

BOOK #	AUTHOR	TITLE	HEALTH 1
LP9589	AMERICAN DIABETES ASSOCIATION.	EXCHANGE LISTS FOR MEAL PLANNING.	
	No annotation		
LP21976	ANCOWITZ, ARTHUR.	STROKE BOOK: ONE-ON-ONE ADVICE ABOUT STROKE PREVENTION, MANAGEMENT, AND REHABILITATION.	
	The Stroke Book teaches what everybody needs to know about strokes. Much more than prevention, however, this book can help stroke patients to lead fulfilling lives through a realistic recovery plan.		
LP15543	ANDERS, GEORGE.	HEALTH AGAINST WEALTH: HMOS AND THE BREAKDOWN OF MEDICAL TRUST.	
	Portrays the transformation of the American health-care industry from the traditional fee-for-service model to managed care. Avers that managed care may reduce paperwork and curtail superfluous medical procedures, but can also restrict both patients' choices and doctors' treatments. Suggests ways to improve managed care.		
LP23335	ANGELES, PETER A.	WHEN BLIND EYES PIERCE THE DARKNESS: A MOTHER'S INSIGHTS.	
	With courage and determination, a young Greek immigrant girl journeyed to America to carve out a new life among family and friends. Not long after her arrival, young Kalliope married --only to have her dreams and aspirations ravaged by a disease that took her vision. Yet her battle with diminishing sight did not prevent Kalliope from facing life head-on and living it to the fullest. Now eighty-four, Kalliope's thoughts, fears, hopes, and dreams have been recorded by her son, Peter, in hopes that her wisdom and keen insights will add a new dimension to our understanding of life's choices and challenges. 1988.		

BOOK #	AUTHOR	TITLE	HEALTH 2
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LP13076	ANIFANTAKIS, HARRY.	DIMINISHED MIND: ONE FAMILY'S EXTRAORDINARY BATTLE WITH ALZHEIMERS.	
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Jean Tyler shares the pain and grief of her husband Manley's slow, 15-year descent from loving husband and father and respected school principal to death as a result of Alzheimer's disease.

LP16857	ARNOT, ROBERT.	BREAST CANCER PREVENTION DIET: THE POWERFUL FOODS; SUPPLEMENTS; AND DRUGS THAT CAN SAVE YOUR LIFE .	
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Using 1990s research, Dr. Arnot, a television network medical correspondent, outlines a program to reduce the risk of breast cancer. Encourages consuming flax seed, soy, turmeric, olive oil, and cruciferous vegetables. Warns against eating many oils and substances with a high glycemic index. Bestseller.

LP17993	ARNOT, ROBERT.	PROSTATE CANCER PROTECTION PLAN: THE POWERFUL FOODS, SUPPLEMENTS AND DRUGS THAT COULD SAVE YOUR LIFE.	
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Dr. Bob Arnot is back with an exciting new plan to protect men against prostate cancer, the number one cancer in males that kills 37,000 men each year.

LP15400	ARTHRITIS FOUNDATION.	UNDERSTANDING ARTHRITIS: WHAT IT IS; HOW TO TREAT IT; HOW TO COPE.	
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An authoritative guide that describes the most common rheumatic diseases and the current accepted medical treatment. Also dispels some of the folklore concerning the diseases and explains that most medical research has not substantiated many of these "cures" or home remedies.

BOOK #	AUTHOR	TITLE	HEALTH 3
LP20266	ATKINS, ROBERT C.	ATKINS FOR LIFE: THE COMPLETE CONTROLLED CARB PROGRAM FOR PERMANENT WEIGHT LOSS AND GOOD HEALTH.	
		The late physician's last book--following Dr. Atkins' New Diet Revolution (RC 44854)--explains how to permanently maintain an ideal weight by eliminating excess carbohydrates from one's diet. Includes six months of menu plans and recipes as well as success stories by dieters. Bestseller. 2003.	
LP7485	BARNARD, CHRISTIAAN.	ARTHRITIS HANDBOOK: HOW TO LIVE WITH ARTHRITIS.	
		No annotation	
LP8395	BARNARD, CHRISTIAAN.	YOUR HEALTHY HEART: A GUIDE TO HOW THE HEART WORKS...	
		No annotation	
LP16830	BAUBY, JEAN-DOMINIQ.	DIVING BELL AND THE BUTTERFLY.	
		A series of reminiscences by a paralyzed survivor of a massive stroke. A victim of "locked-in syndrome," he feels as if his body were inside a diving bell, while his mind can still "soar like a butterfly." He poignantly recalls a time when he took good health for granted, and he describes how hard it is to communicate when he can only blink his left eye. Bestseller.	
LP2588	BENSON, HERBERT.	RELAXATION RESPONSE.	
		No annotation	

BOOK #	AUTHOR	TITLE	HEALTH 4
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LP15375	BENSON, HERBERT.	TIMELESS HEALING: THE POWER AND BIOLOGY OF BELIEF.	
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The author of Beyond the Relaxation Response (RC 22254) describes how self-care can be combined with pharmaceuticals, surgery, and other procedures to help the healing process. Self-care methods include a belief in "something good," the placebo effect of "remembered wellness," and religious convictions that enhance the relaxation response. 1996.

LP2597	BERLAND, THEODORE.	LIVING WITH YOUR EYE OPERATION.	
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No annotation

LP3478	BERSON, DVERA.	PAIN FREE ARTHRITIS.	
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How one woman stayed the course of painful and crippling arthritis through hydrotherapy--a series of exercises performed in water. Diagnosed at 60 to have rheumatoid arthritis, she began with simple stretch and relax exercises in a pool and, restored to all normal activities, she is free of pain.

LP21455	BRADSHAW, JOHN.	CREATING LOVE: THE NEXT GREAT STAGE OF GROWTH.	
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Building on the 'inner child' theme developed in Homecoming (RC 31960), Bradshaw devotes a portion of this book to one's need to replace the false self created by 'mystification' with a foundation of 'soulfull' love. He follows this with practical steps that an individual can take to develop loving relationships with family, friends, colleagues, and one's personal and spiritual self. Bestseller.

LP19058	BROTHERS, JOYCE.	WIDOWED.	
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Dr. Brothers' husband, Milt, died in 1989 following an eighteen-month battle with cancer. As she worked her way through fear, grief, and loneliness, Brothers realized that she was suddenly a student again, and all subjects she had written and spoken about were suddenly new to her. In hopes of helping others, she describes her emotional recovery and offers tips on coping with loss for family and friends.

BOOK #	AUTHOR	TITLE	HEALTH 5
LP1816	BURGESS, ALAN.	DAYLIGHT MUST COME.	
	No annotation		
LP8818	BUTLER, ROBERT N.	LOVE AND SEX AFTER 40.	
	No annotation		
LP15378	BUTLER, ROBERT N.	LOVE AND SEX AFTER 60.	
	With the average life span having increased by more than twenty-five years since the turn of the century and with a more positive attitude toward sexuality in older Americans, two gerontologists offer advice for coping with late-life sexuality. Topics include sexual fitness, common emotional problems, dating, and family reactions.		
LP2591	BUTLER, ROBERT N.	SEX AFTER SIXTY: A GUIDE FOR MEN AND WOMEN FOR THEIR LATER YEARS.	
	No annotation		
LP15678	BYOCK, IRA.	DYING WELL: THE PROSPECT FOR GROWTH AT THE END OF LIFE.	
	A holistic approach to dealing with the physical and emotional pain of terminal illness. Based on his years as a hospice physician, the author provides the tools he considers necessary to make the passage from life to death a tranquil experience.		
LP19864	CANNING, PETER.	PARAMEDIC: ON THE FRONT LINES OF MEDICINE.	
	Peter Canning shocked his family and friends when he gave up a successful career as a speech writer to become a paramedic. Canning went from a life of privilege to the life-and-death reality of the streets. Dramatic, heart-felt and exciting, PARAMEDIC takes us into the pulsing hub of a mobile ER.		

BOOK #	AUTHOR	TITLE	HEALTH 6
LP5682	CARLSON, AVIS D.	IN THE FULLNESS OF TIME.	
	No annotation		
LP2787	CARMEN, RICHARD.	OUR ENDANGERED HEARING: UNDERSTANDING AND COPING WITH HEARING LOSS.	
	No annotation		
LP15953	CARPER, JEAN.	MIRACLE CURES: DRAMATIC NEW SCIENTIFIC DISCOVERIES.	
	<p>POWERS OF HERBS AND VITAMINS AND OTHER NATURAL REMEDIES The author discusses how natural remedies are used in various countries to lower cholesterol, sharpen memory, fight infections, and otherwise improve health. She presents evidence supporting the value of these cures, describes how they work, and offers advice on proper usage. Bestseller.</p>		
LP14823	CARPER, JEAN.	STOP AGING NOW: THE ULTIMATE PLAN FOR STAYING YOUNG & REVERSING THE AGING PROCESS .	
	<p>Author of Food--Your Miracle Medicine (RC 37385) examines the antiaging powers of vitamin supplements, herbs, and food. She presents what she claims to be "every scientifically valid dietary substance -- and the dose -- to forestall aging through-out your life and provides a supplement and diet strategy. Bestseller.</p>		
LP19638	CARTER, CARRIE.	THRIVE! A WOMAN'S GUIDE TO A HEALTHY LIFESTYLE.	
	<p>Dr. Carrie Carter shows you how to achieve a healthier life in this easy-to-use, information-packed book. An experienced primary care physician, Carrie provides medically sound information on women's health issues.</p>		

BOOK #	AUTHOR	TITLE	HEALTH 7
LP25546	CASSIDY, TINA.	BIRTH: THE SURPRISING HISTORY OF HOW WE ARE BORN.	
	The riveting story of how life begins, Birth is full of quirky details, startling facts, and tales both humorous and disturbing.		
LP20160	CHOPRA, DEEPAK.	HEALING THE HEART: A SPIRITUAL APPROACH TO REVERSING CORONARY HEART DISEASE.	
<i>Soft cover</i>	Author describes how to reduce risk factors for heart disease by following an Ayurvedic regimen of diet, exercise, meditation, and self-awareness.		
LP8672	COHEN, DONNA.	LOSS OF SELF: A FAMILY RESOURCE FOR THE CARE OF ALZHEIMER'S.	
	No annotation		
LP10424	COLEMAN, VERNON.	DIABETES.	
	No annotation		
LP10287	COLEMAN, VERNON.	HIGH BLOOD PRESSURE.	
	No annotation		
LP11200	COLEMAN, VERNON.	LIFE WITHOUT TRANQUILLIZERS.	
	No annotation		
LP19846	COLLAZO-CLAVELL, MARIA.	MAYO CLINIC ON MANAGING DIABETES.	
	Guide to managing Type 1 and Type 2 diabetes through diet, exercise, and medication. Discusses the nature of the disease, necessary testing, self-care, sexual issues, transplants, and other related matters. For senior high and older readers. 2001.		

BOOK #	AUTHOR	TITLE	HEALTH 8
LP3018	COPE, OLIVER.	BREAST.	
	No annotation		
LP4023	COUSINS, NORMAN.	ANATOMY OF AN ILLNESS.	
	AND REGENERATION The author's reflections generated by his triumph over a crippling illness. Cousins investigates the chemistry of the will to live and the factors that set in motion the capacity for self-healing. He also believes that humor and laughter as well as a strong doctor-patient relationship aid the body in its natural healing powers. Bestseller.		
LP14114	COUSINS, NORMAN.	HEAD FIRST: THE BIOLOGY OF HOPE.	
	The author, a professor at UCLA's School of Medicine, contends that positive attitudes can play important roles in the healing process.		
LP6104	COUSINS, NORMAN.	HEALING HEART.	
	No annotation		
LP21125	CREAGAN, EDWARD T.	MAYO CLINIC ON HEALTHY AGING.	
	Healthy aging doesn't occur by accident. This book provides information you can use to successfully manage the aging process and maintain or improve the quality of your living.		
LP3479	CRILE, GEORGE.	SURGERY: YOUR CHOICES; YOUR ALTERNATIVES.	
	No annotation		
LP23375	CROWLEY, CHRIS.	YOUNGER NEXT YEAR: A GUIDE TO LIVING LIKE 50 UNTIL YOU'RE 80 AND BEYOND.	
	The author draws on the very latest science of aging to show how men 50 or older can become functionally younger every year for the next five to ten years, and continue to live like fifty-year-olds until well into their eighties.		

BOOK #	AUTHOR	TITLE	HEALTH 9
LP21362	CUNNINGHAM, CHET.	THE MACULAR DEGENERATION HANDBOOK: NATURAL WAYS TO PREVENT AND REVERSE IT.	
<i>Soft cover</i>	Explains how the eye works, basic care, and traditional treatments for macular degeneration and other eye conditions. Includes alternative approaches such as diet, vitamins and minerals, and proper nutrition. Discusses drugs that can adversely affect the eyes and the benefits of trying acupressure, reflexology, and exercises to improve vision.		
LP20442	DE VRIES, JAN.	10 GOLDEN RULES FOR GOOD HEALTH.	
<i>Soft cover</i>	This book is designed to help readers maximize the benefits of a healthy lifestyle by combining a routine of healthy eating and exercise with an understanding of the environment and the hidden health hazards caused by pollution.		
LP20137	DEBAGGIO, THOMAS.	LOSING MY MIND: AN INTIMATE LOOK AT LIFE WITH ALZHEIMER'S.	
	An early-onset Alzheimer's patient writes a memoir of the development of his condition, describing its impact on his family and detailing his progressive loss of memory. DeBaggio, a commercial herbalist from Arlington, Virginia, intersperses accounts of daily life with memories of his childhood and summaries of clinical information. 2002.		
LP20520	DEBAGGIO, THOMAS.	WHEN IT GETS DARK: AN ENLIGHTENED REFLECTION ON LIFE WITH ALZHEIMER'S.	
	This sequel to <i>Losing My Mind</i> (RC 54906) continues the author's poignant memoir chronicling his struggle with Alzheimer's disease. DeBaggio's increasingly introspective account follows the inevitable progression of his illness in fragmented memories, observations, and thoughts. Some strong language. 2003.		

BOOK #	AUTHOR	TITLE	HEALTH 10
LP19656	DELINSKY, BARBARA.	UPLIFT: SECRETS FROM THE SISTERHOOD OF BREAST CANCER SURVIVORS.	
	<p>Bestselling author Barbara Delinsky, whose own life was shaped dramatically by her mother's breast cancer as well as her own, creates with this book exactly the kind of resource she wished had existed at the time of her treatment. In this unprecedented book women who have been there tell all-- from nitty-gritty tips on even the smallest details of daily life to inspiring personal anecdotes that amuse, comfort, and instruct.</p>		
LP11398	DORRIS, MICHAEL.	BROKEN CORD.	
	<p>In 1971, twenty-six-year-old Dorris, a doctoral candidate, a college teacher, and a member of the Modoc tribe, decided to become a single parent. She was offered the chance to adopt three-year-old Adam, a Sioux who had been diagnosed as mentally retarded. It was discovered later that Adam suffers from Fetal Alcohol Syndrome (FAS). Dorris, who later married, describes the problems attendant upon raising a child with FAS. Includes Adam's story.</p>		
LP6914	DREYFACK, RAYMOND.	COMPLETE BOOK OF WALKING.	
	<p>No annotation</p>		
LP17683	DRURY, MICHAEL.	ADVICE TO A YOUNG WIFE FROM AN OLD MISTRESS.	
	<p>In an age bent on gratuitously parading around the explicit facts of sex, and at a time when marriage vows are discarded like old socks, this book whispers the subtle facts--the unspoken dynamics of relationships, the emotional capacities of our partners, and the understated eloquence that endows romance and sexuality with its mystery, nuance, and longevity.</p>		
LP2601	DYER, CEIL.	EAT TO LOSE COOKBOOK.	
	<p>No annotation</p>		

BOOK #	AUTHOR	TITLE	HEALTH 11
LP3481	EISENBERG, M. M.	ULCERS.	
	An ulcer specialist answers layman's questions about the disease and its treatment. He discusses who gets ulcers and why, and the genetic, environmental, and psychological causes. Includes several methods of treatment including surgery, chemotherapy, and diet.		
LP25345	FEINSTEIN, JOHN.	CADDY FOR LIFE: THE BRUCE EDWARDS STORY.	
	Sports commentator, bestselling author of <i>Open</i> (RC 56287), paints an intimate portrait of the late Bruce Edwards, who was diagnosed in 2003 with an aggressive form of Lou Gehrig's disease (ALS). Chronicles four decades of Edwards's career as lifelong friend and caddy of champion golfer Tom Watson. Bestseller. 2004.		
LP5477	FREESE, ARTHUR S.	END OF SECURITY.	
	Practical book that deals with how to treat and guard against the physical and psychological symptoms that are generally associated with the coming of "old age." Dr. Freese asserts that it is a medically proven fact that most cases of so-called irreversible "senility" are in fact conditions that are completely or partially reversible.		
LP14317	FRIEL MCGOWIN, DIANA.	LIVING IN THE LABYRINTH: A PERSONAL JOURNEY THROUGH THE MAZE OF ALZHEIMER'S.	
	In this first account written by an Alzheimer's sufferer, Diana McGowin not only chronicles her battle against a devastating illness, but captures the thoughts that, for her, have become all too fleeting.		
LP1838	FRIGERIO, NORMAN.	YOUR BODY AND RADIATION.	
	No annotation		

BOOK #	AUTHOR	TITLE	HEALTH 12
LP5763	GOODMAN, JOSEPH.	DIABETES WITHOUT FEAR.	
	The information in this book is out-of-date and all circulating titles have been withdrawn.		
LP22162	GREENE, ROBERT A.	PERFECT BALANCE: DR. ROBERT GREENE'S BREAKTHROUGH PROGRAM FOR FINDING THE LIFELONG HORMONAL HEALTH YOU DESERVE.	
	Hormones can rule a woman's life. When hormones are perfectly balanced, a woman will feel "at her peak", mentally and physically. When they are out of balance, she may feel moody, uncomfortable or even sick. In this book, world renowned hormone specialist Dr. Robert Greene explores the connection between two of the most important physiological factors: hormones and the brain.		
LP5792	GRESHAM, PERRY.	WITH WINGS AS EAGLES.	
	No annotation		
LP15481	GROLLMAN, EARL A.	WHEN SOMEONE YOU LOVE HAS ALZHEIMER'S: THE CAREGIVER'S JOURNEY.	
	An easy-to-understand guide for friends and family of people with this devastating illness. It explains: - How Alzheimer's is diagnosed and what course it takes - How it affects memory, emotions, and behavior - caregiver issues - where and when to seek outside help.		
LP272	GUNTHER, JOHN.	DEATH BE NOT PROUD: A MEMOIR (OVERSIZED).	
	Non Fiction. A memoir to John Gunther's seventeen-year-old son, who died after a series of operations for a brain tumor. Not only a tribute to a remarkable boy but an account of a brave fight against disease.		

BOOK #	AUTHOR	TITLE	HEALTH 13
LP24395	HALPERN, SUSAN P.	THE ETIQUETTE OF ILLNESS: WHAT TO SAY WHEN YOU CAN'T FIND THE WORDS.	
	Cancer survivor and psychotherapist addresses how individuals can best respond with sensitivity and compassion to a sick friend or relative. Demonstrates making a potentially awkward situation more comfortable through effective speech and behavior. Includes suggestions for talking to children about illness. 2004.		
LP2180	HOUSER, NORMAN W.	DRUGS: FACTS ON THEIR USE AND ABUSE...(OVERSIZED).	
	No annotation		
LP18004	HUNDER, GENE G.	MAYO CLINIC ON ARTHRITIS.	
	Arthritis is one of the most common medical problems in the world. Although a cure has yet to be found, affective treatments and other strategies are readily available. This easy-to-understand book focuses on self-help for the two most common kinds of arthritis--osteoarthritis and rheumatoid arthritis--but also includes facts which are useful to people with almost any form of the disease.		
LP23386	JAMIESON, ROBERT H.	EXERCISES FOR THE ELDERLY.	
	This book describes and demonstrates 80 simple limbering, stretching, and strengthening exercises for the elderly. Isometric and other special exercises are given for people who are bed or wheelchair-bound. 1985.		
LP2596	JAYSON, MALCOLM.	UNDERSTANDING ARTHRITIS & RHEUMATISM.	
	AND TREATMENT Two doctors recap current scientific thinking on arthritis and rheumatism and many related ailments. Explains problems caused by the diseases, why they develop, and varieties of treatment. Includes a directory of resources.		

BOOK #	AUTHOR	TITLE	HEALTH 17
LP8220	LAKE, TONY.	LONELINESS.	
	No annotation		
LP740	LAMB, LAWRENCE E.	YOUR HEART AND HOW TO LIVE WITH IT...(OVERSIZED).	
	No annotation		
LP3483	LANGEN, DIETRICH.	SPEAKING OF SLEEPING PROBLEMS: LEARNING TO SLEEP WELL AGAIN.	
	No annotation		
LP25862	LARIMORE, WALT.	BRYSON CITY SEASONS: MORE TALES OF A DOCTOR'S PRACTICE IN THE SMOKY MOUNTAINS.	
	<p>Dr. Walt Latimore is a young doctor settling into rural practice in Bryson City, North Carolina. He and his wife and children enjoy the colorful characters that make up their town. Though the town is small it is not immune to the dark realities of a grisly murder set in a backdrop of the beautiful Smokey Mountains. Dr. Walt draws on the warmth from his friends and patients to strengthen his faith. Some violence. 2004.</p>		
LP21720	LARIMORE, WALT.	BRYSON CITY TALES: STORIES OF A DOCTOR'S FIRST YEAR OF PRACTICE IN THE SMOKY MOUNTAINS.	
	<p>Chronicles a young doctor's passage from Duke University to rural North Carolina, where he establishes a practice, raises his family, and expands his spirituality and human understanding. As an emergency physician, coroner, obstetrician, and wilderness search-and-rescue doctor he is shaped in medicine and reinforces his faith. 2002.</p>		

BOOK #	AUTHOR	TITLE	HEALTH 18
LP21897	LE FANU, JAMES.	HOW TO LIVE TO 90 (WITH A BIT OF LUCK).	
Soft cover	James Le Fanu is a family doctor in South London. In this book he provides answers for those who want to know how to live to a ripe old age. There is also a comprehensive section on countering the effects of ageing and staying beautiful, perceptive, cheerful, mobile and sexy!		
LP9293	LEWIS, VIVIENNE.	KEEP YOUNG AFTER 40!.	
	No annotation		
LP7985	LONGMAN, MEDICAL D.	LONGMAN MEDICAL DICTIONARY.	
	No annotation		
LP22380	LUCADO, MAX.	LOVE WORTH GIVING.	
	Best-selling author Max Lucado has successfully pricked the hearts and minds of readers for decades. Now, he boldly says that before we can pass love on, we must receive it ourselves--from God.		
LP15764	LUND, JOANNA M.	DIABETIC'S HEALTHY EXCHANGES COOKBOOK.	
	Here are 150 quick and delicious recipes for every day and special occasions - real food for people living in the real world with diabetes. Joanna's four basic rules are: Low in fat and sugar: Easy to make: Made from ordinary ingredients: and as tasty as it looks.		
LP14605	MACE, NANCY L.	36-HOUR DAY: A FAMILY GUIDE TO CARING FOR PERSONS WITH ALZHEIMER'S.	
	RELATED DEMENTING ILLNESSES, AND MEMORY LOSS IN LATER LIFE. A comprehensive guide to the home care of those in all stages of progressive dementing illness. Coverage includes all the medical, legal, financial - and emotional aspects of caring for an impaired relative - from dealing with baffling, unpredictable symptoms to finding a support group.		

BOOK #	AUTHOR	TITLE	HEALTH 19
LP24306	MCCARTHY, JENNY.	LOUDER THAN WORDS: A MOTHER'S JOURNEY IN HEALING AUTISM.	
		The actress who shared her pregnancy in <i>Belly Laughs</i> (RC 58301) and first year of parenthood in <i>Baby Laughs</i> (RC 60589) describes dealing with her two-year-old son's seizure and subsequent diagnosis of autism. McCarthy details the healing therapy she gives to her son. Strong language. Bestseller. 2007.	
LP2184	MCCARTHY, RAYMOND G.	FACTS ABOUT ALCOHOL...(OVERSIZED).	
	No annotation		
LP16924	MCCRUM, ROBERT.	MY YEAR OFF.	
		Recalls the stroke suffered in 1995 by the forty-two-year-old editor-in-chief of the British publishing firm Faber and Faber. Describes the impact on many aspects of his life, including his two-month-old marriage to journalist Sarah Lyall. Includes day-to-day observations by both spouses during the following year.	
LP15701	MCDOUGALL, JOHN A.	MCDOUGALL PROGRAM FOR A HEALTHY HEART.	
		A pioneering book addressing ways to combat heart disease. Combining step-by-step diet, exercise, and lifestyle recommendations, it is designed to bring about dramatic health improvements in less than two weeks.	
LP19965	MCGRAW, PHILLIP C.	THE ULTIMATE WEIGHT SOLUTION: THE SEVEN KEYS TO WEIGHT LOSS FREEDOM.	
		Host of television's "Dr. Phil," who spent thirty years working with overweight people, presents his seven keys to obtaining an appropriate weight and gaining more energy and vitality. He focuses on right thinking; control of emotions, environment, and habits; nutrition; exercise; and support systems. Bestseller. 2003.	

BOOK #	AUTHOR	TITLE	HEALTH 20
LP20262	MCGRAW, PHILLIP C.	THE ULTIMATE WEIGHT SOLUTION: THE SEVEN KEYS TO WEIGHT LOSS FREEDOM.	
	Host of television's "Dr. Phil," who spent thirty years working with overweight people, presents his seven keys to obtaining an appropriate weight and gaining more energy and vitality. He focuses on right thinking; control of emotions, environment, and habits; nutrition; exercise; and support systems. Bestseller. 2003.		
LP23272	MEYER, JOYCE.	LOOK GREAT, FEEL GREAT: TWELVE KEYS TO ENJOYING A HEALTHY LIFE NOW.	
	Radio and television host and full-time minister offers her guide to attaining spiritual and physical health to boost self-esteem and better carry out God's work. Describes twelve aspects she deems as crucial to well-being, including eating right, exercising, drinking plenty of water, reducing stress, and trusting in God. Bestseller. 2006.		
LP21697	MILLER, SUE.	THE STORY OF MY FATHER: A MEMOIR.	
	Author of <i>While I Was Gone</i> (RC 47671), among other works, becomes her father's caretaker as he slowly succumbs to Alzheimer's disease. The widowed James Nichols, a retired minister, begins to show symptoms of forgetfulness in the late 1980s. Miller describes their changing relationship and other effects of his condition. 2003.		
LP7550	MINTZ, JOAN.	OLDER WOMAN'S HEALTH GUIDE.	
	No annotation		
LP7936	MITCHELL, LAURA.	HEALTHY LIVING OVER 55.	
	No annotation		

BOOK #	AUTHOR	TITLE	HEALTH 21
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LP10234	MORRELL, DAVID.	FIREFLIES.	
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A personal and moving "nonfiction novel" about the author's fifteen-year-old son's death of a rare form of bone cancer. For several days after his son's death, Morrell experiences what he considers to be mystical events--events that bring him peace of mind and a belief that he will see his son again. Some strong language.

LP23397	MULLINS, TRACI.	VITAMINS FOR YOUR SOUL: 200 WAYS TO NURTURE YOUR SPIRITUAL LIFE.	
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The author insists that just as our bodies need sustenance, rest and exercise in order to survive, so do our souls need refreshment, retreat, activity, and healing. Two hundred practical suggestions, or "vitamins", are offered to give the needed boost that our hectic lives leave no time for. 1998.

LP22379	MYERS, DAVID G.	QUIET WORLD: LIVING WITH HEARING LOSS.	
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Myers investigates hearing loss in his own life and in America.

LP23383	NEWMAN, JUDITH.	YOU MAKE ME FEEL LIKE AN UNNATURAL WOMAN: DIARY OF A NEW (OLDER) MOTHER.	
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"You Make Me Feel Like an Unnatural Woman" is not only about having children later in life: it's about what happens to a marriage--and to the spirit, when even the most sought-after baby comes. Wry, warm, and brutally honest, this is the book for any woman --whatever her age --who has awakened at 3 a.m. to the insistent shrieks of her darling and thought: "Oh man, I'm too old for this." 2004.

BOOK #	AUTHOR	TITLE	HEALTH 22
LP20138	NIELSEN, JERRI.	ICE BOUND: A DOCTOR'S INCREDIBLE BATTLE FOR SURVIVAL AT THE SOUTH POLE.	
		Former emergency room doctor records her ordeal with breast cancer during an eleven-month stay in Antarctica. Describes the dilemma she faced as the only medical officer for the forty-one members of the research team. Recalls the camaraderie that developed amid the extreme conditions of the 1999 polar winter. Bestseller. 2001.	
LP23331	NULL, GARY.	GARY NULL'S POWER AGING.	
		Gary Null, a well-known spokesman for natural health and aging, offers another volume on how to deal with the physical effects of aging. 2003.	
LP24740	ORLOFF, JUDITH.	POSITIVE ENERGY: 10 EXTRAORDINARY PRESCRIPTIONS FOR TRANSFORMING FATIGUE, STRESS AND FEAR INTO VIBRANCE, STRENGTH, AND LOVE.	
		Dr. Orloff is the pioneer behind Energy Psychiatry, a new discipline that blends the practice of mainstream medicine with a scientific understanding of subtle energies which many consider the life force. She explains the field and then offers ten essential prescriptions for boosting energy, improving relationships, and combating energy vampires. 2004.	
LP22336	PERRICONE, NICHOLAS.	THE PERRICONE PROMISE: LOOK YOUNGER, LIVE LONGER IN THREE EASY STEPS.	
		Dermatologist of The Perricone Prescription (RC 54931) offers a method for looking younger in just twenty-eight days using a special diet, nutritional food supplements, and anti-aging topicals. Credits the power of protein-like substances in the body called peptides and neuropeptides. Includes four-week diet plan with recipes. Bestseller. 2004.	

BOOK #	AUTHOR	TITLE	HEALTH 25
LP3484	REUBEN, DAVID.	EVERYTHING YOU ALWAYS WANTED TO KNOW ABOUT NUTRITION.	
	Takes aim at the eating habits of Americans, the food process-ors, the Food and Drug Administration, and the American Medical Association in the hope that improvements will be forthcoming. In a question and answer format, Dr. Reuben offers guidelines about what to eat and attempts to clarify the connection between diet and health.		
LP2594	REUBEN, DAVID.	THE SAVE YOUR LIFE DIET.	
	No annotation		
LP2063	RISTORI, BRIDGET.	PATIENTS IN MY CARE: AUTOBIOGRAPHY OF A NURSE.	
	No annotation		
LP17766	RIVERS, JOAN.	DON'T COUNT THE CANDLES: JUST KEEP THE FIRE LIT.	
	In this funny, charming, and practical new book, Joan Rivers shows every woman how to be and stay youthful, healthy, and mellow at any and every age.		
LP19777	ROACH, MARY.	STIFF.	
	For two thousand years, cadavers have been involved in science's boldest strides and weirdest undertakings. In her droll, inimitable voice, Mary Roach tells the engrossing story of our bodies when we are no longer with them.		
LP12703	RODGERS, JEAN.	HEALING FOODS COOKBOOK.	
	NONFICTION - THIS IS AN AUTHORITATIVE GUIDE TO DISEASE PREVENTION, WEIGHT LOSS, AND LIFELONG HEALTH. IT IS THE BOOK FOR THE COOK CONCERNED ABOUT HEALTH.		

BOOK #	AUTHOR	TITLE	HEALTH 26
LP3015	ROGERS, JACQUELYN.	YOU CAN STOP: A SMOKENDER'S APPROACH TO QUITTING.	
	No annotation		
LP23370	ROIZEN, MICHAEL F.	REAL AGE: ARE YOU AS YOUNG AS YOU CAN BE?.	
	While your chronological age is fixed, your biological age may be years older or younger, depending on a combination of factors. Real Age describes a program that calculates the aging effect of more than 100 health behaviors and enables readers to assess their own biological age and create a plan to reduce it.		
LP2792	ROSENBERG, MAGDA.	SIXTY-PLUS AND FIT AGAIN: EXERCISES FOR OLDER MEN AND WOMEN.	
	No annotation		
LP17325	ROSENFELD, ISADORE.	LIVE NOW, AGE LATER: PROVEN WAYS TO SLOW DOWN THE CLOCK.	
	A physician offers advice on how to delay the onset of disability and chronic disease by practicing good health habits including proper diet, exercise, stress reduction, vitamins, and medicine. Covers symptoms, diagnosis, and treatment for common conditions such as cancer, heart attacks, depression, Alzheimer's, impotence, menopause, and loss of vision and hearing. Bestseller.		
LP17700	ROSENTHAL, SAUL H.	NEW SEX OVER 40.	
	Ten years ago, Saul Rosenthal's Sex Over 40 became the indispensable guide to mature sexual health. Now he presents a remarkable, fully updated edition of his essential guide.		
LP3485	ROTH, OSCAR.	HEART ATTACK: A QUESTION AND ANSWER BOOK.	
	No annotation		

BOOK #	AUTHOR	TITLE	HEALTH 27
LP15594	ROTHFELD, GLENN S.	NATURAL MEDICINE FOR BACK PAIN: THE BEST ALTERNATIVE METHODS FOR BANISHING.	
		BACKACHE FROM ACUPRESSURE & CHIROPRACTIC NUTRITION & YOGA This book provides the following: advice from an M.D. who has taught medicine at Harvard and Tufts Universities: Using yoga to strengthen and head the back: the best use of chiropractic and osteopathy; relaxation techniques; Healing foods, herbs, and vitamin supplements: Aromatherapy ... and much more.	
LP23404	ROWE, JOHN W.	SUCCESSFUL AGING.	
	Soft cover	The authors, Dr. John Rowe and Robert Kahn explain how to achieve and maintain optimal health later in life. They believe that "successful aging is not determined by genetic inheritance, but by individual lifestyle choices". 1998.	
LP19105	ROZELLE, RON.	INTO THAT GOOD NIGHT.	
		Strong willed and charismatic, Lester Rozelle was school superintendent in the small East Texas town of Oakwood from the 1930s to the 1960s. But several years ago he began to show signs of Alzheimer's disease, and his son watched the painful transformation. Shutting between the difficult present and his recollections of the past, Ron Rozelle has written a poignant and heartbreaking lyrical gift for his father.	
LP14809	SACKS, OLIVER.	ANTHROPOLOGIST ON MARS.	
		Case histories of people with neurological disorders who reconstruct the world according to their needs. Comfortable with his forty-five years of blindness, one man is confused by the sudden restoration of his sight. An autistic zoology professor is at ease with animals but cannot bear human contact. Each tale portrays a patient with a condition such as Tourette's Syndrome, deafness, or amnesia. Bestseller.	
LP2181	SALBER, EVA J.	FACTS ABOUT SMOKING AND HEALTH.	
	No annotation		

BOOK #	AUTHOR	TITLE	HEALTH 28
LP10332	SARTON, MAY.	AFTER THE STROKE: A JOURNAL.	
	In the winter of 1986, at the age of seventy-three, the noted poet and novelist suffered a serious stroke. She kept this journal during her year-long recovery. Her pithy, almost daily, log includes notes about her health, but also describes her relationships with friends and pets, her memories of her parents, and her ideas about herself and current world events.		
LP253	SAVA, GEORGE.	THEY COME BY APPOINTMENT...(OVERSIZED).	
	NONFICTION- A POPULAR ACCOUNT OF THE PATIENTS A DOCTOR MUST DEAL WITH.		
LP24013	SCHOENBERG, MARK P.	GUIDE TO LIVING WITH BLADDER CANCER.	
Soft cover	In this book, Dr. Mark Schoenberg and the faculty and staff of the Johns Hopkins Genitourinary Oncology Group tell you what you need to know about symptoms, diagnosis, and treatment.		
LP5903	SEED, PAT.	ANOTHER DAY.	
	No annotation		
LP23023	SHEEHY, GAIL.	SEX AND THE SEASONED WOMAN: PURSUING THE PASSIONATE LIFE.	
	The author of Passages (RC 43929) and Understanding Men's Passages (RC 46534) examines the way women of the baby boom generation are awakening to a "second adulthood" and are reevaluating the role of sex, love, romance, and marriage in their lives. 2006.		

BOOK #	AUTHOR	TITLE	HEALTH 29
LP22931	SHEEHY, GAIL.	SILENT PASSAGE: MENOPAUSE.	
	Expansion of a 1991 Vanity Fair article. Sheehy's experience in entering menopause was that it was treated as a taboo subject with little information available to her. For women of the 1990s and beyond, Sheehy interviewed pre- and post-menopausal women, gynecologists, physiologists, gerontologists, and other experts to help in normalizing a 'proud stage of life.' Some strong language. Bestseller.		
LP3486	SHELL, ADELINE G.	FEEL BETTER AFTER 50 FOOD BOOK.	
	Practical, simple guide with suggestions on how to buy better food for less money, add variety to everyday meals, and develop a sensible diet to lose, gain, or maintain weight. Includes sample menus, many cooking-for-one recipes, and a "handy food finder," which shows what nutrients are needed every day and what food supplies them.		
LP18385	SHEPARD, MARTIN.	DYING: A GUIDE FOR HELPING AND COPING.	
	This is both a guide to dealing with the deaths of loved ones and an exploration of facing one's own death. The interviews with dying patients and their families are moving, comforting, and enlightening.		
LP18263	SHEPS, SHELDON G.	MAYO CLINIC ON HIGH BLOOD PRESSURE.	
	Medical experts from the Mayo Clinic describe the dangers of the common condition called hypertension, or high blood pressure. Discuss diagnosis, treatment, life style changes, and medications available to control the illness. 1999.		
LP9192	SIEGEL, BERNIE S.	LOVE, MEDICINE AND MIRACLES.	
	No annotation		

BOOK #	AUTHOR	TITLE	HEALTH 30
LP17071	SIEGEL, BERNIE S.	PEACE; LOVE AND HEALING: BODYMIND COMMUNICATION AND THE PATH TO SELF.	
<i>Soft cover</i>	HEALING: AN EXPLORATION Dr. Bernard S. Siegel, who prefers to be called Bernie, attended prestigious universities, graduated with honors and holds membership in two scholastic honor societies. In 1978 Bernie started Exceptional Cancer Patients, a specific form of individual and group therapy utilizing patients' dreams, drawings and images. Ecap is based on "Carefrontation," a loving, safe, therapeutic confrontation which facilitates personal change.		
LP8349	SIMMONS, RICHARD.	REACH FOR FITNESS.	
	No annotation		
LP24810	SOMERS, SUZANNE.	THE SEXY YEARS: DISCOVER THE HORMONE CONNECTION: THE SECRET TO FABULOUS SEX, GREAT HEALTH, AND VITALITY, FOR WOMEN AND MEN.	
	Actress and health guru describes her search for a cure to the ""Seven Dwarfs of Menopause."" Drawing on her own experience working with physicians who specialize in natural hormone treatment, Somers explains the value of bioidentical hormones in making menopause the best years of life. Bestseller. 2004.		
LP23273	STANLEY, CHARLES.	WHEN THE ENEMY STRIKES.	
	Dr. Stanley advocates methods to overcome the temptations of Satan in modern life.		
LP8658	STRITCH, ELAINE.	AM I BLUE? LIVING WITH DIABETES AND; DAMMIT; HAVING FUN!.	
	No annotation		

BOOK #	AUTHOR	TITLE	HEALTH 31
LP20553	SWANSON, DAVID W.	MAYO CLINIC ON CHRONIC PAIN.	
	Chronic pain is a leading cause of disability and one of the most common medical problems people face. This easy-to-understand book focuses on managing long-standing or recurrent pain. Included are exercises that help to reduce pain; ways to cope with anger and other emotions; and using the mind and body to relax and relieve stress.		
LP12509	TAVISTOCK, MARCHIONESS.	CHANCE TO LIVE.	
	No annotation		
LP10083	TAYLOR, ELIZABETH.	ELIZABETH TAKES OFF.	
	No annotation		
LP16221	THEODOSAKIS, JASON.	ARTHRITIS CURE.	
	CURE OSTEOARTHRITIS A physician and his coauthors describe a nine-step plan to combat osteoarthritis that includes nutritional supplements glucosamine and chondroitin sulfates; correct biomechanics; regular exercise; a healthful, joint-preserving diet; ideal weight, and a positive attitude. Bestseller.		
LP5948	THOMPSON, PHYLLIS.	MISTER LEPROSY.	
	No annotation		
LP7513	TSONGAS, PAUL.	HEADING HOME.	
	No annotation		
LP22246	VAN TICHEM, PATRICIA.	BEAR'S EMBRACE: A STORY OF SURVIVAL.	
	An extraordinary story of survival and recovery by a woman who was attacked by a grizzly bear.		

BOOK #	AUTHOR	TITLE	HEALTH 32
LP21620	VIORST, JUDITH.	SUDDENLY SIXTY.	
	Suddenly Sixty, a funny and touching book that speaks directly to the sixty-ish woman, inviting her to laugh about, sigh over, and come to hopeful terms with the complex issues of this decade of life.		
LP2183	VOGEL, VIRGINIA E.	FACTS ABOUT VENEREAL DISEASE...(OVERSIZED).	
	No annotation		
LP23387	WEIGHT WATCHERS.	WEIGHT WATCHERS FAVORITE HOMESTYLE RECIPES.	
<i>Soft cover</i>	This is an unbeatable guide for folks watching their food lifestyles. Each recipe is accompanied by complete Weight Watchers information, as well as per serving nutrition counts for calories, proteins, fat, carbohydrate, calcium, sodium, cholesterol and fiber.		
LP17030	WEIL, ANDREW.	ASK DR. WEIL.	
<i>Soft cover</i>	In his bestselling books, Dr. Andrew Weil opened our eyes to the body's wondrous ability to heal itself naturally. Whether you are eager to learn about the best path to recovery from illness or hoping to enhance your overall wellbeing, this is sound advice to gently guide you toward the healthier, fuller life you desire.		
LP20143	WEIL, ANDREW.	EATING WELL FOR OPTIMUM HEALTH: THE ESSENTIAL GUIDE TO FOOD, DIET, AND NUTRITION.	
	Expanding on his bestselling Eight Weeks to Optimum Health (RC 44268), Dr. Weil critiques low-fat and low-carbohydrate diet trends and provides his own nutritional guidelines. Unwilling to sacrifice the pleasure of eating, he offers recipes for ""healthful and delicious"" dishes. Bestseller. 2000.		

BOOK #	AUTHOR	TITLE	HEALTH 33
LP20226	WEIL, ANDREW.	EIGHT WEEKS TO OPTIMUM HEALTH: A PROVEN PROGRAM FOR TAKING FULL ADVANTAGE ...	
Soft cover	OF YOUR BODY'S NATURAL HEALING POWER Presents a holistic regimen "for improving health and gaining access to the power of spontaneous healing." Recommends a series of steps over eight weeks that involve diet, supplements, exercise, mental and spiritual activities, and various projects. Suggests some healthful recipes. Bestseller.		
LP23076	WEINER, WILLIAM J.	PARKINSON'S DISEASE: A COMPLETE GUIDE FOR PATIENTS AND FAMILIES.	
Soft cover	Neurologists update their book's first edition by addressing innovations such as deep brain stimulation, surgery, and medications to improve the quality of life for Parkinson's patients. They discuss their recipe for living well with the disorder through understanding neuroprotective therapies and the role of drug therapy. 2007.		
LP8251	WESTHEIMER, DR. RUTH K.	DR. RUTH'S GUIDE TO GOOD SEX.	
	No annotation		
LP22607	WESTHEIMER, DR. RUTH K.	GRANDPARENTHOOD.	
	Dr. Ruth Westheimer giving advice to grandparents? Now a proud grandmother of three, Dr. Ruth shares advice. Areas of discussion include, but are not limited to, common concerns discipline, the developing relationship of grandparenting, choosing your grandparenting style, grandparents and divorce, and the ever-changing definition of "family."		

BOOK #	AUTHOR	TITLE	HEALTH 34
LP7496	WHOLEY, DENNIS.	COURAGE TO CHANGE: HOPE AND HELP FOR THE ALCOHOLIC....	
	An alcoholic, the host of PBS talk show "Late-Night America," Dennis Wholey, presents transcriptions of conversations with celebrities who also suffer from the disease or who are involved with such sufferers. Among those interviewed are politicians Wilbur Mill and Robert Bauman, musicians Doc Severinsen and Peter Townsend, and athletes Bob Welch and Don Newcombe. Bestseller 1984.		
LP11903	WOITITZ, JANET G.	ADULT CHILDREN OF ALCOHOLICS.	
	No annotation		
LP25573	WOODRUFF, LEE.	IN AN INSTANT: A FAMILY'S JOURNEY OF LOVE AND HEALING.	
	Account of ABC World News Tonight coanchor Bob Woodruff being seriously wounded by a roadside bomb while he was reporting from Iraq in January 2006. Woodruff and his wife, Lee, describe his traumatic brain injury, his rehabilitation, and the incident's effect on their four children. Some violence. Bestseller. 2007.		
LP861	ZIM, HERBERT S.	OUR SENSES AND HOW THEY WORK (GR. 1-3).	
	No annotation		
LP9059	ZUMWALT, ELMO.	MY FATHER; MY SON.	
	No annotation		