

## **HEALTH**

Updated September/10

H 1

**Menopause - make it easy** / Kendra Sundquist

**1992** ISBN 187553105X

Contains information about myths, stages and symptoms of menopause and therapies including HRT [hormone replacement therapy], calcium, and other healthy living regimes.

H 2

**Journey to wholeness** / Barbara Marie Brewster

**1992** ISBN 0962860816

A personal journey of the author's life coping with Multiple Sclerosis.

H 3

**Up the duff** / Kaz Cooke

**1999** ISBN 0670882895

The real guide to pregnancy. Kaz Cooke gives you the up-to-date lowdown on pregnancy, birth and coping when you first get home. No bossy-boots rules, just lots of cartoons and the soundest, sanest wittiest advice you'll ever get.

H 4

**Cancer doesn't have to hurt : how to conquer the pain caused by cancer and cancer treatment** / Pamela J Haylock and Carol P Curtiss

**1996** ISBN 0897932137

Patients and their families can take control of the treatment for the pain of cancer by communicating with doctors, understanding the options for medication and surgery, and for other methods of pain relief including massage, exercise, visual imagery and music therapy. The specific needs of children, the elderly, and people with other health and emotional problems beside cancer, are addressed

H 5

**Pain, illness, self-esteem, survival** / Harold Peak

**1991**

For those who suffer illness and their relatives. Produced in response to a request to have available a simple way for patients to gain some insight into the very complex problems which face the sick, as well as the relatives and friends dealing with sickness.

H 6

**The silver years : practical advice for a rewarding later life** / Ainslie Meares

**1988** ISBN 0864361157

A series of articles (and poems) explores the changes associated with retirement, loneliness, coping with stress, personal and family relationships and the quality of life experienced by older people.

H 7

**The Healthsharing reader** / Healthsharing Women

**1990** ISBN 0044421540

Women speak about health. This book acknowledges the truth and importance of women's lives and the effect of health on women's daily living.

H 8

**Women and sex** / Anne Hooper

**1986** ISBN 0859695174

This book is for women who know something has gone wrong with their sexual response and fear that this is affecting the quality of their emotional life. It covers all age groups.

H 9

**Why me? : the real-life guide to infertility** / Lorraine Brown

**1998** ISBN 0731806875

Explains assisted reproductive technologies (IVF [in vitro fertilization], artificial insemination and others including alternative therapies) for the treatment of infertility and explains the problems, experiences and issues for successful and unsuccessful patients.

H 10

**Sharing the load : what to do when someone you love is depressed** /

Gwendoline Smith

**1996** ISBN 086806629X

Explains psychiatric therapy, medications, alternative therapies, and spiritual counselling of carers, mothers with post-natal depression (and fathers), and adolescents suffering from depression and offers guidance for families and friends.

H 11

**HRT : is it for me?** / Raelene Allen

ISBN 1875531769

All your questions answered about hormone replacement therapy.

H 12

**Every girl** / Dr Derek Llewellyn-Jones and Suzanne Abraham

ISBN 0195507819 New 3rd edition

Emphasises the importance of a healthy lifestyle. It includes extensive new material on eating disorders, sexually transmitted diseases, sexual assault, psychological problems, drugs, and exercise disorders.

H 13

**Birth After Caesarean - Unlimited Possibilities [BACUP]** / edited by Coralie

Daniels ISBN 0646322613

Stories to encourage and inspire.

H 14

**Sex for life** / Dr Gary Aaron

**1999** ISBN 1864365285

Men's health issues. Covers the basics from anatomy and common physical causes of impotence to the latest treatments including vascular surgery and Viagra.

H 15 (2 copies A & B)

**Out of the blues : a new approach to helping women overcome depression** /

Zita Annette Weber

**2000** ISBN 1875574379

Ideas and theories about depression are presented and stories of women who share their experiences of depression as a result of relationship problems and loss, and their ways of coping are told.

H 17

**Overcoming anxiety, panic, and depression : new ways to regain your confidence** / James Gardner and Arthur H Bell

**2000** ISBN 1564144356

Understanding the physiological connections, genetic inheritance and external

influences on the mental disorders of anxiety, panic attacks, and depression and also understanding the assessment and conventional and alternative treatments available can help with the journey to recovery.

H 18

**The last taboo** / Suzane Fabian

**1986** ISBN 0140087400

Suicide among children and adolescents.

H 19

**The baby machine** / edited by Jocelynn A Scutt

**1990** ISBN 1854250531

Reproductive technology and the commercialisation of motherhood.

H 20 (2 copies A & B)

**Fat is a feminist issue : how to lose weight permanently – without dieting** /

Susie Orbach

**1988** ISBN 0099388308

Eating problems such as compulsive eating, bulimia and anorexia can be overcome by addressing body-image issues, understanding the emotional reasons for eating disorders, and learning how to stabilize weight.

H 21

**Adult children of alcoholics** / Janet Geringer Woititz

**1990** Expanded edition ISBN 1558741127

Adult children of dysfunctional families affected by alcoholism are encouraged to remember their childhood experiences, evaluate their present circumstances, break the cycle of abnormal behaviour patterns, and consider their own children.

H 22

**Test-tube women : what future for motherhood?** / edited by Rita Arditti, Renate Duelli Klein and Shelley Minden

**1989** 2<sup>nd</sup> edition ISBN 0044404298

Women are the target of reproductive technology but who really benefits? The social issues of reproductive rights, exploitation, research implications, surrogacy, motherhood choices, abortion, sex selection, reproduction for people with disabilities, hazards of childbearing, single and lesbian mothers, and feminist issues are discussed.

H 23

**The blue day book : a lesson in cheering yourself up** / Bradley Trevor Greive

**2000** ISBN 0091842050

H 24

**Virtually yours : your guide to finding love in cyberspace** / Teresa Mannix

**2000** ISBN 1876120008

Internet dating, useful web sites, and chat room conventions and hazards are explained, and the author's experiences with five spicy cyber dates are recounted.

H 25

**Giving away the grog : Aboriginal accounts of drinking and not drinking** /

collected and edited by Maggi Brady

**1998** ISBN 064445458X

Aboriginal people tell of becoming problem drinkers, of social pressures, of alcohol-related behaviour, of reasons for abstaining from alcohol, of support and difficulties and political aspects of drinking.

See also H 53 'The grog book'

H 26

**Making peace with food** / Susan Kano  
ISBN 0934011850

H 27

**Mid-life - it's okay** / Diane Bennett and Deirdre Degeling  
ISBN 1862560390

A friendly book that debunks the myths of menopause and tells you how to ensure health and happiness in the middle years and beyond. A positive guide for every woman.

H 28

**Strong women, strong bones : everything you need to know to prevent, treat and beat osteoporosis** / Miriam E Nelson  
2000 ISBN 0734401345

H 29

**Women's trouble** / Ruth Trickey and Kaz Cooke  
1998 ISBN 1864486945

Kaz Cooke has got together with Ruth Trickey, a respected herbalist and natural therapist to produce this book on "women's troubles". As expected –it is fun to read yet sensible and thorough and helps you make your own decisions about treatment. It explains the self-care, natural therapies and medical solutions for a huge range of 'women's troubles'.

H 30

**I'd change my life if I had more time : a practical guide to making dreams come true** / Doreen Virtue  
1996 ISBN 1561703214

By changing our life priorities, we can access more free time, streamline our schedules, receive loving support from family and friends, boost our self-confidence, reduce our fear of failure, increase our intuitive powers, and lead richer lives.

H 31

**Australian women at the Olympic Games** / Dennis H. Phillips  
1996 2<sup>nd</sup> edition ISBN 0864178018

Celebrates the achievements of Australian women athletes at the Olympic Games from 1912 to 1996.

H 32

**Why M.E.? [Myalgic encephalomyelitis or Chronic fatigue syndrome] : a guide to combating post-viral illness** / Belinda Dawes and Damien Downing  
1994 ISBN 0586206663

Diagnosis, and ways to help recovery (diet, allergy desensitisation, Candida and parasite infection control, emotional factors, lifestyle changes, and family relationships and support, and moving to another environment) are discussed.

H 33

**Taking responsibility : self-reliance and the accountable life** / Nathaniel Branden  
1997 ISBN 0684832488

Mature adults take responsibility for their physical, emotional, intellectual and spiritual lives and understand the boundaries of this responsibility.

H 34

**Nutrition for life** / Catherine Saxelby  
ISBN 1864980575

H 35

**The new 'Our bodies, ourselves' : a health book by and for women** / Angela Phillips and Jill Rakusen

**1989** 2<sup>nd</sup> British edition ISBN 0140138749

This large book on women's health is divided into seven sections: **Taking care of ourselves** (body image, sexuality and reproduction, diet, drugs, exercise, alternative medicine, mental health, occupational health, and violence), **Relationships and sexuality** (heterosexual, lesbian, problems), **Controlling our fertility** (contraception, pregnancy diagnosis, abortion), **Childbearing** (pregnancy, childbirth and after, infertility and miscarriage), **Women growing older, Some common and uncommon medical and health problems** (gynaecological and urinary problems, breast diseases, cancer, life threatening illnesses, and medical tests, procedures and operations), **Women and the medical system** (politics, change, and international awareness).

H 36

**Second start : challenge and change in mid-life** / Hazel Edwards

**1987** ISBN 0140093389

Explores responses to planned and unplanned changes in lifestyle of men and women in midlife.

H 37 (2 copies A & B)

**Early breast cancer : a consumer's guide** / Mark Ragg for National Health and Medical Research Council (Australia)

**1995** ISBN 0642233810

Breast cancer statistics, diagnosis, tests, and treatments with common questions answered. **Updated version** titled '**All about early breast cancer**' **1996** ISBN 0958673233 available at

<http://www.nbcc.org.au/pages/info/resource/nbccpubs/earlybc/contents.htm>

H 38

**Contraception : a user's handbook** / Anne Szarewski

**1998** 2<sup>nd</sup> edition ISBN0192861956

Covers the advantages and drawbacks of contraceptive ways of avoiding or spacing pregnancies such as hormonal methods (the Pill, injections, and implants), IUDs, barrier methods (diaphragms and condoms), natural family planning, emergency contraception, contraception during breastfeeding or when growing older, the 'male pill', and permanent contraception methods such as sterilization and vasectomy.

H 39

**Repetitive strain injury** / Emil Pascarelli and Deborah Quilter

**1994** ISBN 0471595330

A computer user's guide to OOS (Occupational Overuse Syndrome).

H 40

**Men's health : how men can live longer and fuller lives** / Ronald S Laura

**1998** ISBN 0731806239

Covers minor and major health problems affecting men including headaches, heart disease, smoking, tuberculosis, sports injuries, joint diseases, ME [Myalgic encephalomyelitis or chronic fatigue syndrome], side effects of medicine, stomach ulcers, flatulence, haemorrhoids, snoring and sleep disorders, skin cancer, ageing, baldness, cosmetic surgery, penile enhancement, penis diseases and malfunctions, impotence, circumcision, testicular varicose veins, and vasectomy.

H 41

**Alzheimer's Disease** / Paul S Aisen et al

1997 ISBN 187341336X

Questions and answers about Alzheimer's Disease (dementia).

H 42

**From surviving to thriving** / Andrew Fuller

1998 ISBN 0864312776

Promoting mental health in young people.

H 43

**Coping with breast cancer** / Robert H Phillips and Paula Goldstein

1998 ISBN 0895298589

A practical guide to understanding, treating, and living with breast cancer, this book covers the normal breast, definition of breast cancer, its diagnosis, treatment, and emotional responses, lifestyle changes, and relationship changes for women who contract it.

H 44

**Getting them sober : volume 1 : action guide** / Toby Rice Drews

1983 ISBN 0882705598

Suggestions for writing about and activities with expected results for partners and families of alcoholics.

H 45

**Nightmares that sing** / Marjorie Messenger

1995 ISBN 0867863609

A mother's story about her son who suffered from schizophrenia.

H 46

**Colour me beautiful : discover your natural beauty through colour** / Carole Jackson

1980 ISBN 0949773565

This is more than a beauty book. It will reveal the secret of your personal "colour" season and will show you the thirty colours in which you look best.

H 47

**Stress Management : a comprehensive guide to wellness** / Edward Charlesworth and RonaldG Nathan

1982 ISBN 0345327349

Helps you identify the specific areas of stress in your life-family, work, social, emotional- and offers proven techniques for dealing with every one of them.

H 48

**Real gorgeous : the truth about body and beauty** / Kaz Cooke

1997 ISBN 1864482265

Delivers no-nonsense information about size, shape, self-esteem and cellulite scam.

H 49

**Menopause : a positive approach using natural therapies** / Nancy Beckham

1995 ISBN 0670906352

The advantages and disadvantages of hormone replacement therapy (HRT) and its alternatives such as natural plant oestrogens, diet and calcium intake, osteoporosis, exercise, sexuality, and emotional problems which might be expected at menopause are discussed.

H 50

**Living with anxiety : a practical research-based plan for managing anxiety problems** / Bob Montgomery and Laurel Morris

**1992** ISBN 0850914256

General anxiety, panic and agoraphobia, phobias, social phobias, post-traumatic stress problems and obsessive-compulsive problems are covered.

H 51

**Women at the change : the intelligent woman's guide to menopause** /

Madonna Sophia Compton

**1998** ISBN 1567181716

The physical, psychological and emotional changes that a woman can expect at menopause are explained and the myths, literature, symptom relief methods such as hormone replacement therapy (HRT) and natural therapies, and other health matters are investigated.

H 52

**Snippets on sanity** / Marilyn Landau

**1997** ISBN 1876259167

Marilyn Landau's brief commentaries on mental health issues aim to show that, if given proper treatment, people with mental illness can lead reasonably normal lives.

H 53

**The grog book : strengthening indigenous community action on alcohol** /

Maggie Brady

**1998** ISBN 0642367299

Aboriginal and Torres Strait Islander people are provided with ideas and strategies for managing alcohol abuse in their communities. The history of alcohol use in Australia, the effects of alcohol, how to engage the community, prevention, awareness and training issues, controlled drinking and policy issues, managing violence and problem behaviour, licensing laws, services for people with problem drinking, and Aboriginal language words for alcohol are covered.

See also H 25 'Giving away the grog'

H 54

**Clued up too : helping young people with drug issues** / Christine Burrows

**1994** ISBN 0858090430

Provides clear, practical information for therapists and parents about alcohol and drug use by young people.

H 55

**Accepting ourselves and others : a journey into recovery from addictive and compulsive behaviours for gays, lesbians and bisexuals** / Sheppard B Kominars

and Kathryn D Kominars

**1996** Revised edition ISBN 1568381204

Addresses major recovery issues such as alternative models of addiction, the use of professional therapists, the use of medication, switching addictions, and HIV-positive and HIV-negative concerns and outlines a 12-step workbook approach for behaviour modification. Includes material for therapists.

H 56

**The A-Z of women's health** / Derek Llewellyn-Jones

**1983**

A comprehensive reference book of concise information about women's health matters.

H 57

**The book of massage : the complete step-by-step guide to Eastern and Western techniques** / Lucinda Lidell et al

**1984** ISBN 0852233086

Three different techniques of massage (basic, shiatsu and reflexology) are taught by description, illustration and photographs. Prenatal massage and massage for babies, older people, and athletes and also self-massage are covered. Body reading can indicate problem areas.

H 58

**Fat is a feminist issue 2** / Susie Orbach

**1984** New revised edition ISBN 009934260X

Understanding the meaning of food in a woman's life and learning how to distinguish between physiological and emotional hunger and how to respond appropriately is outlined with psychological exercises. Also has material for self-help groups.

H 59

**Overcoming overeating : conquer your obsession with food** / Jane R

Hirschmann and Carol H Munter

**1988** ISBN 0434981435

If you count yourself among the people who feel compelled to eat even though you're not hungry, this book is for you.

H 60

**Master stress/** Malcolm Newell

**1995** ISBN 0949142166

This simple book provides a simple remedy - you can end the ravages of stress in your life by understanding what is happening to you and how you can change your lifestyle.

H 61

**You and stress : a guide to successful living** / Bob Montgomery and Lynette

Evans

**1986** ISBN 0170061663

Relaxation, improved communication, assertiveness, recreation and exercise, insomnia reduction, better problem solving and time management, managed depression, loneliness, and job redesign can help reduce disabling stress.

H 62

**The relaxation response** / Herbert Benson

**1975** ISBN 0380006766

A simple meditative technique that has helped millions to cope with fatigue, anxiety and stress.

H 63 (2 Copies)

**Ourselves Growing Older : Women Ageing with Knowledge and Power** / edited by Jean Shapiro

**1989** British edition ISBN 0006373704

This discussion of the physical and emotional health of women aged over 35 includes ageing and well-being, body image, contraception, childbearing, sexuality and the menopause, the medical system, common illnesses such as hypertension, diabetes, hysterectomy, osteoporosis, arthritis and cancer, housing, employment and retirement, and financial matters.

H 64

**Love your disease - it's keeping you healthy** / John Harrison

**1986** ISBN 0207153205

Why do we suffer from illness? Do we prevent our own recovery? Can we heal ourselves?

H 65

**All about breasts** / Kerrie Lee

**1993** ISBN 1875531289

All about breastfeeding, keeping your breasts looking good, breast self examination and other tests, cosmetic surgery, coping with cancer.

H 66

**Losing weight after pregnancy : a step-by-step guide to postpartum fitness** /

Elisabeth Bing and Libby Colman

**1994** ISBN 1562828118

Covers self-image, exercise, diet and emotional responses after childbirth.

H 67

**Food** / Susan Powter

**1995** ISBN 0671892258

Learn how to turn food from the enemy into something you enjoy again. Get your family to eat right, shop easier and prepare lower-fat meals, without missing a thing, make the right great-tasting food choices, free from fear or guilt.

H 68

**Positive under pressure : how to be calm and effective when the heat is on** /

Gael Lindenfield and Dr Malcolm Vandenburg

**2000** ISBN 0722538170

Learn to understand and control your early warning signs of stress, achieve and maintain 'flow' state, say 'no' assertively, ask for your needs to be met, think positively, and relax yourself with a set of techniques you can use anytime, anywhere.

H 69

**I'm not in the mood : what every woman should know about improving her**

**libido** / Judith Reichman

**1999** ISBN 0688172253

A gynaecologist helps women to solve different sexual problems, providing a timely antidote for women experiencing a decrease of sexual desire and enjoyment.

H 70

**Stress free living** / Trevor Powell

**2000** ISBN 0751308382

The danger signs of stress, the sources of stress (including relationships, employment, health problems, bereavement, financial difficulties and caring for the elderly) and life skills to deal with stress are discussed and illustrated.

Assertiveness, managing time, rational thinking, improving relationships and self-care are covered.

H 71

**ACT children's oncology service directory** / ACT Cancer Society

**1998**

Contact details for counselling services, educational services, equipment and medical services, family support services, health, medical, nursing and hospital care services, organisations providing bereavement services, organisations providing financial assistance, organisations providing practical support, services in Sydney,

services for people from culturally and linguistically diverse backgrounds [NESB], support and social support organisations. For parents of children with cancer.

H 72

**Directory of services for people with a mental illness and their families in the ACT / ACT Mental Health Services and Mental Health Resource (ACT)**

**1998** 4th edition

Contains information and contact details for ACT government health departments and programs, accommodation, advocacy and lobby groups, child and family services, complaints, counsellors, crisis services, employment, legal matters, leisure activities, hospitals, psychiatrists, support, and training and education,

H 73

**Talking sexual health : a parent's guide / Judith Jones, Anne Mitchell and Jenny Walsh**

**1999** ISBN 064239394X

Adolescence and the physical, psychological and emotional changes, areas of concern, communication, sexual identification, STDs and safe sex, contraception and pregnancy, alcohol, drugs and sex, partnership with school.

H 74

**Early breast cancer : a consumer's guide / Mark Ragg for National Health and Medical Research Council (Australia)**

ISBN 0642233810

Breast cancer statistics, diagnosis, tests, and treatments with common questions answered. **Updated version** titled 'All about early breast cancer' **1996** ISBN 0958673233 available at

<http://www.nbcc.org.au/pages/info/resource/nbccpubs/earlybc/contents.html>

H 75

**Child Health and Development Service parent information booklet / CHADS**  
**1998**

Details of what the Early Intervention Service can provide for children who have delays in their development.

H 76

**Pregnancy care / NSW Health Department**

ISBN 0731005619 2nd edition

Planning and progress of pregnancy, checking for birth defects, antenatal care, practical matters, common complaints, complications in pregnancy, childbirth, coping at home.

Also at

[http://www.health.nsw.gov.au/health-public-affairs/mhcs/publications/Pregnancy\\_and\\_post\\_natal.html](http://www.health.nsw.gov.au/health-public-affairs/mhcs/publications/Pregnancy_and_post_natal.html)

H 77

**The invisible alcoholics : women and alcohol / Marian Sandmaier**

**1992** 2<sup>nd</sup> edition ISBN 0830638431

Gives information on women's drinking patterns and problems including legal issues and examines new research that challenge prevailing stereotypes of alcoholic women. Interviews illustrate the influence of attitudes and lifestyles on women's alcohol abuse.

H 78

**The courage to care : the impact of cancer on the family / Susanne Baxandall and Prasuna Reddy**

**1993** ISBN 1863550364

Family carers for people with cancer were asked to focus on three stages: at diagnosis, during medical treatment (important events) and after completion of treatment. The carers were caring for a life partner, a child or a parent. Communication, assertiveness and strategies for coping with change are illustrated by stories from 26 Australian carers.

H 79

**Miscarriage : what every woman needs to know : a positive new approach /**

Lesley Regan

**2001** Revised edition ISBN 0752837575

Covers definition, incidence, causes, recurrence, association with infertility, tests and treatments, and the emotional effects of miscarriage and preparing for another pregnancy.

H 80

**Stick figure : a diary of my former self /** Lori Gottlieb

**2000** ISBN 073361423X

The author retells her story as an 11-year old and discusses the social pressures, parental expectations, and images of bodily perfection which led to her suffering from anorexia.

H 81

**First steps to Alexander Technique /** Chris Raff

**2001** ISBN 1864761210

The Alexander Technique of body awareness and movement can lead to less pain and body restriction and easier performance of daily activities.

H 82

**My left breast : how breast cancer transformed my life /**Barbara Joss with Libby Harkness

**1999** ISBN 187641152X

An autobiographical account of breast cancer diagnosis, surgery, chemotherapy treatment, emotional responses, and breast reconstruction from an Australian businesswoman. Also includes doctor's opinions and men's responses as a partner.

H 83

**The good sleep guide : 10 steps to better sleep and how to break the worry cycle /** Timothy J. Sharp

**2001** ISBN 0140298215

A healthy lifestyle (diet, exercise, relaxation and emotional well-being) helps with sleep disorders such as insomnia (difficulty falling asleep or staying asleep), abnormal behaviour while asleep (sleep walking, teeth grinding and nightmares), and medical disorders. Illustrated by fictional characters.

H 84

**The puberty book : a guide for children and teenagers /** Wendy Davill and Kelsey Powell

**1998** Revised edition ISBN 0733609503

Covers the changes of puberty, sex and sexuality, health, relationships, pregnancy and birth by way of questions and answers in simple language.

H 85

**When Someone You Love Has a Mental Illness /** Rebecca Woolis

**1992** ISBN 0 87477 695 3

A handbook for family friends and caregivers.

H 85B

**Menopause/** researched by Dr Linda Wellberry and Marilyn Jenkins

**2001** produced by Family Planning ACT

An informative booklet on the changes and symptoms which may occur during menopause with information on both hormone replacement therapy and natural therapies. It also covers topics such as diet, exercise, sexuality and taking care of yourself.

H 86

**Depression / AMA**

**1998** ISBN 1 74033 1060

Symptoms, tests, diagnosis, self-help, lifestyle.

H 87

**Depression Lifting the Cloud / Dr Christine Read**

**2000** ISBN 1 875531 440

Major depression, dysthymia, manic depression, medication, psychotherapy, self-help.

H 88

**The Depression Workbook / M E Copeland**

**1992** ISBN 879237 32 6

A guide for living with depression and manic depression.

H 89

**Every Woman's Book on Menopause and the Hormone Replacement**

**Controversy / Teoh Eng Soon and Kristine Teoh**

**1999** ISBN 981 232 073 3

Today's woman has more options for a lifestyle filled with activity, good health and femininity.

H 90

**Sunshine on My Shoulders / Jan Sparks and Suzanne Pinder**

**1999** ISBN 0 7329 1018 8

A Woman's victory over agoraphobia.

H 91

**Making Mummy Better / Denise Scott**

**1999** ISBN 0 86786 315 3

A child's experience of post natal depression.

H 92

**A Blessing Not a Curse / Jane Bennett**

**2002** ISBN 1863513000

A mother- daughter guide to the transition from child to woman.

H 93

**Tell Me I'm Here / Anne Deveson**

**1998** ISBN 0140272577

The compelling story of a teenager who turns into a fearful and tormented young man, and the heart-rending story of a mother facing the realisation that her child is going mad.

H 94

**Calm Eating / Dr Rick Kausman**

**1999** ISBN1865087262

This book focuses on your attitudes (not your weight or body shape) to help you learn how to have a healthy and happy relationship with food.

H 95

**Menopause** / Family Planning ACT

**2001**

Researched by Dr Linda Welberry and Marilyn Jenkins

H 96

**Treat Yourself Right – Information for women with HIV & AIDS** / Positive Women Victoria

**2001** ISBN 187646099

H 98

**Power Over Panic** / Bronwyn Fox

**2000** ISBN 1740094875

Freedom from Panic & Anxiety related disorders. At the core of the book is a drug-free, simple and creative five-step method based on meditation and a mindfulness cognition technique.

H 99

**Who will I be When I Die?** / Christine Boden

**1999** ISBN 1863717331

The author was diagnosed with Alzheimer's at 46 years. This is the emotional, physical and spiritual journey in the three years since.

H 100

**Stop Walking On Eggshells** / Paul Mason & Randi Kreger

**1998** ISBN 157224108X

Taking your life back when someone you love has borderline personality disorder.

H 101

**Making Babies** / Warwick Carter

**2006** ISBN 10 1 7412 1685 0

A guide to fertility and conception providing clear information about the reproductive system, with separate sections for women, men and couples.

H102

**Women's Encounters With The Mental Health Establishment, Escaping The Yellow Wallpaper** / Edited By Elayne Clift

**2002** ISBN 0789015463

This Anthology gives voice to today's women so that their own encounters with the mental health establishment can be heard and learned from.

H102 B

**Women's Encounters With The Mental Health Establishment, Escaping The Yellow Wallpaper** / Edited By Elayne Clift

**2002** ISBN 0789015463

This Anthology gives voice to today's women so that their own encounters with the mental health establishment can be heard and learned from.

H 103

**Preventative Medicine: Reducing the Burden of Disease** / Edited by Dr Anthony F. Mariani

**2002** ISBN 0975016504

This publication reviews the common medical conditions prevalent in our community, with a particular emphasis on illness prevention.

H 104

**With A Little Help. Choosing and Assessing Mental Health Therapists** / Dr

Deborah Saltman /

1996 / ISBN 0 947277

Includes comments from consumers about their experiences with mental health care and interviews with service providers.

H 105

**Know Yourself, Heal Yourself** / Edmund Harold /

1994 / ISBN 0 670 90644 1

For lay person and healer who wish to have a greater understanding of themselves in body, mind and spirit.

H 106

**The SANE Guide to Staying Alive** / Sane Australia /

2003 / ISBN 1 875182 54 3

A guide for people with a mental illness who have suicidal thoughts.

H 107

**Australian Drugs info file** / Dr. Miriam Stoppard /

**2000** / ISBN 1 86466 443 7 /

Up to date information on the dangers of drugs warning signs to look out for and when to ask for help.

H 108

**Living with IT A Survivor's guide to Panic attacks** / Bev Aisbett /

**2003** ISBN 0 207 18040 7

Bev Aisbett a survivor of Panic Syndrome tells how to recognise and symptoms. Provides needed reassurance and support.

H 109

**Pregnancy, Childbirth & the Newborn** / Dr. Jonathon Morris /

**2001** ISBN 1 8651 5700 7

A complete guide for Australian women and addresses all the important issues regarding pregnancy, birth and the newborn. 190 photographs and illustrations.

H 110

**Beating the blues: a self-help approach to overcoming depression**/ Susan

Tanner and Jillian Ball/

**1991**/ISBN 0 646 36622 X

Using questionnaires, self-tests and case studies this book offers a step-by-step program for overcoming depression.

H 111

**Taming the Black Dog: a guide to overcoming depression**/ Bev Aisbett/

**2000** ISBN 0 7322 6757 9

Modelled on the authors Living with IT, this book provides information and practical tips on managing depression.

H 112

**Menopause/** Dr Miriam Stoppard/

**2001 /**ISBN 1 74033 360 8

An Australian guide to maintaining health, well-being and managing your life during menopause.

H 113

**Depression: The way out of your prison/**Dorothy Rowe/

**2003/**ISBN 1-58391-286-X

This book allows us to understand our depression which matches our experience and which enables us to take charge of our life and change it. Depression is an unwanted consequence of how we see ourselves and by the world. This book is for depressed people, their family and friends, and for all professionals and non-professionals who work with depressed people.

H 114

**Sometimes I act crazy. Living with Borderline Personality Disorder/** Jerold J.

Kreisman, M.D., and Hal Straus/

**2004/**ISBN 0-471-22286-0

This book is a great source of hope and practical advice for BPD sufferers and those who love them. This book offers proven techniques that help you manage mood swings, understand treatment options, improve self-esteem and control destructive impulses.

H 115

**Aging with Grace: The nun study and the science of old age/**David Snowdon

**2001/**ISBN 1-84115-292-7

This book combines cutting edge research on the brain with the poignant and inspiring stories of a group of nuns. Aging with grace shows that old age does not have to mean an inevitable slide into illness and disability; rather it can be a time of promise and productivity.

H 116

**Coping Well: Positive ways to deal with life-challenging disease/**Rubin Battino

**2003/**ISBN 1 876451 43 2

Coping well provides valuable support for anyone facing a serious illness, equipping both the sufferer and the carer with the resources required in such a difficult time. The book provides a holistic approach to healing, integrating psychological, spiritual and emotional dimensions.

H 117

**Managing Menopause/**By the editors of Prevention

**2001/**ISBN 1 57954 234 4

More than 100 home remedies for conquering symptoms and facing the future with confidence.

H 118

**My life as a side effect/** Milissa Deitz

**2004** ISBN 1 74057 031 3

A personal insight towards diagnosis, acceptance and management of depression. Includes testimonials of sufferers, interviews with medical professionals and information from support groups, including facts and strategies for dealing with depression on a daily basis.

H 119

**Overcoming Anorexia Nervosa /** Christopher Freeman

**2002** ISBN 1 85487 969 3

A self-help guide using Cognitive Behavioural Techniques to overcome anorexia by changing negative patterns of thoughts.

H 120

**The ultimate weight solution/** Dr Phil McGraw

**2003** ISBN 0 7432 3232 1

Strategies in how to identify the reasons for negative eating habits.

H 121

**Help Yourself – Move out of Depression and Anxiety/** Helga A.H. Rowe

**2000** ISBN 0 86431 348 9

A practical 12 step self-help program filled with effective strategies for change. Includes goal setting, positive self-talk and letting go.

H 122

**Bosom Buddies/** Gaye Croft

**2002** ISBN 0 7344 0330 5

Uplifting stories of breast cancer survival.

H 123

**Body Talk: A Power Guide for Girls/** Elizabeth Reid Boyd and Abigail Bray

**2005** ISBN 0 7336 1860 X

If you are tired of being talked about, judged, ignored or silenced, then this book is for you!

H 124

**Alternative Treatments for Arthritis/** Dorothy Foltz-Gray

**2005** ISBN 0 912423 47 1

This book gives provides information on alternative treatments for arthritis, including glucosamine, acupuncture, reiki – just to name a few.

H 125

**What Your Doctor May Not Tell You about Menopause/** John R. Lee & Virginia Hopkins

**1996** 0 446 671 44 4

An easy to follow, non-prescription hormone balance program. Describes the benefits of natural progesterone for menopausal women.

H 126

**Women Who Hurt Themselves/** Dusty Miller

**2005** ISBN 0 465 04587 1

This powerful and compassionate book focuses on women who harm themselves through eating disorders, self mutilation, compulsive cosmetic surgeries and other forms of chronic injury to the body.

H 127

**The Alzheimer's Handbook /** Professor Gerry Bennett and Dr Mark Jones

**2001** ISBN 0 09 185738 4

This book gives sufferers and their carers helpful information regarding diagnosis, treatment and care.

H 128

**Alternative Therapies for Pregnancy and Birth /** Pat Thomas

**2001** ISBN 1 84333 713 4

This book helps to explain the benefits of a wide range of alternative treatments that can be used along with conventional medicine, to help women make the best choice for them.

H 129

**Breaking The Bonds/** Dorothy Rowe

**1991** ISBN 0 00 637565 0

This book brings together 25 years of research about depression and how every one of us can take charge of our life to find the way to happiness, hope and freedom.

H 130

**How to Recover form Anorexia and other Eating Disorders /** Melinda Hutchings

**2000** ISBN 0 86806 706 7

A practical step-by-step guide through the process of recovery from anorexia and other related eating disorders.

H 131

**Strong Women, Strong Hearts /** Miriam E Nelson

**2005** ISBN 0 7344 0827 7

A comprehensive guide, with current advice on diet, exercise, stress reduction, and other key strategies for preventing and reversing heart disease in women.

H 132

**The Whole Lesbian Sex Book /** Felice Newman

2004 ISBN 1 57344 199 6 2<sup>nd</sup> Edition

A complete, all questions answered, guide/manual to lesbian and bisexual sexuality.

H 133

**Dying for a Cure /** Rebekah Beddoe

**2007** ISBN 978 1 74166 478 2

A memoir of antidepressants and misdiagnosis showing that the inappropriate use of antidepressants constitutes a major health risk.

H 134

**When Someone you Love is Addicted to Alcohol or Drugs /** Jim Maclaine

**2001** ISBN 1 86325 275 4

A guide, which provides advice and proven strategies that can help you reach out to someone you love and make a difference.

H 135

**It Will Never Happen to Me /** Claudia Black

**2001** ISBN 1 56838 798 9

A book for adult children of alcoholics. Helps the reader to acknowledge and overcome childhood survival roles that lead to self-defeating, destructive behaviours in adulthood.

H 136

**Transgenders and Intersexuals /** Lois May

**2005** ISBN 1 921037 07 5

A sexologist explores the latest findings, transgenders and intersexuals contribute their personal stories and police and activists tell their efforts to battle prejudice and discrimination directed at this small but important group of people.

H 137

**Trauma and Addiction /** Tian Dayton

**2000** ISBN 1 55874 751 6

Explores how unresolved childhood trauma is a primary cause of addiction and relapse. Describes an effective and compassionate method that leads to resolution and healing.

H 138

**You Can Heal Your Life** / Louise L. Hay

**2007** ISBN 10 1 4019 1209 5

The authors key message is "If we are willing to do the mental work, almost everything can be healed" She explains how limiting beliefs and ideas are often the cause of illness, and shows how you can change your thinking and improve the quality of your life.

H 139

**Women Sex and Addiction** / Charlotte Davis Kasl, Ph.D.

**1989** ISBN 0 06 097321 8

A book for those who want to understand and heal co-dependency, sex and romance addiction in women.

H 140

**Diagnosis Schizophrenia** / Rachel Miller & Susan E. Mason

**2002** ISBN 0 231 12624 7

Stories people who have been diagnosed with schizophrenia can relate to. Includes advice on how it feels, what to do and how to stay healthy and offers reassurance that there is life after diagnosis.

H 150

**Getting Better Bit(e) by Bit(e)** / Ulrike Schmidt & Janet Treasure

**2004** ISBN 0 86377 322 2

A survival kit for sufferers of bulimia nervosa and other binge eating disorders. The basics of these eating disorders are explained in clear and simple language.

H 151

**Obsessive Compulsive Disorders** / Steven Levenkron

**1991** ISBN 0 446 39348 7

Treating and understanding crippling habits. A guide of a psychotherapist's experiences which provides guidance for therapists and information for OCD sufferers and their families.

H 152

**Living with Your Looks** / Roberta Honigman & David J. Castle

**2007** ISBN 978 1 920694 95 1

A therapeutic expose of the evolutionary, historical, cultural and social influences on what we consider to be attractive.

H 153

**Beyond Burnout to Balance** / Gael Drum

**2006** ISBN 0 9579156 3 2

Strategies, techniques and a simple approach to the process of self – healing. Create a healthy, long lasting and positive environment which is conducive to wellbeing.

H 154

**Stronger Bones** / Editors of Prevention

**2000** ISBN 1 57954 209 3

Tips to stop osteoporosis and reverse bone loss that can affect every woman over thirty.

H 155

**Tired of not Sleeping?** / Dr Sandra Cabot & Nancy Beckham

**2005** ISBN 0 9757436 0 0

Up to date information and a holistic program for a good night's sleep.

H 156

**The Wisdom of Menopause** / Dr Christiane Northop

**2008** ISBN 978 0 7499 2214 6

Examines the connection between menopause and emotions, discusses HRT, alternative supplements and how the body adjusts naturally to changing hormones, explains how to rebalance metabolic shifts and shows how to prevent long term health problems.

H 157

**Working with Voices – Victim to Victor II** / Karen Taylor, Ron Coleman and Paul Baker

**2000** ISBN 0 9548103 2 5

A recovery planning tool for people diagnosed with a mental illness, particularly those who hear voices, to help them overcome mental distress.

H 158

**Working to Recovery– Victim to Victor III** / Karen Taylor, Ron Coleman and Paul Baker

**2000** ISBN 0 9548103 4 1

Follows on from "Working with Voices" A recovery planning tool for people diagnosed with a mental illness, particularly those who hear voices, to help them overcome mental distress.

H 159a and H 159b (2 copies)

**Taking Care of Yourself and Your Family: a Resource Book for Good Mental Health** / John Ashfield

**2004** ISBN 1 921008 49 0

Provides valuable advice and reflects the most current mental health issues that rural health services and rural people themselves have identified.

H 160

**Natural Medicine for Women** / Susan and Julian Scott

**1991** ISBN 0 73180183 0

Gentle, drug free remedies for many ailments which affect women.

H 162

**Dieting Makes you Fat** / Geoffry Cannon and Hetty Einzig

**1983** ISBN 0 7126 0118 X

Explains in simple language why dieting is self defeating and bad for you and how you can achieve lasting health through the right combination of sensible eating and exercise.

H 163 2 copies

**When Eating is Everything** / Julian Ball, Phyllis Butow and Fiona Place

**1993** ISBN 0 86824 439

Explores how eating patterns are influenced by relationships and how women feel about themselves. Using case studies this book deals with mild eating problems as well as bulimia and anorexia nervosa.

H 164

**Fat is a Family Affair** / Judi Hollis Ph.D.

**1985** ISBN 0 89486 263 4

Discusses the families involvement in eating disorders and offers a process of recovery.

H 165

**Everybody's Guide to Natural Sleep** / Phillip Goldberg and Daniel Kaufman

**1990** ISBN 0 87477-570-1

A drug free approach to overcoming insomnia and other sleep disorders.

H 166

**Taking Care of Yourself and Your Family** / John Ashfield

**2009** ISBN 1 921601 34 7

An easy to understand resource book for good mental health with sound information and self help guidelines about depression, anxiety and related drug and alcohol problems.

H 167

**Fat and Furious** – Women with Food Obsession / Judi Hollis PH.D.

**1995** ISBN 0 09 183090 7

The author examines the connection between unresolved anger and food obsession. For women who have had a troubled relationship with food and would like to learn how to accept their bodies.

H 168

**The Ultimate Guide to Sex and Disability** / Miriam Kaufman, Cory Silverberg and Fran Odette

**2007** ISBN 978 157344 304 3

A book for all ages and sexual identities which covers a wide span of disabilities. Information to help create a sex life for all.

H 169

**Alzheimers A-Z** / Jytte Lokvig, John D Becker

**2004** ISBN 1 57224 395 3

An alphabetically organised guide to help the reader creatively solve everyday problems while still validating their loved ones and providing them with rewarding day-to-day experiences.

H 170

**What Your Doctor May Not Tell You About Menopause** / John R Lee and Virginia Hopkins

**2004** ISBN978 0 446 69142 0

Based on current research this book provides a plan for restoring hormonal balance in menopausal women, using bioidentical hormones, including natural progesterone.

H 171

**Women of Silence** / Grace Adamson

**2003** ISBN 0 9545480 0 0

This book addresses the strong emotional components associated with breast cancer, the power of relationships, medical issues, the role of carers and women's personal stories.

H 172

**Men Inside Out** / Ian Cuthbertson and Greg Callaghan

**2003** ISBN 1 920705 09 0

Contains useful information about significant men's health issues. Divided into four sections, it looks at men's sexual, mental, physical and general health.

H 173

**Peace of Mind** / Ian Gawler

**2002** ISBN 0 85572 167 7

This book helps the reader to learn and use meditation to generate peace of mind