

Mountwood Surgery Books in Health Station Library		
Item name	Author	Description
10 Days to Great Self Esteem	David Burns	Dr Burns' book <i>10 Days to Great Self-Esteem</i> offers a very practical step-be-step guide which could help most of us feel better about ourselves. Full of charts and assignments, this book has no use for discovering why you might feel low. Instead it uses cognitive behavioural therapy which means think about it a different way and you'll feel different. "Your thoughts--not events--create your moods. Bad things that happen do not really cause us to become upset. We get upset because of the way we think about these events", explains Burns. If you have persistent negative thoughts, Burns suggests a cost-benefit analysis of the advantages and disadvantages of thinking that way. Seeing it written down makes it much easier to challenge.
Anything or Nothing (Self-guide for People with Bipolar Disorder)	Marc De Hert...	Guide for people with bi-polar disorder. English version in collaboration with Dr Allan Young and his team.
Assertiveness – Step by Step	Dr Windy Dryden & Daniel Constantinou	There are times when we all need to be more assertive, to be positive about ourselves and about others, to show respect for others by respecting ourselves. This book puts assertiveness in context and offers practical, thoroughly researched, tried and tested advice.
Better Relationships	Sarah Litvinoff	This guide offers practical exercises and guidelines to increase mutual understanding amongst married couples, tackling issues of confrontation and commitment, amongst others.
Beyond Anger - a guide for men	Thomas Harbin	It's not a new idea that men tend to express their anger differently than women do. Years of research have shown that men – for many different and complex reasons – are often more violent and less willing to confront and deal with their emotions than women. Now <i>Beyond Anger</i> shows the angry – and miserable – man how to change his life and relationships for the better. It is an invaluable guide for the many men struggling to come to terms with their inner battles and to take positive action, and for everyone who has an angry man in their life.

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Beyond Toddlerdom	Dr Christopher Green	Christopher Green has written BEYOND TODDLERDOM for all those parents in need of calm and wise advice on parenting the 5-10 year age group. The 5-10s have to face a number of developmental hurdles. They become aware of the world outside the home. They will start school, make friends, take up hobbies and develop personal interests. They may move house, may live through a parental divorce, and will develop personality patterns that will stay with them for life. It is an important time. Writing with his usual humorous, practical and down-to earth style, Chris Green draws on his many years of expertise as a paediatrician, father and grandfather to enable parents to understand their Child's needs and development during their pre-teen years. He takes full account of all the physical, psychological and sociological influences that are of importance during this time - and helps parents to make appropriate decisions about everything from friends to homework, sibling rivalry to positive discipline.
BMA Family Doctor Home Advisor		Forget 'an apple a day'; this is the best advice to keep the doctor away in any busy family. Question-and-answer charts help you determine the possible cause of a symptom and advise when it's necessary to seek medical help. This book is fully endorsed by the BMA with vital information on how the body works and what to do to maintain general health and fitness. 'A welcome addition to any household'
BMA Medicines and Drugs		Fully updated quick-reference guide to drugs for anyone wanting to know more about the medication they're taking from Britain's leading authority, the BMA. It is jargon-free and easy-to-follow, you can get all the vital information you need on 2,500 of today's prescription and over-the-counter drugs fast. You can find advice on understanding and using medicines and learn how they work, what they treat, their risks, benefits, side effects, and how to use them safely and effectively. Plus, get detailed descriptions and facts on 260 commonly used medicines including 15 new drugs like trastuzumab (Herceptin[registered]), as well as the latest anticancer, arthritis treatments and travel immunisations. It has essential guidance for anyone taking medication, or wanting to know more about the major drugs used in common medical practice. It is perfect for the family bookshelf.

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BMA When Your Child is Ill		This is an updated quick-reference BMA visual medical guide to children's symptoms and their treatment. From asthma to chicken pox, learn to look after your little people with this at home guide for parents, covering childhood diseases and disorders. Comprehensive question-and-answer charts help you make informed decisions about your child's health, giving you the confidence to know when to visit a doctor or hospital, or to treat them yourself. Plus, updated advice on first aid, specially tailored for children, gives you the knowledge you need instantly if your baby or child gets hurt. It is suitable for parents and carers of children of any age.
Control Stress - Stop Worrying and Feel Good Now (book & CD)	Paul McKenna	Everyone has some degree of stress in their life, but hardly anyone has the skills to deal with it. An astonishing 50 per cent of the reasons why people go to the doctor are stress-related, and one recent scientific study showed that in the current economic climate, more people are missing work from stress-related problems than ever before. Read this book and, as a result of having greater control over the stress in your life, you will feel better and live longer. Your immune system will be stronger, your stamina will be significantly increased, and you will make better decisions. Better still, the overall quality of your life will be significantly enhanced! More than just a book, this is a stress control system, with a powerful hypnosis CD that will help you achieve deep states of relaxation, have more energy and be more effective in your everyday life. Over 25 years of research and months of careful scripting, Paul McKenna has created a daily companion that will allow you to access your body's natural capacity for instant calm. As you learn to change your response to stress and worry, you v
Coping Successfully with Pain	Neville Shone	If you're one of the thousands of people who suffer from pain, this book is for you. Whether it's arthritis, fibromyalgia, backache or migraine, whatever the cause, even if it can't be diagnosed, you can find relief. This is a practical guide to taking charge of your life again. Step by step you can overcome your fears, improve your confidence, and lead a more mobile, more active life.
Coping with Cancer at Home	West London Cancer Network	A directory for resources for people with cancer and their families.
Depression- The Way Out of Your Prison	Dorothy Rowe	Dorothy Rowe show us that depression is not an illness or a mental disorder but a defence against pain and fear, which we can use whenever we suffer a disaster and discover that our life is not what we thought it was. Depression is an unwanted consequence of how we see ourselves and the world. By understanding how we have interpreted events in our life we can choose to change our interpretations and thus create for ourselves a happier, more fulfilling life.

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Diabetes	Azmina Govindji & Jill Myers	New edition of this excellent collection of low sugar, low fat, carbohydrate counted recipes to help manage diabetes. The right diet is the foundation for successful management of Diabetes. This revised edition is a cookbook containing over 200 recipes as well as a comprehensive guide to living well with diabetes. Published in association with the British Diabetic Association, it contains their very latest health care and nutrition advice:
Easy Way to Stop Smoking	Allen Carr	The revolutionary international bestseller that will stop you smoking – for good. ‘If you follow my instructions you will be a happy non-smoker for the rest of your life.’ That's a strong claim from Allen Carr, but as the world's leading and most successful quit smoking expert, Allen was right to boast! Reading this book is all you need to give up smoking. You can even smoke while you read. There are no scare tactics, you will not gain weight and stopping will not feel like deprivation. If you want to kick the habit then go for it. Allen Carr helped millions of people become happy non-smokers. His unique method removes your psychological dependence on cigarettes and literally sets you free. Accept no substitute. Nine million people can't be wrong.
Embracing the Fear: Learning to Manage Anxiety and Panic Attacks	Judith Bemis	This book provides a good combination of personalised accounts and plans for action. It also emphasises the "inner dialogue", helping people to build up more "self-nurturing" ways of thinking.
Feel the fear and do it anyway	Susan Jeffers	Internationally renowned author, Susan Jeffers, has helped millions of people around the globe to overcome their fears and heal the pain in their lives. Such fears may include: Public speaking; Asserting yourself; Making decisions; Intimacy; Changing jobs; Being alone; Ageing; Driving; Losing a loved one; and Ending a relationship. But whatever your anxieties, "Feel the Fear and Do it Anyway" will give you the insight and tools to vastly improve your ability to handle any given situation. You will learn to live your life the way you want - so you can move from a place of pain, paralysis and depression to one of power, energy and enthusiasm. This inspiring modern classic has helped thousands turn their anger into love - and their indecision into action - with Susan Jeffers' simple but profound advice to 'feel the fear and do it anyway'.
Feeling Good	David Burns	A drug-free guide to curing anxiety, guilt, pessimism, procrastination, low self-esteem, and other depressive disorders uses scientifically tested methods to improve mood and stave off the blues

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Hot stuff to help Kids Chill out- anger management	Jerry Wilde	This book offers a unique approach to one of the most pressing problems of our time...anger in children and adolescents. Child psychologist, Dr. Jerry Wilde, speaks directly to kids in a language they can easily understand. This is a very practical and easily understood book that shows kids how they create their angry feelings and how they can help themselves calm down. A highly useful manual
How to Stop Worrying and Start Living	Dale Carnegie	Worry affects everyone and descends with ease upon work, money, family life and relationships. This book offers practical strategies for breaking out of this destructive habit, before it breaks you. Dale Carnegie shows how worry has been conquered by thousands, some famous, but most just ordinary people, and offers practical suggestions for leading a more positive and enjoyable life. Worry-free tips include: fundamental facts you should know about worry - a magic formula for solving worry situations - how to eliminate fifty per cent of your business worries - seven ways to cultivate a mental attitude that will bring you peace and happiness - how to keep from worrying about criticism - six ways to prevent fatigue and worry - personal tips from those who have conquered worry. Try his methods today and this book could change the way of your future.
I can make you SLEEP (book & CD)	Paul McKenna	Would you like to sleep really well? Would you like to stop your mind racing and feel calm? Would you like to stop the disruption of waking in the night? Would you like to know what to do if you wake up in the night? Would you like to be able to sleep when you want to? Would you like to awaken full of energy? THEN THIS BOOK AND CD ARE FOR YOU!
I can make you THIN (book & DVD & CD)	Paul McKenna	Would you like to eat whatever you want and still lose weight? Would you like to feel really happy with your body? Are you unable to lose those last 10 pounds? Do you find it difficult to say no to second helpings? Do you get disheartened about your eating habits and your weight? Then this amazing book and CD can help you! Welcome to a revolutionary way to stop overeating, control cravings and feel totally motivated to take exercise. Paul McKenna has developed a breakthrough weight-loss system that re-patterns your thoughts, attitudes and beliefs about yourself, your health and food to help you easily take control of your diet and lose weight permanently. As you use Paul's amazing system, the latest psychological techniques will automatically help you to start losing weight straight away! You can use it again and again to make you feel happier about yourself as you go all the way to your ideal shape, size and weight.

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Irritable Bowel solutions	Prof John Hunter	Irritable bowel syndrome (IBS) is one of the most common gastrointestinal disorders, but it is puzzling for those who have it and for the doctors who treat it. The term 'irritable' is used to describe the reaction of the muscles in the intestine, which respond to stress by abnormal contractions which may result in various combinations of the three main symptoms of IBS: pain, diarrhoea and constipation. There is no test that can show whether or not you have IBS. Nor is there any clear-cut cure for the disorder. However treatment can relieve the symptoms and, with support from your doctor, you can learn to live with it.
Living with Bereavement	Alex James	Alex James is an experienced professional bereavement counsellor/consultant who has been working with bereaved individuals and families for many years. Specialising in sudden traumatic bereavement, Alex has worked for agencies as a trauma support worker, trainer and voluntarily for a charitable trust supporting those impacted by road death. A key part of Alex's work has been with online bereavement groups where she offers confidential e-mail support 365 days a year. Alex has appeared on national and local radio and is the author of Living With Bereavement.
MIMS May 2009		
Mind Over Mood	Greenberger and Padesky	Draws on the authors' extensive experience as clinicians and teachers of cognitive therapy to help clients successfully understand and improve their moods, alter their behavior, and enhance their relationships
Moving On (Breaking up without breaking down)	Suzie Hayman	One in three marriages ends in divorce. Cohabitation, marriage, divorce and re-marriage are becoming a normal part of the pattern of everyday life. However, the effects of such a pattern on the adults and children involved can be extremely detrimental if handled badly. In the Relate Guide to Moving On, Suzie Hayman draws on her many years experience as a Relate counsellor and agony aunt and provides information, advice and practical strategies to help you cope, as positively as possible, with the stress of breaking up with your partner. You will learn how to manage negative feelings, help your children through the difficult process, communicate with your partner and children throughout, cope with shared parenting responsibilities and sort out financial issues. Sympathetic, sound and full of positive, practical advice, this is an invaluable guide for all those facing the breakdown of their relationship.

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New Toddler Taming	Dr Christopher Green	Many parents wonder how the sweet, chubby baby which gurgles happily at them for the first twelve months changes so suddenly into a bellowing, tantrum prone, heel drumming, carpet biting toddler. What's gone wrong? Whose fault is it? What can be done about it? Dr Christopher Green's classic bestseller has been revised and updated to answer these questions and others like them in a way that parents of the twenty-first century will instantly grasp. Dr Christopher Green quickly calms fear of 'abnormal' bad behaviour, points out the inevitable strains of bringing up children and offers invaluable practical advice on all fronts from sleeping problems and tantrums to toilet training. This new edition also includes updated information on childhood eating habits, sibling rivalry and discipline. Light-hearted and authoritative, "New Toddler Taming" is a must for family sanity!
On Becoming A Person	Carl R. Rogers	Finding the path to personal growth and harmonious maturity. In this book, one of America's most distinguished psychologists describes his experiences in helping people to discover the path to personal growth through an understanding of their own limitations and potential.
Overcoming Agoraphobia	Mellisa Murphy	Fear, essential for the survival of the species, is built into our DNA, but when this primitive instinct gets out of control, the resulting anxiety can be paralysing. Agoraphobia is a common complication of anxiety disorder, twice as common in women than in men, and literally means a fear of open spaces. But the reality for house-bound sufferers is a crippling fear of leaving the safety zone of the home in case a panic attack occurs. Agoraphobics are by definition isolated from the help they so desperately need, and friends and family are not always sympathetic. "Overcoming Agoraphobia" aims to help agoraphobics redefine their safety zone, so that no matter where they are, they are, they retain a sense of safety and calm. It covers the latest medical research and treatments, as well as practical issues such as work, benefits and disability badges. Topics include: symptoms and triggers; how to access help from your doctor, and medication; avoiding isolation - what to tell family, friends and colleagues; body matters - including nutrition, fitness and

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Overcoming Childhood Trauma	Helen Kennerley	A self-help guide using cognitive behavioural techniques. CBT treats emotional disorders by changing negative patterns of thought. This book is for those who have suffered abuse in childhood and who now struggle with the legacy of this. Abuse in childhood can be the source of enduring difficulties for many, whether the abuse was emotional, physical or sexual in nature. This book will help the sufferer understand the links between past trauma and present difficulties and will offer ways to gain control over these problems, allowing the reader to deal with intrusive memories, manage mood swings and build better relationships in adulthood.
Overcoming Chronic Pain	Cole, Macdonald	Chronic pain does not need to dominate your life. The health team behind this book has established a self-help method based on techniques tested with patients in <u>community and hospital programs</u> .
Overcoming Depression	Paul Gilbert	A self-help guide using Cognitive Behavioral Techniques, this book is full of step-by-step suggestions, case examples and practical ideas for gaining control over depression and low mood; it is an indispensable guide for those affected, their friends and families, psychologists and those working in the medical profession.
Overcoming Insomnia and Sleep Problems	Colin Espie	Being unable to sleep is one of the most common health problems - one in 10 adults and 1 in 5 of those over the age of 65 suffer from insomnia. Billions of pounds are spent worldwide each year on prescribed medications and over-the-counter remedies, often with little real benefit to the sufferer. Extensive research conducted over 25 years has now established cognitive behavioral therapy as the treatment of choice. For the first time these CBT principles have now been brought together into one comprehensive self-help manual. This manual teaches you how to ensure your bedroom encourages a good night's sleep; how to develop good pre-bedtime routines; how to deal with a racing mind; and how to relax. It helps in establishing a new sleeping and waking pattern. It teaches us how to make effective use of sleeping pills and also helps in dealing with special problems including jet lag and sleepwalking.

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Overcoming Social Anxiety and Shyness	Gillian Butler	Step-by-step guides to self-improvement that introduce the methods of the highly regarded cognitive behavioural therapy technique to help readers conquer a broad range of disabling conditions—from worry to body image problems to obsessive compulsive disorder and more. The accessible, straightforward, and practical books in the "Overcoming" series treat disorders by changing unhelpful patterns of behaviour and thought. Cognitive behavioural therapy (CBT) was developed by psychiatrist Aaron T. Beck and is now internationally favoured as a practical means of overcoming longstanding and disabling conditions, both psychological and physical. CBT insists that our "thoughts" cause our feelings and behaviours. Even when our situation does not change, if we change the self-defeating ways we think, we can make ourselves feel better. This positive, pragmatic approach is popular with therapists and patients alike. Books in the "Overcoming" Series: highlight the history and background of the disorder, who is likely to be affected, and what the main symptoms are provide a structure
Panic Attacks	Christine Ingham	Our guide explains what panic attacks are, why they happen and what every sufferer can do to empower themselves, regain control and make panic a thing of the past. Containing a broad range of topics including: what to do during an attack; what's happening during an attack; self-help to prevent attacks from developing; information for friends & relatives about panic attacks lifestyle, therapies and complementary therapies.
Sectioned A life interrupted	John O'Donoghue	"I've been sectioned five times, in and out of asylums, homeless hostels, squats and on the streets. I nearly hit the end of the road...But then, almost overnight, my life turned around. <u>Sectioned is my story.</u> "
Self Help for Your Nerves: Learn to Relax and Enjoy Life Again by Overcoming Stress and Fear	Claire Weekes	Dr Claire Weekes offers comprehensive advice for coping with nervous stress by illustrating how simply nervous illness can begin and then developing a practical programme for its cure. Self Help for your Nerves shows us how to dispel feelings of bewilderment and fear and start building confidence and understanding. This world-renowned book is recommended by doctors and is used in medical clinics around the globe. It has been published in eight different languages and is an international bestseller.
Self-esteem Games	Barbara Sher	The key ingredient in children's development, emotionally, socially, and intellectually, is a strong sense of their own self-worth. The 300 games and activities in this fun book will give them just that. These joyful activities help children learn how to make friends, express feelings, trust others, accept themselves, use their imaginations, and more. The book combines upbeat, positive advice—including tips for better parenting—with step-by-step directions for each activity.

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Social Skills Games for Children	Deborah M. Plummer	Featuring a wealth of familiar and easy-to-learn games, this practical handbook is designed to foster successful social strategies for children aged 5-12, and will help adults to understand and reflect constructively on children's social skills. The book covers the theory behind the games in accessible language, and includes a broad range of enjoyable activities: active and passive, verbal and non-verbal, and for different sized groups. Deborah Plummer addresses issues that might arise when supporting children with a range of communication differences, including children with learning differences, and offers a variety of cognitive and behavioural strategies to help children to reinforce the skills explored in the games. This is an ideal resource for teachers, parents, carers and all those working to improve the social skills of children.
Stick up for yourself Kids guide to self-esteem	Gershen Kaufman	Simple words and real-life examples teach assertiveness, responsibility, relationship skills, choice making, problem solving, goal setting, anger management, and more. Children learn how to stick up for themselves with other kids (including bullies), siblings, even grown-ups.
Stop Arguing Start Talking	Susan Quilliam	Aims to help couples break free of old patterns of behaviour and avoid using words as weapons when the going gets tough. Encourages upfront discussion rather than resorting to nagging, and to bring discussion rather than confrontation back into your relationship.
Surviving Postnatal Depression	Cara Aiken	Research indicates that at least one in ten mothers experience post-natal depression, yet there is little help available to sufferers. This book aims to help them, and the professionals who work with them, to understand this illness. The book tells the stories of ten women from very different backgrounds - including the author - who have suffered post-natal depression. Their stories should be a source of strength and hope for other sufferers and should also raise awareness of the illness and the destructive effect it can have on individuals and families. The book offers positive suggestions and practical advice, based on personal and professional experience.
THE HUMAN BODY book (only reference / not for loan) dvd inside is for loan	DK	The human body in all it's glory is introduced in a novel way... this is not the first book or DVD about the human anatomy, but one of the most entertaining.

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The Pain Survival Guide: How to Reclaim Your Life	Turk, Winter	If you suffer from chronic pain, this proven 10-step program brings hope and relief, showing you how gradual changes in specific behaviours can lead to great improvements in your ability to cope. The key lessons in this book include: Uncovering some of the myths about pain and the deceptive ways it fools your body into unconstructive behaviour; Pacing your activity, so you build strength without overdoing or underdoing it; Learning how to induce deep relaxation so you can begin to enjoy life again; Dealing with disturbed sleep and chronic fatigue; Improving your relations with family and friends, and soliciting support; Changing your habitual behaviours in ways that reduce pain; Combating the negative thinking that often accompanies pain; Regaining your self-confidence and trust in yourself; The power of goal-setting and humor; Dealing with the inevitable relapses and setbacks once improvement has set in. Workbook exercises, behavior logs, and suggested readings help you integrate these lessons into your daily life and learn to live well despite pain.
The Relaxation & Stress Reduction Workbook (6 th edition)	Martha Davis, Ph.D., Elizabeth Robbins Eshelman, MSW, Matthew McKay, Ph.D.	Simple, concise, step-by-step directions for the mastery of: progressive relaxation, self-hypnosis, meditation, autogenics, visualisation, refuting irrational ideas, nutrition, coping skills training, biofeedback, exercise, assertiveness, thought stopping, time management...
The Secret of the Brain Chip (The self-guide for people experiencing psychosis)	Marc De Hert...	An easily accessible medium (comics, although there is prose, poetry and medical text in there as well), made by professionals wanting to reach out to vulnerable, mentally ill patients who might not otherwise seek medical advice.
The Young Mind	Sue Bailey	Now, in this timely new book, mental health experts provide invaluable information and guidance for concerned parents, teachers and young adults. With chapters covering subjects such as child and adolescent development, parenting skills, problems at school, emotional health and wellbeing, this book also looks specifically at some of the most distressing problems facing young people today, including anxiety and stress disorders, drugs, alcohol, self-harm and psychosexual development.

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Treat Your Own Back	Robin McKenzie	This easy-to-follow patient handbook which has sold over 3 million copies and has been translated into 17 different languages provides the reader with an active self-treatment plan to resolve and manage back pain. Now in its 6th edition, Treat Your Own Back has probably helped more people achieve freedom from back pain than any other publication. Several scientific studies show that after reading and complying with information provided in Treat Your Own Back, patients experienced great pain reduction, reduced rates of recurrence of painful episodes and were able to prevent the onset of back pain. The programme of care described in Treat Your Own Back provides all the recommended low back pain treatment protocols as suggested in current international guidelines. Treat Your Own Back & Treat Your Own Neck have been awarded Gold Bestseller status in the Premier New Zealand Bestsellers Awards, accredited by Booksellers New Zealand.
Treat Your Own Neck	Robin McKenzie	This book addresses many of the problems associated with neck related pain, including headache. It outlines active patient exercise and prevention programmes for various types of neck pain. Like Treat Your Own Back, it provides education and understanding to help prevent recurrence of symptoms. Treat Your Own Neck & Treat Your Own Back have just been awarded Gold Bestseller status in the Premier New Zealand Bestsellers Awards, accredited by Booksellers New Zealand.
Understanding Panic Attacks	Dr Roger Baker	This practical book helps the reader towards an in-depth understanding of panic. In clear and concise language it describes a psychological self-help programme for panic sufferers.
What makes me me?	Robert Winston	Join Robert Winston on a unique journey, exploring the mind as well as the body, to reveal the astonishing reasons <u>why every single one of us is different.</u>
What to do when you worry too much- kids guide	Dawn Huebner	"What to Do When You Worry Too Much" is an interactive self-help book designed to guide 6-12 year olds and their parents through the cognitive-behavioural techniques most often used in the treatment of generalized anxiety. Engaging, encouraging, and easy to follow, this book educates, motivates, and empowers children to work towards change. It includes a note to parents by psychologist and author Dawn Huebner, PhD.
You'll Get Over It - 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.

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Your Pregnancy Bible	Dr Anne Deans	Having a baby is probably the most important thing that you will ever do, so it's worth planning ahead to get you and your baby off to the best possible start. Dr Smith explains the considerations and factors that you should be aware of in the progression of a pregnancy, from planning to becoming pregnant right through to the first days that you spend with your newborn baby. This is a comprehensive and understandable book that should be useful to those planning a pregnancy, and to expectant mothers and their partners.
DVDs		
DVD The Human Body	DK	
DVD The Pilates Body	Lynne Robinson	
DVD Risking It Copy	BHF	
DVD 10 min solution - Target toning for Beginners	anchorbay	
DVD 10 min solution - Yoga	anchorbay	
DVD 10 min solution - Pilates	anchorbay	
DVD/ CD-ROM Medicine in Literature	Wellcome Trust	
DVD Pilates for Beginners	Lynne Robinson	
DVD Body Control Pilates the core workout	Lynne Robinson	
DVD Control Pilates the back to basics workout	Lynne Robinson	
Body Control Pilates The stretch workout	Lynne Robinson	
Body Control Pilates the upper body workout	Lynne Robinson	

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Body and Control Pilates the bun and thigh workout	Lynne Robinson	
CDs		
CD Body and Soul Music	relaxation, to balance your life	
CD Complete Relaxation	by G. Harrold	
CD Feel The Fear and Do It Anyway	Susan Jeffers	
CD and Book Simply Yoga	Yolanda Pettinato	
CD Stress Free Relaxation	Louise Hay	
CD Total Relaxation Guided meditations	Meditainment	
CD Magical Relaxation	F. Karlson	
CD Deep relaxation	by Paul McKeena	
CD Complete Family Health Guide (BMA)		
CD Malaria Matters (Best practice in malaria prevention advice – educational CD-ROM)		
BMA Family Doctor Book Series		The Family Doctor series are an excellent resource for patients. Clear, concise, up-to-date and written by leading experts, they are the current gold standard in the increasingly important field of patient information.
ADHD, Autism, Dyslexia and Dyspraxia		

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Alcohol and drinking problems		
Allergies		
Angina & Heart Attacks		
Anxiety & Panic Attacks		
Arthritis & Rheumatism		
Asthma		
Back Pain		
Blood Pressure		
Bowels		
Childrens Behaviour		
Childrens Illnesses		
Cholesterol		
COPD		
Deafness and tinnitus		
Depression		
Diabetes		
Eating disorders		
Eczema		
Epilepsy		
Eyes: Cataracts & Glaucoma		
Food & Nutrition		
Forgetfulness and dementia		
Heart Failure		
Heart surgery		
Hip and knee arthritis surgery		
Indigestion & Ulcers		
Irritable Bowel Syndrome		
Menopause & HRT		
Migraine		
Osteoporosis		
Parkinsons Disease		
Pregnancy		
Prostate Disorders		
Psoriasis		
Skin – sunlight and skin cancer		

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Stress		
Teeth & Mouth		
Thrush, Cystitis & WGS		
Thyroid Disorders		
Urinary incontinence		
Varicose Veins		