after breast cancer surgery, chemotherapy, and radiotherapy.

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'John Boyages has written a superb book with the aim of giving women with Breast Cancer the most informed understanding of their condition possible. The text is detailed enough to answer the most profound questions, and yet written in accessible language without resort to 'medicalised' terminology. Overall a masterly volume, and worth every penny/cent/dollar' Amazon Books UK Review

A Woman's Decision: Breast Care, Treatment and Reconstruction  K Berger, J Bostwick & G Jones  
'Considered the 'go-to-reference' for doctors, nurses and patients as they deal with the physical and emotional trauma surrounding breast cancer and reconstruction. Best of all, it takes complex, often frightening topics and explains them in an understandable and non-threatening manner, providing women with the knowledge they need to feel confident in their decisions, their therapies, and their care givers'. Amazon Books UK book description

The Breast Reconstruction Guidebook: Issues and Answers from Research to Recovery  Kathy Steligo  

For a decade The Breast Reconstruction Guidebook has been the best resource on this topic for women who have had a mastectomy. Equal parts science and support, it is filled with stories that illustrate the emotional and physical components of breast reconstruction. (*It is American, so issues about health insurance will not be relevant to a UK readership). Expert commentary by physicians and insights from patients inform this book, as does research by the author, a two-time breast cancer survivor who has twice had reconstructive surgery.

Breast Cancer: Your treatment choices  Dr Terry Priestman (2013)  

cancer treatments have been revolutionised over the past 40 years, and women are increasingly expected to take an active part in their breast cancer care, and are often faced with complex choices to make. But, a busy and stressful hospital clinic typically gives little time for detailed explanations, and, with the bewildering range of treatments on offer today, how do you know which one is best for you? This book gives a historical overview of the therapies, and gives the basic information needed to make informed choices about cancer care.

Be a survivor – your guide to breast cancer treatment  Lange Vladimir (2009)  
*ISBN-10: 0981948901 (Lange Lange Media)*  

A book 'designed for women recently diagnosed with breast cancer. It includes diagnosis, treatment options, complementary therapies, life after cancer, (and) a guide for your partner. From biopsy to nipple reconstruction it suggests a list of questions to ask your doctors. To make it even more personal, numerous stories of patients who 'have been there before' are featured which provide a revealing perspective'. Amazon Books UK book description

Breast Cancer: Answers at Your Fingertips  Emma Pennery, Val Speechley and Maxine Rosenfield  

'This book offers guidance on the various forms of treatment and care, including surgery, radiotherapy and chemotherapy; information about complementary therapies; practical advice about managing life after cancer - diet, exercise, work and finances; and answers to questions about relationships, family and where

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to turn for help.'


The Breast Cancer Survival Manual 5th Edition has the latest available information, explains in lay terms what all the medical jargon means, what options we have, and how to take charge. The book guides women through breast cancer from diagnosis, through treatment and beyond.


'This book is for women and their families who are looking for a comprehensive but plain language guide to breast cancer. The emotional after-effects are also covered in detail' Amazon Books UK Book description

Secondary breast cancer

100 Questions and Answers About Advanced and Metastatic Breast Cancer  Lillie D. Shockney, Gary R. Shapiro  

100 Questions & Answers About Advanced and Metastatic Breast Cancer gives authoritative, practical answers to questions. This book is an useful resource for anyone struggling with the medical, psychological, or emotional turmoil of this condition.

Relationships and intimacy (breast)

No One Said it Would be Easy: A Husband's Journey Through His Wife's Battle with Breast Cancer  Ken Churilla (Author)  

NO ONE SAID IT WOULD BE EASY: A Husband's Journey Through His Wife's Battle With Breast Cancer is the gripping story of a man who lost his wife to breast cancer. Told through his eyes, the reader sees everything both medical and personal, the way he experienced it and how he reacted to the various experiences and situations at home, at work, in his mind, and in his private time. ....NO ONE SAID IT WOULD BE EASY takes the reader through all of one man's thoughts, reactions and emotions through it all: her initial diagnosis, treatment, the declaration of her being cancer free, her relapse, treatment, decline, death, burying her and then moving on in all facets of his life as a man and a father. It tackles everything from the medical procedures to the shift of balance in the household going from equal partners to provider and caregiver. It also tackles the details of his personal life that only a man going through this will know: things such as the intimacy (both sexual and romantic) between him and his wife, how he dealt with his feelings of anger / loneliness / faith, raising a son and two young daughters (after all, what man knows about bras, make-up, hairstyles and boys), to moving on after she passed. Designed to be a helpful tool for men going through this
journey or who have already experienced this life changing event not as a 'self-help' book, but in much the same way that athletes watch game tape.

**Breast Cancer Husband: How to Help Your Wife (and Yourself) Through Diagnosis, Treatment, and Beyond** Mark A Silver

Husbands and partners are usually the odd men out in books on breast cancer. The author didn't know what to do when his wife was diagnosed. Finding no books specifically from his perspective, he decided to write one. Gleaning information from medical professionals and other men in his position, he created a helpful guide that covers all manner of providing support, even down to instructions for washing a woman's hair while she has drains in place.

**I Am Not My Breast Cancer: Women Talk Openly about Love and Sex, Hair Loss and Weight Gain, Mothers and Daughters, and Being a Woman with Breast Cancer** Ruth Peltason

As a man whose wife is undergoing chemotherapy, I wanted to read this book for several reasons. I wanted as much understanding as possible about the emotional aspects for all involved, I wanted to see how well I was doing as the significant other and I wanted to understand what I might be missing/overlooking about the whole process. This book did an incredible job answering all three questions. The distillation of wisdom, anger, hope and total honesty of the 800 women involved in the creation of this book is amazing. The brief, but succinct comments, collected on such a diverse arrangements of topics will not only provide helpful paths for those undergoing treatment, but also for ANY family member, friend or co-worker sincerely interested in understanding and supporting the individual battling the disease of breast cancer.

**Lymphoedema (breast related)**

**Lymphoedema: Advice on Self-management and Treatment** P Mortimer, J Todd & J Valentine

'The purpose of this booklet is to help women become experts in their own lymphoedema management.'

Amazon Books UK book description

**Information for people with learning disability (breast)**

**Looking After My Breasts** S Hollins and W Perez. Illustrated by B Webb (2000)
ISBN-10: 1901242536 (Gaskell)

This book is for people with a learning disability. The book tells a simple story about a women going for a mammogram and getting her result. It also explains what happens if you are called for further tests and how to look out for any changes in your breasts – being breast aware.

**Art and Creativity (breast)**

**Art.Rage.Us** Jill Eikenberry

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'The artwork and writings are from breast cancer survivors and includes abstract works, collages, photographs, sculpture and mixed-media pieces along with poetry, journal entries and essays that illustrate the strength, fear, passion, anger and renewal that comes with the breast cancer experience.'

_Pink-On-Pink: Writing My Way Through Breast Cancer_ Teresa Schreiber Werth (Author), Donald A. Werth

"Pink-On-Pink: Writing My Way Through Breast Cancer" is a collection of poetry and prose that poignantly captures the essence of the author's life changing experience of receiving a breast cancer diagnosis, the resulting journey through treatment and redefining her identity after treatment. Her writing will inspire those facing the battle with breast cancer to live "fully present in the moment to what matters most". She opens up our understanding of living in faith through breast cancer diagnosis and treatment, however does not minimize the many paradoxes she faced; fear and hope, tears and laughter, a spiritual journey and test of faith, a dreaded diagnosis yet in some aspects, a gift. The book is also intended to be a guide for patients, family and friends of those facing a similar diagnosis. The essays, letters and poems can serve as templates for reflective writing, for topics of discussion, and as reminders of those who have shared the journey and who are able to also share wisdom and hope. This cohesive body of work illustrates the many aspects of life with and after breast cancer and the many unexpected ways it can empower a person to live fully and bravely.

_Reflections of the Breast_ Tanya Bastianich Manuali

Reflections of the Breast, through art, documents the existence of breast cancer through the ages. Each image evokes the time, society, and medicine. The paths of breast cancer in each work of art becomes obvious as the eye of the artist accurately captured it. "A fascinating and provocative journey back in time. Dr. Francis Arena and Tanya Bastianich Manuali, Ph.D. create an insightful and visual plateau as they explore the illustration of breast cancer and breast disease beginning with the earliest centuries after the birth of Christ. Reflections of the Breast reads like a novel, but is all true and filled with information.

**Books for Health Care Professionals (breast)**

_The Psychological Impact of Breast Cancer: A Psychologist's Insight as a Patient_ Cordelia Galgut

What is it like to experience breast cancer? This book presents rare and valuable insights into the impact of diagnosis, treatment and prognosis from a woman who has experienced breast cancer as both patient and as health professional. It informs and educates readers about the psychological realities of living with breast cancer, of treatments such as surgery and radiotherapy, and the impact of social and historical attitudes to the breast and breast cancer on a woman's experience of the disease. The conflicts the author experienced between conventional wisdom and her own first-hand experience are explored. The Psychological Impact of Breast Cancer is useful reading for medical and mental health professionals and trainees working with breast cancer patients, and for those who are affected by or have an interest in the condition.

_Breast Cancer Nursing Care and Management_ HRH The Prince of Wales (Foreword), Victoria Harmer (Author)

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This handbook is for nurses and other healthcare professionals involved in the care of people with breast cancer. It gives up-to-date evidence-based information and practical advice on nursing care throughout diagnosis, treatment, recovery and end-of-life care. Each chapter is written by an expert in the field. Topics include the anatomy of the breast, available treatments, complementary therapies, the psychological care of patients and their families, and the role of the specialist nurse. This book provides a well-balanced approach to all aspects of managing breast malignancy. This second edition includes: Updates on guidelines as well as references to recent trials and changes to the breast screening programme A new chapter on survivorship issues covering the long-term consequences and effects of recovering from breast cancer.

**Bowel**

*Positive Options for Colorectal Cancer* (Positive Options for Health) Kathleen Ogle (Foreword), Kathleen Ogle M. D. (Foreword), Carol Ann Larson (Author)

*The C List: Chemotherapy, Clinics and Cupcakes: How I Survived Colon Cancer* Rachel Bown (Author)

“This is not a ‘misery memoir’. Neither is it an, ‘I’ve got cancer and it’s the best thing that’s ever happened to me’ book. It is about the daft and sometimes funny things that happen to people living with cancer and useful tips for making the best of it.”

Rachel Bown is a marketing director and single mother of two, who was diagnosed with advanced colon cancer at the age of 45. With a taboo-breaking sense of humor, Rachel shares her experiences and the lists she made to help gain some control over what quickly became an unpredictable life. Both funny and poignant, she vividly describes her battle with cancer and the often absurd situations she finds herself in—from a brutally flippant surgeon to her latest fashion accessory, a colostomy bag, to embarking on a project to build a 40ft-banana giraffe on the roof of her house.

*Dancing with Cancer: and how I learnt a few new steps* Diana Brueton

Diana had never been ill and on diagnosis she stepped into a parallel world of waiting rooms, treatments, friends and family who supported - or fled - as life became both exquisitely precious and terrible. Dancing with Cancer is a human drama, a ride on the rollercoaster of hope and despair and, as the gradients became gentler, a journey through meditation and creativity to wisdom and acceptance. Diana Brueton was a gifted writer and artist who worked for the BBC, The Bristol Cancer Help Centre and as a teacher and art therapist. Diagnosed with metastatic bowel cancer in August 2007, with a prognosis of a few months, she entered a journey of meditation, healing, alternative therapies and creativity that was to last four and a half years.

*What’s Up with Our Dad?: Medikidz Explain Colorectal Cancer* (Medikidz Explain [Cancer Xyz])Kim Chilman-Blair (Author), Shawn deLoache (Illustrator)

A new tile to the comic style series explaining cancer and treatment to children

RV library list August 2013 revised 13/2/2014
Bowel Cancer: The Essential Guide (Need2know) Ian Eustace (Author)


If you have been diagnosed with bowel cancer or if you want to know more about this disease, this comprehensive guide will provide you with all of the practical and valuable information that you need.


This novel book aims to empower patients with a diagnosis of colorectal or anal cancer and to explain the medical aspects of these important diseases along with strategies for their prevention. The author has demystified the investigative strategies in the management of these conditions and explains in an understandable, user-friendly manner the nature of surgery, (and its different types), as well as what to expect during radiation therapy and chemotherapy. This book is designed both for patients and their families and also describes strategies for screening where there is a higher risk of colorectal cancer development or where there is a family history of colorectal cancer.

Johns Hopkins Patients Guide to Colon and Rectal Cancer: Ahuja (Author)


A concise patient guide on treating and coping with colorectal cancer.

Beating Cancer and Surviving the Cure Randolph Henniger (Author)


Patricia and Randolph Henniger share their 27 year journey to Beating Colon Cancer and Surviving the Cure to help others win their battles against cancer and live well as survivors.

Bowel cancer books for Health Care Professionals

ABC of Colorectal Cancer (ABC Series) Annie Young (Editor), Richard Hobbs (Editor), David Kerr (Editor)


Beginning with the patient perspective and following the patient pathway, this new second edition covers epidemiology and prevention, screening programmes, decision support networks, the role of primary care, and supportive care for patients with colorectal cancer. The ABC of Colorectal Cancer provides the core knowledge on clinical genetics, diagnosis, imaging, therapy and surgery options and the latest evidence based guidelines for treating and managing colorectal cancer patients within the multidisciplinary team. Highly illustrated and accessible, it covers the full spectrum of the disease to provide the basis to make a real difference to clinical management. This is an invaluable practical guide for the non–specialist on all aspects of colorectal cancer, and is ideal for general practitioners, junior doctors, nurses and allied health professionals.
Stoma Care

Ostomy Book: Living Comfortably with Colostomies, Ileostomies, and Urostomies
Barbara Dorr Mullen, Kerry Anne McGinn

This reference discusses every aspect of an ostomy - a surgical procedure that creates an alternative opening in the body for waste discharge from the kidney, colon, intestines, or bladder - from the first shock of diagnosis through surgery and rehabilitation. The co-author’s story of her colostomy experience is blended with information on the latest surgical techniques and equipment, providing prospective ostomy patients with both the medical and emotional know-how to confidently approach the surgery. This revised edition also contains up-to-date material on virtual colonoscopies and travel regulations related to ostomy pouches, as well as essential facts on how to safely handle sex, pregnancy, and sports after an ostomy.

Living Well with an Ostomy
Elizabeth Rayson (Author)

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

Living With a Stoma: new edition
Professor Craig A White


This classic book, first published in 1997, provides comprehensive and sympathetic coverage of a distressing subject. Every year many thousands of people have a stoma - colostomy and ileostomy are the commonest types. But, while the surgery may be life-saving, the results can be hard to adjust to. The author explains in straight forward terms all aspects of living with a stoma, including ways to make you feel more comfortable with it, overcome embarrassment, and get the best support. This new edition provides a thorough update of the subject including: the latest in treatments and procedures; more sophisticated approach to side effects; modern emphasis on multi-disciplinary approach; new understanding of psycho-social issues; where to access support, both practical and emotional.

Head and neck

Relatively Indolent But Relentless: A Cancer Treatment Journal [Hardcover]

From October 3 to November 28, 2012, artist, writer and curator Matt Freedman underwent radiation and chemotherapy at Massachusetts General Hospital in Boston, Massachusetts, for treatment of Adenoid Cystic Carcinoma, a rare cancer that had spread from his tongue to his neck to his lungs by the time it was discovered. This is the journal he kept during that time, his 35-day course of treatment.

No Time for Cancer: Inspire Yourself to Survive Mouth, Head and Neck Cancer
Carol Dunstone (Author), Ann Bennett (Author)

RV library list August 2013 revised 13/2/2014
Carol Dunstone and Ann Bennett, both survivors of mouth cancer, wrote a book called Trilogy in 2006 based on their experiences that related to their personal story of recovery; what made them laugh and cry and how family and friends raised their spirits. Following the book's great success, they decided to publish a new book to update their stories, continuing from 2006. And so No Time for Cancer was born, covering the progress that has been made in the passing years which the authors hope will highlight a very definite and positive outlook for their readers. The book offers practical advice and articles on complementary and traditional practitioners who helped and supported their progress throughout their illness. It also includes some very helpful tips and recipes for delicious and nutritious dishes to help those with eating difficulties. The message throughout the book is one of great optimism and love of life, which they hope will be a help and comfort to anyone who is about to undergo surgery or embark on the journey to recovery. No Time for Cancer can help anybody living with and recovering from any type of cancer.

Meeting the Challenges of Oral and Head and Neck Cancer: A Guide for Survivors and Caregivers, Nancy E. Leupold (Author, Editor), James Sciubba (Editor)


A Guide for Survivors and Caregivers, Second Edition is a valuable resource to assist those who need help overcoming the many difficult issues that confront them or their loved ones struggling with oral or head and neck cancer.

Added Time: Surviving Cancer, Death Threats and the Premier League Mark Halsey (Author), Ian Ridley (Author)


Television has taken us inside the Premier League, into the lives of its players and managers, as never before but what is it really like to be a referee in modern English football, trying to control a bunch of millionaires and their stressed-out leaders? Then getting home to find out you have made a mistake and been identified in millions of households as public enemy number one? To be issued with death threats on social media by football 'fans' who say they hope your cancer returns? ADDED TIME takes you where no other book has gone - inside the dressing rooms on match days, into the intense tunnel and on-field conversations and confrontations between officials and the game's participants. It chronicles the highs and lows, joy and pain, and reveals the human face of that man in the middle. Mark Halsey also lifts the lid on surviving the internal politics, personalities and intrigue of top-flight refereeing, on altercations with Sir Alex Ferguson and earfuls from Wayne Rooney. Running through Halsey's powerful and poignant story is his brave battle with throat cancer, through surgery and gruelling treatment, after which the popular Halsey returned to the top. It granted him no immunity from the dangerous stresses that can beset the modern referee, however - stresses that included those death threats. What kept him going for 17 years at the top? Strength of character, a loving family - and the unlikely friendship of a man supposedly the enemy of referees: one Jose Mourinho.

Trilogy: How to help the Mind, Body & Spirit survive Mouth, Head & Neck Cancer Face Fax (Author)

Life Lessons from Cancer Keen Babbage (Author), Laura Babbage


RV library list August 2013 revised 13/2/2014
There is never a good day to discover that you have cancer, but Dr. Keen Babbage's timing was unique. He found that he had a rare and advanced form of nasal cancer the same week that his beloved mother, the daughter of a Kentucky Governor, died. Babbage, an accomplished educator who had written 13 books, was an unlikely candidate for middle-age health concerns. A lifelong fitness fanatic, Keen had been a careful eater and an exercise junkie. He once walked over 400 miles to deliver a baseball to Cincinnati to start the major league season. Cancer seemed like a bad break, but Keen had an ace in the hole: His sister-in-law Laura Babbage. As a registered nurse, former health care executive and Chaplain for the University of Kentucky Medical Center, Laura knows every aspect of the medical world. She had the leadership skills, spiritual fortitude and sense of humor it takes to walk with her brother-in-law through the peaks and valleys of a devastating diagnosis and often brutal cancer treatments. Laura made regular updates to a blog that allowed us to witness Keen's treatment and recovery on an "as it happens" basis. The good, the bad and the ugly. Life Lessons from Cancer is an extraordinary book about two extraordinary people. It's not just a book about cancer. It's about the courage of a man in a life and death struggle and a world class caregiver who documented the battle as it was taking place. This book is a superb reference for both cancer patient and cancer caregiver. Life Lessons from Cancer inspires us, but most of all it teaches us. It is a terrific book. Don McNay Best-Selling Author and Huffington Post Contributor


FEW operations are more daunting than surgery for mouth, head and neck cancer. It is long and complicated and leaves patients with many difficulties on the road to recovery. Carol Dunstone's surgeon told her: "You can face the wall or turn round and face the future." She and her friend Ann Bennett opted for the latter and both survived triumphantly. To help others along the way, these women have revealed how they did it. They tackle difficult issues like feeding tubes, learning to talk again, dealing with scars and dry mouth and regaining their confidence. The authors tell how medical experts set them on their journeys of recovery, what made them laugh and cry and how family and friends raised their spirits. They suggest where to find professional comfort and advice and list mainstream and complementary practitioners who can help you look and feel better.

Bangers and Mash - How to take on throat cancer, chemotherapy, radiotherapy and win, with help from an NLP coach Keith Hern (Author)


What is it really like to hear the words "you have throat cancer"? In Bangers and Mash, food-and wine-loving photographer Keith Hern tells us with honesty and humour exactly what it's like. From the grim reality of chemotherapy and radiotherapy treatments to unexpected moments of real warmth and kindness from friends old and new, the fight to survive is vividly described. With the help of an NLP coach, Keith challenges the cancer head-on and emerges triumphant into a new, more colourful world. A powerfully uplifting read.

C: Because Cowards Get Cancer Too John Diamond


Shortly before his 44th birthday, John Diamond received a call from the doctor who had removed a lump from his neck. Having been assured for the previous 2 years that this was a benign cyst, Diamond was told
that it was, in fact, cancerous. Suddenly, this man who'd until this point been one of the world's greatest hypochondriacs, was genuinely faced with mortality. And what he saw scared the wits out of him. Out of necessity, he wrote about his feelings in his TIMES column and the response was staggering. Mailbag followed Diamond's story of life with, and without, a lump - the humiliations, the ridiculous bits, the funny bits, the tearful bits. It's compelling, profound, witty,

**Battling Head And Neck Cancer With Nutrition**: MS, RD, Heather Gabbert (Author), Kathy Beach RN (Contributor), Christopher M. Lee MD (Contributor)


Head and neck cancer (cancer of the mouth, tongue, and/or throat) is a malignant neoplasm originating from abnormal cells arising in tissues forming the pancreas. The most common type of head and neck cancer is squamous cell carcinoma, which accounts for 95% of these tumors. This handbook is written for patients to aid them during their fight with head and neck cancer. It is common for patients with a cancer diagnosis to have many questions about the impact of nutrition and diet. In fact, this is one of the main ways that you (or your loved one) can aid yourself in the battle with cancer. The cancer can inhibit your body's ability to heal, decrease your energy, and decrease your immune system. By optimizing diet and nutrition, research has shown that outcomes of surgery, radiation, and chemotherapy can be improved. This can, in turn, lead to improved cure rates, better cancer treatment outcomes, and greater ability for the body to heal and rebound from the effects of cancer therapy.

**The Laryngectomee Guide** Itzhak Brook M.D.


The Laryngectomee Guide provides practical information that can assist laryngectomees and their caregivers in dealing with medical, dental and psychological issues. It contains information about the diagnosis and treatment of laryngeal and throat cancer; the side effects of radiation therapy and chemotherapy; the methods of speaking after laryngectomy; airway and stoma care, and voice prosthesis. In addition it addresses eating and swallowing issues, medical, dental and psychological concerns, preventive care, respiration and anesthesia, and travelling as a laryngectomee. This practical guide was written by Dr. Itzhak Brook, a physician and a laryngectomee.

**A Caregiver’s Guide to Throat Cancer: Honesty, hope, and humor to help you navigate the wild ride called Throat Cancer!** Susan Grant


If you or a loved one are dealing with throat cancer (a.k.a. head and neck cancer), A Caregiver’s Guide to Throat Cancer can help you navigate through this challenging time. Written by a caregiver who has "been there", this no-nonsense and often humorous book may be "just what the doctor ordered" to help patients and caregivers get organized, get informed, and stay positive.

**Johns Hopkins Patients’ Guide to Head and Neck Cancer (Johns Hopkins Medicine)**:Christine G. Gourin


RV library list August 2013 revised 13/2/2014
The Johns Hopkins Patients Guide to Head and Neck Cancer is a concise, easy-to-follow how to guide that puts you on a path to wellness by explaining head and neck cancer treatments from start to finish. It guides you through the overwhelming maze of treatment decisions, simplifies the complicated schedule that lies ahead, and provides valuable tools to help you to put together your plan of care.

**Trilogy: How to help the Mind, Body & Spirit survive Mouth, Head & Neck Cancer:** Face Fax (Author)


Few operations are more daunting than surgery for mouth, head and neck cancer. It is long and complicated and leaves patients with many difficulties on the road to recovery. Carol Dunstone's surgeon told her: "You can face the wall or turn round and face the future." She and her friend Ann Bennett opted for the latter and both survived triumphantly. To help others along the way, these two inspirational women have revealed how they did it.

**Lung**

**Calming The Emotional Storm of Lung Cancer:** Tess Taft


For most patients, the words "you have lung cancer" are some of the most stressful that they have ever heard. In addition to being stressful for the person with the diagnosis, this can also be a challenging time for their family members, close friends, and loved ones. The diagnosis of one person can have a wide and lasting effect on many people. Most care providers know that it is impossible to face a lung cancer diagnosis and not have added stress in your life. In fact, many patients state that "cancer" is the most difficult challenge they have ever faced. In addition to the added stress of the diagnosis, the standard cancer therapies and treatments can also be difficult and require great inner strength, perseverance, and inner resolve. In addition, a strong support group of friends and family can provide great relief and can provide a needed life-line for patients. This patient handbook was written to empower patients with stress management tools to aid them in their cancer diagnosis and treatment. It has been written with clinical expertise, and by Tess Taft who has years of experience in the care of patients going through cancer therapy. Although each person's background and situation is different, these tools can provide assistance to you or your loved one during their cancer battle.

**Be A Survivor Lung Cancer Treatment Guide:** Vladimir Lange


This much needed lung cancer resource is developed in consultation with a large national team of experts and fetaures: Candid testimonial by survivors, Straightforward, easy-to-understand language Objective and up-to-date information and beautiful colour photos and graphics An empowering message of HOPE. The book addresses each step in the diagnosis, staging, treatment and recovery process and includes a chapter on end-of-life issues and a section specifically for the patient's partner or carer.

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What's Up with Sam's Grandma?: Medikidz Explain Lung Cancer (Medikidz Explain [Cancer Xyz]) Kim Chilman-Blair (Author), Shawn deLoache (Illustrator)


Part of the medikidz series which use comic book format to explain the physiological and psychological effects illness to children

Living with Lung Cancer--My Journey Thomas E Cappiello (Author)


On October 5 2007, Thomas Cappiello was diagnosed with inoperable Stage IIIA locally-advanced adenocarcinoma (Non-Small Cell Lung Cancer), an incurable disease. This book is the inspirational story of how he beat the odds and survived and thrived in the face of this devastating illness. This book is for patients and caregivers who want to know what life is like after getting a cancer diagnosis. The story is about overcoming the emotional turmoil and devastation of a cancer diagnosis, dealing with the disease, and making choices. Most of all, it’s about living a full life each day. Cancer patients suddenly realize that time is a precious gift from God and there is no time to waste. By telling his story Cappiello seeks to inspire cancer patients to fight hard and live, with whatever time they have, with renewed purpose and energy. The journey is different for everyone, but no matter the stage of disease, this book aims to give cancer patients hope for living a cancer-free future. Thomas Cappiello survived late-stage lung cancer. You or your loved one can beat cancer too.

Voices of Lung Cancer: The Healing Companion - Stories for Courage, Comfort and Strength (Voices of) S. Epatha Merkerson (Author), The Healing Project (Editor)


Provided by the patients, their friends, families, and caregivers of those diagnosed with lung cancer, these very personal stories offer inspired insight into the ways families and professionals care for both themselves and the patient, gain a deeper understanding of the relationships, and learn to come to terms with the end of life. Included are essays by medical experts about the science of lung cancer, current treatments, choosing the right doctors, and what the future holds for the next generation of patients. The Healing Project is a non-profit making organisation founded in 2005 and dedicated to creating a community of support for those challenged with chronic and life-threatening illnesses.

100 Questions & Answers About Lung Cancer Joan H. Schiller, Amy Cipau


EMPOWER YOURSELF! No one with lung cancer needs to be alone in their fight against this disease. 100 Questions & Answers About Lung Cancer, Third Edition, guides patients and their families through diagnosis, treatment and survivorship. Providing both the doctor’s and patient’s point of view, this book is a complete guide to understanding treatment options, post-treatment quality of life, sources of support, and much more. Through 100 Questions & Answers About Lung Cancer, Third Edition, expert authors use their
experiences with patients to provide support and hope to the tens of thousands of people coping with lung cancer.

**Mesothelioma**

*A Patient’s Guide to Mesothelioma* Joseph W. Belluck

Mesothelioma is a relatively rare but serious illness, and it’s natural to feel overwhelmed when it strikes close to home. But you don’t have to face this life-changing diagnosis – or its consequences – alone. Use this book to get the information you need to make informed choices about your medical care and legal rights. And visit us online at www.mesotheliomahelp.net for additional assistance. Written in plain English, with simple definitions of technical terms.

**100 Q&As About Mesothelioma** Harvey Pass (Author)

Newly revised and updated 100 Questions & Answers About Mesothelioma, Third Edition is the only book to provide the doctor’s and patient’s views. This patient education resource gives readers authoritative, practical answers to your questions about treatment options, post-treatment quality of life, sources of support, legal options, and much more. Whether you’re a newly diagnosed Mesothelioma patient, a survivor, or a friend or relative of either, 100 Questions & Answers About Mesothelioma offers help.

**Prostate**

*The Prostate: Everything You Need to Know about the Man Gland* [Yosh Taguchi](Author)

*The Prostate Cancer Revolution: Beating Prostate Cancer Without Surgery* Robert L. Bard

No details available yet

*Winning the Battle Against Prostate Cancer: Get the Treatment That is Right for You* Gerald Chodak

Winning the Battle Against Prostate Cancer, Second Edition provides the most complete, up-to-date, and unbiased look at prostate cancer treatments and therapies for every stage of the disease. A prostate cancer
diagnosis can be overwhelming and confusing. In Winning the Battle Against Prostate Cancer, Second Edition one of the country's leading experts Dr. Gerry Chodak, provides detailed information on the advantages and disadvantages of all available treatments, including new tests, therapies and drugs recently approved by the FDA. Incorporating results from the most recent studies, including game-changing findings on the worth of surgery, he shows you how to: decide which treatment is right for you; ask your doctor the right questions; improve your quality of life; and know which sources of information to trust.

Redefining Prostate Cancer _Steven Lamm (Author), Herbert Lepor (Author)  

The past decade of breakthroughs in clinical research and unprecedented technological advancements has affected few medical conditions more than prostate cancer. Each new year brings with it updated prostate cancer recommendations from qualified physicians and research organizations. While this year’s suggestions may be vastly different from last year’s, even the most up-to-date advice can vary significantly from one doctor to the next. And then there’s the Internet--a bubbling cauldron of misinformation. Part outdated, part misleading, part inaccurate, part incomplete.

Enter "The New Prostate Cancer Rules," the most complete, current, and accurate analysis of prostate cancer treatment, prevention, research, and technology. Leading prostate cancer experts Drs. Steven Lamm, Herbert Lepor, and Dan Sperling offer cutting-edge commentary on the questions that all modern men need to have answered.

Dr Patrick Walsh's Guide To Surviving Prostate Cancer _Patrick C. Walsh MD, Janet Farrar Worthington  

Each year, more than 230,000 men in USA are diagnosed with prostate cancer and 30-40% of patients who are diagnosed will eventually relapse but the good news is that more men are being cured of this disease than ever before. Now in a revised third edition, this guide by Dr. Patrick Walsh and science writer Janet Farrar Worthington offers a message of hope to every man facing this illness. Prostate cancer is a different disease in every man--which means that the right treatment varies for each person. Public awareness for this disease has transformed treatment and opened up new avenues of research; rapid advances in knowledge are being translated in new recommendations for management.


Nationally respected for his work on preventing medication side effects, Dr. Cohen now alerts men of breakthrough tests and treatments that are revolutionizing the treatment of prostate cancer. These methods can allow tens of thousands of men to avoid unnecessary surgery and radiation, which often cause serious and permanent impotence and/or incontinence. Prostate Cancer Breakthroughs is useful reading for all men over age 50, because many doctors are not aware of the newer, safer methods for prostate cancer and instead recommend radical treatment even when it is not needed.
Manual of Prostate Cancer: Up-to-date Information about prostate cancer and therapeutic options
Dr. Luis Mendoza
This publication about prostate cancer is part of a continuing public and professional education program. During the last decade the therapeutic spectrum of prostate cancer has changed dramatically. This prostate cancer manual is intended to present the complex nature of this cancer, the standard treatments and new therapeutic alternatives that have recently been approved and bring new possibilities of a cure.

This manual is not intended as a substitute for professional healthcare. It is a preliminary guide to educate patients about treatment options and about the disease itself, so they will be better prepared to discuss it with their health care practitioners.

Promoting Wellness Beyond Hormone Therapy, Second Edition: Options for Prostate Cancer Patients
Mark A Moyad
When a patient is told that his prostate cancer has progressed to a new stage, he has both questions and concerns. Promoting Wellness Beyond Hormone Therapy is written specifically to answer questions for patients whose prostate cancer is considered “hormone-refractory,” meaning that it no longer responds well to hormone therapy. The book provides a wealth of valuable resources for patients, caregivers, and healthcare professionals alike.

Winning the Battle Against Prostate Cancer: Get the Treatment That is Right for You
Gerald Chodak
Winning the Battle Against Prostate Cancer, this Second Edition provides the most complete, up-to-date, and unbiased look at prostate cancer treatments and therapies for every stage of the disease. A prostate cancer diagnosis can be overwhelming and confusing. In Winning the Battle Against Prostate Cancer, Second Edition one of the country's leading experts Dr. Gerry Chodak, provides detailed information on the advantages and disadvantages of all available treatments, including new tests, therapies and drugs recently approved by the FDA. Incorporating results from the most recent studies, including findings on the worth of surgery, he shows you how to: decide which treatment is right for each individual; asking the doctor the right questions; improving quality of life; and know which sources of information to trust.

Men don't talk about . . . Cancer of the Prostate and Depression
Ian Newbegin
Author Ian Newbegin's life changed when he was diagnosed with prostate cancer, but with optimism, he created a way of life that allowed him to not just survive but thrive. Men Don't Talk About . . . chronicles his journey from fear to acceptance and ultimately survival. His story is one designed to encourage men to visit their doctors more frequently, particularly when they suffer from any urinary complications- one of the early signs of a potential problem. He explores his experiences with both prostate cancer and the resulting depression through candid insight. From a patients view point, he provides simple explanations about each disease. Knowledge is power for anyone facing cancer and he shares his research and experiences to help others. His story is one intended to demystify the diseases. He reminds the reader that there is no stigma involved with either disease and encourages them to take control of their own care.

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For Partners (prostate)

So Your Husband Has Prostate Cancer  Philippa Cheetham


"So Your Husband Has Prostate Cancer" by Dr. Philippa Cheetham is a compassionate and practical guide to navigating a prostate cancer diagnosis in your family. Oxford-trained and now on staff at Columbia University Medical Center, Dr. Cheetham stresses the critical role of the spouse in ensuring the patient's health, both physical and emotional, during the entire process.

Sex, Prostate Cancer & Me: A wife's chronicle of her husband's prostate cancer diagnosis, radical prostatectomy & sexual recovery  M. J. McDowell (Author)


Sex, Prostate Cancer & Me takes the reader on a journey with the author and her husband as they negotiate the process, from diagnosis, to overcoming the effects of a radical prostatectomy on their sex life. The author offers hope, as well as suggestions, for couples concerned about intimacy after surgery. Hers is a forthright and personal narrative. She encourages couples to be proactive and resourceful to achieve the best outcome. This story is an affirmation of love, commitment and triumph over challenges.

Personal experiences of prostate cancer

The Prostate Monologues: What Every Man Can Learn from My Humbling, Confusing, and Sometimes Comical Battle with Prostate Cancer  Jack


An American book, with no preview, but describes with humour the clinical information about prostate cancer, treatments and his personal experience.

Prostate cancer: Climbing above it  Dr Laurence Lepherd


Nine courageous men with advanced prostate cancer share their experiences and 'put themselves out there', to reveal their vulnerabilities and to talk of matters which are normally unspoken. Their lives were played
out in very different ways but they all had one ambition - to climb above their illness. This small book will be useful to men with prostate cancer, their partners and families, and also healthcare practitioners.

**My Prostate Cancer Adventure, and the Lessons Learned**  
Craig Johnson (Author)  
An estimated 1 out of every 6 men will have to come to grips with prostate cancer, and while there is abundant clinical information about prostate cancer available, people don’t hear much from the men who have actually been through prostatectomy surgery or what they’ve experienced during recovery. In ‘My Prostate Cancer Adventure and the Lessons Learned’, the author takes the reader through his experiences from the time he first learned of his cancer, his thoughts of how to deal with it, and what he experienced during his recovery. He explains that he talks ‘man to man’ about a man’s problem. His goal in writing this book is to let guys know what they can expect if they choose to undergo prostatectomy surgery.

**Health care professionals (prostate)**  
**Primer on Prostate Cancer [Paperback]** Nicholas James (Author)  
Primer on Prostate Cancer will provide readers with a thorough introductory review on prostate cancer, treatment guidelines, and emerging therapies available for the disease. The book was originally commissioned due to recent developments in therapies for prostate cancer. This concise pocket book will review prostate cancer’s epidemiology, clinical features, diagnosis, and medical management (discussing surgery, radiotherapy, hormone therapy, chemotherapy, bone-targeting therapy, and more). Busy healthcare professionals will benefit from this text, which will not only cover the basics of prostate cancer, but discuss up-to-date national and international treatment guidelines and upcoming therapies.

**Fast Facts: Prostate Cancer, 7th edition** Roger S Kirby, Manish I Patel Publisher: Health Press Limited;  
Following in the Fast Facts format, this is 10 chapters packed with knowledge to inform and equip the reader with the latest in prostate cancer. A handy little book that will achieve its aims of equipping non-specialists and specialists alike with a broad overview of the main facts of prostate cancer. It rather resembles a ‘fireside chat’ in that the reader should not expect rigorous and referenced detail, but instead a masterly overview of the situation.

**For children (prostate)**  
**What’s Up with Charlie’s Grandad?: Medikidz Explain Prostate Cancer** Kim Chilman-Blair, Shawn deLoache (Illustrator)  
No review yet, as being published in Dec 2013. However, the Medikids format has been used for other cancers and seems to appeal for older children, young teenagers.

**Penile Cancer**  
**Everyman’s Worst Nightmare: Cancer of the Penis** Stacey John  

RV library list August 2013 revised 13/2/2014
Presents the personal story of an ordinary man who went from finding a black spot on the end of his penis, to diagnosis and treatment for cancer on it. He writes about his early denials, and about the traumas, hopes, disappointments and successes that followed.

_How Cancer Saved My Life_ John D. Edwards (Author), Guy Bolam (Editor)

This is a gentle story of survival and hope for those touched by cancer, which one way or another is most of us. It is a story of how cancer can threaten the body but doesn't have to threaten the spirit. (It may not be evident immediately, but John D Edwards is a survivor of penile cancer)

_Rarer Cancers_

_100 Questions & Answers About Biliary Cancer_ Ghassan K. Abou-Alfa (Author), Eileen O’Reilly (Author)

100 Questions & Answers About Biliary Cancer provides authoritative and practical answers to the most common questions asked by patients and their loved ones. Providing both doctor and patient perspectives, this easy-to-read book is a comprehensive guide to the basics of biliary cancer, risk factors and prevention, diagnosis, treatment, survivorship, and life after diagnosis. Written by Dr. Ghassan Abou-Alfa, a board-certified medical oncologist who specializes in primary liver cancer (hepatocellular carcinoma), pancreas, gallbladder, and bile duct tumors, 100 Questions & Answers About Biliary Cancer is an invaluable resource for anyone interested in learning what to expect after being diagnosed with biliary cancer.

_My Cancer Card_ Matthew Dimasi Swarley (Author), Robert DiMasi (Contributor)

I am now 22 and I am a student at CCV. I hope and assume that I will get my associates degree in Liberal Arts this spring and then I will go on to UVM for my Bachelors, but in what, I don’t know. I generally like to ski, run, and try to hike; even though, I have a debilitating limp that makes it difficult to even walk let alone traverse A FREAKING MOUNTAIN. Still I do my best and I enjoy every minute of it. I almost forgot to mention that about 2 years ago, I was diagnosed with Neuroendocrine cancer (a rare cancer) and that was a blow to my friends and family. I had NO IDEA how to handle it because the cancer attacked my brain and in response, my brain started to swell. It got to a point where it was pressing again my brain. The doctors got the swelling down and I underwent cancer treatment. I did radiation, chemotherapy, and had a surgery and since Sept. 19th of 2012, I have been cancer-free.

_Who is Not Afraid of Cancer? Tips for Surviving Cancer and Living Longer: An Oncologist's Personal Experience_ Dr. James C. Shum MD

RV library list August 2013 revised 13/2/2014
This book shares the thoughts on cancer from the perspective of an oncologist. There are brief descriptions of different cancers for those who are newly diagnosed with cancer. The book includes tips and suggestions for dealing with cancer, increasing survival, and living longer. There is special emphasis for those patients who have an incurable cancer. He also discussses cancer of unknown primary.

**But You Look So Good...: Stories by Carcinoid Cancer Survivors** Maria J Gonzalez

This book shares the intimate stories of those living with a poorly understood neuroendocrine cancer and the time it takes to find a correct diagnosis; sometimes years! The book demonstrates how those afflicted with this cancer cope with the symptoms of this "great masquerader" cancer.

The stories show the reader how those with this cancer cope. The book also offers information on the various types of this cancer, tests, markers, and scans relevant to NE cancer, as well as tips on how to manage symptoms, side effects of medications, complimentary alternative medicine, quality of life issues, nutrition, and coping. It offers hope, strength, and inspiration to those with this cancer, as well as to their care-givers and all involved with them.

**Carcinoid Cancer, Zebras And Stardust: My Sister's Cancer Battle** Mary Girsch-Bock

Carcinoid cancer is a rare disease with approximately 8,000 cases reported in the U.S. each year. Because of its rarity and slow-growing tendencies, carcinoid is often improperly diagnosed, and when diagnosed, treated incorrectly. This is the story of one person's relentless battle against carcinoid, and of the author's struggle to come to terms with the death of her beloved sister. Inside, you'll also find the words of some of the world's top carcinoid specialists, reference data, and a list of the top carcinoid specialists in the USA. Recently updated for 2012 and beyond by Unlimited Publishing LLC, new resources and treatments are now included, which were not available at the time of initial publication.

**Secondary or Metastatic cancer**

**When Cancer Returns: Support for People With Cancer** National Cancer Institute National Institutes of Health (Author), U.S. Department of Health and Human Services

You've lived through cancer once. You know a lot about what to expect and hope for. Also remember that treatments may have improved since you had your first cancer. New drugs or methods may help with your treatment or in managing side effects. In fact, cancer is now often thought of as a chronic disease, one which people manage for many years. This book offers general advice as you adjust to the news that your cancer has returned. It covers all aspects of your treatment. It outlines basic information regarding cancer recurrence, including communicating with your health care team as well as your family and friends, managing side effects and coping with emotional psychosocial issues.

**Bone Metastases (QuickFACTS)** American Cancer Society

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5.8 million males and 5 million females worldwide are diagnosed with cancer each year. Approximately half of all cancer cases metastasize, contributing to the leading cause of cancer pain. This book emphasizes that every person’s cancer is unique, and every person has the right to be well-informed and to be the decision-maker in planning treatment to offer the best possible quality of life.

For children, about metastatic cancer

The Cancer That Wouldn’t Go Away: A story for kids about metastatic cancer Hadassa Field (Author)

The Cancer That Wouldn’t Go Away is a groundbreaking book, written especially for the child whose parent is living with metastatic cancer. This sensitively written tale uses a gentle, yet realistic approach to help children ages 4-8 face the unique uncertainties of life with incurable cancer. Unlike stories about early-stage cancer, after which the parent is cured and life goes back to normal, for the family in this story, life has irrevocably changed. The future is uncertain. But love and laughter remain constant, as they take life one day at a time.

Cancer Genetics

What’s in Your Genes?: From the color of your eyes to the length of your life, a revealing look at your genetic traits Katie McKissick Creator of Beatrice the Biologist (Author)

Everyone knows that if you come from a family of brunettes, you're likely to be born with brown hair. But did you know your hair color may also affect how often you get sunburned? Or how often you need to take vitamin supplements? What’s in Your Genes? goes beyond Gregor Mendel and dominant/recessive genes to show you all the ins and outs of what determines your DNA. Each entry provides you with a sneak peek into your DNA sequence and teaches you exactly how your body is able to create that wonderful you-ness that no one else has. From your tastebuds to your eye color to your obsession with clinical-strength deodorants, this book not only guides you through the history and study of genetics, but also shows you how those four little letters in your DNA make you who you are.

Genetics For Dummies Tara Rodden Robinson (Author)

A plain–English guide to genetics. This non–intimidating guide gets you up to speed on all the fundamentals and the most recent discoveries. Now with 25% new and revised material, this book gives you coverage of this rapidly advancing field. From dominant and recessive inherited traits to the DNA double–helix, you get clear explanations in easy–to–understand terms. Covers topics in a straightforward and effective manner Includes coverage of stem cell research, molecular genetics, behavioral genetics, genetic engineering, and more. Explores ethical issues as they pertain to the study of genetics.

For health care professionals (genetics)

Counseling About Cancer: Strategies for Genetic Counseling Katherine A. Schneider

Important scientific discoveries and ever–changing guidelines for how to identify and manage patients with hereditary cancer syndromes are constantly evolving. This book is completely updated and expanded to
feature five new chapters on breast cancer, colon cancer, other solid tumors, clients and families, and genetic test results and follow-up. This is the only reference and clinical book on the market for cancer genetics counselors and other healthcare providers who must quickly assimilate complex and ever-changing data on the hereditary risk for cancer.

**Testicular Autobiographies (testicular)**

*God, If You Are Real....: An Olympic Dream, Cancer Nightmare, and the creation of Finger Football*  
Spud Alford (Author)  

By the time Spud Alford was twenty-one, he had strengthened his athletic skills enough to become a serious contender for the American team at the 1980 Moscow Olympics. Fate, however, had a different idea of how the young track and field star should outpace his competition. Four years later, it looked like Alford might finally get his shot. Again, fate intervened, and this time, young Alford confronted a diagnosis of testicular cancer.  

*God, If You Are Real....: An Olympic Dream, Cancer Nightmare, and the creation of Finger Football* is the heartbreaking, hilarious account of one man who time and again passes the wrong end of the torch, only to rally and rise above his seemingly limitless lot of bad luck.

*Nuts, Balls and Rocks: A Year of Life from the Diagnosis of Testicular Cancer to Recovery*  
Adrian Keith Jowett  

Nuts, Balls and Rocks is the funny, moving and frank account of one man's experience with testicular cancer.

*One Lump Or Two: A Humorous Story Of One Man's Fight Against Testicular Cancer*  
Darren Couchman  

‘One Lump or Two?’ is a true story about one man’s fight against testicular cancer. Testicular cancer affects around 2000 men each year in the UK. Darren Couchman was one of them. If you are young and male it could be you next. If it were to be you, then this book is possibly the best treatment other than surgery.  
Darren was diagnosed at the age of 27 and a hard fight lay ahead. However, Darren fought his cancer with his secret weapon - humour. Full of emotion, inspiration and bags of laughter, this story tells the unique way of how an ordinary bloke dealt with the terrifying news of having testicular cancer.

**Testicular cancer information**

*Testicular Cancer (Essential Guide)*  
Priya Shah (Author)  

This book has been written with the average reader in mind; all the information complied is easy to understand and directed to a public that may be diagnosed with or fear the diagnosis of testicular cancer. By reading through this book, readers will gain a better understanding of the condition and will have all the information necessary to empower themselves to fight the cancer successfully and react appropriately to the changes that are about to come.
Testicular Cancer: Current and Emerging Trends in Detection and Treatment (Cancer and Modern Science)
Heather Hasan
Readers will learn about testicular cancer, its types, risk factors, diagnosis, and treatment options. Students will learn about the various tests used in diagnosing the cancer as well as staging. Written in an accessible style, the supportive, upbeat narrative provides an overview of symptoms and treatments and explains how to perform a testicular self-examination.

Carers Perspective (testicular)
From a Mother's Point of View: How to Cope If Your Son is Diagnosed with Testicular Cancer Jan Payne
In this book, Jan shares the intimate details from the first phone call from her son where he tells her that he needs surgery, through the first surgery, the denial and the first chemo experience.

Together We Will Win: What Happen's When We Don't Talk About Testicular Cancer Karen A McWhirt
This powerful narrative of a young man's fight to survive an advanced cancer provides the reader an understanding of the fear, the anguish, the frustration, the anger, and the suffering involved in such a battle...but it is particularly revealing to those who care for cancer patients and provides invaluable insight into the aspects of this disease and what it means to the patient and those who love the patient that are often so private, so hidden.

Reference
2014 Oncology Nursing Drug Handbook [Paperback] Gail M. Wilkes (Author), Margaret Barton-Burke (Author)
Written especially for nurses caring for patients with cancer, the 2014 Oncology Nursing Drug Handbook uniquely expresses drug therapy in terms of the nursing process: nursing diagnoses, etiologies of toxicities, and key points for nursing assessment, intervention, and evaluation. Updated annually, this essential reference provides valuable information on effective symptom management, patient education, and chemotherapy administration. Completely revised and updated, the 2014 Oncology Nursing Drug Handbook includes: * New chapter on Chemobiotherapy for Noncancer Diseases: Rheumatoid Arthritis * Specific drugs described in terms of their mechanism of action, metabolism, drug interactions, laboratory effects/interference, and special considerations * The most important and common drug side effects * Greater discussion of fundamentals of malignant transformation, new molecular targets, and drugs in the pipeline New drug entries include: enzalutamide, omacetaxine (Synribo), tbo-filgrastim (Netroval), adotrastuzumab emtansine, aflibercept, bosutinib, cabozantinib, carfilzomib, dabrafenib, pomalidomide, ponatinib, regorafenib, trametinib, abatacept (Orencia), adalimumab (Humira), certolizumab pegol (CIMZA), etanercept (Enbrel), golimumab (Simponi), infliximab (Remicade), tocilizumab (Actemra), and tofacitinib (Xeljanz).
Own Your Cancer: A Take-Charge Guide for the Recently Diagnosed and Those Who Love Them  Peter Edelstein (Author) 

Survivorship: Living Well During and After Cancer  Barrie Cassileth (Author), Ian Yarett (Author) 

This Should Not Be Happening: Young Adults with Cancer  Dr Anne Katz (Author) 


A scientific history with forking plot twists, this is the story of one man’s fight with cancer, and the groundbreaking effects it had on people’s lives across the United States and the rest of the world. Paul Marks M.D., President Emeritus of Memorial Sloan-Kettering Cancer Hospital, attributes the elusive nature of cancer’s cure to its inherently anarchic processes. There can be no hope for a miracle cure when defective cells use a myriad of tools to succeed in their relentless assaults. There are many ways cancers get started, and turn healthy cell division and growth into lethal attacks. Cancer cells and their abnormal genes are inherently unstable and so, are able to fight off anything that gets in their way - often a prescribed drug. In 1950 the discovery of cancer was all but a death sentence. By 1980, 214 of every 100,000 Americans died from cancer. As late as 1986, an article in the New England Journal of Medicine revealed the less-than-optimistic outlook cancer research, publishing the condemning sentence: "we are losing the war against cancer." In fact, though cancer had not been eliminated, it had begun to be identified for what it is. A highly individualistic disease, variable - a guerrilla cell rather than a marching army. Suddenly science learned how to fight the right war - at ever closer quarters. And at the forefront of the momentous chain of discoveries was Paul Marks. Chronicling the insights of researchers and doctors around the world and the momentous effects of their pains-taking advances - Marks weaves together the humbling account of how and what we learned about the mechanisms of malignant and abnormal cells that make up every one of us.

A World Without Cancer: I.Cuomo,, Margaret MD

Review from Amazon: The book's structure makes it both a very human history of a very complicated disease and one that explains the basic science around it. It also suggests ways in which each individual can limit

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their potential cancer risk though behavioural and environmental changes - which should be essential reading for everyone. Throughout this fascinating discussion, Dr. Cuomo offers a way forward which is both inspiring and surprisingly hopeful. This is essential reading which hopefully will lead to needed discussions and debates about the next phase of the fight against cancer.

**Oxford Desk Reference: Oncology** (Oxford Desk Reference Series) [Hardcover] T. V. Ajithkumar (Editor), Natalie Cook (Editor), Helen Hatcher (Editor), Ann Barrett (Editor)


This easy-to-read, practical guide distils and compiles all the disparate literature on cancer into one succinct volume. With most of the topics fitting onto a double-page spread it allows for quick reference whilst on the ward. The text also includes the essential, evidence-based clinical guidelines needed for the safe and effective management of patients with cancer. All aspects of cancer and its management are covered, including prevention, screening, diagnosis and treatment. This practical guide also offers information about coping with the physical and social issues that may arise with a diagnosis of cancer, such as insurance, travel and survivorship. A unique chapter of management flow charts assists fast, appropriate decision-making. Multidisciplinary management and palliative care are also covered in detail.

**Communicating with Cancer Patients** John F. Smyth


Published in association with European Society of Medical Oncology, this volume is designed for trainee oncologists, oncology nurses, and those working with cancer patients on a day-to-day basis. Focusing on the "soft skills" required in communicating with patients, the book includes topics such as the aetiology of cancer, diagnosis and staging, and explaining the purpose of treatment, including chemotherapy, hormone treatment, and immunological and gene-based therapies. It also discusses patient support groups, monitoring remission, and relapse. The book is written by UK oncologists but has international application.

**Drugs in Cancer Care** Rachel Midgley (Editor), Mark R. Middleton (Editor), Andrew Dickman (Editor), David Kerr


Drugs in Cancer Care is a succinct, practical and user-friendly guide to commonly used drugs and non-surgical therapeutic modalities in oncology. This detailed yet concise handbook contains over 90 monographs of cancer care providing the information needed to deliver chemotherapy with safety and precision, including information on mechanism of action, clinical pharmacology, side effect profile, tumour indications, combination treatment and how to respond to the hepato-renal impairment seen in many patients with advanced cancer.
Nobody working in healthcare can afford to be without the latest edition of the British National Formulary. Compiled with the advice of clinical experts and continually updated to reflect the latest evidence from all credible sources worldwide, this essential reference provides up-to-date guidance on prescribing, dispensing, administering, and monitoring medicines. Not only does the BNF include the widely accepted framework for the drug management of common diseases, it also includes details of medicines prescribed in the UK, with special reference to their uses, cautions, contraindications, side-effects, dosage and relative costs. This allows treatment to be tailored to the individual needs of each patient. The BNF is updated in print every six months by an expert team of pharmacists, with guidance and validation from a network of leading clinicians, overseen by a Joint Formulary Committee with representatives from all spheres of clinical practice. The BNF reflects current best practice as well as legal and professional guidelines relating to the use of medicines. As a result it is used widely as a touchstone reference, and cited in Parliaments and courts as a source of authority.

**The Complete Human Body**: Alice Roberts (Author), Medi-Mation (Illustrator)


Discover a breathtaking portrait of the human body as it’s never been seen before, using the latest medical and microscopic imaging. The Complete Human Body covers the development, form, function and disorders of the human body, all brought to life by incredible state-of-the-art 3D computer-generated artworks.

Take a detailed look at how your respiratory system works, discover the anatomy up-close and learn about over 200 diseases and how they afflict the human body. Perfect for students, families and health professionals.

**The Human Body Book**: The ultimate visual guide to anatomy, systems and disorders (Book & DVD Rom)

Steve Parker (Author), Medi-mation (Illustrator)


Amazing 3D images reveal all your major systems in molecular detail. Discover how the nervous system works, the intricate construction of skeleton and muscles, and how your body protects itself when you are under threat.

**Emperor of all maladies** Siddhartha Mukherjee


In The Emperor of All Maladies, Siddhartha Mukherjee, doctor, researcher and award-winning science writer, examines cancer with a cellular biologist’s precision, a historian’s perspective, and a biographer’s passion. The result is an astonishingly lucid and eloquent chronicle of a disease humans have lived with - and perished from - for more than five thousand years.

**Immortal life of Henrietta lacks** Rebecca Skloot


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Her name was Henrietta Lacks, but scientists know her as HeLa. Born a poor black tobacco farmer, her cancer cells -- taken without her knowledge -- became a multimillion-dollar industry and one of the most important tools in medicine. Yet Henrietta’s family did not learn of her 'immortality' until more than twenty years after her death, with devastating consequences . . . Balancing the beauty and drama of scientific discovery with dark questions about who owns the stuff our bodies are made of, The Immortal Life of Henrietta Lacks is an extraordinary journey in search of the soul and story of a real woman, whose cells live on today in all four corners of the world. 'A fascinating, harrowing, necessary book' Hilary Mantel, Guardian ‘A heartbreaking account of racism and injustice’ Metro ‘A fine book... a gripping read...The book has deservedly been a huge bestseller in the US. It should be here, too' Sunday Times

The Elegant Art of Falling Apart Jessica Jones (Author)


Jessica Jones had a complicated life - booze, cocaine, bad boyfriends, a rollercoaster ride of what self-help writers call 'opportunities for growth' - but she found her way through. She rebuilt her career, became prosperous and found a wonderful new man. And then, just when things were almost perfect, she learned she had breast cancer. After seven months of gruelling treatment she began a three-month holiday of a lifetime with her gorgeous man - only to find herself plunged into a different, and totally unexpected life crisis. The Elegant Art of Falling Apart is a book about learning to ask for and to accept help; about freeing yourself from our culture's obsession with romantic love and about how looking good really can help you feel good. Above all, it is about the sanity-saving power of laughter and friendship.

Cancer: A Beginner’s Guide (Beginner’s Guides) Paul Scotting


Cancer is the second biggest killer in the world, but few of us understand how it works or how we treat it. In this illuminating introductory book, Paul Scotting explains the science behind the disease and explores why some of us are more likely to develop it than others. Arguing that we're in a new age of understanding that will revolutionise the fight against cancer, Scotting discusses cutting-edge developments and maps out the promising future strategies for its prevention, treatment, and cure.

100 Perks Of Having Cancer: Plus 100 Health Tips for Surviving It Florence Strang , Susan Gonzalez , Foreword by Bernie Siegel


While cancer is certainly no laughing matter, in 100 PERKS OF HAVING CANCER Cancer survivors, Frances Strang and Susan Gonzalez, set out to remind readers that no matter how bad one's life circumstances may be, there are always reasons to smile - and steps that can be taken to improve one's health, outlook and prognosis.

The Wellness Community Guide to Fighting for Recovery from Cancer Harold H. Benjamin (Ltd availability)


Outlines methods cancer patients can use to maximize the power of the mind to strengthen the immune system and hasten recovery, including visualization, exercise, nutrition, and enhanced personal
ABC of Cancer Care (ABC Series) Carlo Palmieri (Editor), Esther Bird (Editor), Richard Simcock (Editor)


ABC of Cancer Care is a practical primary care guide to help health professionals better inform their patients, manage and recognize the common complications of cancers and their treatment, and understand the rationale and implications of decisions made in secondary and tertiary care. It provides coverage of the diagnosis, management, treatment and on-going surveillance of common cancers within the multidisciplinary context of primary care. Individual chapters assess the different treatment options, including surgery, radiotherapy and chemotherapy, and examine their possible side effects. The contribution of clinical trials and new advances in cancer treatment including biological and targeted therapies, robotic surgery and advanced radiotherapy techniques are all described. Other aspects of cancer care, from nursing support and nutrition to psychological care and survivorship, are also covered. Edited by a specialist and general practitioner team, with multidisciplinary contributors, ABC of Cancer Care is ideal for general practitioners, practice nurses, cancer care nurses, medical students, and all healthcare professionals treating and supporting cancer patients.

When Your Life Is Touched by Cancer: Practical Advice and Insights for Patients, Professionals, and Those Who Care Bob Riter (Author)


Cancer: A Very Short Introduction Nick James


In this book, Nick James, founder of the CancerHelp UK website, examines the trends in diagnosis and treatment of the disease, as well as its economic consequences. Asking what cancer is and what causes it, he considers issues surrounding expensive drug development, what can be done to reduce the risk of developing cancer, and the use of complementary and alternative therapies.

Cancer is a Word, Not a Sentence Miriam Stoppard, Dr Robert Buckman


Cancer is a Word, Not a Sentence is a straightforward guide to life after diagnosis. It explains what your diagnosis actually means, what the tests are about, what the future holds, how to judge the treatment options open to you, how to cope with the side effects, and the inevitable ups and downs you experience following treatment.

The author focuses on the day-to-day: how to talk to your partner, children and friends, and how to communicate with your medical team. There’s a section addressed to those close to you who 'just don’t know what to say.' His approach offers reliable and essential facts and advice for everyone dealing with a diagnosis of cancer.

Fighting Cancer with Knowledge and Hope: A Guide for Patients, Families, and Health Care Providers Richard Frank


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In this book, a physician explains what cancer is, which factors determine a patient’s prognosis, how cancer treatments work to eradicate cancer, why they sometimes fail, and what patients can do to optimize their own survival. The second edition of this essential resource for patients and their families discusses new treatment options that have become available, including targeted therapies, immune therapies, and personalized cancer medicine. Information on the types of medicines used to fight cancer has been completely updated and revised; also included is a new section on alternative cancer therapies.

**Me, My Cells & I: A Survivor’s Seriously Funny Guide to the Science of Cancer**  
Dave Ames


Conventional medical wisdom changes constantly, so how do we make educated health decisions? This book helps its readers sort through contradictory medical advice by comparing different cancer treatments, proposing the idea that when your cells have more energy, so will you. To learn how to deal with his advanced prostate cancer, the author studied research and learned to make treatment and lifestyle choices resulting from the effects on his cells’ ability to use oxygen. This path through the maze of conflicting health advice showed him what to eat and how to counter the side effects of radiation. His treatments ran the gamut from conventional drugs and radiation, to the less-conventional such as dietary changes and the decidedly alternative practice of Qi Gong. He believes that when it comes to cancer, it’s not about beating the odds, it’s about improving them.

**21st Century Cancer Treatment**  
Isaac Lasley


This book specifically shares how the most common cancer types effect the body and how the most up to date cancer treatment methods may be utilized to help stop cancers.

**And in Health: A Guide for Couples Facing Cancer Together**  
Dan Shapiro (Author)  

The author draws on his clinical work as a health psychologist having researched and worked with couples facing cancer, and on his own experiences of being both the patient (having and beating Hodgkin’s lymphoma in his twenties) and the supporter/advocate (when his wife was diagnosed with breast cancer) to put together insights on facing cancer while maintaining a strong relationship. The book includes advice on the main areas of concern or conflict that can come from life with cancer—from diagnosis to treatment and life post-treatment.

**Perspectives on Cancer Care**  
Tonks N. Fawcett (Editor), Anne McQueen (Editor)  

Perspectives on Cancer Care is a collection of insights from contributors, based on their specific expertise and experience. It provides a range of perspectives on cancer care to inspire readers and encourage high-quality care through an enhanced understanding of patients’ needs and carers’ skills. The book presents a series of chapters highlighting different circumstances and approaches to the complex reality of cancer care. In each chapter the author presents their own picture of their experience of the individual’s needs and the
care required to address these needs, illustrating the particular sensitivity, trust, empathy and support required in the care of patients with cancer and their families. The holistic approach to total care is a prominent feature in cancer care and this is illustrated throughout the various chapters. This book highlights issues in cancer care which encourages best practice.

**The Elephant in the Room: Stories About Cancer Patients and their Doctors:** Jonathan Waxman (Author)


The Elephant in the Room is a collection of short stories that creatively communicate the cancer patient’s journey. The stories, based on real-life accounts, are built around the idiosyncratic relationships between patients and their doctors. Using humor, empathy and wisdom, Jonathan Waxman explores the very human side of cancer as well as providing expert commentary on the clinical aspects of diagnosis and therapy of this disease. These stories comfort and entertain, inform and engage, and are a treat to read for anyone whose life has been affected by cancer.

**Even the Eyebrows?** Sharon Morrison (Author)


When I was told I needed chemotherapy I froze with fear. The word itself has almost mystical powers, conjuring up vivid mental images of frail, shadow-like people curled up on beds, quietly writhing in agony and slowly losing the will to live. In truth I’d never really thought about what it actually was, I just knew it was bad. I asked my family and friends what they thought chemotherapy was and, bearing in mind how prevalent cancer is these days, the responses were as varied as they were downright peculiar: “I’ve never actually been sure what’s involved, but I know it’s unpleasant.” "It’s a large machine you slide into, a bit like the old iron lung machine," (does anyone remember the old iron lung machine?)" "Every bit of your body's bombarded by deadly rays." "It's an injection that lasts for hours and hours." Well, here are just four good reasons why I needed to dispel some ridiculous myths about cancer treatment. Even the eyebrows? is an honest account of what to expect before, during and after treatment, and a guide to making the journey as comfortable and calm as humanly possible.

**Gynae**

**My Dance with Cancer: A Single Woman’s Guide to Love and Happiness in the Face of Illness: 1** Tracy Maxwell (Author)


"My Dance with Cancer" tells Tracy’s story of facing ovarian cancer as a thirty-something single woman from diagnosis through treatment and now "survivorship", all of which is based on her blog, A Single Cell. Tracy speaks directly to the hopes and fears, insecurities and triumphs of a single person with cancer. There is a huge range of emotions and practicalities around cancer. And it’s even more challenging as a single person. Questions such as where to get support and what you need from those around you will arise. Tracy shares intimate stories of her life and looks at the roles of fear, friends, family, dating, how to deal, and even holidays. She looks at lessons learned, setbacks, the importance of paying it forward, states of mind and the role of gratitude. Tracy ends with a chapter on love, including the importance of loving yourself and trusting your intuition.

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Mum's Not Having Chemo: Cutting-edge therapies, real-life stories - a road-map to healing from cancer  Laura Bond

A book about choices. A book to empower all cancer sufferers and their families. In March 2011 Laura Bond's mother Gemma was diagnosed with ovarian and uterine cancer. Laura discovered that the only thing more shocking than telling someone your mother has cancer was revealing that she had declined chemotherapy. But, according to studies, many oncologists would do the same. So Laura, a journalist, started writing a blog to explain her mother's decision to say 'no' to mainstream medicine and 'yes' to hydrogen peroxide, vitamin C injections and infrared saunas.

Mum's Not Having Chemo shares Gemma's natural healing story as well as advice from over 60 of the world's leading cancer specialists and holistic healers - from oncologists in Tokyo to energy healers in Harley Street.

If you want to explore alternative options, or find ways to supplement your conventional care, this book provides cutting edge research from around the world and describes treatments road-tested by Gemma and other cancer survivors. It's an invaluable and uplifting companion to help you make the best choices for your own healing journey.

A Little Touch of Cancer and How It Made Me Well: one woman's travels through ovarian cancer  Betsy Horn

A memoir about how life's challenges can transform our lives for the better, a love story and a personal description of going through a serious illness


Memoir of a Debulked Woman: Enduring Ovarian Cancer  Susan Gubar

Diagnosed with ovarian cancer in 2008, Susan Gubar underwent radical debulking surgery, an attempt to excise the cancer by removing part or all of many organs in the lower abdomen. Her memoir mines the deepest levels of anguish and devotion as she struggles to come to terms with her body's betrayal and the dreadful protocols of contemporary medicine.

Gestational Trophoblastic Neoplasia: A Guide for Women Dealing with Tumors of the Placenta, such as Choriocarcinoma, Molar Pregnancy and Other Forms of GTN  Tara Johnson, Meredith Schwartz Ph. D.

I was diagnosed with choriocarcinoma on February 7, 2002, when my daughter was almost nine months old. I was devastated to hear the words you have cancer of the placenta. I sat there with this stupid grin on my face, holding back the tears." And so began Tara Johnson's frightening journey into the world of a rare gynecological cancer. Choriocarcinoma is so rare—some 1 in 40,000 pregnancies—many oncologists have
never treated it, much less come across information about it that’s suitable for patients. After being dismissed for nearly four months with postpartum bleeding, Tara was finally properly diagnosed and her treatment began. The story she tells in this book is touching and personal. It includes intimate details about her battle with cancer—and with a medical system that ignored her symptoms while that cancer spread. The book is also a hands-on guide for patients dealing with the challenges and the life-threatening complications of gestational trophoblastic neoplasia, or GTN. GTN is an umbrella term used to describe a group of disorders of the placenta. Gestational Trophoblastic Neoplasia: A Guide for Women Dealing with Tumors of the Placenta, such as Choriocarcinoma, Molar Pregnancy and Other Forms of GTN explains the medical questions and issues of GTN—its tests, treatment and risk factors—as well as the complex social and emotional aspects of a cancer diagnosis.

**Because My Body Told Me So - My Cervical Cancer Story:** Lisa Washington


My story of cervical cancer and the journey I went through. My cervical cancer was not found on a pap smear. My fight, persistence and faith is what led me to victory. I had stage IIB cancer and I was told nothing was wrong with me and I am here to share my story of what I went through with you. I hope to save someone else from going through what I did. The nightmare, anguish and horrifying experience of there being no hope and no one that listens or hears your cries. I was told I did not have cancer and I had Endometriosis. Every woman needs to be vigilant of their bodies and know the signs and symptoms of cancer

**You Need Humour With A Tumour - Reflections on a Journey with Cancer:** Annmarie James-Thomas


A mothers story of strength and courage in the face of cervical cancer. This is a moving memoir of how Annmarie and her family deal with her diagnosis and live life to the full. When Annmarie, a 42-year-old mother of four, was diagnosed with a Stage IIB tumour she was determined she would not lose her love of life. Having watched her father succumb to bowel cancer a year earlier, she had no desire to follow the same treatment regimen. So she went in search of something different. Refusing to be a victim she rejected the purely medical route and met her cervical cancer head on. Her journey took her to America in search of another way to combat the tumour growing slowly then not so slowly within her. This is Annmarie's story of hope and disappointment, strength and courage as she and her family deal with her diagnosis and live life to the full.

**Cervical Cancer: The Essential Guide** Mary Lunnen


Awareness of cervical cancer has grown in recent years and many women are looking to find out more about it, especially as 3,000 women in the UK are diagnosed with the cancer each year. Information can help you become aware of what you can do to prevent the disease, to ensure it is detected and treated as early as possible, what happens when cervical cancer is diagnosed and where to get expert help and advice. This book provides reliable information that will remove some of the fear of the unknown.

**Forever in My Heart: The Story of My Battle Against Cancer** Jade Goody

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Jade's heart-breaking diary of her fight against terminal cancer and her final precious months with her beloved family. In August 2008 Jade Goody received the shattering news that she had cervical cancer. She was only 27 years old. But with her usual strength of character, Jade was determined to beat the disease and carry on with life as normal with her two little boys Bobby and Freddy.

**Sorority of Hope: Women Connected by Possibility**  
SCCC/LCCC Sisterhood Small Cell Cervical Cancer and Large Cell Cervical Cancer Sisterhood (Author), Colleen Marlett (Author)


The Sorority of Hope is a sisterhood of support, strength and inspiration. Each individual's story reaches across geographic boundaries to touch the hearts of women who are connected by the diagnosis of Neuroendocrine Small and Large Cell cervical Cancer; an aggressive and deadly disease. The story of the sisterhood will make you cry, laugh and cheer. Most of all, it will bring you hope and inspire you to fight when need be and hold on tight when the ride gets bumpy. It is a journey to remember. The story "Sorority of Hope" has been written with the loving hands of the "sisters" and the "sister supporters" of the SCCC and LCCC Sisterhood, with the hope of spreading awareness and knowledge about this disease. It is their mission that no woman ever be alone in this fight. All proceeds from the sale of this book will go directly to the MD Anderson Cancer Center in Houston Texas, Research Fund for Small Cell Cervical Cancer and Large Cell Cervical Cancer.

**OVARIAN CANCER My Walk With It**  
Antoinette Gallelli


A book for all to educate themselves on ovarian cancer. The book is a descriptive narrative of the author's experience with this cancer. It is an honest appraisal and account of the daily life of someone with this cancer and it is very informative for the reader. The book provides details of the experience of cancer, but also provides useful information about the types of medications and procedures encountered along the way. Throughout, there is a feeling of challenges and difficulty of the illness, but more pronounced is the sense of strength and hope.

**What nurses know about menopause:**  
Karen Roush


Menopause, the end of menstruation and fertility, is a natural biological process, not a medical condition. Even so, the physical and emotional symptoms of menopause can disrupt a woman's life and require treatment if severe. What Nurses Know - Menopause sheds new light on this natural biological process and it's symptoms from a trusted source: nurses. What Nurses Know - Menopause will reassure women that menopause is a natural and expected part of a woman's development. However, it will also show there are ways to reduce or eliminate some of the symptoms of menopause. This book provides woman the answers they need and want.
My Dance with Cancer: A Single Woman’s Guide to Love and Happiness in the Face of Illness: 1 Tracy Maxwell  

My Dance with Cancer" tells Tracy's story of facing ovarian cancer as a thirty-something single woman from diagnosis through treatment and now "survivorship", all of which is based on her blog, A Single Cell. Tracy speaks directly to the hopes and fears, insecurities and triumphs of a single person with cancer. There is a huge range of emotions and practicalities around cancer. And it's even more challenging as a single person. Questions such as where to get support and what you need from those around you will arise. Tracy shares intimate stories of her life and looks at the roles of fear, friends, family, dating, how to deal, and even holidays. She looks at lessons learned, setbacks, the importance of paying it forward, states of mind and the role of gratitude. Tracy ends with a chapter on love, including the importance of loving yourself and trusting your intuition.

Who Will Make the Pies When I’m Gone?: Living the Dark Side of Cancer (No Sugar Added) Jamie C. Schneider  

Jamie Schneider’s life changed with one phone call in February of 2010. After months of sensing something was not right with her body, Jamie was diagnosed with stage IV ovarian cancer, sending her on a relentless search for information about cancer and for ideas on how to survive the devastating news. Facing her diagnosis, Jamie already knew her life would never be the same. Whether she liked it or not, she was now immersed in the dark side of cancer. As this ancient rogue force claimed its space in her body and she became a stranger in an unfamiliar land, Jamie details how her relentless desire to understand created a voice of validation. She walked through a shadowy world of cancer that left her somewhere between alive and dead. Now Jamie exposes the harsh reality of her experience, the reactions of her friends and family, the treatment and devastating losses, the yo-yo of hope and hopelessness, and the painful paradox of living while dying. In Who Will Make the Pies When I’m Gone? Jamie shares a powerful, honest glimpse into her world as she struggles to make this new limited version of her life meaningful after a cancer diagnosis.

100 Questions and Answers About Vulvar Cancer and Other Diseases of the Vulva and Vagina: Debra S. Heller (Author), Lara Burrows (Author)  

100 Questions & Answers About Vulvar Cancer and Other Diseases of the Vulva and Vagina provides practical, authoritative answers to 100 of the most common questions asked by women diagnosed with cancer of the vulva/vagina and related gynecologic diseases. Written by an expert medical pathologist, with actual patient commentary,

The Dog, The Chick and The Reindeer: The story of a family living with cancer: Mrs. Margaret E Eatock  

my mother developed and survived endometrial cancer in 2006 and was diagnosed with and died from ovarian cancer in 2012,. The story tells of the effects of both cancers on Mum and the rest of the family. I initially wrote the book to help me deal with my own grief, stress and feelings of guilt that I was glad she had RV library list August 2013 revised 13/2/2014
finally let go of her tenuous hold on life and so was out of pain and distress but I decided to have it published for three reasons (a) to raise awareness of the signs and symptoms of ovarian cancer and to encourage anyone experiencing those symptoms to speak to their GP (b) to give hope and support others who may be going through the same experience and to make them realise it is not all doom and gloom and that it is OK to grieve – even if that grief begins years prior to death to advise people that there is help to deal with the physical, emotional and practical side of dealing with cancer and to encourage them to ask for that help if necessary

**Gynae for Health care professionals**

*Gynecologic Oncology Handbook: An Evidence-Based Clinical Guide* Michelle Benoit (Author), Marian Yvette Williams-Brown (Author), Creighton L. Edwards (Author)


Gynecologic Oncology Rotation Quick Reference" provides a comprehensive yet concise, practical guide for fellows, residents, and specialist trainees in the diagnosis and management of gynecologic cancers. The book addresses the fundamentals of gynecologic oncology, including staging, surgical technique, comorbidity diagnosis and management, adjuvant therapies including chemotherapy and radiation, and survival and palliative care. The focus is on specific management decision-making and the book provides the basic information needed to guide the clinician on the ward or in the clinic including clinical study references, medical comorbidity algorithms, as well as directed gynecologic cancer workups and treatments. Written using a bullet point format the book provides the resources needed to help you meet the demands of clinical management in gynecologic cancer care.

**Haematology**

*The Mission Is Remission: Hope for Battling Cancer [Paperback]* Pat Williams (Author)


The author outlines six factors that gave him hope following his diagnosis of multiple myeloma (positive outlook, keeping fit, durable faith, loving family, caring friends and supportive community) to give others hope wherever they are in their cancer journey.

**Cancer. Oh, Crap.** John J Powers III


"Cancer. Oh, Crap." is a work of creative non-fiction that describes one man's struggle with Acute Myelogenous Leukemia (AML). AML is a blood cancer and is one of four main types of leukemia. We have all been touched by cancer in some way; this book serves many audiences and points of view. The cancer patient, medical professional, blood donor and anybody who has been affected by cancer will find something interesting and informative from their perspective. Cancer treatment including blood and platelet transfusions, chemotherapy, consolidation chemotherapy and resulting nadir issues are explained. Bone marrow transplant (BMT) is considered and discussed.

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We all travel the road of life and on occasion encounter road defects and detours. Some of us will reach a detour and conceive what we think to be a dead end, only to find one of life’s crossroads and a choice that must be made. Come along, travel with me on the five year journey and the choice that saved my life.

My Bout with Multiple Myeloma  Dennis Dinger


In 2008, the author was diagnosed with Multiple Myeloma, which is a blood plasma cancer. This book chronicles the author's battle - to include the times prior to diagnosis, the diagnosis itself, the treatments (four cycles of chemotherapy followed by one high dose cycle and an autologous stem cell transplant), and the recuperation period following all treatments. Since 2009, the cancer has been in complete remission. In this book, the author includes descriptions of most of the procedures to which he was subject, and he gives helpful hints and suggestions to others who may have to deal with this or other cancers. The book was written for those who have been similarly diagnosed, as well as for their family members and friends who may be called upon to support their loved ones through similar battles.

100 Questions & Answers About Myeloma (100 Questions and Answers) Asad Bashey (Author), Rafat Abonour (Author), James W. Huston (Author)


EMPOWER YOURSELF! Whether you're a newly diagnosed myeloma patient, a survivor, or a friend or relative of either, this book offers help. The only text to provide the doctor's and patient's views, 100 Questions & Answers About Myeloma, Third Edition gives you authoritative, practical answers to your questions about treatment options, post-treatment quality of life, sources of support, and much more. Written by a hematologist-oncologist specializing in myeloma treatment, and featuring "insider" advice from an actual patient, this book is an invaluable resource for anyone coping with the physical and emotional turmoil of this frightening disease.

100 Questions and Answers About Leukemia, 3e (Questions & Answers) Ball


EMPOWER YOURSELF! Whether you're a newly diagnosed patient, survivor, or a friend, relative or caregiver, 100 Questions & Answers About Leukemia offers support and guidance. Now in its third edition, 100 Questions & Answers About Leukemia continues the successful doctor-patient collaboration, providing authoritative, practical answers to your questions regarding diagnostic testing, treatment options, clinical trials and much more. Written by a leukemia survivor and a prominent physician specializing in treatment of leukemia, this book is an invaluable resource for anyone coping with the physical and emotional turmoil of this frightening disease.
Living Through the Racket: How I Survived Leukemia and Rediscovered Myself  Corina Morariu (Author), Allen Rucker


At the height of her professional tennis career - a top-30 singles player, the Number 1 ranked doubles player in the world in 2000, and the winner of Grand Slam titles at both Wimbledon in 1999 with Lindsay Davenport, and the Australian Open Mixed doubles in 2001. Then, in May 2001, Corina Morariu was diagnosed with an advanced form of acute myelogenous leukemia and found herself in the match of a lifetime. After a grueling regimen of chemotherapy, Corina returned to competitive tennis 16 months after her diagnosis. but the effects of the leukemia lingered. On the court, she struggled to come to terms with the cancer and two subsequent shoulder surgeries that diminished her physical capabilities as a tennis player. Off the court, she struggled to redefine herself in the wake of her trauma. In this honest, unsparing memoir, Corina opens up about what it's like to be an athlete diagnosed with cancer, and how her battle with leukemia changed her in every way. She reassessed everything: her devotion to tennis, her lifelong mission to be the perfect daughter, even her marriage. She took charge of her own life, often with devastating consequences to her and those she loved most. In the end, leukemia gave this world-class athlete much more than it took away - the challenge to look deeper within herself, and the strength to change her life - and she reveals the extraordinary lessons she learned along the way. It is Corina's journey of self-discovery that will make her story incredibly poignant and uplifting to everyone who reads it - tennis player or not. Leukemia brought Corina to the brink of death...but ultimately it saved her life.

"But I Was in Such a Good Mood This Morning": Facing Cancer and Other Harsh Realities in My Life  Mr. Robert A. Henslin (Author)


Rob Henslin, 26 at the time, battled and survived Leukemia with his newlywed wife by his side. He describes his three-year battle and life on the other side of treatment in the cancer-free years that followed. After a nearly twenty-year slumber, his leukemia returned. Rob draws readers in with vivid descriptions of the upheaval and torment that ensued, including a bone marrow transplant and adjusting to a life filled with many harsh new realities. His humorous writing style allows readers to laugh and smile while Rob also shares openly and honestly about his struggles with medical treatments, faith, fears, and demons from his past. But I Was in Such a Good Mood This Morning offers cancer patients and the loved ones that care for them valuable insights into the cancer journey Rob and his wife and family traveled. This book invites readers to revel as Rob did in the many miracles and blessings that came even in the darkest days.

Regine's Book: A Teen Girl's Last Words (True Stories (Zest Books)) Regine Stokke (Author)


REGINE'S BOOK is an adaptation of Norwegian Regine Stokke's blog during her battle with acute myelogenous leukemia. She is diagnosed with the disease in late August of 2008, shortly after her seventeenth birthday, and started her blog about a month and a half after her diagnosis.

Heart of Iron: My Journey from Transplant Patient to Ironman Triathlete  Kyle Garlett


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A story of lymphoma treatment and determination.

**Kidney**

*100 Questions and Answers About Kidney Cancer*  
Steven C. Campbell, Brian I. Rini, Robert G. Uzzo, Brian Lane


Anyone whose life has been touched by kidney cancer needs to read this book. It is a thorough explanation of the disease, answers all the questions many doctors are too busy to explain completely, and you can read and re-read at your own pace. It covers the latest treatment options in this rapidly changing branch of oncology. The glossary and index and the illustrations are especially helpful. Interspersed throughout are real-life comments of patients and caretakers who have walked this path.

**Johns Hopkins Patients’ Guide to Kidney Cancer**  
Michael A. Carducci


The Johns Hopkins Patients Guide to Kidney Cancer is a concise guide that explains kidney cancer treatments from start to finish. It guides you through the overwhelming maze of treatment decisions, simplifies the complicated schedule that lies ahead, and provides tools to help you to put together your plan of care. Empower yourself with accurate, understandable information that will give you the ability to confidently participate in the decision making about your care and treatment.

**We Have Kidney Cancer: Survivors Stories: Inspiration and advice from patients and caregivers**  
Michael B. Lawing


Stories of hope and inspiration from more than a dozen long-term kidney cancer survivors are chronicled in a new book from the Kidney Cancer Association. Learn what it’s like to live with kidney cancer from those who are doing it.

**Kidney Cancer: Causes, Symptoms, Signs, Diagnosis, Treatments, Stages of Kidney Cancer**

U.S. Department of Health and Human Services National Institute of Health National Institutes of Health S. Smith


This is the paperback version of the popular Revised Cancer book on Kindle, “Kidney Cancer”. This book has been professionally illustrated and edited. A detailed booklet that describes Causes, Symptoms, Signs, Diagnosis, Treatments, Stages Of Kidney Cancer, with information on getting help and coping. This booklet is also for family and friends that are looking for further understanding Kidney Cancer.

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**Autobiographies (kidney)**

*So They Tell Me: Surviving Kidney Cancer and a Stroke* Trevor Measday


The story of an ordinary couple who suffered unexpected life-changing experiences. How they dealt with the immediate and longer term trauma, and then set about rebuilding their lives.

**Health Care Professionals (kidney)**

*Renal Cancer (Oxford Oncology Library)* Tim Eisen (Editor)


Part of the Oxford Oncology Library, this pocketbook summarises the latest evidence-based and practical information on the treatment of renal cancer. With contributions from leading oncologists, the book covers the range of therapies currently available to clinicians, including surgery, interventional radiology, and systemic treatments. This book will serve as an invaluable reference for all health care professionals involved in the management of patients with renal cancer.

**Pancreas**

*Calming The Emotional Storm of Pancreas Cancer: 2 (Calming The Emotional Storm of Cancer)* Tess Taft LICSW (Author), Kathy Beach RN (Contributor), Christopher M Lee MD


For most patients, the words "you have pancreatic cancer" are some of the most stressful they have ever heard. In addition to being stressful for the person with the diagnosis, this can also be a challenging time for family members, close friends, and loved ones. The diagnosis of one person can have a wide and lasting effect on many people. Pancreatic cancer is a malignant neoplasm originating from abnormal cells arising in tissues forming the pancreas. The most common type of pancreatic cancer, which accounts for 95% of these tumors, is adenocarcinoma. Pancreatic cancer is known to be an aggressive type of malignancy, and requires in many cases surgery, radiation, and chemotherapy treatments. Because of the aggressive nature of this diagnosis, treatment of pancreatic cancer requires a multidisciplinary team of physicians and care providers, including specialists in counseling and stress management. Most people are aware that it is impossible to face a pancreatic cancer diagnosis and not have added stress in your life. In fact, many patients state that "cancer" is the most difficult challenge they have ever faced. In addition to the added stress of the diagnosis, the standard cancer therapies and treatments can also be difficult and require great inner strength, perseverance, and inner resolve. In addition, a strong support group of friends and family can provide great relief and can provide a needed life-line for patients. This patient handbook was written to empower patients with stress management tools to aid them in their cancer diagnosis and treatment. It has been written with clinical expertise, and by Tess Taft who has years of experience in the care of patients going through cancer therapy. Although each person's background and situation is different, these tools can provide assistance to you or your loved one during their cancer battle.

*Pancreatic Cancer: A Patient and His Doctor Balance Hope and Truth* (A Johns Hopkins Press Health Book) Michael J. Lippe (Author), Dung T. Le (Author)


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Michael J. Lippe was diagnosed with pancreatic cancer in 2007. This is his story, and the story of pancreatic cancer, narrated by Lippe and Dr. Dung T. Le, the physician who is treating him. In telling these stories, Lippe and Le alternate chapters. Lippe writes about the early signs that something was wrong; Le continues with a description of pancreatic cancer, its symptoms, and its treatments. Lippe talks about his prognosis, contemplates the prospect of death, and describes how he began to cope; Le explains the importance, for both doctor and patient, of balancing hope and truth. Lippe speaks frankly about the toll the disease takes on his marriage and family; Le offers a general picture of what most patients can expect with their illness. The book concludes with Lippe and Le’s reflections on their partnership in treating cancer, lessons they have learned, and their thoughts about the positive things that sometimes emerge from illness. Pancreatic Cancer offers clear explanations of what the disease is, describes what people with the disease will feel physically and mentally, and discusses current treatments and future directions of research. The authors hope that their honest yet hopeful perspective will help all people with cancer and those who care about them.

The Ride Of My Life: A Fight To Survive Pancreatic Cancer
Bob Brown (Author)

Insightful, humorous, and inspiring memoir of self-described "regular guy" Bob Brown's courageous battle with pancreatic cancer and his journey through the medical community to save his life. In a conversational tone that feels like you’re chatting with a lifelong friend, Bob shares the play-by-play of his fight to stay alive and make the right treatment decisions, affirms the difference a positive attitude can make, and celebrates the unexpected gift of a new perspective on life. What would you do upon hearing your doctor utter the words "inoperable pancreatic cancer"? If you or someone you love has been diagnosed, this amazing story of survival will move you, amuse you, and instill hope in your heart.

Pancreatic Cancer: It's a Family Affair
Lisa M Strahs-Lorenc

Pancreatic Cancer A Family Affair tells the story of real patients and real families, a must read for patients and families newly diagnosed with pancreatic cancer. Would also be helpful for anyone facing any illness with short life expectancy and very poor long term survival rates. Exactly what is needed for those reeling in shock and looking for help in understanding what to expect.

Oesophageal
100 Q&as About Esophageal Cancer
Ginex

100 Questions & Answers About Esophageal Cancer, Second Edition aims to provide a much needed primer for patients and their families and aims to address the questions most relevant to patients following a diagnosis of esophageal cancer. This text gives up-to-date, authoritative, practical answers to your questions about treatment options, post-treatment quality of life, sources of support, and much more.

Skin
Skin Cancer and Sun Safety: The Essential Guide (Need2know)
Rachel Newcombe
This guide aims to provide expert advice and the latest research on sun safety and the treatment of skin cancer. There are chapters on how to use sunscreen, how a diagnosis of skin cancer is made and the ways the skin can be treated during and after cancer. Subjects included are the different types of skin cancer, risk factors, the emotional effects of skin cancer and aftercare, plus up-to-date, straightforward information on sunscreen, sun beds and treatments. There are also practical tips for staying safe in the sun.


Dr. Steven Q. Wang, a world-renowned skin cancer expert, provides an essential guide for people with melanoma and their families. The book's unique, practical format approaches the disease in two phases, just as people with melanoma need to do. First comes a step-by-step guide for what Dr. Wang calls the "mad rush" phase—an intense and stressful period from diagnosis to completing initial treatment. Dr. Wang's calm guidance helps readers through this critical time, using an easy to understand plan for ensuring optimal treatment and survival outcomes. Once the mad rush phase is over, the "marathon phase" begins—life resumes its normal shape but with lingering concerns about new melanoma and metastases. Here Dr. Wang addresses common questions about prevention and prognosis. Beating Melanoma offers current research in the diagnosis, treatment, and prevention of melanoma; photographs of different kinds of skin cancers; and a readable narrative that demystifies everything from the pathology report to the stages of cancer.

**I Survived Metastasised Melanoma Cancer!: Hope For Melanoma Sufferers** Frank E. Burdett (Author)


This work explores how my wife, Jeannie, who was my home caregiver, and I travelled the cancer journey together. The journey was not the same for Jeannie as it was for me—it was my melanoma cancer, but I was Jeannie’s husband, and therefore the stress was that much more for her, as she never knew what further stresses she had to face.

This book examines the strengths of our relationship, despite the difficulties of living on an island. It is interesting how we were aware of these difficulties, and yet we worked through them. Then came the details of how the cancer was treated, both by conventional and alternative treatment. My alternative treatment had a journey all of its own, incorporating several people, all of whom were heroes in their own right. This alternative treatment was later to be regarded as a miracle by several oncologists in a Brisbane hospital. It is a thoughtful, painful, and revealing account of the years spent fighting this cancer. This book is educative, giving a report on melanoma. Mainly, the message it brings is one of hope for those who now have seemingly no hope against melanoma.

**A Melanoma Patient's Survival Guide: Lemons Really Do Make Lemonade: You Just Have to Add a Little Sugar** Sally Welsh (Author)


This heart-warming book was written by a survivor of serious melanoma, Sally Welsh. Sally has shared her experience with thousands of people, and has prepared this book with the hope of making your journey a
little easier. The Lemonade book does not have all the answers, but it helps you to determine the questions. It is a commonsense book, but is not intended to replace medical expertise.

**Thyroid**

**Dirty Bombshell: From Thyroid Cancer Back To Fabulous!** Lorna J Brunelle (Author)


For UK based readers - and this is a review for amazon.co.uk, so that's relevant - I shave off the fifth star and give this four stars mostly because of the risk that the differences in the treatment between US and UK hospitals can be confusing and because of my ongoing concern that it can frighten those too early in their treatment. If your treatment is behind you and you're looking for something to remind you that just because you had cancer it's not an excuse to sit on your bum and feel sorry for yourself, then this is the book you need. I'd have to give it 10 out of 10 for inspirational power.

**Psychology Books**

**Depression**

**Wherever You Go, There You Are: Mindfulness meditation for everyday life:** Jon Kabat-Zinn (Author)


Mindfulness is considered the heart of Buddhist meditation. But its essence is universal and of deep practical benefit to everyone. In Wherever You Go, There You Are, Jon Kabat-Zinn maps out a simple path for cultivating mindfulness in our lives, and awakening us to the unique beauty and possibilities of each present moment.

since its first publication in 1994 (as Mindfulness Meditation for Beginners), this book has changed lived across the globe. This tenth anniversary edition of the original classic text, featuring a new afterword by the author, brings this wonderful book with an even larger audience.


If you suffer from depression you are far from alone. Depression is very common, affecting over 300 million people around the world. Written by Professor Paul Gilbert, internationally recognised for his work on depression, this highly acclaimed self-help book has been of benefit to thousands of people including sufferers, their friends and families, and those working I the medical profession. This fully revised third edition has been extensively updated and rewritten to reflect over ten years of new research on understanding and treating depression, particularly the importance of developing compassionate ways of thinking, behaving and feeling. It contains helpful case studies and new, easy-to-follow, step-by-step suggestions and exercises to help you understand your depression and lift your mood.


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Based on extensive research with an amazing success rate, The Depression Cure outlines a step-by-step plan for recovery from depression, which focuses on six key lifestyle elements that have largely disappeared in healthy doses from modern life: physical exercise, omega-3 fatty acids, natural sunlight exposure, restorative sleep, social connectedness, meaningful, engaging activity. With his six-step programme, Dr Ilardi not only makes sense of depression but offers a practical and straightforward plan for recovery. The Depression Cure is an essential guide for anyone seeking an alternative approach to depression treatment.

The Mindful Way Through Depression: Freeing Yourself from Chronic Unhappiness (includes Guided Meditation Practices CD) Mark Williams, John Teasdale Zindel Segal Jon Kabat-Zinn

The Mindful Way through Depression draws on the collective wisdom of four internationally renowned mindfulness experts, including bestselling author Jon Kabat-Zinn, to provide effective relief from the most prevalent psychological disorder. This authoritative, easy-to-use self-help program is based on methods clinically proven to reduce the recurrence of depression. Revealing the hidden psychological mechanisms that cause chronic unhappiness, the authors gently guide readers through a series of exercises designed to break the mental habits that lead to despair. Kabat-Zinn lends his calm, familiar voice to the accompanying CD of guided meditations, making this a complete package for anyone looking to regain a sense of balance and contentment.

365 Days of Mindfulness [Hardcover] Yvette Jane (Author)

Create a moment of mindfulness every day with this book of inspirational quotations and insightful activities to refresh your spirit all year round.

Mindfulness: A practical guide to finding peace in a frantic world Prof Mark Williams, Dr Danny Penman

MINDFULNESS reveals a set of simple yet powerful practices that can be incorporated into daily life to help break the cycle of unhappiness, stress, anxiety and mental exhaustion and promote genuine joie de vivre. It's the kind of happiness that gets into your bones. It seeps into everything you do and helps you meet the worst that life can throw at you with new courage. The book is based on Mindfulness-Based Cognitive Therapy (MBCT). MBCT revolves around a straightforward form of mindfulness meditation which takes just a few minutes a day for the full benefits to be revealed. MBCT has been clinically proven to be at least as effective as drugs for depression and it is recommended by the UK's National Institute of Clinical Excellence - in other words, it works. More importantly it also works for people who are not depressed but who are struggling to keep up with the constant demands of the modern world. MINDFULNESS focuses on promoting joy and peace rather than banishing unhappiness. It's precisely focused to help ordinary people boost their happiness and confidence levels whilst also reducing anxiety, stress and irritability.

Mindfulness-Based Cancer Recovery: A Step-by-step MBSR Approach to Help You Cope with Treatment and Reclaim Your Life  Michael P. Speca, Linda E. Carlson

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If you have received a cancer diagnosis, you know that the hundreds of questions and concerns you have about what’s to come can be as stressful as the cancer treatment itself. But research shows that if you mentally prepare yourself to handle cancer treatment by getting stress and anxiety under control, you can improve your quality of life and become an active participant in your own recovery.

Let this book be your guide as you let go of fear and focus on getting well. With this eight-week program, you’ll learn to: Use proven MBSR skills during your treatment and recovery, boost your immune function through meditation and healing yoga, calm feelings of fear, uncertainty, and lack of control. Mindfully manage difficult symptoms and side effects and discover your own capacity for healing and thriving after adversity.


Pain, suffering and stress can be intolerable - but it doesn't have to be this way. Mindfulness for Health reveals a series of simple practices that you can incorporate into your daily life to relieve chronic pain and the suffering and stress of illness. Clinical trials show that mindfulness is at least as effective as the most commonly prescribed painkillers such as Tramadol and codeine. A recent study published in the Journal of Neuroscience demonstrated that it is more effective than morphine. Mindfulness can also significantly reduce the anxiety, depression, irritability, exhaustion and insomnia that can arise from chronic pain and illness.

This new book shares the secrets of the Mindfulness-based approaches to pain and illness therapy, developed by Vidyamala Burch at the Breathworks centre in Manchester and which has its roots in the groundbreaking work of pioneer Jon Kabat-Zinn from the University of Massachusetts Medical Centre in the US. The Breathworks Centre and its affiliates around the world have helped thousands of people cope with pain, illness and stress. Its pioneering approach is praised by Professor Mark Williams of Oxford University, Jon Kabat-Zinn and Professor Lance McCracken of King's College London.

The eight-week programme at the heart of this book takes just 10-20 minutes per day. It is particularly effective for the biggest causes of pain - back problems, arthritis, migraine and diabetes but works equally well for cancer (and its associated chemotherapy), heart disease, fibromyalgia, celiac disease, lupus, chronic fatigue syndrome, IBS, labour pain and even tinnitus. You will be surprised by how quickly your suffering melts away, leaving you able to live life to the full again.

Coping with the Emotional Impact of Cancer  Neil Fiore  

Encouraging cancer patients to be actively involved in their treatment, The author, a psychologist, author, and 30-year survivor of a terminal cancer diagnosis, dramatically demonstrates in this book how patients can maintain personal control of their lives while subject to sometimes harsh treatments. Drawing on his training in psychology, self-hypnosis, focusing, and visualization, The author offers practical techniques for coping
with the emotional and physical impact of this life-threatening disease. He shows how to establish team relationships with doctors and therapists, communicate with family and friends, and deal with feelings of helplessness. He also offers support for facing the fear of diagnosis and reducing the stresses of therapy.

**Full Catastrophe Living, Revised Edition: How to cope with stress, pain and illness using mindfulness meditation** Jon Kabat-Zinn


Full Catastrophe Living is a manual for developing your own personal meditation practice and learning how to use mindfulness to promote improved health and healing in your own life. It is based on Jon Kabat-Zinn's highly acclaimed stress reduction programme at the University of Massachusetts Medical Centre, where he uses mindfulness to help thousands of people cope with stress, anxiety, pain and illness.

This book will enable you to develop your own stress management programme. It provides easy-to-follow meditation techniques, a detailed eight-week practice schedule, dozens of success stories, plus the latest research findings.

This new edition has been revised and updated to include the latest research in support of mindfulness-based programmes and their effectiveness for stress reduction, symptom regulation and emotional balance. It is a practical guide for anyone, well or ill, who seeks to transcend their limitations and move towards greater levels of health and well being.

**When Things Fall Apart: Heart Advice for Difficult Times** Pema Chödrön


Pema Chödrön reveals the vast potential for happiness, wisdom and courage even in the most painful circumstances.

Pema Chödrön teaches that there is a fundamental opportunity for happiness right within our reach, yet we usually miss it – ironically, while we are caught up in attempt to escape pain and suffering.

This accessible guide to compassionate living shows us how we can use painful emotions to cultivate wisdom, compassion and courage, ways of communication that lead to openness and true intimacy with others, practices for reversing our negative habitual patterns, methods for working with chaotic situations and ways to cultivate compassionate, energetic social action.

**The Mindful Path to Self-Compassion: Freeing Yourself from Destructive Thoughts and Emotions** Christopher K. Germer


The psychological benefits of mindfulness are well established. Yet for people who struggle with difficult emotions like anxiety, guilt, anger, loneliness, sadness, or low self-esteem, mindfulness practices can be enhanced by adding a simple yet powerful ingredient: self-compassion. Without it, we all too often respond to emotional suffering with self-criticism, shame, or defensiveness — tough-to-break habits that only make suffering worse. This wise, eloquent, and practical book illuminates the nature of self-compassion and offers easy-to-follow, scientifically grounded steps for incorporating it into daily life. Vivid examples and innovative
exercises and techniques make this an ideal resource for readers new to mindfulness or those who want to take their practice to the next level.

**Living Beautifully: With Uncertainty and Change** Pema Chodron


We live in difficult times. Life sometimes seems like a roiling and turbulent river threatening to drown us and destroy the world. Why, then, shouldn’t we cling to the certainty of the shore—to our familiar patterns and habits? Because, Pema Chödrön teaches, that kind of fear-based clinging keeps us from the infinitely more satisfying experience of being fully alive. The teachings she presents here—known as the “Three Commitments”—provide a wealth of wisdom for learning to step right into the river: to be completely, fearlessly present even in the hardest times, the most difficult situations. When we learn to let go of our protective patterns and do that, we begin to see not only how much better it feels to live that way, but, as a wonderful side effect, we find that we begin to naturally and effectively reach out to others in care and support.

**Overcoming Low Self-Esteem** Dr Melanie Fennell (also available in large print version)


Overcoming Low Self-Esteem is a classic of self-help literature, winning acclaim for its practical and user-friendly approach and now recommended on the National Health Service’s self-help scheme known as Books on Prescription. This book will aid readers to understand their condition and with this knowledge enable them to break out of the vicious circle of negative self-image, learn the art of self-acceptance and alter their lives for the better. Explains the nature of low self-esteem and self destructive thinking. Contains a complete self-help programme and monitoring sheets. Is based on clinically proven techniques of cognitive therapy.

**Change Your Thinking with CBT: Overcome Stress, Combat Anxiety and Improve Your Life** : Dr Sarah Edelman


All of us experience complicated thoughts and feelings as we negotiate the day and these feelings can be difficult to manage. Sometimes we are aware that the way we think contributes to our difficulties, but don't know what to do about it. Change Your Thinking is soundly based on the principles of cognitive behaviour therapy (CBT), the standard psychological tool used by therapists. The aim of CBT is to develop realistic thought patterns to help us respond better to upsetting emotions. In this book Dr Edelman demonstrates how to dispute that nagging voice in your head and deal more rationally with feelings of anger, depression, frustration and anxiety. The book also offers sensible suggestions for more effective communication and for finding happiness - something that is within everyone's grasp.

CBT can help you change your thinking and make a difference to your life - beginning today.

**Mind Over Mood: Change How You Feel By Changing the Way You Think:** Aaron T Beck (Foreword), Dennis Greenberger (Author), Christine A Padesky (Author)

Publisher: Guilford Press (10 May 1995) ISBN-10: 0898621283

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Ideal for client assignment, this guide draws on the authors’ extensive experience as clinicians and teachers of cognitive therapy to help clients successfully understand and improve their moods, alter their behaviour, and enhance their relationships. Illustrated with major case examples, the book presents in step-by-step fashion the skills for identifying problems, setting goals, and achieving the desired changes. Accessibly written, it also helps therapists augment their sessions by providing clients with instructions and exercises that will reinforce the skills critical to maximizing therapy effectiveness. Clients in therapy, mental health professionals wanting their clients to learn cognitive therapy skills, and anyone else interested in self-help will be interested in this book.

Fatigue

*Cancer-Related Fatigue* Markus Horneber , Joachim Weis

Cancer-related fatigue (CrF) is increasingly recognized as a significant problem for patients with cancer at all stages, including those undergoing therapy and in remission. In fact, studies have shown that CrF causes patients more distress than pain, nausea, or vomiting and yet fatigue is still often undertreated and rarely studied. However, several new treatments such as are being investigated to determine the most effective ways to manage this debilitating symptom and improve patient quality of life. Cancer-Related Fatigue will provide a concise overview of this condition, with an evidence-based discussion of diagnosis, treatment, and long-term management.


Chronic Fatigue Syndrome (CFS) is a debilitating illness, characterised by severe exhaustion and flu-like symptoms affecting possibly 10 per cent of the UK population, for which conventional medicine currently has no cure. Now the authors, who practise at the CFS Research and Treatment Unit, University of London, have developed this new self-help guide. Via recognised CBT techniques that change our attitude and coping strategies, this approach is successful in breaking the cycle of fatigue, with a reduction in symptoms and disability in up to two-thirds of sufferers. - Improving sleep patterns - Practical strategies for balancing activity and rest - Dealing with blocks to recovery - Stress and ways of coping - How relatives and friends can help

Pain

*Holistic Pain Relief: Dr. Tick's Breakthrough Strategies to Manage and Eliminate Pain*: Heather Tick


No details available yet


Cognitive Behavioral Therapy treats disorders by changing patterns of behaviour and thought that may be unhelpful. It is now internationally established as a key method of helping overcome longstanding and RV library list August 2013 revised 13/2/2014
disabling conditions, both psychological and physical. This book provides a clinically proven self-help approach to pain management based on the authors' work with sufferers at Bradford Hospital. Chronic pain that has lasted more than six months can be caused by a number of factors including stress, prolonged muscle tension and the fact that nerves carrying the pain message have developed a long-term 'memory' for the pain. Cognitive Behavioral Therapy can help patients become more active, relieve negative feelings, reduce their distress and help them to manage pain more effectively. This title helps you understand why pain persists when there's no injury or disease present. It explains how to use drugs more effectively. It gives guidance for how to become fitter and more active. It offers practical tips on improving sleep and relaxation. It covers better management of depression, anxiety and anger. It provides advice on maintaining healthy and happy relationships with family and friends. Drawing on feedback from hundreds of pain patients, "Overcoming Chronic Pain" will help readers escape from the distressing cycle of chronic pain.

**Manage Your Pain: Practical and Positive Ways of Adapting to Chronic Pain**: Michael Nicholas (Author), Allan Molloy (Author), Lee Beeston (Author), Lois Tonkin (Author)

If you have been told to live with the pain this book will show you how to do that. The causes of chronic pain can range from a physical injury, arthritis or cancer, a neurological problem or environmental and psychological factors. Whatever the cause the sufferer endures complete disruption to their life and excruciating pain that no drug can alleviate. Manage Your Pain can guide anyone towards taking the first steps on the path towards recovery from pain. Drawing on the authors extensive experience and the latest research Manage Your Pain explains the positive and practical ways in which you can adapt to chronic pain and minimise the impact it has on your life. The way forward is to understand that there is a pattern to the pain you suffer and that practical steps can be taken to return to normal life. Manage Your Pain is now fully revised and updated to include a special chapter on pain management for older people, as well as clearly explaining the causes of pain and providing steps that anyone can take to minimise the impact of persistent pain on a sufferer’s life, work and leisure.

**Managing Pain Before It Manages You**  Margaret A. Caudill (Author)

Updated and expanded with the latest clinically proven strategies, the third edition of this bestselling workbook enables chronic pain sufferers to take charge of their symptoms and get their lives back. This award-winning book by pain specialist Dr. Margaret A. Caudill has already helped more than 150,000 readers. Useful worksheets and guided self-explorations help readers understand their pain process, recognize factors that exacerbate or relieve symptoms, and learn how to manage thoughts and emotions related to pain. The book now includes free MP3 audio downloads of relaxation exercises proven to relieve stress, providing a convenient way to ease pain-related anxiety.

**Living Beyond Your Pain: Using Acceptance and Commitment Therapy to Ease Chronic Pain**: Tobias Lundgren, JoAnne Dahl
Here is an approach to living with chronic pain unlike any you've seen before, one that breaks through pain to help you live the rich and full life you deserve. Based on acceptance and commitment therapy (ACT), one of the most promising and fastest growing psychotherapies in use today, this book breaks with conventional notions of pain management, the traditional "feel good" approaches—including the use of pain-killing medication—that work to prevent painful sensations.

But the ACT approach to living with pain is different. It helps you recognize pain as an event in your life that doesn't need to interfere with the way you live. In fact, attempts to avoid pain can often cause more harm than good, both to your body and to your peace of mind. By accepting and learning to live with pain, you can limit the control it exerts over your life. Mindfulness exercises, in particular, can help you transform pain from a life-defining preoccupation to a simple experience. From this strong position, you can make choices that will lead you to the life you've always wanted. Committed action is the way to make it happen.

Get Out of Your Mind and into Your Life: The New Acceptance and Commitment Therapy
Spencer Smith, Steven C. Hayes

This work features step-by-step mindfulness and acceptance exercises for effective relief from emotional pain. This book develops acceptance and commitment therapy (ACT), a revolutionary and exciting new direction in psychotherapy, into step-by-step exercises that readers can use to get relief from emotional pain. Written by ACT's founding theorist, it offers a self-help programme proven to be effective for coping with a range of problems, from anxiety to depression, eating disorders to poor self-esteem.

Robert Lewin, Mike Bryson

This book is a home-based version of a pain management programme. It was developed for use in the British National Health Service by three of the UKs leading Pain Management Programmes and leading experts in pain management. Until now it has only been available as part of an NHS Pain Management Programme. Now, so that more people can benefit, it is being made available for anyone to buy and use at home themselves. It will show you, in clear plain English, step-by-step, how to develop your own personal pain plan and carry it out on a day-by-day basis over the coming months. It contains all the materials you will need including a special diary and a stress management programme on an audio CD.

Neville Shone

Chronic pain affects more than 8.5 million people in the UK and costs the economy 18 billion pounds a year in lost work days; while an estimated 30%, or up to 70 million people, also suffer in the US, where it's said to be the most costly health problem. Yet, according to one study, two out of three people say that their medication is not always adequate, while 96% of GPs believe there is significant room for improving treatment. Once established, chronic pain is difficult to alleviate. However, research shows that pain...
management programmes do limit the experience of pain, improving physical functioning and reducing isolation and depression. This book is a step by step guide to managing pain that may be used by the individual or by groups; it may also be of use to health professionals.

Anxiety


We know what it's like to worry from time to time, but for some of us, our worrying can take over and have a serious impact on our lives. When our anxiety gets out of hand and starts to dominate our lives, affecting how we function and our general sense of wellbeing, it's time to do something about it. This accessible self-help guide provides the reader with a clear understanding of how problem anxiety develops, the kinds of problems it's causing them and sets out ground-breaking Compassion Focused Therapy (CFT) techniques to overcome their anxiety. CFT was initially developed by Professor Paul Gilbert OBE, author of the bestselling The Compassionate Mind which set out his ground-breaking approach, to treat those with high levels of shame and self-criticism. It uses the proven, research-based techniques of CBT and other therapies with a special focus on the importance of developing inner compassion, in order to alleviate feelings of shame, develop a more balanced outlook and promote resilience. It incorporates elements of mindfulness and Tibetan Buddhism with recent research on human development and studies of the brain. It is increasingly used to treat a wide range of emotional and psychological problems including depression, overeating, shyness, trauma, anxiety and anger.


Mastering Anxiety" is a major step forward in the way we understand and deal with a wide range of anxiety disorders - from phobias to post traumatic stress. Based on the human givens approach to psychotherapy, it contains science-based insights into human behaviour, our needs and the ways in which we get those needs met that will help you overcome a wide range of anxiety-led behaviours and take back control of your life. Down-to-earth and easy-to-read, this book gives clear advice and practical steps for anyone wanting to conquer their own over-anxious behaviour - whatever it is - or help others overcome theirs. Full of practical techniques for learning how to relax, it also teaches you how to avoid "black and white thinking" and gives examples of how to change your perspective on something you fear, to reframe your thinking and trick your brain into not making the inevitable catastrophic 'pattern match' which causes your anxiety. And encouraging case studies, covering all kinds of anxious or phobic behaviour show you how others have successfully mastered their anxiety.

General psychology

On The Edge: : Health Crisis: Helping Yourself Peggy Maddox (Author)


On the Edge is about helping others cope. It provides sound, workable advice on handling the day to day changes and setbacks that face a person who has been diagnosed with a health crisis or terminal illness, and support for their care givers. It will help you to conquer fear, unlock your inner strength, ~ and peace for
yourself and those you love when you have been emotionally devastated plus it shows you how to take charge of your life and become involved in the process of your recovery.

**CBT for Chronic Illness and Palliative Care: A Workbook and Toolkit**: Nigel Sage (Author), Michelle Sowden (Author), Elizabeth Chorlton (Author), Andrea Edeleanu (Author)


There is a growing awareness of the need to address the psychological distress associated with physical ill health; however, current resources are limited and difficult to access. The best way to tackle the issue is by enhancing the skills of those professionals who have routine contact with them. CBT provides the evidence-based skills that most readily meet these requirements in a time and cost efficient manner. Based on materials prepared for a Cancer Network sponsored training programme and modified to address the needs of a larger client population of people experiencing psychological distress due to physical ill-health, this innovative workbook offers a basic introduction and guide to enable healthcare professionals to build an understanding of the relevance and application of CBT methods in everyday clinical practice.

**Superhealing: Engaging Your Mind, Body, and Spirit to Create Optimal Health and Well-Being**: Elaine R. Ferguson


"From Hippocrates in ancient Greece to the medical healers of today, the impact that the mind-body connection has had on overall health has been widely recognized. And while advancements in technology are vast, the constraints of conventional medicine are an impediment to successfully preventing, reversing, or addressing the causes of chronic diseases diseases such as diabetes, high blood pressure, obesity, arthritis, acid reflux, cancer, and more. At times, these advancements have even proven fatal. In Superhealing: Engaging Your Mind, Body, and Spirit to Create Optimal Health and Well-being, Dr. Elaine Ferguson uses an integrative approach to healing as a way of eradicating the physical, emotional, psychological, and spiritual limitations illustrated from the real-life stories she has witnessed throughout her medical career that lead to chronic diseases and imbalance.

**Eat Move Sleep: How Small Choices Lead to Big Changes**: Tom Rath (Author)


Once in a while, a book comes along that changes how you think, feel, and act every day. In "Eat Move Sleep," #1 "New York Times" bestselling author Tom Rath delivers a book that will improve your health for years to come. While Tom's bestsellers on strengths and well-being have already inspired more than 5 million people in the last decade, "Eat Move Sleep" reveals his greatest passion and expertise. Quietly managing a serious illness for more than 20 years, Tom has assembled a wide range of information on the impact of eating, moving, and sleeping. Written in his classic conversational style, "Eat Move Sleep" features the most proven and practical ideas from his research. This remarkably quick read offers advice that is comprehensive yet simple and often counterintuitive but always credible. "Eat Move Sleep" will help you make good decisions automatic -- in all three of these interconnected areas. With every bite you take, you will make better choices. You will move a lot more than you do today. And you will sleep better than you have in years. More than a book, "Eat Move Sleep" is a new way to live.
Once in a while, a book comes along that changes how you think, feel, and act every day. In "Eat Move Sleep, " #1 "New York Times" bestselling author Tom Rath delivers a book that will improve your health for years to come. While Tom's bestsellers on strengths and well-being have already inspired more than 5 million people in the last decade, "Eat Move Sleep" reveals his greatest passion and expertise. Quietly managing a serious illness for more than 20 years, Tom has assembled a wide range of information on the impact of eating, moving, and sleeping. Written in his classic conversational style, "Eat Move Sleep" features the most proven and practical ideas from his research. This remarkably quick read offers advice that is comprehensive yet simple and often counterintuitive but always credible. "Eat Move Sleep" will help you make good decisions automatic -- in all three of these interconnected areas. With every bite you take, you will make better choices. You will move a lot more than you do today. And you will sleep better than you have in years. More than a book, "Eat Move Sleep" is a new way to live.

Mindfulness Based Cognitive Therapy for Cancer: Gently Turning Towards Trish Bartley

Meditation Week by Week: 52 Exercises to Help You Grow in Peace and Awareness David Fontana (Ltd copies available)

Learning to meditate is a personal journey, which is undertaken slowly and over time - each to his or her own pace. A complete meditation programme. Conveys a thorough understanding of the nature of meditation, and its psychological, physical and spiritual benefits. Covers all the practical aspects of meditation.

The Compassionate Mind (Compassion Focused Therapy) Prof Paul Gilbert

Throughout history people have sought to cope with a life that is often stressful and hard. We have actually known for some time that developing compassion for oneself and others can help us face up to and win through the hardship and find a sense of inner peace. However in modern societies we rarely focus on this key process that underpins successful coping and happiness and can be quick to dismiss the impact of modern living on our minds and well-being. Instead we concentrate on ‘doing, achieving’ and having’. Now, bestselling author and leading authority on depression, Professor Paul Gilbert explains how new research shows how we can all learn to develop compassion for ourselves and others and derive the benefits of this age-old wisdom. In this ground-breaking new book he explores how our minds have developed to be highly sensitive and quick to react to perceived threats and how this fast-acting threat-response system can be a source of anxiety, depression and aggression. He describes how studies have also shown that developing kindness and compassion for self and others can hep in calming down the threat system: as a mother’s care and love can soothe a baby’s distress, so we can learn how to soothe ourselves. Not only does compassion help to soothe distressing emotions, it actually increases feelings of contentment and well-being. Here,
Professor Gilbert outlines the latest findings about the value of compassion and how it works, and takes readers through basic mind training exercises to enhance the capacity for, and use of, compassion.

**Act with Love: Stop Struggling, Reconcile Differences, and Strengthen Your Relationship with Acceptance and Commitment Therapy** Dr. Russ Harris (Author)

Popular myths about love set us up for a struggle with real life. The inconvenient truth is there’s no such thing as a perfect partner, all couples fight, and feelings of love come and go like the weather. But that doesn’t mean you can’t have a joyful and romantic relationship. Through a simple program based on the revolutionary new mindfulness-based acceptance and commitment therapy (ACT), you can learn to handle painful thoughts and feelings more effectively and engage fully in the process of living and loving together.

With your partner or alone, ACT with Love will teach you how to: Let go of conflict, open up, and live fully in the presentUse mindfulness to increase intimacy, connection, and understandingResolve painful conflicts and reconcile long-standing differencesAct on your values to build a rich and meaningful relationship

**Overcoming Perfectionism** Roz Shafran, Sarah Egan, Tracey Wade

How to break the vicious circle of 'never good enough'. Perfectionism can be healthy but when it becomes unhealthy and turns into 'clinical perfectionism' (sometimes referred to as 'dysfunctional perfectionism') it can cause serious problems. It is associated with different mental health problems, including depression, anxiety, eating disorders and chronic fatigue syndrome. Those suffering from clinical perfectionism tend to judge themselves predominantly in terms of the pursuit and attainment of personally demanding standards and often feel unable to be flexible and change their goals, despite the significant negative impact that the pursuit of perfectionism may have on their quality of life. This title covers such topics as: description of clinical perfectionism; clinical perfectionism and depression, anxiety, eating disorders, chronic fatigue; identifying the problem and monitoring; overcoming perfectionism; step-by-step self-help course based on CBT principles; avoiding relapse; case studies; other treatments; and, an overview.

**Creative Visualization** Shakti Gawain

Creative Visualization is the art of using mental imagery and affirmation to produce positive changes in your life. It is being successfully used in the fields of health, business, the creative arts, and sports, and in fact can have an impact in every area of your life. With more than six million copies sold worldwide, this pioneering bestseller and perennial favorite helped launch a new movement in personal growth when it was first published.

**Why Walk When You Can Fly?: How to Soar Beyond Your Fears and Embrace Your Full Potential** Isha

"Why Walk When You Can Fly?" uses parables, moving stories, and humour to impart essential truths and help readers find happiness, fulfillment, and peace. At the heart of the Isha System are four 'keys' - simple, powerful statements that can radically transform readers' lives. Using the keys involves repeating them to oneself over and over, with a pause between repetitions. As readers practice the keys, they begin to notice profound changes taking place in their lives and an abiding sense of well-being. The first key involves

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embracing the present moment; Isha explores the many habits of mind that enforce separation and lead to suffering and introduces this simple key as the main tool for overcoming these habits. Second is accepting what is, without judgment; third is loving oneself and others unconditionally; and fourth is being one with the universe. Isha offers gentle, persuasive guidance, while her practical strategies show how to incorporate the four keys into even the most hectic schedules.

**The Human Side of Cancer: Living with Hope, Coping with Uncertainty** Jimmie C. Holland, Sheldon Lewis

I work with cancer patients in a major cancer center, and would highly recommend this book. Dr. Holland has written a book that can benefit both patients and professionals. Rather than pushing a "Pollyanna Positive" approach to coping with a cancer diagnosis, Dr. Holland suggests that a realistic approach that includes BOTH the acceptance of uncertainty and hope for the future is most helpful. I have shared this book with several patients as well as several other professionals, and all have agreed that this is a "must-read" book for anyone looking for help in coping with cancer.

**Life Lessons: How Our Mortality Can Teach Us About Life and Living** Elisabeth Kubler-Ross, David Kessler

A guide to facing life's challenges, in answer to the question: "Is this really how I want to live my life?". This book covers 14 crucial areas: identity, love and relationships, loss and fear, power, time, tolerance, patience, surrender, guilt, happiness, play and creativity.

After experiencing a paralysing stroke in 1995 and facing her own mortality, Elizabeth Kubler-Ross (author of the renowned On Death and Dying) realised she had some unfinished business to take care of. "I wanted to write one more book, not on death and dying, but on life and living", she explains. So she joined forces with co-author David Kessler, a leader in the field of hospice care, and together they wrote about the lessons we can learn about living from those who are dying. As Kessler explains in his Introduction, "The dying have always been teachers of great lessons, for it's when we are pushed to the edge of life that we see most clearly".

**Oxford Guide to CBT for People with Cancer** Stirling Moorey, Steven Greer

Cognitive behaviour therapy (CBT) is a brief, focused and flexible approach that has much to offer in helping people cope with cancer. This book demonstrates how interventions that CBT therapists use in emotional disorders can be adapted for use in the challenging clinical environment of oncology and palliative care. Using a CBT model to understand reactions to cancer, the authors present cognitive, behavioural, emotional, and interpersonal techniques to help people adjust to the threats cancer presents to their survival and identity. Case examples illustrate how these methods are used to reduce anxiety and depression, enable a fighting spirit, teach effective coping skills, and develop open communication between patients and their partners.

**The Happiness Trap** (Based on ACT: A revolutionary mindfulness-based programme for overcoming stress, anxiety and depression): Russ Harris

Popular ideas about happiness are misleading, inaccurate, and are directly contributing to our current epidemic of stress, anxiety and depression. And unfortunately, popular psychological approaches are
making it even worse. In this controversial, but empowering self-help book, Dr Russ Harries, reveals how millions of people are unwittingly caught in the 'The Happiness Trap', where the more they strive for happiness the more they suffer in the long term. He then provides an effective means to escape through a groundbreaking new approach based on mindfulness skills. Mindfulness is a mental state of awareness, openness, and focus. Mindfulness skills are easy to learn and will rapidly and effectively help you to reduce stress, enhance performance, manage emotions, improve health, increase vitality, and generally change your life for the better. The book provides scientifically proven techniques to: Reduce stress and worry. Rise above fear, doubt and insecurity. Break self-defeating habits. Improve performance and find fulfillment in your work. Build more satisfying relationships. Create a rich, full and meaningful life.

Facing the Storm: Using CBT, Mindfulness and Acceptance to Build Resilience When Your World's Falling Apart Ray Owen

We live in a world where bad things can, and do, happen irrespective of whether we are good or bad, whether we consider ourselves lucky or doomed, and with no regard to fairness. Any of us can find ourselves facing redundancy, the breakdown of a relationship, bankruptcy or any number of life changing crises, or supporting someone else who is. And sometimes, no matter how much we might try, there’s nothing we can do to prevent or reduce the problem.

But that doesn’t mean you have to be helpless; no matter how bad the situation you’re about to deal with, there are things that you can do to become more resilient and that will help you face the storm that’s coming towards you or yours.

Using Cognitive Behaviour Therapy (CBT) techniques and the latest developments in mindfulness and acceptance-based approaches, this practical guide will take you through each stage of preparing for, enduring and recovering from a major life crisis helping you better understand what’s going on, and providing new tools for dealing with the situation.

When there’s a storm coming towards you, and you can’t escape it, then you have to prepare to face it. Here’s how.

Group Therapy for Cancer Patients: A Research-based Handbook of Psychological Care David Spiegel

This extraordinary resource celebrates and expands on Dr. David Spiegels discovery that a shared intimacy with mortality creates very different concerns in the patient from those that apply in conventional settings. Spiegel and Classen introduce mental health professionals to the awareness as well as the tools they will need to facilitate groups coping with existential crises. The result is a model for helping that actually helps.

Don’t Sweat the Small Stuff...and it’s All Small Stuff: Simple Ways to Keep the Little Things from Taking Over Your Life Richard Carlson (Ltd availability recm form book survey)

So many of us would like to live our lives in a calmer and less stressful way, and be able to let go of our problems. This is the book that can show you how to stop letting the little things in life drive you crazy. Dr Richard Carlson teaches us, in his gentle and encouraging style, simple strategies for living a more fulfilled and peaceful life.

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We can all learn to put things in perspective, and by making the small daily changes he suggests, including surrendering to the fact that sometimes life isn’t fair, and asking yourself, ‘Will this matter a year from now?’, Dr Richard can help everyone to see the bigger picture. Repackaged to inspire and guide a new generation, this is a Mind, Body and Spirit classic.

**Being Well (Even When You’re Sick):** Mindfulness Practices for People with Cancer and Other Serious Illnesses :Elana Rosenbaum (Author)


Maintaining a state of well-being and equanimity in the midst of serious disease is a challenge, but mindfulness can help make it possible. It is a process of bringing a fierce but loving attention to everything that arises in our mind and body. The simple techniques Elana Rosenbaum presents here are the same ones she uses with the people in her practice of mindfulness-based psychotherapy and stress reduction—and that she uses herself as a cancer survivor. These are methods that offer proof positive that it is indeed possible not only to “have a life” while you’re seriously ill, but that the life can include satisfaction, ease, and happiness. This book includes a downloadable companion 60-minute audio program with seven simple mindfulness practices.

**And in Health: A Guide for Couples Facing Cancer Together** Dan Shapiro (Author)


Here are engaging and digestible lessons for couples navigating the life changes brought about by a cancer diagnosis. Dan Shapiro draws on his more than twenty-five years of clinical work as a health psychologist who has researched and worked with couples facing cancer, and on his own experiences of being both the patient (having and beating Hodgkin’s lymphoma in his twenties) and the supporter/advocate (when his wife was diagnosed with breast cancer) to weave together insights on facing cancer while maintaining a strong relationship. And in Health gives advice in short lessons on the main areas of concern or conflict that can come from life with cancer—from diagnosis to treatment and life post-treatment.

**Coping with the Psychological Effects of Cancer:** Robert Bor , Carina Eriksen ,Ceilidh Stapelkamp


A diagnosis of cancer can wreak havoc on work, relationships and all aspects of everyday living - self-confidence, mood, identity, sleep and capacity for sexual intimacy may all suffer. Coping with the Psychological Effects of Cancer tackles the emotional challenge of cancer in a sensitive but practical way, and presents ways to cope better with the uncomfortable and painful emotions that may come with diagnosis. Topics include the emotional impact of cancer, coping with distressing thoughts and feelings; changing unhelpful behaviours; family relationships; coping with advanced and terminal illness; being 'a patient' and working with healthcare professionals; and money matters.

**Teaching Clients to Use Mindfulness Skills: A practical guide** Christine Dunkley (Author), Maggie Stanton (Author)


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Mindfulness has become a vital skill for many people working in the fields of physical and mental health, teaching, business, leadership and sports. While plenty of books explain the uses of mindfulness, until now none has addressed the particular challenges of effectively passing these skills on to clients in a user-friendly way.

Designed to help professionals introduce mindfulness to clients, the skills laid out here can help those struggling with problems of recurrent stress or ruminative thought, and benefit people wanting to live in a more effective, rewarding way. Incorporating a series of practical exercises and drawing on their own professional experience, the authors clearly demonstrate the most effective methods for presenting mindfulness techniques to those with no previous experience.

*Mindfulness-Based Cognitive Therapy: Distinctive Features* (CBT Distinctive Features)  Rebecca Crane


Mindfulness-Based Cognitive Therapy (MBCT) is increasingly used in therapeutic practice. It encourages clients to process experience without judgement as it arises, helping them to change their relationship with challenging thoughts and feelings, and accept that, even though difficult things may happen, it is possible to work with these in new ways.

This book provides a basis for understanding the key theoretical and practical features of MBCT. Focusing on a mindfulness-based cognitive therapy programme that is offered in a group context to those who are vulnerable to depressive relapses, the text is divided into 30 distinctive features that characterise the approach.

Mindfulness-Based Cognitive Therapy: Distinctive Features provides a concise, straightforward summary for professionals and trainees in the field. Its easy-to-use format will appeal to both experienced practitioners and newcomers with an interest in MBCT.

*Teach Yourself To Meditate: Over 20 simple exercises for peace, health & clarity of mind*  Eric Harrison


Many people are turning to meditation as an effective way to relax and bring inner peace. Meditation can help you to combat stress, improve your general health, increase your awareness and boost your capacity to think clearly and creatively. Teach Yourself to Meditate is the ideal guide for everyone who wants to learn this powerful technique. Throughout, there are easy-to-follow exercises and enjoyable 'spot meditations' which you can do any time, anywhere. By investing just a few minutes a day, you will learn a skill that will greatly improve the quality of your life. This excellent book explains: what meditation is and why it works; how to do it; the 10 core meditation practices which work best for everyone.

*Meditation For Beginners*  Jack Kornfield


Ever thought about trying meditation but didn’t know how to get started? With Meditation for Beginners Jack Kornfield shows you how simple it is to start - and stick with - a daily meditation practice.
'Insight' or visspana meditation is the time-honoured skill of calming the spirit and clearing the mind for higher understanding. Now, in this complete course created for beginners, renowned teacher Jack Kornfield offers a straightforward, step-by-step method for bringing meditation into your life.

Using six guided meditations on the CD attached, you will discover how easy it is to use your breath, physical sensations - and even difficult emotions - to create tranquility and loving kindness in your everyday life. These simple, elegant practices are so easy to learn that you will begin enjoying the benefits of medication immediately - while laying the foundation for a lifetime of inner discovery and awakening.

**Heal Thy Self**  Saki Santorelli


Today we are experiencing extraordinary technological advances in the diagnosis and treatment of illness while at the same time learning to take more responsibility for our own health and well-being. In this book, Saki Santorelli, director of the nationally acclaimed Stress Reduction Clinic, explores the ancient roots of medicine, and shows us how to introduce mindfulness into the crucible of the healing relationship. His approach revolutionizes the dynamics between the patient and the practitioner. In describing the classes at the clinic and the transformation that takes place in this alchemical process, he offers insights and effective methods for cultivating mindfulness in our everyday lives. As he reveals the inner landscape of his own life as a health care professional and we join him and those with whom he works on this journey of human suffering and courage, we become aware of and honor what is darkest and brightest within each one of us.

**Facing the Storm: Using CBT, Mindfulness and Acceptance to Build Resilience When Your World's Falling Apart** by Ray Owen (14 Jun 2011)


We live in a world where bad things can, and do, happen irrespective of whether we are good or bad, whether we consider ourselves lucky or doomed, and with no regard to fairness. Any of us can find ourselves facing redundancy, the breakdown of a relationship, bankruptcy or any number of life changing crises, or supporting someone else who is. And sometimes, no matter how much we might try, there’s nothing we can do to prevent or reduce the problem.

But that doesn't mean you have to be helpless; no matter how bad the situation you're about to deal with, there are things that you can do to become more resilient and that will help you face the storm that's coming towards you or yours. Using Cognitive Behaviour Therapy (CBT) techniques and the latest developments in mindfulness and acceptance-based approaches, this practical guide will take you through each stage of preparing for, enduring and recovering from a major life crisis helping you better understand what’s going on, and providing new tools for dealing with the situation.

**Coming To Our Senses: Healing Ourselves and the World Through Mindfulness**  Jon Kabat-Zinn (Author)


Jon Kabat-Zinn, author of the widely praised Wherever You Go, There You Are shows how the power of mindfulness can bring profound changes to your personal life. As stress continues to exact a toll on everyday life, we are increasingly turning to ancient, meditative methods, which have been tested by science, to reduce stress and become more focused and healthy in our everyday lives. Jon Kabat-Zinn has been for...
decades at the forefront of the mind/body movement and the subsequent revolution in medicine and health care, both demystifying it and bringing it into the mainstream. In Coming To Our Senses, he shares his belief that every human has the capacity to mobilize deep, innate resources for continual learning, growing, healing and transformation through mindfulness. Woven into eight parts, Coming To Our Senses: Uses anecdotes and stories from Kabat-Zinn's own life experiences and work to illustrate the realm of healing possibilities: Offers a remarkable insight into how to use the five senses - touch, hearing, sight, taste, and smell - as a path to a healthier, saner, and more meaningful life.

Love, Medicine And Miracles Dr Bernie Siegel

'We do have biological LIVE and DIE mechanisms within us...the state of mind changes the state of the body by working through the central nervous system, the endocrine system and the immune system. Exceptional patients manifest the will to live in its most potent form...' writes Dr Bernie Siegel. Drawing on his clinical experience Dr Seigel show how, by reaching out to others, we can alleviate stress and release the body's healing mechanism. In this extraordinary book he shows that when apparently terminally ill patients take control of their illness they can change, enrich and often prolong their lives far beyond scientific and medical expectation. Through the healing power of love patients who have come under his care have learned that hope and joy can work miracles.

Sane New World: Taming the Mind Ruby Wax

Ruby Wax has an extraordinary mind, and she has brought it to bear with trademark wit and searing honesty on the subject of that mind, and the minds of all us. Very few will be able to read this wonderful contribution to the literature of mental health without recognising some part of themselves, and certainly of someone they know. A ruby beyond price. (Stephen Fry)
I love this book more than I love Ruby. And that's saying quite a bit...in a loud, funny voice. Yes...I love this book. And I know books. And I know love. And Ruby's book is both. (Carrie Fisher)
Ruby Wax combats ignorance with knowledge, confusion with crystal clarity, prejudice with open-mindedness, rigidity with humour and slays the dragon of stigma in this superb introduction to the twenty-first century science of the mind. This book will be a turning point in our battle to bring parity of esteem to mental and physical health. Explaining in simple language the nature of mental disorder and describing evocatively what you can do about it, is a substantial contribution to making our society a better place. This manual for living must be read by everyone. (Peter Fonagy, Freud Memorial Professor of Psychoanalysis at UCL)
Ruby Wax is at her best in this wonderful book. Its acute observations are both extremely funny and deeply moving. Many people will be grateful for her courage, openness, humour and wisdom. (Mark Williams, author of Mindfulness)Ruby Wax combines neuroscience with her usual eloquence, clarity and humour. You will laugh and cry but certainly understand more about how to live a 'sane' life in our crazy, chaotic world. (Marjorie Wallace CBE, founder of SANE)
In Sane New World, Wax touches upon her own anxieties and fears with honesty and humour...it royally hauls a stigmatised fact of life kicking and laughing into the open. (The Times)
Her wonderful, painfully funny and instructive book has inspired this depressive to sign up for mindfulness training. (Alison Pearson, The Telegraph)
The book does succeed as a 'life manual' exactly because it is Ruby Wax who has written it...her life-affirming humour carries it through on a tide of quirky jokes and separate anecdotes from her life. (Daily Express)

Living with the Enemy: Coping with the stress of chronic illness using CBT, mindfulness and acceptance
Ray Owen

This isn’t living, this is just existing.’

A long-term physical health condition – a chronic illness, or even a disability – can take over your existence. Battling against the effects of the condition can take so much of your time and energy that it feels like the rest of your life is ‘on hold’.

The physical symptoms of different conditions will vary, as will the way you manage them. But the kinds of psychological stress the situation brings are common to lots of long-term health problems: worry about the future, sadness about what has been lost, frustration at changes, guilt about being a burden, friction with friends and family. You can lose your sense of purpose and wonder ‘What’s the point?’ Trapped in a war against your own illness, every day is just about the battle, and it can seem impossible to find achievement and fulfilment in life if the condition cannot be cured.

It doesn’t have to be like that.....

Using the latest developments in cognitive behavioural therapy (CBT) which emphasise mindfulness and acceptance, and including links to downloadable audio exercises and worksheets, this book will show you how you can live better despite your long-term condition. It will teach you to spot the ways of coping that haven’t been working for you, how to make sure that troubling thoughts and unwanted feelings don’t run your life, how to make sense of the changes in your circumstances, to make the most of today and work towards a future that includes more of the things that matter to you.

If you stop fighting a losing battle, and instead learn how to live well with the enemy, then – even with your long-term condition – you’ll find yourself not simply existing, but really living again.

Manage Your Mind: The Mental Fitness Guide  Gillian Butler (Author), Tony Hope (Author)

Just as simple measures - regular exercise, a sensible diet - keep your body fit, there are attitudes and skills you can develop to build a healthy mind. In this book two leaders in their fields, one a psychiatrist and one a psychologist, set out strategies that will stretch, strengthen, and tune your mind, to help you cope with the rigours of everyday life. The mind is a powerful tool, but without the right training, your moods, thoughts, and behaviour can sabotage your goals and cause depression and anxiety. Manage your Mind shows you how to keep mentally fit - how to tap into your mind's power - so you can enjoy your life to the fullest. Through the powerful, tested techniques they clearly outline, Gillian Butler and Tony Hope will teach you to:
* Build self-confidence * Overcome anxiety and depression * Take control of your present and future * Establish and maintain fulfilling relationships with family, friends, and co-workers * Free yourself from fears and persistent worries * Break bad habits * Relieve stress * Develop your full potential * Manage your self

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and your time * Clarify your goals and values. * Manage Your Mind also includes specific, up-to-date information on how to make decisions, strengthen your memory, stop smoking, sleep better, recover from alcohol abuse, and more. Feeling good is not just a question of addressing a few problems but depends on the development of positive attitudes and skills that can help you to make the most of your opportunities. 'Manage Your Mind' is a remarkable guide which will help you to lead a more enjoyable and productive life.

**Relaxation**

**Medicine Hands: Massage Therapy for People with Cancer** Gayle MacDonald (Author)

The field of oncology massage is maturing into a discipline with a deeper and deeper body of knowledge. The 3rd edition of Medicine Hands reflects this maturation. Every chapter contains updated information and insights into massaging people affected by cancer. New chapters have been added to cover each stage of the cancer experience: treatment, recovery, survivorship, side effects from the disease, and end of life. These new chapters and organizational structure will make it easier for the reader to find the information needed to plan the massage session for a given client. In addition, a new chapter has been added that focuses on the Pressure/Site/Positioning framework. This is the clinical framework around which the massage session is planned.

**Relaxation For Dummies** Shamash Alidina (Author)


Relaxation For Dummies provides a straightforward guide to understanding the importance of relaxation in our readers’ day-to-day lives. Covering a variety of simple relaxation techniques, including meditation, breathing techniques, hypnotherapy, guided imagery and yoga, this book shows readers how to use physical and emotional relaxation to combat a range of issues including stress, anxiety, phobias and fears. The book is accompanied by an audio CD that provides accompanying relaxation exercises for readers to follow.

**Relaxation and Stress Reduction Workbook** Martha Davis, Elizabeth Robbins Eshelman, Matthew McKay

Therapists recommend this book to their clients and readers pass it on to their friends. The overwhelming popularity of this book is the result of its comprehensive yet simple and straightforward adaptation of all the most effective relaxation techniques. No other book offers easy-to-use, step-by-step instructions for using progressive relaxation, autogenics, self-hypnosis, visualization, mindfulness, acceptance, and more.

**Bedtime Stories** [Abridged, Audiobook] [Audio CD]


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The power of a bedtime story is undeniable - to soothe away the troubles of the day, while preparing the way for another night's dreams to follow. Clarissa Pinkola Estes gathers the stories most treasured as healing companions at bedsides around the world with Bedtime Stories. This is an all-new collection of comforting stories told by a master practitioner for listeners of all ages.

**Exercise**

*Starrpower Restorative Pilates for Cancer Survivors: Taking Back Your Physical Power One Muscle at a Time!*  Starr Carson Cleary M, Carolyn Hill (Editor), Pene Willis (Illustrator)


The restorative movement program has been designed to provide a comprehensive and progressive therapeutic recovery program, for every participant. This book is divided into four diverse sections: Adaptive/Beginner, Intermediate, Challenge and - a special Lymphedema Segment.

*Active Against Cancer: A Guide to Improving Your Cancer Recovery with Exercise*  Nancy S. Brennan


Most people can improve their cancer recovery with exercise, according to the latest medical studies. Use this book, when you are in cancer treatment, in cancer recovery, or, later on, as a cancer survivor. Based on the American College of Sports Medicine's 2010 guidelines for cancer patients, this book shows you what to do for exercise and why to do it. Medical concerns and warnings are reviewed. Simple, adjustable, personal exercise plans are explained with activities that you can easily do at home, outdoors, or in a fitness center. Tips for your success are part of this book's inspiring content, along with profiles of ten cancer survivors who used exercise during their cancer treatment and recovery.


A practical, highly illustrated manual on walking for health and well being with step-by-step techniques that will improve your posture, stride and mastery of different terrains. It highlights the many benefits of walking, including increased energy, improved circulation, better balance and greater bone strength.

*ACSM's Guide to Exercise and Cancer Survivorship*  American College of Sports Medicine


ACSM's Guide to Exercise and Cancer Survivorship presents the science behind the benefits of exercise for cancer survival and survivorship as well as the application of that science to the design or adaptation of exercise programs for cancer patients and survivors. This guide presents evidence-based information to assist health, fitness, and medical professionals in using exercise to help cancer survivors with recovery, rehabilitation, and reducing the risk of recurrence. Evidence has shown that physical activity has numerous health benefits for cancer patients and survivors. More clinicians and oncologists are recommending exercise as a strategy for reducing the side effects of treatment, speeding recovery, and improving overall quality of life. In turn, cancer survivors are seeking health and fitness professionals with knowledge and experience to help them learn how to exercise safely within their capabilities.

*This is a text book for sports and fitness*
professionals really, but it looks like it provides considerable evidence for the educated keep fit type person who is recovering from cancer)

sleep


Extensive research conducted over 25 All the help you need to conquer your sleep problems and start living life to the full. Poor sleep is one of the most common health problems and can leave you feeling exhausted, stressed and run-down. While prescribed medications and over-the-counter remedies rarely offer lasting benefits, Cognitive Behavioural Therapy can help enormously and is the treatment of choice for insomnia. Develop good pre-bedtime routines. The most effective relaxation techniques. Establish a new sleeping and waking pattern. Deal with a racing mind.Use sleeping pills more effectively., Handle jet lag and sleepwalking.

The Effortless Sleep Method: The Incredible New Cure for Insomnia and Chronic Sleep Problems Sasha Stephens

The Effortless Sleep Method is the book insomniacs all over the world have been waiting for, even those for whom 'nothing ever works'. This highly practical and hugely effective method offers a simple and permanent solution for long-term and new insomniacs alike. The Effortless Sleep Method gives you something no other insomnia book can - an entirely different way of looking at insomnia. The step-by-step insomnia recovery contained in this book doesn't just treat insomnia, it totally undermines it. This is not another dry as dust reference book written by a doctor, but a lively, empowering book which connects the sufferer intimately to one who has gone through the same pain. The ability to sleep soundly, naturally and unaided is the desire of every chronic insomniac. This course book will guide you to rediscovering your innate ability to sleep without pills, potions or external sleep aids.

Programme support

Yoga

Yoga for Cancer: Esoteric, Yogic and Dietary Remedies Bijoyalaxmi Hota (Author)

Yoga and Breast Cancer: A Journey to Health and Healing Ingrid Kollack (Author), Isabell Utz-Billing (Author)

Yoga and Breast Cancer is a practical how-to guide to using yoga to manage stress, relieve pain, and gain the strength necessary to make it through this illness. It follows the authors’ own research in the subject that has shown a proven correlation between yoga practice and better health and outcomes after a breast cancer diagnosis. More than simply an exercise guide, the book is a deeply soothing form of moving meditation and RV library list August 2013 revised 13/2/2014
physical activity that is a safe way to rebuild strength, stamina, and flexibility both during and following cancer treatments.

**Chair Yoga: Seated Exercises for Health and Wellbeing**; Edeltraud Rohnfeld (Author)


Chair yoga is a revolutionary concept designed to make the numerous benefits of classical yoga available to a wider range of physical abilities. This step-by-step program can be practiced by virtually anyone, anywhere, in any chair, to stimulate physical and mental well-being. This fully illustrated guide contains ninety easy-to-master exercises that have been specially developed for those with a limited range of movement.

**Yogic Management of Cancer** Swami Satyananda (Author)


Yogic Management of Cancer explains cancer and its causes in a practical way in the light of modern scientific understanding and the Yogic perspective. Advice is offered on applying yoga to help manage cancer and the effects of conventional treatments at all levels of being. Useful yogic tools presented include yogic practices, yogic lifestyle and diet, and practices for self-observation and cultivation of positive attitudes. Detailed practices are included to help regain and connect with the self. Where recovery is not possible, people with cancer are helped towards a positive acceptance of death, and advice offered on preparing for dying.

**Yoga for Pain Relief: Simple Practices to Calm Your Mind and Heal Your Pain** Kelly McGonigal


Based on the latest advances in mind-body research and the wisdom of the yoga tradition, "Yoga for Pain Relief" offers both a new way of thinking about the causes of suffering and practical strategies for ending it. Readers will learn how past experiences with injury, illness, and other stressful life events change the relationship between body and mind and how negative mind-body habits actually create and reinforce pain. Far from being a simple book of postures, this guide presents a complete mind-body program for healing chronic pain. Readers learn deep relaxation practices drawn from the yogic tradition, and work toward incorporating those practices into their daily lives. The book also helps readers address feelings of anger or betrayal that may be keeping them from making peace with their bodies. Black-and-white photographs clarify the yoga postures.

**Revealing Grace: A Story About a Cancer Adventure and a Community** Amy Conn (Author)


A personal memoir about cancer and yoga.

**15-Minute Gentle Yoga:** Get Real Results Anytime, Anywhere Four 15-minute workouts, also on DVD (15 Minute Fitness) Louise Grime (Author)


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If you want to mobilise your joints, enhance your fitness and improve your posture but don’t have the time, find out how following this gentle yoga book and DVD set.

**Yoga for Emotional Balance: Simple Practices to Help Relieve Anxiety and Depression**  
Bo Forbes (Author)


Emotional balance is within your reach—when you cultivate the intelligence of both your body and mind. Bo Forbes, a psychologist and yoga teacher, presents an integrative approach to healing anxiety, depression, and chronic stress.

**Tai Chi**  
**Energy Warriors: Overcoming Cancer and Crisis with the Power of Qigong**  
Bob Ellal (Author), Lawrence Tan (Author)


Energy Warriors learn to draw on something deeper during impossible times. You will make better decisions in meeting challenges if you have the clarity that comes when you use the ancient Chinese art and science of Qigong to balance your mind, body, and spirit. Serving as a shining example of the human capacity for courage and overcoming crisis, four-time cancer survivor Bob Ellal shares his experience with repeated battles with cancer. Bob s story is accompanied by a Qigong manual by coauthor Lawrence Tan, a martial arts master, who presents an introduction to Qigong along with easy-to-practice exercises. This is a journey to inner strength.

**Gardening**  
**Therapeutic Landscapes: An Evidence-based Approach to Designing Healing Gardens and Restorative Outdoor Spaces**  
Clare Cooper Marcus


This comprehensive and authoritative guide offers an evidence–based overview of healing gardens and therapeutic landscapes from planning to post–occupancy evaluation. It provides general guidelines for designers and other stakeholders in a variety of projects, as well as patient–specific guidelines covering twelve categories ranging from burn patients, psychiatric patients, to hospice and Alzheimer’s patients, among others. Sections on participatory design and funding offer valuable guidance to the entire team, not just designers, while a planting and maintenance chapter gives critical information to ensure that safety, longevity, and budgetary concerns are addressed.

**Gardens for the Senses Gardening as Therapy, revised and expanded**  
Hank Bruce (Author), Tomi Jill Folk (Editor)


The garden can be a place of healing, where everyone can be accepted; where stress can be released, and renewal and peace can be discovered. In this book the reader is introduced to the value of therapeutic gardening, and the empowerment of the people-plant connection. This is a "why to garden" rather than a "how to garden" guide for the 21st century. Many of us enjoy gardening for our own therapy, placing us in
the moment, noticing the beauty of the world around us. Come along on a journey through the garden as a sensory experience, and explore ways that these personal discoveries can be used to improve the quality of life. Fans around the world who enjoyed the first edition have reported that the chapter on edible flowers is a sheer delight. ***An Added Feature in this Revised Edition AND OF GREAT VALUE is the List of Safe and Dangerous Plants.***

Gardens for the Senses, Gardening as Therapy also introduces the reader to the role of professional horticultural therapists. The reader is invited to explore the ways gardening programs can be used as a therapeutic tool for patients in hospitals or rehabilitation centers, and the residents of senior care facilities; for abuse or trauma/PTSD victims, Alzheimer's and stroke patients, inmates in prison systems, drug addicts and a multitude of special populations. The expanding role of school and neighborhood gardens in growing a sense of community is explored. Enjoy the journey, and remember, "It's about the people, not the plants."

**The Therapeutic Garden**  Donald Norfolk


Gardening is one of today's most popular leisure pursuits, yet is rarely seen as a holistic, therapeutic practice that can enrich lives and fulfil spiritual needs. This work attempts to redress this imbalance by exploring the history of horticulture and the ancient wisdom of poets and philosophers.

Publisher: Bantam Books (Transworld Publishers a division of the Random House Group); New edition edition (5 Mar 2001)

**The Art of Mindful Gardening: Sowing the Seeds of Meditation (Mindfulness)**  Ark Redwood (Author)


Ark Redwood, head gardener at Chalice Wells, one of Britain's most sacred gardens, guides the reader through the changing seasons. Drawing on years of both practical gardening experience and Zen Buddhist practice, he acts as an expert guide to the secret places of the garden that can be discovered through mindful practice and spiritual contemplation. Using the garden as medium and metaphor, he demonstrates that moment to moment mindfulness can bring an extra layer of consciousness to happenings that gardeners already consider magical: from the blossoming of mindful dimension to an everyday experience, this is the perfect gardener's gift and an essential for the potting shed library.

**Gardening For Health: The Need to Know Guide to the Health Benefits of Horticulture:**  Angela Youngman


Whether you're an experienced gardener or an enthusiastic novice, Angela Youngman's fascinating guide details the extraordinary physical and mental health benefits that can stem from spending time in your garden. Evidencing research that has shown how gardening can help us all to live healthier and happier lives, this insightful book - published by Central YMCA Guides, part of the UK's leading activity for health charity - explains how to make the most of your garden and explores the important safety considerations, exercises and precautions that need to be taken to ensure that you get the most from your outdoor space, without straining a muscle, breaking your back or damaging your knees. With simple to follow warm-up exercises, top tips and step-by-step instructions to help gardeners of all ages to maximise the health benefits of RV library list August 2013 revised 13/2/2014
horticultural activity, this is a must read guide for anyone who is keen to mow, dig, prune, cut, plant, strim or water their way to a dream garden and to a healthier, happier lifestyle.

Hair loss

**Chemo Caps & Wraps (Annie's Attic: Crochet)**  Connie Ellison (Author)


Cancer can be a life changing event. Not only do cancer patients face a life-threatening illness, they also face the distressing side effect of hair loss due to treatments meant to cure them. This book includes soft hats for men, women and children that are attractive enough for every day wear. In addition to caps, we've included beautiful wraps to use while waiting for a doctor's appointment or during treatment. Each model used in this book is either a cancer survivor or has had a family member touched by the disease. All 29 designs are made using soft worsted or chunky weight yarns. A portion of the proceeds from each book sold will be donated to Halo’s for Hope a non-profit organization that sends hats all over the United State for chemo patients. Skill Level: Easy to Intermediate

**Chemo and Me**  Tani Miller


Lively artwork brings welcomed humor to cancer patients. Each year, hundreds of thousands of cancer patients undergo chemotherapy, and the first question they usually ask is, 'Will I lose my hair?' The answer is, 'Yes', and with that answer comes fear, apprehension, and a host of negatives related to self-image and self-confidence. "Chemo and Me" emphasizes the positive. Its message is that hair loss is not as devastating as you might expect. Each turn of the page comes with a bright, colorful illustration designed to bring a smile or a laugh, helping diffuse some of the fear and apprehension for people facing chemotherapy and hair loss. From first-hand experience, Tani C. Miller lets you know that hair loss can actually bring about positive changes and give you a new outlook on life. This feel-good book highlights the importance of letting go and allowing others to be helpful through treatment.

Art therapy

**Becoming Visible**  Albert J. Winn (Foreword), Therese Mulligan (Foreword), Jessica Catherine Lieberman


"Becoming Visible" brings together scholarly discussions of visibility and illness, photographs of an experience in treatment for Hodgkins lymphoma, and personal testimonial about that time. An artistic and academic contribution to the fields of trauma studies, disability studies and autopathography, this cancer journey reveals how the forces of art and narrative can contribute to social dynamics for change.

**The Art of Healing: Uncovering Your Inner Wisdom and Potential for Self-Healing**  Dr Bernie S Siegel


In 1979, Siegel, a successful surgeon, took a class from Elisabeth Kübler-Ross that focused on crayon drawing for healing, especially with patients facing life-threatening disease. Siegel incorporated these techniques many of which were laughed at by others in the medical community. But his Exceptional Cancer Patients RV library list August 2013 revised 13/2/2014
carefrontation protocol facilitated healings, often deemed miraculous, and attracted attention. Dr. Bernie found and shared the fact that while patients might need antibiotics, surgery, radiation, and chemotherapy, their bodies also want to heal. This innate propensity could be aided by unconventional practices, including drawing. Why? Drawing produces symbols often representing the subconscious. Siegel shows how to interpret drawings to help with everything from why we are sick to treatment decisions and communications with loved ones. All those facing ill-health, and those caring for them, personally and professionally, will welcome the hands-on, patient-proven practices offered here.

**Art Therapy and Cancer Care (Facing Death)** Diane Waller (Author), Caryl Sibbett (Author)


Inspired by the experience of art therapists who have pioneered work with people with cancer and including those who have experienced this devastating illness at first hand, this book acknowledges the outstanding work of the Corinne Burton Trust which has supported the development of art therapy services in hospices and clinics throughout the United Kingdom.

Art Therapy and Cancer Care is key reading for art therapists, artists in health care and other health or social care professionals who are looking for approaches that will improve the quality of living for cancer patients, yet not shy away from the process of dying

**Rad Art: A Journey Through Radiation Treatment** Sally Loughridge


Rad Art is a visual study of the artist's mind as she goes through her initial cancer treatment. Each day includes a short verse or paragraph stating the artist's state of mind on that day and is accompanied by a watercolor piece of art created on the treatment day. The end result is an inspirational glimpse into the heart of an artist who used her internal struggle over cancer to guide her artistic vision.

**Music therapy**


From diagnosis to end-of-life care to the meaning behind life with cancer, Music and Cancer: A Prescription for Healing is designed to improve the quality of life of people affected by cancer in a way that could only be conveyed through the incredible healing powers of music and the arts. This book has important information valuable to patients, caregivers, friends, and family members about what to expect when faced with cancer including dealing with the diagnosis and logistics of treatments such as surgery, chemotherapy and radiation. This important book addresses a wide range of issues taking into consideration the complete care of the cancer patient.

**Creative writing**

*Time Sheets: A Collection of Poems*  Stephen R Wagner (Author)  

Recipient of a 5 Star Review from Bil Howard of Readers' Favorite*  
http://readersfavorite.com/book-review/27250  
This book, on the surface, is a series of poems designed to remind my coworkers to submit their time sheets on a weekly basis. Below the surface, it is a meditation on the changing of the seasons: the comings and goings of life, in terms of both sorrow and joy, and a reflection on the fundamental nature of the passing of time. It ranges from the exploration of tiny purple flowers at the tip of a blade of crabgrass to the darker depths of metastatic cancer.

*Write For Life: Communicating Your Way Through Cancer*  David Tabatsky  

Each day, millions of people face traumatic change, when everything familiar feels challenged. What if they began writing about the experience? What if they took better control by communicating more effectively and expressing their feelings? What if their struggle becomes a source of inspiration? Twenty years of research indicates that expressive writing—dealing with one's deepest thoughts and feelings—may contribute to improved physical and emotional health. Many cancer stories are uplifting while others are not easy to digest. But all are authentic and honest, and reflect the staggering reality of the cancer world. Open your heart. Give writing a chance. Personal expression can be a gift—for you, and everyone you know. Welcome to Write for Life. David Tabatsky's energy, commitment and expertise have enabled cancer patients and survivors to process their experiences in a new and often healing way. –Hester Hill Schnipper, Program Manager, Oncology Social Work, Beth Israel Deaconess Medical Center, Boston, MA

*Writing My Way Through Cancer*  Myra Schneider (Author)  

Diagnosed with breast cancer in February 2000, poet and author Myra Schneider turned to her writing to help her come to terms with the experience. In this difficult but ultimately uplifting book, she shows how creative and autobiographical writing helped her through diagnosis, treatment and recovery—as well as the change in self-image following her mastectomy. Drawing from her own writings about her life with cancer, she develops practical ideas and exercises for using writing in personal development. This positive book provides inspiration and support to people affected by cancer, and all those interested in the interplay of creative writing and therapy.

*Writing for Wellness: A Prescription for Healing*  Michael A. Friedman (Foreword), Lucille A. Leong (Foreword), Julie Davey (Author)  

"Being a three time cancer survivor myself, I first sat in Julie Davy's class at the City of Hope as a skeptic. I was expecting to hear a bunch of sob stories on how cancer has ruined their lives. What I got instead was stories that were very personal and ways to have eyes open on how one sees and accepts the word. Yes,
there are stories of loss. That is what life is. But the writing exercises that Ms. Davy gives is good tools for any writer and helps find clarity and acceptance of your memories and conditions.”

**Writing & Healing: A Mindful Guide for Cancer Survivors** [With CD (Audio)] Gabriele Rico, Pamela Post-Ferrante

This book is for cancer survivors: those in treatment and those who have completed treatment and are wondering what to do next. Both would benefit from a support group that is grounded in healing themes, mindful meditations, and community.

Writing and Healing: A Mindful Guide for Cancer Survivors (with accompanying CD) serves as a guide for support groups in using expressive writing as a therapeutic experience. The sessions in the book help to release stress and encourage positive feelings, offering a way to support treatment and move forward after treatment. The book is also full of stories, drawings, and vignettes, inspiring survivors to explore their own healing path.

**With Pen In Hand: The Healing Power Of Writing** Henriette Anne Klauser

In moments of grief or loss, we often turn to the written word to say what cannot be said aloud. Indeed, directing sadness, rage, or confusion at the page can be tremendously cathartic and liberating. As we express our deepest feelings without reserve in poetry or prose, we feel the power of our words begin to draw out some of the pain in our hearts and replace it with hope. But fears about writing honestly and self-criticism can stand in the way of making use of this powerful therapeutic tool. With Pen in Hand is an inspirational and practical guide to breaking through these roadblocks and to help one "write to heal." Outlining writing techniques that are best for working through pain and for privately collecting raw emotions--"Writing a Letter of Goodbye," "Interviewing Your Body," "Rapid-Writing," and more--Henriette Klauser shares stories and tips that will help readers gain comfort from what they commit to paper. For the accomplished writer and non-writer alike, With Pen in Hand will help one make use of the kind of expression that in the aftermath of a crisis or loss, can make one whole again.

**A Path Through Loss: A Guide to Writing Your Healing and Growth** Nancy C. Reeves

This self-directed journal-based guide recognises that grief is a process. Through well-written, practical information, it provides tools for nurturing the physical, emotional, and spiritual aspects of the self. Intended for individual use, it is also a valuable tool for counsellors. Includes a section on grief and children.

**Treatment**

**Coping with Chemotherapy** Dr. Terry J. Priestman (Author)

Coping with Chemotherapy explains what the treatment is, how the drugs work, and different ways in which they can be given. It also explains how to tackle side effects such as sickness, tiredness and hair loss. This RV library list August 2013 revised 13/2/2014
new edition also looks at the growth in importance of hormonal treatments, and of targeted therapies, drugs which attack specific abnormalities on cancer cells.

**Coping with Radiotherapy** Terry J. Priestman (Author)

Radiotherapy is the most widely used form of treatment for cancer. Yet, little is written about this treatment, and confusion abounds. People may not understand what the treatment does, or why they should have radiotherapy as opposed to other treatments such as chemotherapy or surgery. This book by an acclaimed cancer expert places radiotherapy within the context of overall cancer treatment. Quality of life is important in radiotherapy, and this book also looks at side effects, everyday life, social life, travel, and looks at exercise and diet that may be helpful.

**Supportive care in radiotherapy**: Sara Faithful

Written by a multi-professional group of authors, this book is aimed primarily at nurses and therapy radiographers but is also relevant to hospital and community doctors and nurses who encounter patients before, during and after radiotherapy. The book will be suitable for undergraduates and postgraduates, as it relates current research findings and theory to the clinical practice environment, within the context of cancer care delivery in the 21st century.

**Chemotherapy and Radiotherapy: The Essential Guide** Jennifer Reinoehl

Although radiotherapy and chemotherapy are two of the most common treatments for cancer or tumours, most people are unsure about what these treatments are and what to expect when they are undergoing them. This guide is written in language people can comprehend with the desire to help those who have been diagnosed with cancer to understand the treatments they are about to begin. It can help provide insight to those who are friends and family of a cancer patient. It will explain the advice given to you by your doctor and help you continue to live cancer free even after your treatments are complete. This book removes the mystery surrounding these cancer treatments and helps you to get through them so you can get on with the rest of your life. It is an informative resource not only for people who are being treated or going to be treated with radiotherapy and/or chemotherapy, but also for their friends, family members and caregivers of cancer patients.

**Fighting Cancer with Knowledge and Hope**: A Guide for Patients, Families, and Health Care Providers (Yale University Press Health & Wellness) Richard Frank (Author)


In this book, a compassionate and knowledgeable physician explains what cancer is, which factors determine a patient's prognosis, how cancer treatments work to eradicate cancer, why they sometimes fail, and what patients can do to optimize their own survival. The second edition of this essential resource for patients and their families discusses new treatment options that have become available,
Chemotherapy and Radiation For Dummies  Alan P. Lyss MD (Author), Humberto Fagundes MD (Author), Patricia Corrigan

An informative, compassionate guide for cancer patients and their loved ones. Each year, more than 1 million people get treated for cancer, and most of these will undergo chemotherapy, radiation therapy, or both. This reassuring, optimistic guide helps people get a handle on treatment options and explains in plain English how chemotherapy and radiation therapy really work. It offers detailed advice on how to alleviate and cope with side effects—which range from hair loss to nausea to anaemia—and describes how good nutrition, meditation, support groups, and other techniques and resources can help in the recovery process.

The Chemotherapy Survival Guide: Everything You Need to Know to Get Through Treatment  Judith McKay (Author), Tammy Schacher (Author)

When you’re facing cancer treatment, it’s easy to feel overwhelmed and alone. Between the hospital or clinic environment and the medical terminology used by doctors and health care professionals, you may feel as though you’ve entered a foreign country.

Written by two experienced oncology nurses, this compassionate and comprehensive guide explains in plain English everything you need to know about your treatment, including what you can expect at each stage of chemotherapy and what you can do to prevent or minimize side effects. Packed with practical suggestions, nutritional advice, relaxation skills, and other techniques to help strengthen your body and calm your mind, The Chemotherapy Survival Guide is a must-have resource for anyone navigating this difficult time.

Image Sexuality and fertility
Ramy Gafni's Beauty Therapy: The Ultimate Guide to Looking and Feeling Great While Living with Cancer  Ramy Gafni

When someone is being treated for cancer, his or her self-image can be shattered. Suddenly, not only are you fighting for your life, a stranger is staring back at you from the mirror. Your hair is gone, your nails are brittle, your complexion is pasty - everything changes. These changes attack your self-image and the very core of your physical and emotional identity. Many cancer patients continue working, going to school, and caring for their families while undergoing chemotherapy or radiation. Yet the side effects of these treatments often make patients feel too embarrassed or self-conscious to function at full potential. Ramy Gafni, one of New York City's top makeup artists and creator of the Ramy beauty therapy(r) cosmetics line, experienced these frustrations himself while undergoing treatment for non-Hodgkin's lymphoma at age 31. He utilised his knowledge of makeup techniques to minimise the 'pinched' and sallow look he developed during his treatments. In this beautiful, unique book, Gafni offers practical solutions for overcoming and managing the major dermatologic 'damage' done by cancer treatment - hair loss, skin damage, sallow complexion.

Body Image Workbook: An Eight-step Program for Learning to Like Your Looks  Thomas F Cash
RV library list August 2013 revised 13/2/2014
The author has produced an excellent revision of "The Body Image Workbook". The content is clear, appropriate, and based firmly on published research evidence. Therapeutic techniques that we know are helpful are presented in an accessible and supportive style, with clear guidance and useful help sheets to enable readers to develop new skills and to monitor change. This is essential reading for anyone with body image concerns. It is also a useful resource for professional therapists who wish to help clients who are experiencing distressing body-related thoughts and feelings. It includes new evidence that confirms the effectiveness of its cognitive behavioural approach. The book presents new discussions of cosmetic surgery, weight loss, and other body-fixing options, as well as information for persons with physically disfiguring conditions.

**Woman Cancer Sex** Anne Katz (Author)


Sexuality after a diagnosis of cancer is a real issue for women and their partners. This title explains the changes that many women with cancer experience and offers practical advice on how to handle these changes. It includes chapters that describe the experience of a woman with a particular kind of cancer and a variety of related problems.

**Man Cancer Sex** Anne Katz (Author) (deal if bought together with woman cancer sex)


**Looking Good Was Never My Problem: Steps for Living with Metastatic Cancers or Other Chronic Illnesses** Ellen Stahl


Over the past five years... I see the chemotherapy nurses once a month for treatments; annual bone scans show progression of the metastatic cancer; and I have come to view my metastatic breast cancer as a chronic disease. I am not dying from cancer, I am living with it. The diagnosis of a chronic illness, like multiple sclerosis, fibromyalgia, or cancer, can be devastating. Accepting the diagnosis is just the first step. The patient with a chronic illness must then learn to live with it. With simple steps for owning your illness, healing yourself, and living your life, Looking Good Was Never My Problem, guides the reader along the author's own path for managing living with chronic illness.

**Intimacy With Impotence: The Couple’s Guide to Better Sex After Prostate Disease:** Ralph Alterowitz (Author), Barbara Alterowitz (Author)


(review) It is not the kind of book that you can say I loved it....I could not put it down, but it is somewhat essential reading for those who have come through the prostate cancer mill and are still here. Me, I am a young married man, 44 years old, and I wish I had found this book when I was diagnosed 3 years ago. The
book has been written by and with a certain age group so some of the text is difficult to read when you are angry with the world and somewhat at the end of the process. Nevertheless the information that is there is written for men, and their partners, who are probably feeling around in the dark wondering where to go next. A lot of thought has been put into the details on a subject that is still not discussed openly enough. If you or your partner are facing into a prostate cancer journey this is something that you should consider reading.

**Having Children After Cancer: How to Make Informed Choices Before and After Treatment and Build the Family of Your Dreams** Gina M. Shaw (Author)


When faced with a cancer diagnosis, many doctors and patients rush full-speed ahead into treatment, giving minimal attention to the potential fertility implications. Luckily, the field of oncofertility is growing quickly, and medical writer Gina Shaw, herself a cancer survivor, is ready to unravel the complex and evolving issues involved in pre- and post-cancer fertility and family-building options—for both men and women. Having Children After Cancer gives you all the tools you need to: Understand how different cancers can affect fertility, Identify which treatments can potentially impair your fertility, Discuss fertility-sparing treatment options with your doctor, Select the fertility preservation method that’s right for you—from freezing eggs, embryos, and sperm to preserving ovarian tissue.

**Life, Sex, and Prostate Cancer Surgery: How One Man Healed and Was Made Whole** John C Hallenborg (Author)


I would recommend this book for anyone facing a diagnosis of prostate cancer. It is an unflinching narrative that spares few details of the trials author John Hallenborg undergoes as he deals with diagnosis, treatment and their effects on his personal, emotional and sexual life. Hallenborg’s story is both vivid and unsparing. He bypasses the tendency many of us have to self-censor when describing our responses to such a traumatic experience, so as a book it’s a strong cup of tea. It will be a valuable resource for any man dealing with prostate cancer; certainly most helpful before decisions are made on a course of treatment but useful at any time thereafter.

**Nutrition**

**Don't Eat Cancer: Modern Day Cancer Prevention**


**The Chef’s Recovery** Tanya Stockton (Assistant), Chuck Hayworth (Author)


In his early twenties, while pursuing a career as a chef, Chuck Hayworth was diagnosed with stomach cancer. Years of painful and slow recovery motivated Chuck to find a better way to fight his disease. Combining his knowledge of the culinary arts with a strong will to succeed, Chuck was able to fully heal his stomach. In sharing his triumphant and cancer-fighting recipes, Chef Chuck hopes to help many others win their fight against cancer.
**Nutritional Grail: Ancestral Wisdom, Breakthrough Science, and the Dawning Nutritional Renaissance**
Christopher James Clark (Author), Jean-Luc Morel (Preface)

How did 2.3 billion people become overweight? How did heart disease, cancer, and other degenerative diseases become the leading causes of death worldwide? Our ancestors, especially our distant, Paleolithic ancestors, before the advent of agricultural, enjoyed remarkably robust health. What went wrong? During the twentieth century—the Dark Ages of nutrition—flawed nutritional theories gained widespread acceptance, prompting radical departures from traditional foods and time-honored food processing techniques. Sugar consumption skyrocketed; proinflammatory vegetable oils replaced nourishing animal fats; processed foods became commonplace. In this groundbreaking book, Christopher Clark explores the social and economic forces enabling these changes while thoroughly and lucidly explaining modern scientific perspectives on fat metabolism, cholesterol, fructose metabolism, gluten, detoxification, and many other important nutritional subjects. Nutritional Grail offers life-transforming knowledge regarding what to eat, why to eat it, and how to prepare it—including 100 simple, delicious recipes.

**Starve Cancer and Cook Your Way to a Healthy Lifestyle**
Narges Dardarian (Author)

"Starve Cancer and Cook Your Way to a Healthy Lifestyle” is a collection of recipes that I developed to help the millions of women living with breast cancer, like me. It focuses on removing alcohol, caffeine, canned products, dairy, red meat, or added sugar from your meals, while helping you in maintaining a delicious and balanced diet. However, this cookbook isn’t just for people suffering from cancer. It's also beneficial for anyone who simply wants a healthier diet.

“Starve Cancer and Cook Your Way to a Healthy Lifestyle” includes recipes for a variety of delicious appetizers, soups, salads, entrees, and desserts. They are all easy to follow and take very little time to prepare.


With fifty new recipes and new information on the benefits of juicing and juice cleanses, here is the completely revised and updated edition of this juicing category killer. The first completely revised edition of this juicing classic, The Complete Book of Juicing is packed with new information on super fruits such as pomegranate and papaya, weight-loss and juice fasts, immune function, juicers, and more. With one hundred fruit and vegetable recipes and a fresh new package, this book is a user-friendly and fun necessity for any juicing kitchen.

**The Cancer-Fighting Kitchen: Nourishing, Big-Flavor Recipes for Cancer Treatment and Recovery** Rebecca Katz (Author), Mat Edelson

The Cancer-Fighting Kitchen features 150 science-based, nutrient-rich recipes that are easy to prepare and designed to give patients a much-needed boost by stimulating appetite and addressing treatment side effects including fatigue, nausea, dehydration, mouth and throat soreness, tastebud changes, and weight
loss. A step-by-step guide helps patients nutritionally prepare for all phases of treatment, and a full nutritional analysis accompanies each recipe. This remarkable resource teaches patients and caregivers how to use readily available powerhouse ingredients to build a symptom- and cancer-fighting culinary toolkit. Blending fantastic taste and meticulous science, these recipes for soups, vegetable dishes, proteins, and sweet and savory snacks are rich in the nutrients, minerals, and phytochemicals that help patients thrive during treatment.

**Healthy Eating For Life: Over 100 Simple and Tasty Recipes** Robin Ellis  

A collection of simple but tasty recipes from Robin Ellis based on the Mediterranean way of cooking. Includes such recipes as Chilled Curried Apple Soup; Sweet Potato, Fennel and Smoky Bacon au Gratin; Cauliflower Roasted with Garlic and Coriander Seeds; Turkish Spinach with Rice; Smoky Spanish Fish Stew; Chicken and Leeks with Lemon; Pork Chops Braised with Rosemary, Garlic and Thyme; Hazelnut Pasta; Chickpea, Leek and Fennel Curry; Peaches in Honey and Lime; and much more.

**The Essential Cancer Treatment Nutrition Guide and Cookbook** Jean LaMantia (Author), Dr. Neil Berinstein  

Recent research indicates that diet can influence a patient's cancer treatment and survival rate as well as help to manage the side effects. This book has been written for both patients and carers and addresses the unique requirements of a patient undergoing cancer treatment.

**Healthy Eating During Chemotherapy** Jose van Mil (Author)  

Chemotherapy almost always wreaks havoc on the patient's sense of taste-sugar may no longer taste sweet, and appreciation of subtle or strong flavours may vary from individual to individual. 'Healthy Eating during Chemotherapy' addresses these issues by providing tasty and healthy recipes that will excite the palate without over-stimulating it. Texture or 'mouth-feel' is extremely important and is described in detail to enable you to choose an appropriate recipe for a particular moment.

**Battling Lung Cancer With Nutrition: 2** Heather Gabbert MS RD (Author), Kathy Beach RN (Contributor), Christopher M. Lee MD  

It is very common for patients with a cancer diagnosis to have many questions about nutrition and diet. In fact, this is one of the main ways that you (or your loved one) can aid yourself in the battle with cancer. The cancer can inhibit your body's ability to heal, decrease your energy, and decrease your immune system. By optimizing diet and nutrition, research has shown that outcomes of surgery, radiation, and chemotherapy can be improved. This can in turn lead to improved cure rates, better cancer treatment outcomes, and greater ability for the body to heal and rebound from the effects of cancer therapy. The goal of this text is to...
empower patients during their fight with cancer. By studying these practical approaches to health and nutrition, you can aid your cancer treatment team in your therapies. This is not meant to be a substitute for standard modern cancer treatments, but the goal is to provide you with further tools to fight cancer and improve your ability to heal from the cancer and the cancer treatments. Of course, this tool should be used in the context of your other treatments and we recommend that each patient discuss their individual health needs and objectives with their care providers.

**Battling Head And Neck Cancer With Nutrition: 3**  
MS, RD, Heather Gabbert, Kathy Beach RN and Christopher M. Lee MD (22 Apr 2013)


**Battling Pancreas Cancer With Nutrition: 4**  
by April Davis MS RD, Kathy Beach RN and Christopher M. Lee MD (22 Apr 2013)


**Battling Breast Cancer With Nutrition: 1**  
Heather Gabbert MS RD, Kathy Beach RN and Christopher M. Lee MD (22 Apr 2013)


**Nourish**  
Penny Brohn Cancer Care (Author), Christine Bailey (Author)


In Nourish you’ll find easy-to-follow recipes designed specifically for cancer patients (and their families). The focus is on nutritious food that can be easily tolerated - and can help to alleviate common symptoms and side-effects, and form a crucial part of any cancer treatment programme. The role of nutrition is explained and the introduction outlines clear advice on cancer-fighting foods and how to tackle side-effects.

**Complete Tubefeeding: Everything you need to know about tubefeeding, tube nutrition, and blended diets:**  
Eric Aadhaar O’Gorman


Complete Tubefeeding is the definitive guide for anyone living with or preparing to receive a feeding tube, and those who care for them. The author, happy owner of a feeding tube himself, combines the best and latest medical research with insights from his and others’ real-world tube feeding experiences. This helpful handbook provides comprehensive and compassionate coverage of all aspects of tube feeding and nutrition via tube

**Zest for Life: The Mediterranean Anti-Cancer Diet**  
Conner Middelmann-Whitney


Zest for Life, the first anti-cancer health book with recipes based on the traditional Mediterranean diet (new international edition), provides all the guidance and practical advice you need to prepare delicious, easy and affordable meals to boost your defenses against cancer.
Since its original publication a quarter-century ago, "The Cancer Prevention Diet" has been one of the most popular guides to the prevention and relief of society's most feared disease. Drawing on the most up-to-date cancer research, Michio Kushi and Alex Jack present a dietary program that can be implemented safely and simply at home, at a fraction of the cost of usual meals and medical care. This completely revised and updated twenty-fifth anniversary edition includes: broader dietary guidelines and new recipes; new research on the twenty most frequent types of cancer; new ways to combine macrobiotics with chemotherapy, radiation, and more; the latest statistics, studies, and treatments; and, the role of positive emotions in the healing process.


The practical guide to strengthening the body's defence systems. Eat for Immunity combines the latest scientific research with authenticated traditional wisdom. The author shows how to prevent disease and fight infection using the most natural medicine there is - food. A lavishly illustrated guide with specially commissioned recipes that reveal the ways we should combat both modern ailments and serious illnesses such as heart disease and cancer.

Rainbow Diet Chris Woollams (Author)

Nourish and Flourish: Recipes & Nutrition to Challenge Cancer Samantha Ford (Author)

"Nourish & Flourish; Recipes & Nutrition to Challenge Cancer" is a creation of 160 nutritious and delicious recipes, and expert nutritional guidance for those who have been affected by cancer. It is also hoped that it will appeal to anyone just wishing to follow a healthy diet. Samantha Ford's desire is to assist in your healing process using a holistic approach to your health. To this end, she has created and written this recipe book. The book will inspire you with great tasting cooking and nutritional ideas. The book is the link between the ingredients we know we need to eat to stay healthy and why, and the recipes, which help you put them into practice. Enriching your kitchen experience and knowledge, this book is your toolbox for your ongoing health and wellbeing.

Kicking Cancer in the Kitchen Annette Ramke (Author), Kendall Scott (Author)

Written by cancer survivors. Annette Ramke and Kendall Scott offer both "been there" guidance and more than 100 recipes that will help the millions of women who are diagnosed with cancer each year, as well as the millions more who are concerned about doing what they can to prevent it. "Kicking Cancer in the Kitchen" is the bible for the woman who's been handed the cancer card - and the one who never wants to
get it. Authors Annette Ramke and Kendall Scott are cancer survivors, so they know exactly what it's like to deal with "the Big C." Here they share, girlfriend-style, real-life knowledge and experience about the healing power of food, along with their stories of cancer ups and downs - with more than 100 recipes for fighting cancer and soothing the symptoms of treatment. Whether someone is in the thick of "Cancer World" and wants to know what to expect, or for anyone who wants to do all they can to boost their health, "Kicking Cancer in the Kitchen" offers guidance on not only surviving, but thriving - before, during, and after cancer.

**Anti-Breast Cancer Cookbook:** How to Cut Your Risk With the Most Powerful Cancer-Fighting Foods: Julia B. Greer  
*Publisher:* Sunrise River Press *(15 Mar 2013)*  
*ISBN-10:* 1934716332  
*ISBN-13:* 978-1934716335

There is no single diet, food, or nutrient that will keep you from getting cancer. However, in the same way that wearing a seatbelt may protect you from being injured in a car accident, eating certain types of food may help to protect you from developing many cancers, including breast cancer. From the best selling author of The Anti-Cancer Cookbook, Julia Greer - a physician, cancer researcher and food enthusiast - pulls together everything you need to know about breast cancer and the foods you should eat to protect yourself from developing breast cancer. She shares her collection of more than 250 easy-to-make recipes for sauces, main courses, sandwiches, breads, desserts and beverages - many of which are vegan or vegetarian and over half are gluten free.

**Cancer Nutrition and Recipes For Dummies** Christina T. Loguidice (Author), Maurie Markman MD (Author), Carolyn Lammersfeld (Author)  
*Publisher:* John Wiley & Sons *(19 Aug 2013)*  
*ISBN-10:* 1118592050  
*ISBN-13:* 978-1118592052

Designed for cancer patients and their families, Cancer Nutrition & Recipes For Dummies focuses on foods best tolerated during — and that can ease side effects of — cancer treatment. It also offers advice for menu planning, nutritional analysis, and much more.

**Chemo Cookery Club: Over 150 Delicious and Healthy Recipes for Your Journey to Recovery** Penny Ericson (Author), Simon Firullo (Illustrator)  
*Publisher:* John Blake Publishing Ltd *(1 April 2013)*  
*ISBN-10:* 1782193626  
*ISBN-13:* 978-1782193623

Chemo Cookery Club is packed with delicious recipes to help make everyday food a positive part of life for cancer sufferers and their carers. With tempting treats and healthy food ideas, the emphasis is on the nutritional values that can make a difference, but most importantly this is a book that lifts the spirits - especially when food and diet can become a bit tricky. If you or someone you love are going through treatment, this book will help you create delicious meals and snacks that tantalise the tastebuds no matter how experienced - or otherwise - you are in the kitchen. Penny Ericson, experienced cook and carer, celebrates everyday meals and how they contribute to wellness, both physically and emotionally. If you're struggling with loss of appetite, wondering how to get more iron into your diet, wanting to relieve 'metal mouth' or dismayed that the foods you used to love now seem boring and tasteless as a result of treatment, Penny can help. Nutritional information and recipe analysis has been contributed by leading cancer research dietician Barbara Parry MSc PD, and the book has been enthusiastically endorsed by major cancer charities.

**Swallowing difficulties**  
**Down Easy Metric Edition: A cookbook for those with swallowing difficulties** Judy Best  
*Publisher:* JudyBestCookx *(14 Jun 2012)*  
*ISBN-10:* 0985423110  
*ISBN-13:* 978-0985423117

RV library list August 2013 revised 13/2/2014
This cookbook has been created for people with swallowing problems resulting from surgery, radiation, chemotherapy, diminished saliva or other conditions. It is not a medical book. It was created by the author to help her husband during and following his throat cancer treatments.

Soft Foods for Easier Eating Cookbook: Easy-To-Follow Recipes for People Who Have Chewing and Swallowing Problems  Sandra Woodruff

This book is a resource for anyone who needs to know how to prepare food for someone who cannot chew or swallow well. It provides a clinical explanation of various conditions and then the book assists you with helpful solutions and recipes, as well as additional source material. With it, you can locate providers of various kinds of additives that are used to thicken food - making liquids easier to swallow.

Carers
What Not to Say to a Cancer Patient: How to Talk about Cancer and Create a Supportive Network  Paul L. Bishop, Terri Boekhoff

A four-year survivor of stage IV papillary thyroid cancer, Paul Bishop offers the newly diagnosed practical advice to effectively manage their energy, resources, and emotions. To those around them he shares an inside perspective into the thoughts, hopes, and fears from the patient’s point of view; and provides helpful suggestions for how one can support them.

Things I Wish I’d Known: Cancer Caregivers Speak Out - Second Edition  Deborah J. Cornwall

Family caregivers are the unsung heroes of the life-saving drama that's triggered by a cancer diagnosis. Nearly three quarters of American households will find themselves caring for a cancer patient at one point in their lives. This book is the first to capture their thoughts, feelings, and insights on a large scale. It is based on 86 formal interviews with non-professional caregivers (some of whom are cancer survivors themselves), covering 107 patients ranging in age from 2 to 90 and facing 40 different cancer diagnoses. Practical lessons drawn from caregivers' experiences are intermingled with their own words to forge a compelling narrative intended to help both patients and their family caregivers to understand and cope with the full range of issues they should anticipate as they fight the battle of their lives.

What Can I Do to Help?: 75 Practical Ideas for Family and Friends from Cancer's Frontline  Deborah Hutton

From her own experience and out of her conversations with fellow members of the "Cancer Club" comes this anthology of examples of ways in which friends and family, often themselves reeling from the shock of the diagnosis and feeling just as helpless and at a loss to know what to do, can make a real, substantial difference.

"What can I do to help?" you ask. Well, stand by, because the answer is "Plenty".

RV library list August 2013 revised 13/2/2014
BMA Carer’s Manual  Dorling Kindersley (Author)


A practical visual guide for the home carer. If you’re one of the millions of people who are caring for a friend or family member then the BMA Carer's Manual will be an essential reference. Endorsed by the British Medical Association, this is the definitive guide to caring for the elderly or sick, offering practical advice and solutions for everyday concerns such as adapting living space and safe movement and handling. Step-by-step sequences explain essential activities such as helping someone in and out of a chair and special features focus on topics relating to common conditions. This manual provides accessible, reliable information and is a life-saver for anyone providing short or long-term care for a sick or elderly person at home.

Being a Cancer Patient’s Carer: A Guide  Wesley C. Finegan


This guide provides information and advice to help you deal with the most common problems faced by carers of cancer patients. It provides answers to many of the questions you may wish to ask. The author, was a consultant in palliative medicine before being diagnosed with cancer himself. This guide deals with pain, physical symptoms, psychological problems, death and bereavement, and it adopts a unique approach to encourage the carer to work with the patient, doctors and nurses to achieve realistic and mutually agreed outcomes.

How Can I Help?: Everyday Ways to Help Your Loved Ones Live with Cancer  Paul F Levy, Monique Doyle Spencer


When a loved one is diagnosed with cancer, it is often difficult to know what to do. Those who want to help can sometimes make matters worse. This book offers readers specific advice on what to do for a friend or loved one in need, such as offer to do the weekly grocery shopping, pick up the kids from school or bring them to practice, choose to be a chemo buddy, and keep up with bills and other important deadlines.

Help Wanted: Caregiver: A Guide to Helping Your Loved One Cope with Serious Illness  Laura J. Pinchot


The author provides a guide to help those who have been tasked with caring for a loved one, friend, or family member. This book offers a primer on in-home care as well as options for institutional care, the next logical step as the scope of care becomes too much to handle. You will also find information on financial and legal issues as well as the challenges caregivers face in their relationship for the person in their care.

How to Be a Friend to a Friend Who's Sick  (Hardcover, Paperback available from Apr 2014) Letty Cottin Pogrebin


RV library list August 2013 revised 13/2/2014
Everyone knows someone who's sick or suffering. Yet when a friend or relative is under duress many of us feel uncertain about how to cope. Throughout her recent bout with breast cancer, Letty Cottin Pogrebin became fascinated by her friends' and family's diverse reactions to her and her illness: how awkwardly some of them behaved; how some misspoke or misinterpreted her needs; and how wonderful it was when people read her right. She began talking to her fellow patients and dozens of other veterans of serious illness, seeking to discover what sick people wished their friends knew about how best to comfort, help, and even simply talk to them.

Now Pogrebin has distilled their collective stories and opinions into this wide-ranging compendium of pragmatic guidance and usable wisdom. Her advice is always infused with sensitivity, warmth, and humour. It is embedded in candid stories from her own and others' journeys, and their sometimes imperfect interactions with well-meaning friends. "How to Be a Friend to a Friend Who's Sick" is an invaluable guidebook for anyone hoping to rise to the challenges of this most important and demanding passage of friendship.

Things Not To Say To Someone Who Has Cancer - A Beginners Guide: Jo Hilder (Author)


It’s the worst possible news - someone you love is diagnosed with cancer. Before you have a chance to do anything, you know you’ll need to say something. The usual clichés spring immediately to mind, but surely there’s something better to say than “What doesn’t kill us makes us stronger”? Just what do you say to someone who has cancer? In Things Not To Say To Someone Who Has Cancer, author Jo Hilder draws on her experience as a cancer survivor, advocate and support group facilitator to introduce new ways to talk about cancer, and to the people we love who are diagnosed with it.

In Sickness and In Health: A Husband’s Story of Surviving Breast Cancer Mr. Michael Streicker


This book is the story of one couple going through the battle against breast cancer. Told from the husband’s viewpoint, the book includes his experiences of dealing with medical staff, helping his wife through various treatments, and his own personal feelings and struggles along the journey. This book provides useful ideas for helping a woman through breast cancer treatments while also encouraging husband’s to be a part of the whole process.

Smoking cessation

Allen Carr’s Easy Way to Stop Smoking: Be a Happy Non-smoker for the Rest of Your Life Allen Carr (Author)


Allen Carr’s Easy Way to Stop Smoking is the one that really works. It is the world’s bestselling book on how to give up smoking. And this is the original and still the best edition of his classic book on how to give up smoking the easy way.
Learning Disabilities

*Living with Learning Disabilities, Dying with Cancer*: Thirteen Personal Stories Irene Tuffrey-Wijne (Author)


This book is a powerful and moving account of the experiences of 13 people with learning disabilities who were living with cancer. The author followed their lives as part of a 3-year research study, during which 10 people died. She spent extensive periods of time with them at their homes and day centers, in hospitals, hospices and nursing homes. In this way she gained a unique understanding of what it is like for individuals with learning disabilities to live with deteriorating health and how this may impact upon their families, friends and carers. How was each person's cancer diagnosed? How was their cancer and its implications explained to them? How much did they understand and how did they cope with treatment? What happened when they were dying? In answering these questions, the book exposes the suffering of people with learning disabilities at the end of their lives, but also their remarkable resilience and strength. In an optimistic final chapter, the author demonstrates how people with learning disabilities can best be supported at the end of life. This book will be an invaluable resource for anyone involved in the care and support of people with learning disabilities who have cancer and who are dying, including health and social care professionals, families and friends.

*Care for Dying People with Learning Disabilities: A Practical Guide for Carers* Noelle Blackman (Author), Stuart Todd (Author)


The majority of people with learning disabilities are likely to die whilst living in a service setting. This book, written by practitioners in the field, offers practical advice, and aims to raise the awareness of everyone involved in enabling people with learning disabilities to be treated with respect and dignity as they approach death.


Losing a loved one and coping with the subsequent adjustments that follow are a difficult fact of life, but people with learning disabilities face specific difficulties in processing and managing these changes. Adopting an integrative approach, this book acknowledges the importance of helping relationships in supporting this vulnerable group through periods of loss and bereavement. The author explains how to engage the person with a learning disability in talking therapy by creating an open dialogue. Common signs of stress, factors to consider in assessing risk and advice on how best to approach difficult subjects are presented. The role of supervision in counselling and issues surrounding terminal illness are also discussed, and practical solutions offered. Professionals working in the field of learning disabilities, such as counsellors, therapists, carers and health and social care students will find this informed guide beneficial in communicating and supporting people with learning disabilities

*Am I Going to Die?* (Books Beyond Words) [Illustrated] [Paperback]

Sheila Hollins (Author), Irene Tuffrey-Wijne (Author), Lisa Kopper (Illustrator)

RV library list August 2013 revised 13/2/2014
John is terminally ill. His story deals honestly and movingly with the physical and emotional aspects of dying. As he gets weaker John looks back at his life, and chooses how to spend his remaining time. He dies at home among family and friends. In the Books Beyond Words series the story is told through pictures only. The books are for adults with learning disabilities, but are useful for anyone with communication difficulties. Additional information as text, plus guidance on how to use the books, is also given.

**Getting on with Cancer** (Books Beyond Words) Veronica Donaghey (Author), Jane Bernal (Author), Irene Tuffrey-Wijne (Author), Sheila Hollins (Author), Beth Webb (Illustrator)


When Veronica's doctor told her she had cancer, she was confused and terrified. Then he told her some cancers can be cured. The book shows Veronica (who has Down's Syndrome) having radiotherapy, chemotherapy and surgery and deals honestly with the unpleasant side of treatment. It is meant as a counselling tool for use by anyone working with people who have cancer. The book ends on a positive note.

**When Dad Died** (Books Beyond Words) [Illustrated] Sheila Hollins (Author), Lester Sireling (Author)


When Dad Died take a gentle, honest and straightforward approach to death and grief in the family. The pictures tell the story of the death of a parent in a simple but moving way. The approach is non-denominational. When Dad Died illustrates a burial, while When Mum Died shows a cremation. The greatly expanded text in these third editions includes information on how people are likely to react when someone is very ill and to their death. It explores difficult emotions, possible physical feelings and behaviour changes. Guidance is given on how to relate to a bereaved person and how to answer the questions How do we feel when someone dies? , What happens after someone dies? and How long does it take to get back to normal? . There is advice for support staff and carers of those with learning disabilities (including how to formulate guidelines and a sample bereavement questionnaire), plus information on useful written resources and bereavement organisations that can offer further help.

These books will be helpful to adolescents and adults with learning disabilities as well as for their carers and supporters. In addition, children without learning disabilities will appreciate these books as they adopt a more direct approach to death than is usual.

**When Mum Died** (Books Beyond Words) [Illustrated] Sheila Hollins (Author), Lester Sireling (Author)


**Spirituality and Religion**

**Warrior in Pink: A Story of Cancer, Community, and the God Who Comforts** [Paperback]


**GOD - I've Got Cancer: A message of hope for anyone who becomes seriously ill** Dr Richard Scott

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Dr Richard Scott has recovered from cancer himself. He has worked as a surgeon, a General Practitioner and evangelist in England, India and parts of Africa. In this book, intended for cancer patients, their families and friends, he offers encouragement for all who suffer and who want to know whether there is a God to whom they can turn. Richard's wife Heather is also a doctor and they have three daughters. Tim Vince of Revelation TV commends this book: "Richard Scott displays a rare combination of professional expertise, personal experience and saving faith. His writings and life radiate truth and trustworthiness."

Roar of Lions: How I Healed My Breast Cancer: An Insight into Spirituality  Nazmina Ladhani

Roar of Lions seeks to inspire the reader, whether they are going through an illness or a healing process or just going with the flow in life. Nature is vast and has lots to offer; with the intentions a person put out there, anything can be achieved. The purpose of this book is to share the techniques that she has learned on her journey, with the hope that they can also help in such a way that the "roar of lions" may disappear.

50 Critical Cancer Answers  Francisco Contrevas & Daniel Kennedy

In this book from seasoned cancer fighters and clinicians Francisco Contreras, MD and Daniel Kennedy, MC gives 50 tips, plans, and prescriptive measures for tackling cancer and finding renewed health. 50 Critical Cancer Answers provides the essential information a person needs to create a personal action plan to deal with cancer effectively. Each of the 50 short chapters includes a concise explanation of the most effective and sought after cancer treatment in the realms of traditional medicine, natural medicine, emotional support and spiritual care. A succinct commentary is provided to help the reader understand potential benefits, and if it is a realistic treatment option or not.

Prostate cancer: Finding your peace of mind  Dr Laurence Lepherd

Dr Laurence Lepherd experienced cancer and became interested in the way men with prostate cancer use their spiritually during their illness. He undertook research in this area. It is useful read for men with prostate cancer, their partners and friends, and incorporates interviews from the nine participants in the authors research..

I Wasn’t Dead When I Wrote This: Advice Given in the Nick of Time  Lisa-Marie Calderone-Stewart

This is an insightful book. It is not religious, but it is a little spiritual. However, it is practical, and easily readable. It deals with many issues in just 12 chapters. It should be required reading for all teenagers as well as anyone who ever was a teenager.
**Stumbling Toward Heaven: Mike Hamel on Cancer, Crashes and Questions** Mike Hamel


"The 'C' word typically evokes 'F' words: Fear, Flight, Fate, Freak, or Failure—from sufferers, families and friends alike. In Stumbling Toward Heaven, Mike Hamel rises above it all with an incredibly useful and unique approach; he's funny--and I mean really funny. Mike is a fabulous storyteller, capturing the essence of how one of life's many tragic realities cause us to re-examine the frailties of our faith. You don't have to be afflicted or affected by cancer to derive practical benefits from this book. The occurrence of the unexpected is an experience we all share in this life. It takes a gifted writer like Mike Hamel to help us make sense of it all and have some laughs along the way.

**The Undying Soul: A Cancer Doctor's Discovery** Stephen J. Iacoboni


This book is a personal account by Dr Iacoboni of his decades long journey that led to his profound understanding of the nature of body and soul. Told through the stories of his patients it details the thought processes articulated regarding his transformation from atheist scientist to his observation and knowledge of the undying soul which lives within man. This is not a motivational, how to beat cancer book. Reality is, especially with advanced disease, it's mostly trial and error and most hope is false hope, but that's okay, because miracles do happen and "you never know". But that's not what this book is about. This book is about - given the uncertainty of our fate, how do we face the future unafraid? Regardless of where people sit on the spiritual spectrum, this is an thought provoking book.

**The Tibetan Book Of Living And Dying** Sogyal Rinpoche


This book clarifies the vision of life and death that underlies the Tibetan Buddhist tradition. It includes an inspiring and complete introduction to the practice of meditation and also advice on how to care for the dying with love and compassion, and how to bring them help of a spiritual kind. But there is much more besides in this classic work, which was written to inspire all who read it to begin the journey to enlightenment and so become 'servants of peace.'

**Self Power: Spiritual Solutions to Life’s Greatest Challenges** Dr Deepak Chopra (Author)


Deepak Chopra writes that it is within the potential of every human being to live an enriching, self-aware, magnificent life. But to reach that state of empowerment is a difficult task, calling for courage, will power and - often - guidance. In Self-Power, Chopra offers that guidance and encouragement, while inspiring his readers to take their lives into their own capable hands no matter what challenges they may confront, be they job loss, financial difficulties, relationship issues, health problems or spiritual questions.

**Faith, Hope, and Healing: Inspiring Lessons Learned from People Living with Cancer**

Bernie Siegel, Jennifer Sander,
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In this collection of first-person accounts, doctor and author Siegel (Love, Medicine, and Miracles) brings together almost three dozen cancer patients (or close relations of) to share their stories and the lessons they've learned. For each piece, Siegel provides a reflection and a moral (“Life’s difficulties are what teach us to grow”) that clarify and encourage. Anyone struggling with cancer will be able to relate to the written accounts within this book.

The Power of Now: A Guide to Spiritual Enlightenment  
Eckhart Tolle  

To make the journey into The Power of Now we will need to leave our analytical mind and its false created self, the ego, behind. Although the journey is challenging, Eckhart Tolle offers simple language and a question and answer format to guide us.

Surrender to the present moment, where problems do not exist. It is here we find our joy, are able to embrace our true selves and discover that we are already complete and perfect. If we are able to be fully present and take each step in the Now we will be opening ourselves to the transforming experience of THE POWER OF NOW. It's a book to be revisited again and again. An international bestselling phenomenon, this book has inspired a generation and is as popular today as it was a decade ago when first publ

For health care professionals (spirituality and religion)  
Spiritual Care in Everyday Nursing Practice: A New Approach  
Janice Clarke  

As changes in technology, policy and management put an increasing emphasis on processes and procedures in nursing and health care, how do we continue to make room for compassion, the ancient human value that calls most nurses to the profession? In Spiritual Care in Everyday Nursing Practice, Janice Clarke argues that it is compassionate care of the whole person, body and soul, which is at the heart of nursing practice that values the individual and respects their dignity. Rather than seeing spiritual care as an addition to what nurses already do, this new approach considers it a natural part of compassionate care which doesn't present the nurse with an extra ambiguous burden to deal with. Providing a practical guide to talking about and working with spirituality, she explores how nurses might imbue all their practice including the physical aspects of care – from use of touch to helping patients to move, bathe and eat – with an attention to spiritual needs.

Religion, Spirituality, and Positive Psychology: Understanding the Psychological Fruits of Faith  
Thomas G. Plante (Editor)  

In recent years, scholars from an array of disciplines applied cutting-edge research techniques to determining the effects of faith. Religion, Spirituality, and Positive Psychology: Understanding the Psychological Fruits of Faith brings those scholars together to share what they learned. Through their evidence-based reflections, this book demonstrates the positive benefits of spiritual and religious engagement, both for individual practitioners and for society as a whole. The book covers Buddhism, Christianity, Islam, Judaism and other major traditions across culture in two sections. The first focuses on

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ways in which religious and spiritual engagement improves psychological and behavioural health. The second highlights the application of this knowledge to physical, psychological, and social problems. Each chapter focuses on a spiritual "fruit," among them humility, hope, tolerance, gratitude, forgiveness, better health, and recovery from disease or addiction, explaining how the fruit is "planted" and why faith helps it flourish. Chapter 15 is cancer-based.

**The Compact Guide to the World's Religions**  
Sean O'Callaghan (Author)


Throughout history the religions of the world have sought to provide answers to life's deepest questions, solace in times of suffering, and insight into truth. But for all they share in common, the religions of the world are very diverse - stemming from different histories, places, and people. This Compact Guide will take you through a tour of the world's biggest religions - providing detailed insight into their origins, beliefs and practices. Illustrated throughout with photos and art, it brings the key figures and images of each religion to life, and is a introduction for those exploring world faiths (or those who just need a quick reference tool). Religions covered include: Hinduism, Buddhism, Sikhism, Judaism, Christianity, Islam and Jainism, Zoroastrianism, Bahai, Confucianism, Taoism and Shinto.

**Death and dying**

*Living Thoughtfully, Dying Well: A Doctor Explains How to Make Death a Natural Part of Life* [Paperback]  
Dr Jeff Gordon (Foreword), Glen E. Miller (Author) pub 4th March 2014

*Things I've Learned from Dying: A Book about Life*  
David R. Dow

*Palliative Care, Ageing and Spirituality: A Guide for Older People, Carers and Families*  
Elizabeth Mackinlay


'"This book provides older people who are nearing the end of life and their loved ones, as well as the professionals who work with them, with a greater depth of understanding of spiritual issues surrounding death and dying. Illustrated with the experiences of many older people, it explores important themes such as grief and loss; fear; pain, distress and suffering; acceptance; transcendence; prayer; the healing of relationships; and intimacy, and shows that the final journey towards death can be one of the most spiritually meaningful times in the life of an older person - a time in which there is still hope, and in which the person who is dying and their loved ones can grow spiritually, strengthened by the difficult times they face together. Spiritual issues for older people with dementia who are nearing the end of life are also explored, as are ethical and moral issues in death and dying, and the ways in which bereaved partners and relatives may come to terms with the loss of a loved one. This book will be a resource for those in the caring*
professions and a source of guidance and support for older people who are nearing the end of life and their families.’

**Dying in public: Living with Metastatic Breast Cancer**  Hendler Sue (Author), Christine Overall (Editor)


In Dying in Public: Living with Metastatic Breast Cancer, Hendler talks about her experiences of undergoing surgery, taking steroids, receiving chemotherapy, and enrolling in a clinical drug trial. As her condition worsens she remains committed to living fully. She struggles with writing a bucket list, discusses her "legacy," and talks about her feelings of anger and the importance of love. She also describes how she lived, towards the end, with the support of the members of her "Care Team," a group of over thirty friends, family, and health care workers who enabled her to remain at home until the day before her
death.

**The Last Lecture**  Randy Pausch, Jeffrey Zaslow


'A lot of professors give talks titled 'The Last Lecture'. Professors are asked to consider their demise and to ruminant on what matters most to them: What wisdom would we impart to the world if we knew it was our last chance? If we had to vanish tomorrow, what would we want as our legacy?

When Randy Pausch, a computer science professor at Carnegie Mellon, was asked to give such a lecture, he didn't have to imagine it as his last, since he had recently been diagnosed with terminal cancer. But the lecture he gave, 'Really Achieving Your Childhood Dreams', wasn't about dying. It was about the importance of overcoming obstacles, of enabling the dreams of others; of seizing every moment (because time is all you have and you may find one day that you have less than you think). It was a summation of everything Randy had come to believe. It was about living.

**A Safe Journey Home: A Simple Guide to Achieving a Peaceful Death**  Felicity Warner


Helping others face death with dignity and positivity is an act of profound kindness that also helps give the caregiver a chance to come to terms with this critical moment in our life's journey. Felicity Warner reveals her guide to the unique experience of death in A Safe Journey Home, based on years of experience in hospice care. This guide will tell you all you need to know to help a loved one or friend to die gently and with dignity once medicine has reached its limits. Accompanied by beautiful illustrations that will act as a comfort to all those experiencing death or bereavement, this book is a powerful guide to a subject that affects us all.

**Chicken Soup for the Soul: The Cancer Book: 101 Stories of Courage, Support & Love**  Jack Canfield


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Writers share their experiences-from the diagnosis, to breaking the news to loved ones, to discussing the effect on home, school and work, from securing a medical team to living through an ever changing self-image, from the embarrassment of losing hair to discovering a new spirituality.

**When I Die: Lessons from the Death Zone** Philip Gould


Written during the last few months of his life, When I Die describes the journey Philip took with his illness, leaving to us what he called his lessons from the death zone. This courageous, moving and inspiring work is as valuable a legacy to the world as anyone could wish to bestow - uplifting, well written with insight.

**Now and Forever** Bernie Nolan


Two years ago Bernie Nolan was given the initial all-clear after a courageous battle with breast cancer. Over the moon, Bernie set about rebuilding her life and making plans for the future. In 2012 she was given the devastating news that the cancer had returned. It had spread to her brain, lungs, liver and bones and was incurable.

Bernie's first thought was of her daughter. Erin had just turned thirteen and was approaching a time when young girls need their mums more than ever. In true Bernie spirit she vowed not to let the cancer stop her from being 'Mum'. She always said that her family was her greatest achievement and she wanted to be the best wife and mother she could be in the time she had left. In this book Bernie shares her struggle to become a mother - the miscarriage she suffered and the heartbreaking stillbirth of her daughter Kate, and the joyous arrival of her beautiful daughter Erin.

This is a memoir brimming with happy memories, and although Bernie tragically lost her battle on the 4th July 2013, she lives on in the hearts of the nation and in the pages of this book.

**The Tibetan Book Of Living And Dying** Sogyal Rinpoche


This book clarifies the vision of life and death that underlies the Tibetan Buddhist tradition. It includes an inspiring and complete introduction to the practice of meditation and also advice on how to care for the dying with love and compassion, and how to bring them help of a spiritual kind. But there is much more besides in this classic work, which was written to inspire all who read it to begin the journey to enlightenment and so become 'servants of peace.'

**The Top Five Regrets of the Dying: A Life Transformed by the Dearly Departing** Bronnie Ware


After too many years of unfulfilling work, Bronnie Ware began searching for a job with heart. Despite having no formal qualifications or experience, she found herself working in palliative care. Bronnie has had a colourful and diverse past, but by applying the lessons of those nearing their death to her own life, she developed an understanding that it is possible for people, if they make the right choices, to die with peace of mind.
mind. In this book, she retells how significant these top five regrets are, and how people can positively address these issues while they still have the time.

**We Need to Talk: A Practical Guide for Those Facing Terminal Illness**  Larry E Quicksall


This is a practical guide to help terminally ill people and their families face the challenges ahead. Inside they will find advice, tips, and explanations to help better understand and address many of the issues they will face. It is also a book designed to be shared among family members to help alleviate fears and bring a greater sense of understanding and togetherness during this very important time.

**Not the Last Goodbye: Reflections on life, death, healing and cancer**  David Servan-Schreiber


This is the story of an award-winning psychiatrist and neuroscientist who was diagnosed with a brain tumour by his own MRI machine at the age of thirty. It is the story of a doctor turned patient who, after overcoming cancer against the odds, started a twenty-year crusade to inform people about the disease and inspire them to take responsibility for their health. It is the story of a husband and father who is told that the cancer has returned, and that he only has a short time left. This is a story about dying. But most of all, it is a story about living.

**Carers and palliative care**

**How to Be a Friend to a Friend Who’s Sick**  Letty Cottin Pogrebin


Everyone knows someone who’s sick or suffering. Yet when a friend or relative is under duress many of us feel uncertain about how to cope. Throughout her recent bout with breast cancer, Letty Cottin Pogrebin became fascinated by her friends’ and family’s diverse reactions to her and her illness: how awkwardly some of them behaved; how some mis spoke or misinterpreted her needs; and how wonderful it was when people read her right. She began talking to her fellow patients and dozens of other veterans of serious illness, seeking to discover what sick people wished their friends knew about how best to comfort, help, and even simply talk to them.

“*How to Be a Friend to a Friend Who’s Sick*” is an helpful guidebook for anyone hoping to rise to the challenges of this most important and demanding passage of friendship.

**End of Life: An Essential Guide for Carers**  Mary Jordan, Carole


This essential guide for carers, be they professional or friends and relations, provides information across a range of concerns surrounding end of life. The book tackles this difficult subject in a practical and caring way, showing how appropriate arrangements can be made to ensure the dying person’s wishes about dying and post-death (funerals or celebrations of life and mourning ceremonies) are carried out. From the practical
point of view, the book covers making a Will, making an Advance Directive, donating body tissue and organs and giving directions for one's own funeral or life celebration and/or memorial service. From an emotional viewpoint the book discusses grief including anticipatory grief, ways of coping with grief, and the importance of grieving.


"The D-Word" is a practical guide to support relatives, friends and carers who are coping with the distress and anxiety of someone nearing the end of life, or who has suddenly died. Today, life-extending treatments have over-ridden care for the soul. Death is regarded as a medical failure, and usually hidden away in hospitals, hospices, nursing homes and mortuaries. We have lost the ability to talk openly about the end of life. It's frightening to know how to talk to a relative or friend who is dying, or to someone who has been suddenly bereaved but unless we confront this fear, important things can remain unsaid or incomplete, which often turns into unresolved grief, guilt and anger. Personal stories from people from all walks of life explore the different ways they have come to terms with the dying process or the sudden death of their spouse, partner, parent, friend or child, how they have confronted their fear of talking about it, and ways in which they found support during this very difficult time.’

**Final Journeys: A Practical Guide for Bringing Care and Comfort at the End of Life** Maggie Callanan


Here is the guide which will help to understand the special needs of the dying and those who care for them. From supporting a husband or wife faced with the loss of a spouse to helping a dying mother prepare her children to carry on without her, the author illustrates new ways to meet the physical, emotional, and spiritual challenges of this difficult and precious time. She brings clarity to medical and ethical concerns, explaining what to expect at every stage. Designed to be a resource and advocate from diagnosis through the final hours, Final Journeys will help keep the lines of communication open, get the help needed, and create the peaceful end we all hope for.

**Symptom control**

**Cancer and Complementary Medicine: Your Guide to Smart Choices in Symptom Management** Colleen O. Lee Georgia M. Decker


With the vast attention given to complementary and alternative medicine and the multitude of options available, choosing safe, effective therapies is more challenging than ever. And for people with cancer, the potential for dangerous side effects and interactions with medications makes it critical to seek out reliable information.

Cancer and Complementary Medicine: Your Guide to Smart Choices in Symptom Management is an useful resource for patients with cancer. Written by two nurse experts in integrative medicine, this easy-to-use text helps sort out what can help and what may cause harm. It examines many different therapies available to people with cancer and provides information on symptom management, drug interactions and contraindications, therapy use by cancer site, and general health and wellness. It also provides advice for
how to select a practitioner and features reliable resources for further information so people can make safe choices for their health and wellness.

Palliative care books for health care professionals

**Counselling Individuals with Life Threatening Illness**  
Kenneth J Doka


**Life to be lived: Challenges and choices for patients and carers in life-threatening illnesses**  
Catherine Proot, Michael Yorke


How do people face life-limiting illness and death? This challenging question is discussed in-depth in Life to be Lived by looking at the feelings, hopes, fears and stresses associated with life-threatening illnesses, often experienced by patients and their carers. Drawn from research, clinical, and pastoral experiences, the authors examine the process of adjustment that patients and their families go through in major illnesses and when approaching the end of life. Life to be Lived is written in an accessible style using many stories shared by counsellors, chaplains, patients and relatives. Describing the messiness, uncertainties, and paradoxes that are part and parcel of living through an advanced illness, dying, and bereavement, but also what helps and heals, it reviews a range of responses to the challenges to patients and carers and the support, both personal and organisational.

Life to be Lived is essential reading for professionals and trained volunteers who work as a part of multidisciplinary teams in palliative and end-of-life care to improve their understanding of the attitudes and behaviour of patients and carers. Families and friends will also benefit from this book as they try to come to terms with their own situations and how they can cope better with them.

**ABC of Palliative Care (ABC Series)**  
Marie Fallon, Geoffrey Hanks


This second edition of ABC of Palliative Care pulls together the most up-to-date information on this complex, multidisciplinary area in a practical, user-friendly manner. Fully updated, it deals with the important social and psychological aspects for palliative care of people with incurable diseases including quality of life, communication and bereavement issues. This authoritative, practical title will be invaluable to the increasing numbers of doctors, senior and specialist nurses, and all those health professionals who deal with cancer patients in the hospital, at home or in a hospice. *(Not particularly new, but brief, simple to read explanation of palliative care, for health care professionals)*

**The Creative Arts in Palliative Care**  
Nigel Hartley (Editor)


Use of the arts in palliative care settings is a powerful and effective way of addressing the practical, psychological, social and spiritual issues faced by service users in end-of-life care. The Creative Arts in Palliative Care uncovers the possibilities for using the creative arts and provides guidance on how to
implement arts projects successfully. Part 1 focuses on designing objectives for the creative arts in palliative care - such as self-fulfilment, social participation, diversion from pain and other common symptoms - and managing creative arts services. Part 2 demonstrates the theory and principles in practice, with detailed case studies: each chapter draws on a real-life project, the approaches it employed and the outcomes achieved. This book will be essential reading for healthcare professionals, arts practitioners and all those involved in providing palliative care services.

Speaking of Dying: A Practical Guide to Using Counselling Skills in Palliative Care  Colin Murray Parkes (Foreword), Louis Heyse-Moore (Author)


"Speaking of Dying" is a practical guide to using counselling skills for all clinical disciplines working in palliative care, whether in a hospice, hospital or at home. Complete with a clear explanation of both counselling and medical terminology, this hands-on guide will be an invaluable companion to anyone working in palliative care.

Care at the Close of Life: Evidence and Experience  Stephen J. Mcphee (Author) et al


A new addition to the JAMAevidence series, Care at the Close of Life: Evidence and Experience offers evidence-based and clinical expert guidance on caring for patients with life-limiting illness, incorporating the words and perspectives of affected patients, their families, and treating clinicians.

Death and Dying: A Reader  Sarah Earle Carol Komaromy), Caroline Bartholomew


This book draws together a range of both classic and newly commissioned pieces on the multidisciplinary study of death and dying. Organized into five parts, the book begins with a general exploration of the meaning of death, before moving on to consider caring at the end-of-life. Further readings explore the moral and ethical dilemmas in the context of death and dying. The fourth part of the book examines the issue of grief and ritual after death, while the final part considers some of the issues that arise when researching in the field of death and dying. It will also be essential reading for all professionals and carers who come into contact with death and bereavement.

Musical Encounters With Dying: Stories and Lessons  Islene Runningdear


Music therapy can be a profound physical, emotional and spiritual support at the end of life. This book looks at a wide variety of cases, explaining how music therapy can be used effectively. It highlights particular components of working with this group, such as creating a therapeutic relationship, helping patients to reach final goals, working within cultural contexts and dealing with difficult emotions, all within the parameters of the musical experience. It also explores the unique needs of people with disabilities or mental illness, and how to support the families of the dying. Therapeutic and philosophical insights related to the dying process are included. This will be a supportive and insightful guide for anyone working with people who are at the
end of life, especially music therapists and other complementary therapists, caregivers, hospice workers and medical professionals.

**On Death and Dying: What the Dying have to teach Doctors, Nurses, Clergy and their own Families**  
Elisabeth Kübler-Ross (Author)


Denial, anger, bargaining, depression and acceptance. The five stages of grief, first formulated in this hugely influential work forty years ago, are now part of our common understanding of bereavement. The five stages were first identified by Elisabeth Kübler-Ross in her work with dying patients at the University of Chicago and were considered phases that all or most people went through, when faced with the prospect of their own death. They are now often accepted as a response to any major life change. This classic book is still relevant – giving a voice to dying people and exploring what impending death means to them, often in their own words. People speak about their experience of dying, their relief in expressing their fear and anger and being able to move forward to a state of acceptance and peace.

Ideal for all those with an interest in bereavement or the five stages of grief, this book contains a new extended introduction from Professor Allan Kellehear. This additional chapter re-examines On Death and Dying looking at how it has influenced contemporary thought and practice.

**Benefits**

**Welfare Benefits and Tax Credits Handbook** Child Poverty Action Group  

For anyone who assists people with benefits entitlements and claims this is a 'must have'. Years of expertise and experience go into the writing of the book and it is dependable. The benefits system is complex and this book is excellent for interpreting it.

**Disability Rights Handbook** Ian Greaves  

A guide to benefits and services for all disabled people, their families, carers and advisors. The Disability Rights Handbook is written by benefits specialists and provides information and guidance on benefits and services to advisors, disability organisations and disabled people. Leading on benefits advice for 38 years Explains in plain English the biggest changes in benefits since the introduction of the welfare state. Focus on new Personal independence payment (PIP) informing you how it works and how to claim it "This Handbook is easy-to-use, accurate, packed with vital information and is an invaluable aid to any front-line worker who needs to keep up-to-date with the ever-changing welfare system". Gary Vaux - Money Advice Unit

**www.bigbookofbenefits.com** Tom Messere need to order separately via Mind  
*www.mind.org.uk/shop/books/820_the_big_book_of_benefits_and_mental_health*

Pictures, practical self help tool kit, example forms, informal style. From a mental health aspect true—though this can be a major aspect of cancer claims – but plenty of the content is either generic or usefully...
transferable into a cancer setting. A partnership publication so I gather the plan is to explore further Big Books. (Current edition written by Maggie’s online benefits advisor)

**Complementary and alternative medicines**

*Virtual Medicine*  Keith Scott-Mumby (Author)

‘Virtual Medicine’ is like a short medical encyclopaedia of the 21st century by professor Keith Scott-Mumby, (MB ChB, MD, PhD)! It ingeniously combines ancient, holistic medical knowledge, super modern physics and Star Trek medical devices. All this information is exceptionally useful! These principles of the New Age medicine are presented in a very professional, logical and yet understandable way by the much honoured Professor Keith Scott-Mumby.

*Integrative Healing: Merging with Modern Medicine*  Lorinda Weatherall

Integrative Healing is a term used when referring to the merging of Complementary or Alternative Medicine (CAM) and Modern Medicine. The consumer benefits from taking the best of both health worlds and using those talents to have optimal health. Integrative Healing: Merging with Modern Medicine explains in common language to practitioners what Modern Medicine is looking for - from us - when we engage as a member of the healthcare team. Many CAM practitioners feel and know that their chosen healing path or scope of practice can assist their clients. It is out of this act of compassion that they want to share their skills within the modern medical community. It is a way to re-insert human-ness back into our computerized and technical medical care systems.

*Persons not diseases: a guide to mind-body-spirit medicine and holistic healing* : Jennifer Barraclough

Written by a former medical doctor with experience in both orthodox and alternative medicine, this book aims to provide a clear and balanced outline of the holistic healing approach for both healthcare professionals and general readers. 'Can I help my own recovery by improving my diet, taking more exercise, meditating, having a positive attitude, and reducing my stress levels?' 'Can I use therapies like acupuncture, homoeopathy and herbal medicines as well as drugs and surgery, or even instead of them?' 'Where can I find good information about approaches like these?' 'And why did I get this illness – does it have some meaning and purpose in my life?' Such questions are of vital importance to many of those who are coping with health problems in themselves or in their families, and who want to play an active part in controlling the symptoms and improving the medical prognosis. But many doctors, nurses and other clinicians with an orthodox background feel uncomfortable with them, being unable or unwilling to provide their patients with helpful guidance about ‘natural healing’ and ‘the holistic approach’, and sometimes responding in negative ways when they hear these terms. Both mainstream treatments and natural therapies can form part of a holistic programme, and it is seldom helpful to regard orthodox and alternative treatments as polar opposites. But the integrative model which combines the best of both is only practised by a few experts in a few centres, so people on the illness ‘journey’ who choose to depart from the main highway of orthodox treatment sometimes find themselves on a rather lonely path without clear maps or easy access to support services.

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This book offers practical guidance about what patients can do to help themselves, what pitfalls to look out for, and how clinicians can provide support “Very clear and balanced, not dismissing conventional medicine but allowing and supporting alternatives.”

**Cancer Recovery Guide: 15 Alternative and Complementary Strategies for Restoring Health**  
Jonathan Chamberlain  

In Europe and the USA we have a 40-50% chance of getting cancer at some time in our lives. So what do you do if you are diagnosed with the disease? The harshness of orthodox treatments (surgery, radiation and chemotherapy) are well-known. Their use is widespread, but their results are not impressive. Faced with these options, informed patients are increasingly seeking out alternative or complementary strategies to take control of their own healing. This book provides an overview of them. Jonathan Chamberlain watched his wife suffer and eventually die - both from her cancer and from the direct effects of the orthodox treatments she had undergone. This experience led him on a journey in search of other methods of overcoming cancer. What he discovered stunned him. There are cures out there - dozens of them - many offering very good chances of recovery. In Cancer Recovery Guide Chamberlain presents 15 simple, practical strategies for becoming well again. These strategies are grouped in three families: those relating to the mind and the emotions (did you know stress makes cancers more aggressive?) ; those relating to the health of the whole body (cancer cannot survive in a tissue environment that is truly healthy); and those that focus on directly attacking the cancer tumours. The personal stories cited throughout the book testify to the curative possibilities of the strategies presented.

**How to Prevent and Treat Cancer with Natural Medicine**: A Natural Arsenal of Disease-fighting Tools for Prevention, Treatment, and Coping with Side Effects  
Michael T. Murray (Author), Tim Birdsall (Author), Joseph E. Pizzorno  

From a team of prestigious American doctors comes a comprehensive, practical approach to combating and preventing cancer. Readers can assess their risk of cancer through a unique screening questionnaire, learn to change their internal environment to prevent cancer and discover the science that supports the significant roles that emotions and attitudes play in prevention and treatment. The authors offer precise combinations of food, vitamins, herbs, minerals and supplements to help with: Prevention by lowering your risk of getting cancer; Treatment by using the body's natural healing power to stop the growth and spread of disease; Coping with fatigue, weight loss, hair loss, and other side effects of chemotherapy and radiation; This invaluable book provides proven methods of natural healing intended to complement conventional cancer treatments. With special recommendations for breast, prostate, lung, skin and colon cancers, this is one of the most important health books anyone will ever read.
Everything You Need to Know to Help You Beat Cancer: Chris Woollams (CAMS section)

The Complete Guide to Complementary Therapies in Cancer Care: Essential Information for Patients, Survivors and Health Professionals, Barrie R. Cassileth
With recent clinical advances, millions of people survive many years after a cancer diagnosis. And while their physicians deliver conventional, evidence-based therapies to treat the cancer, sometimes the cancer patient and his or her symptoms are not treated with equal skill. To manage their physical and emotional symptoms and promote health and well-being, most cancer patients and survivors use complementary therapies. But - are they safe? Are they effective? What problems do they address? What are the risks? When can they help? This unique and comprehensive book guides the way through the often confusing maze of complementary and alternative therapies promoted to cancer patients and survivors.

Hypnotherapy: Cancer, Hospice and Palliative Care, Carl Anthony
This book is intended for the reading of everybody, whether you are a professional hypnotherapist, nurse, carer, doctor, student, teacher, if you are or have been a cancer patient, if you are in hospice and palliative care or even if you are just interested and would like to know more of the use of hypnotherapy in a safe and caring way, and the benefits it can bring. "there is much in this book for everybody, an excellent, well-written book, including over 50 scripts told in a caring and safe manner. . . . . in a very sensitive way. . . . . Sarah reiki master, teacher, shamanic practitioner and healer

The Natural Cancer Handbook: Alternative Cancer Treatment, Ms Johanna C Schipper, Mr Frank J Vanderlugt
In addition to Chemotherapy, Radiotherapy and Surgery numerous alternative Cancer Treatments have been used successfully over the last century. This book covers more than 50 of the best treatments, how they work, where they can be obtained and at what price. Laboratory, scientific and anecdotal evidence is also quoted for the effectiveness of all these treatments. These treatments are significantly cheaper than standard Cancer treatments and in most cases can be used alongside them,

Integrative Strategies for Cancer Patients: A Practical Resource for Managing the Side Effects of Cancer Therapy, Elena Ladas (Author, Editor), Kara M. Kelly (Editor)
An interactive, hands-on resource guide, this handbook reviews the applications of specific CAM therapies in the management of symptoms and side effects commonly encountered during cancer treatment. This handbook seeks to provide the patient undergoing cancer treatment with a comprehensive set of CAM self-RV library list August 2013 revised 13/2/2014
care techniques, including Chinese medicine, acupressure, reflexology, massage therapy, aromatherapy, yoga, and nutritional and herbal counseling that do not require visiting with a CAM provider. Organized alphabetically, each side effect chapter reviews both the conventional medicine and Chinese medicine perspective on the development and management of the side effect and reviews the applicable CAM therapies to help ameliorate the condition. To help guide the patient who is considering CAM use while receiving cancer treatment, communication with health care providers and practical considerations are also reviewed.

**Cancer and Complementary Medicine: Your Guide to Smart Choices in Symptom Management** Colleen O. Lee (Author), Georgia M. Decker (Author)


With the vast attention given to complementary and alternative medicine and the multitude of options available, choosing safe, effective therapies is more challenging than ever. And for people with cancer, the potential for dangerous side effects and interactions with medications makes it critical to seek out reliable information.

This book is an useful resource for patients with cancer. Written by two nurse experts in integrative medicine, this easy-to-use text helps sort out what can help and what may cause harm. It examines many different therapies available to people with cancer and provides information on symptom management, drug interactions and contraindications, therapy use by cancer site, and general health and wellness. It also provides advice for how to select a practitioner and features reliable resources for further information so people can make safe choices for their health and wellness.

**Say No To Cancer: The drug-free guide to preventing and helping fight cancer** Patrick Holford, Liz Efiong


According to the World Cancer Research Fund, up to 39 per cent of the most common cancers - lung, breast, colorectal, skin, mouth/throat and oesophagus, liver, stomach, prostate, cervical ovarian, testicular, endometrial and pancreatic - are preventable through diet, physical activity and weight control alone. SAY NO TO CANCER was originally published by Piatkus in 1999 and this greatly expanded edition contains new chapters that reflect the very latest information on the connection between diet and lifestyle and the risk of developing cancer. It offers guidance for people who wish to avoid getting cancer, and for those who want to know what they can do nutritionally if they have cancer and/or want to prevent reoccurrence.

**A Personal Guide to Self-Healing, Cancer and Love** Regina Chouza (Author)


This book provides a fresh perspective on the challenges faced when we or someone we love is diagnosed with cancer. We often start by asking why it happened and what it means. Inevitably our biology, lifestyle habits and emotional wellbeing all play a part. For true healing to occur, we need to make changes on many levels. The author goes on to explore Energy Healing as a friendly booster for tired souls, equipping the reader with simple tools that can be used daily to facilitate their healing journey. The pages turn quickly, infused with love, courage and optimism.

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Parents

**My Parent Has Cancer and it Really Sucks**  Maya Silva, Marc Silva  

A book specially for the most forgotten family member when cancer strikes a parent: teens It’s estimated that one million teens have a parent or close relative with cancer -- and it really sucks. Which is why father-daughter team Mark and Maya Silver, who was a teenager when her mother was diagnosed with cancer, have written a book of advice and support specifically for the undeserved teenage audience.

**Communicating With Children When a Parent Is at the End of Life**  Rachel Fearnley  

When a parent is nearing the end of life, children can feel like their world has been turned upside down, and they are often scared and confused about what is happening. Sensitive and clear communication with children is vital to help them understand and cope with their parent’s illness. This accessible book demonstrates how to support children through effective and sensitive communication, covering types of communication, language, information sharing, and overcoming common barriers. Developing confidence and skills such as talking, listening, giving children a voice and breaking bad news is also covered. The author outlines the concept of a ‘communication continuum’ which can be used to assess how much a child knows or understands about their parent’s illness and how much they would like to know. The book contains a wealth of practical strategies and ideas, as well as case vignettes, practice tips and reflective exercises. This is an essential resource for anyone working with or supporting a child whose parent is at the end of life, including palliative care workers, nurses, social workers, teachers and counsellors.

**When a Parent Has Cancer: A Guide to Caring for Your Children** [With Companion Book “Becky and the Worry Cup”]  Wendy Schlessel Harpham  

Based on her own experiences with cancer, Harpham offers insightful, compassionate and sound advice to parents. Most books on this subject talk about how to break the news to children and deal with their initial reaction. This book goes beyond that, dealing with the issues that arise during the long months of treatment. Becky and the Worry Cup is a wonderful companion piece that will comfort children of all ages.

**In the Shadows: Caring for Your Seriously Ill Adult Child**  Patricia Ringos Beach:Beth E White  

In the Shadows: How to Help Your Seriously Ill Adult Child is an excellent read and resource for parents and practitioners alike. It explores the difficult and varied situations that parents find themselves in when caring for their ill child. Each chapter begins with a vignette that helps the reader grasp the diverse dilemmas facing parents who may have cared for an ill child since birth to those who are confronted with a sudden illness. The pages are full of practical guidance and solutions to problems ranging from staying informed when you are no longer the responsible party to how to handle financial and emotional struggles faced by parents. Practitioners will also glean helpful information from the book in how to empathize and interact with parents. This would be an excellent book to purchase for yourself or to give to someone you know facing this situation to let them know that they are not alone.

Books for children  *(there are also others included in other sections throughout list)*

**As Big as it Gets: Supporting a Child When a Parent is Seriously Ill**  (Winstons Wish) Julie A. Stokes Diana Crossley , Di Stubbs

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The book is not big, but is well laid out and covers a number of different scenarios. This means that, as parents, you will be able to prepare the children for the future, in ways that are therapeutic for all involved. It treads the line between practicality and emotion well, and whilst tough in places, overall we found it very useful and have managed to involve a number of different people from the family in its ideas.

**The Secret C: Straight Talking About Cancer** Julie Stokes, Vicky Fullick, Jane Fior, Peter Bailey


"Wonderful book, which we've been giving to families with children when someone they know has cancer. It can be read to the child or you can use the pictures for children that are a bit younger than the age group the text is aimed at. Very useful tool when dealing with the topic of cancer for children. The only downfall is the high cost of the book, thus the 4 instead of 5 stars. Would recommend this book to anyone needing to have a tool to talk to children about cancer to raise their awareness of the topic and give them a chance to ask their own questions"

**The Goodbye Cancer Garden** Janna Matthies (Author), Kristi Vali (Illustrator)


This is a great happy ending story about a family whose mother gets breast cancer. It goes through many important steps giving children enough information about the process. I read this book to my 2 1/2 year old to help explain how her Aunt will not have hair when we see her next. I think that it really helped.