

The MULTIPLE SCLEROSIS ASSOCIATION of AMERICA

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To Order, Check Box	Stock ID	Qty	Multiple Sclerosis/Medical
<input type="checkbox"/>	201	3	<i>MAGNETIC RESONANCE SPECTROSCOPY IN MULTIPLE SCLEROSIS. Magnetic resonance spectroscopy (MRS) is one of the most promising techniques in the study of MS. Strengths and weaknesses of the MRS technology application to the study of MS are extensively covered in this book. COPYRIGHT: 2001</i>
<input type="checkbox"/>	130	11	<i>ALTERNATIVE MEDICINE AND MULTIPLE SCLEROSIS. This book was written to provide helpful information about complementary and alternative medicine such as acupuncture and herbal medicine to help those with multiple sclerosis. COPYRIGHT: 2001</i>
<input type="checkbox"/>	262	2	<i>MULTIPLE SCLEROSIS-DIAGNOSIS, MEDICAL MANAGEMENT, AND REHABILITATION. Useful treatment programs and options are reviewed. COPYRIGHT: 2000</i>
<input type="checkbox"/>	182	2	<i>THE PROCESS AND MEDICAL TREATMENTS. Informs and familiarizes readers with multiple sclerosis's challenges, treatments and other related aspects. COPYRIGHT: 2002</i>
<input type="checkbox"/>	219	2	<i>FUNDAMENTALS OF NEUROLOGIC DISEASE. A text written for medical students. A basic introduction to neurology and common neurological diseases. COPYRIGHT: 2005</i>
<input type="checkbox"/>	209	8	<i>MULTIPLE SCLEROSIS/REVISED EDITION. Discusses struggles with MS and explains symptoms, diagnosis and new treatments. COPYRIGHT: 2001</i>
<input type="checkbox"/>	73	10	<i>MULTIPLE SCLEROSIS AND HAVING A BABY. Everything you needed to know about conception, pregnancy and parenthood. COPYRIGHT: 1999</i>
<input type="checkbox"/>	248	2	<i>NURSING PRACTICE IN MULTIPLE SCLEROSIS. Outline form of the basic concepts of MS and MS nursing. COPYRIGHT: 2006</i>
<input type="checkbox"/>	275	6	<i>MULTIPLE SCLEROSIS Q&A: REASSURING ANSWERS TO FREQUENTLY ASKED QUESTIONS. Drawing from scientific information and from personal experience, Hill discusses the wide array of symptoms and tests, medical terminology, traditional and complementary treatment options and lifestyle changes associated with MS. COPYRIGHT: 2003</i>
<input type="checkbox"/>	234	12	<i>MULTIPLE SCLEROSIS: A GUIDE FOR THE NEWLY DIAGNOSED 3RD EDITION. A guide to learning about the disease and the medical treatments now available. COPYRIGHT: 2007</i>
<input type="checkbox"/>	24	5	<i>SAY GOOD NIGHT TO INSOMNIA. Jacobs, an insomnia specialist at the Sleep Disorders Center at the University of Massachusetts Medical School, surveys the limitations and dangers of the new generation of sleeping pills, dispels misleading and confusing claims about sleep and health, and shares cutting edge research on insomnia that proves his approach is more effective than pills. COPYRIGHT: 2009</i>

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- 281 14 *MULTIPLE SCLEROSIS: UNDERSTANDING THE COGNITIVE CHALLENGES, WRITTEN BY NICHOLAS LAROCCA, PH.D. AND ROSALIND KALB, PH. D.. The first comprehensive discussion of MS-related cognitive dysfunction, including the changes that can occur, their assessment and treatment, and strategies for dealing with their impact in daily life. COPYRIGHT: 2006*
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- 204 9 *MULTIPLE SCLEROSIS: THE FACTS. This book offers practical advice about MS in a clear and accessible manner, the symptoms, diagnosis, and possible causes of multiple sclerosis and life course. This book is for someone recently diagnosed with MS or who lives with someone affected by MS. COPYRIGHT: 2001*
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- 197 6 *SPEECH AND LANGUAGE DISORDERS IN MULTIPLE SCLEROSIS. This book is the first to provide comprehensive coverage of the communication impairments that occur associated with multiple sclerosis. Full descriptions of the neuropathophysiology, epidemiology, aetiology, clinical manifestations and medical treatment of MS are also included. COPYRIGHT: 2000*
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- 21 8 *MULTIPLE SCLEROSIS: THE HISTORY OF A DISEASE. Assessment of claims about the existence of MS and accounts from those who suffer with the disease. COPYRIGHT: 2005*
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- 250 3 *MULTIPLE SCLEROSIS 2. Newest essential information on multiple sclerosis focusing on those areas where progress has been made in research, bringing about new concepts of patient management. COPYRIGHT: 2003*
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- 272 6 *MULTIPLE SCLEROSIS: EVERYTHING YOU NEED TO KNOW. A comprehensive guide to living with MS, supported by diagrams, case histories, a drug table and an extensive list of helpful books and organizations. COPYRIGHT: 2005*
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- 68 12 *MULTIPLE SCLEROSIS: THE FACTS YOU NEED. A reliable source of useful and easily accessible information. COPYRIGHT: 1999*
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- 200 6 *MULTIPLE SCLEROSIS (FAST FACTS). A collaboration between two international experts. It is a concise, up-to-date review of our current understanding of the condition and its management. COPYRIGHT: 2000*
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- 153 14 *MULTIPLE SCLEROSIS/THE GUIDE TO TREATMENT AND MANAGEMENT. A complete guide to drugs and other treatments used in MS. COPYRIGHT: 2006*
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- 36 4 *THE EVERYTHING HEALTH GUIDE TO MULTIPLE SCLEROSIS. An authoritative guide to help you understand symptoms, decide on treatment, and enhance your well-being. COPYRIGHT: 2009*
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- 242 10 *MANAGING THE SYMPTOMS OF MULTIPLE SCLEROSIS, 4TH EDITION. Explores symptoms of MS and the clinically tested and proven methods for proper and effective management of the symptoms. COPYRIGHT: 2007*

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<input type="checkbox"/>	16	7	<i>MULTIPLE SCLEROSIS: A REHABILITATION APPROACH TO MANAGEMENT. This book was designed to aid in the understanding of the various rehabilitation techniques available to the health professional working with people who have MS. COPYRIGHT: 1991</i>
<input type="checkbox"/>	277	1	<i>MULTIPLE SCLEROSIS: A NEW JOURNEY. Takes you through the newest research and treatments. Easy to understand information about diagnosis, symptoms, progression, disease-modifying therapy, rehab, disability awareness aand more. COPYRIGHT: 2003</i>
<input type="checkbox"/>	52	4	<i>100 QUESTIONS & ANSWERS ABOUT MULTIPLE SCLEROSIS. Authoritative, practical answers to your questions about MS's causes, treatment, sources of support, and much more. Written by a leading specialist in the treatment of MS. COPYRIGHT: 2006</i>
<input type="checkbox"/>	1	3	<i>LIVING WELL WITH CHRONIC FATIGUE SYNDROME AND FIBROMYALGIA: WHAT YOUR DOCTOR DOESN'T TELL YOU... THAT YOU NEED TO KNOW. A comprehensive guide to the diagnosis and treatment of chronic fatigue syndrome and fibromyalgia. COPYRIGHT: 2004</i>
<input type="checkbox"/>	249	5	<i>OCCUPATIONAL THERAPY & MULTIPLE SCLEROSIS, WRITTEN BY LESLEY SILCOX, MPH, DIP COT.. Describes and discusses the assessment and treatment techniques applied by occupational therapists. COPYRIGHT: 2003</i>
<input type="checkbox"/>	276	1	<i>UNDERSTANDING MULTIPLE SCLEROSIS. Presents both general information about MS and valuable, specific advice. Chapters include: Intro to genetic, demographic, and geographic factors, Symptoms, Treatments, Meds, Coping strategies, etc. COPYRIGHT: 2006</i>
<input type="checkbox"/>	203	3	<i>DRUG TREATMENT OF MULTIPLE SCLEROSIS. The issues creating most concern in managing MS are covered in this book. This book contains knowledge of present drug treatments followed by a cutting edge review on the latest and future treatments. This book also features articles on quality of life and cost assessment. COPYRIGHT: 2000</i>

To Order, Check Box	Stock ID	Qty	Multiple Sclerosis/Daily Living/ Care giving
<input type="checkbox"/>	210	11	<i>LET'S TALK ABOUT LIVING WITH A PARENT WITH MULTIPLE SCLEROSIS. Discusses living with a parent that has MS COPYRIGHT: 2001</i>
<input type="checkbox"/>	183	6	<i>MULTIPLE SCLEROSIS QUESTIONS AND ANSWERS. This book provides a practical approach to answering many questions about MS. It is aimed at physicians, care providers and people with multiple sclerosis. It provides valuable information. COPYRIGHT: 2000</i>
<input type="checkbox"/>	270	11	<i>THE THINGS WE DON'T TALK ABOUT...OR ... YOU BETTER SMILE THROUGH THE TEARS. This book is about the situations and circumstances that occur in one's life with MS that no one talks about. Topics covered include: sex, depression, emotions, and bowel/urinary problems. COPYRIGHT: 2005</i>

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- 228 5 *MULTIPLE SCLEROSIS-PSYCHOSOCIAL AND VOCATIONAL INTERVENTIONS. It will be helpful to vocational rehabilitation counselors and to all members of the health care team concerned about the psychosocial status of their clients with multiple sclerosis. COPYRIGHT: 2002*
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- 243 5 *THE FIRST YEAR MULTIPLE SCLEROSIS, AN ESSENTIAL GUIDE. An MS patient learns and teaches a return to health. COPYRIGHT: 2007*
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- 91 10 *COMPLEMENTARY AND ALTERNATIVE MEDICINE AND MULTIPLE SCLEROSIS, WRITTEN BY ALLEN C. BOWLING, M.D., PH.D.. Information on a wide range of alternative approaches that can aid both in managing symptoms and promoting general health and wellness. COPYRIGHT: 2007*
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- 126 5 *SHARE THE CARE: HOW TO ORGANIZE A GROUP TO CARE FOR SOMEONE WHO IS SERIOUSLY ILL. Whether you're prepared for it or not, chances are you'll take on a role of caregiver when a family member or friend is affected by a serious illness or injury, or when you find your elderly parents need help. Share The Care offers a sensible and loving solution: a unique group approach that can turn a circle of ordinary people into a powerful caregiving team. COPYRIGHT: 2004*
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- 271 14 *THE ART OF LIVING WITH MULTIPLE SCLEROSIS: SIX SECRETS FOR MANAGING MS AS A TEAM, WRITTEN BY LEN AND CHERYL CHATMAN.. Help for developing better coping skills for dealing with MS. COPYRIGHT: 2006*
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- 129 6 *MOMMY'S STORY: AN INTRODUCTION FOR YOUNGER CHILDREN TO LEARN ABOUT A PARENT'S MS. FOR AGES 3-7. This publication by MSAА was written to encourage parents with MS to begin the conversation about the diagnosis and ongoing implications of MS with young children. COPYRIGHT: 2006*
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- 135 16 *PROGRESSIVE MULTIPLE SCLEROSIS, WRITTEN BY PATRICIA K. COYLE, M.D. AND JUNE HALPER, MSN, ANP, FAAN.. This books focuses on ways to not only manage the progrssive disease and its symptoms but also to cope with the life changes that may accompany it. COPYRIGHT: 2001*
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- 22 5 *THE HARVARD MEDICAL SCHOOL GUIDE TO A GOOD NIGHT'S SLEEP. Dr. Lawrence J. Epstein of Harvard Medical School reveals his proven six-step plan to maximize your nights and energize your days.He explains the health benefits of sleep and identifies signs of sleep problems as he gives in-depth advice. COPYRIGHT: 2007*
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- 25 4 *THE MS WORKBOOK: LIVING SUCCESSFULLY WITH MULTIPLE SCLEROSIS. In this book you'll find clear, practical tips for taking care of your helth, your livelihood, and your relationships--step-by-step advice for creating real change in your life. COPYRIGHT: 2006*
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- 207 8 *EVERYTHING YOU NEED TO KNOW ABOUT MULTIPLE SCLEROSIS. (From the need to know Library) A book for young adults telling them everything they need to know about multiple sclerosis. Chapters include: Medical Nuts & Bolts, Who Gets MS & Why, Diagnosis & Treatment, Treating The Spirit, MS In The Home & Workplace, Fighting Ignorance, Glossary, Where to Go For Help, & Further Reading. COPYRIGHT: 2001*
-
- 293 7 *LIVING WITH PROGRESSIVE MULTIPLE SCLEROSIS: OVERCOMING THE CHALLENGES, WRITTEN BY PATRICIA K. COYLE, M.D. AND JUNE HALPER, MSCN, ANP, FAAN.. This book focuses on the latest advances in managing worsening symptoms and provides encouragement to individuals with progressive forms of MS. Topics include diagnosis, disease-modifying therapies, managing difficult symptoms, coping strategies, as well as vocational and legal issues. COPYRIGHT: 2008*
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- 220 2 *COMPREHENSIVE NURSING CARE IN MULTIPLE SCLEROSIS-2ND EDITION. Definitive text on the comprehensive nursing care of people with multiple sclerosis. COPYRIGHT: 2002*
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- 43 45 *EXERCISES FOR MULTIPLE SCLEROSIS. A specially-designed, easy to follow program to improve your daily symptoms, especially fatigue and mobility. COPYRIGHT: 2006*
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- 167 3 *REVERSING MULTIPLE SCLEROSIS/9 EFFECTIVE STEPS TO RECOVER YOUR HEALTH. The nine steps that can help the MS patient turn the corner on the disease that includes detailed nutrient testing and fortification, bee venom treatment, allergy testing, dietary changes, personally tailored nutritional plans, and regular exercise. COPYRIGHT: 2001*
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- 247 7 *SOMETIMES, M.S. IS YUCKY. A book for children ages 3-8 who have a parent or loved one with M.S. It is written with two main goals: to validate feelings and to educate on basic M.S. symptoms. COPYRIGHT: 2005*
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- 264 5 *MULTIPLE SCLEROSIS: A SELF-CARE GUIDE TO WELLNESS. This book focuses on staying well in the presence of MS. Chapters include disease management, general health issues, managing financial resources, community living options, and the promise of research. COPYRIGHT: 2005*
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- 127 20 *MULTIPLE SCLEROSIS FOR DUMMIES. This friendly, authoritative guide gives you expert advice on making personal treatment choices, managing symptoms, staying healthy, and maximizing your health insurance options--as well as how to deal with relapses and complications so you can keep your life on track. COPYRIGHT: 2007*
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- 99 7 *MULTIPLE SCLEROSIS: A GUIDE FOR FAMILIES. A useful and usable book for both families living with MS and the professionals who assist them. COPYRIGHT: 2006*
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- 51 5 *MULTIPLE SCLEROSIS-THE QUESTIONS YOU HAVE-THE ANSWERS YOU NEED - 4TH EDITION. This classic guide to multiple sclerosis continues to be the definitive guide for everyone concerned with this disease. It covers a wide range of topics in a format that is familiar, accessible, and easily understood. COPYRIGHT: 2009*

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| <input type="checkbox"/> | 26 | 21 | <i>LIVING WITH MULTIPLE SCLEROSIS: A WELLNESS APPROACH-SECOND EDITION. You'll find answers to the most commonly asked questions about living with multiple sclerosis, including - causes and course - symptom management - wellness management - emotional health - disease treatments - alternative therapies - and social aspects. COPYRIGHT: 2000</i> |
| <input type="checkbox"/> | 134 | 5 | <i>LIVING BEYOND MULTIPLE SCLEROSIS. An informative, well-written and entertaining book about this dreaded disease. This book discusses openly what MS is all about, with clarity and a sense of humor. COPYRIGHT: 2000</i> |
| <input type="checkbox"/> | 226 | 9 | <i>THE OFFICIAL PATIENT'S SOURCEBOOK ON MS. A reference manual for self-directed patient research. COPYRIGHT: 2002</i> |
| <input type="checkbox"/> | 125 | 5 | <i>MS TOOLKIT: THE PATIENT'S & CAREGIVERS' GUIDE TO MULTIPLE SCLEROSIS. A how-to kit for understanding and dealing with one of the most commonly diagnosed diseases of the central nervous system. COPYRIGHT: 2006</i> |
| <input type="checkbox"/> | 46 | 3 | <i>MULTIPLE SCLEROSIS: AT YOUR FINGERTIPS GUIDE. Answers over 200 real questions from people with MS and their families. The topics covered range from symptoms and diagnosis, through to medical treatment, management and self-help. COPYRIGHT: 2000</i> |
| <input type="checkbox"/> | 6 | 10 | <i>EMPLOYMENT ISSUES AND MULTIPLE SCLEROSIS. This book focuses on the employment issues relevant to multiple sclerosis. COPYRIGHT: 1996</i> |
| <input type="checkbox"/> | 15 | 8 | <i>THE MS RECOVERY DIET. This book targets five common food triggers that can set off the symptoms of MS. More than 100 recipes included, plus strategies to improve digestion, balance the immune system, and repair the body's myelin--crucial steps toward healing. COPYRIGHT: 2007</i> |
| <input type="checkbox"/> | 60 | 13 | <i>300 TIPS FOR MAKING LIFE WITH MULTIPLE SCLEROSIS EASIER, WRITTEN BY SHELLEY PETERMAN SCHWARZ.. This book is filled with tips, techniques, and shortcuts to help better manage the challenges of MS. COPYRIGHT: 2006</i> |
| <input type="checkbox"/> | 62 | 10 | <i>MS AND YOUR FEELINGS, WRITTEN BY ALLISON SHADDAY, LCSW.. Psychotherapist and MS patient Allison Shadday offers readers effective coping strategies in dealing with frustration, fear,guilt,anger,loss ,etc. Also a chapter for caregivers. COPYRIGHT: 2007</i> |
| <input type="checkbox"/> | 94 | 10 | <i>MULTIPLE SCLEROSIS DISEASES AND PEOPLE. Easy to read information about multiple sclerosis. COPYRIGHT: 1999</i> |
| <input type="checkbox"/> | 79 | 15 | <i>THE NATURAL WAY MULTIPLE SCLEROSIS. Your guide to complementary therapies, alternative techniques, and conventional treatments. COPYRIGHT: 1999</i> |

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157 5 *THE A TO Z OF MULTIPLE SCLEROSIS. The A to Z of Multiple Sclerosis is a handy reference guide sure to be of use to anyone coping with MS, as well as to their families and friends. More than 500 entries discuss the etiology, research, treatment, symptoms, possible causes, and lifestyle issues related to the disease. COPYRIGHT: 2005*

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Personal Accounts

33 3 *VOICES OF MULTIPLE SCLEROSIS: THE HEALING COMPANION: STORIES OF COURAGE, COMFORT AND STRENGTH. Voices of Multiple Sclerosis is filled with dozens of revealing, inspiring, and informative true stories by people with MS, their family members, caregivers and friends. COPYRIGHT: 2010*

280 1 *MS: WHAT IT GAVE ME: MY LIFE WITH MS AND LIVING ON WITHOUT A LIFE. This is a look at living with advanced Ms and the changes it brought into the author's thinking and life. COPYRIGHT: 2006*

39 9 *CHOCOLATE FOR A WOMAN'S HEART AND SOUL. Stories of love, courage and compassion to nourish your spirit and sweeten your dreams. COPYRIGHT: 1998*

155 8 *CHOCOLATE FOR A WOMAN'S SOUL. 77 stories to feed your spirit and warm your heart. COPYRIGHT: 1997*

173 6 *20 YEARS AND STILL COPING AND PREVAILING. Positive outlook for those with MS. COPYRIGHT: 2004*

28 6 *CHICKEN SOUP FOR THE WOMAN'S SOUL. 101 more stories to open the hearts and rekindle the spirits of women. COPYRIGHT: 1996*

29 7 *CHICKEN SOUP FOR THE SURVIVING SOUL. 101 healing stories of courage and inspiration. COPYRIGHT: 1996*

66 3 *ME AND MY SHADOW. Carole's personal story shows how hard it is for other people to grasp fully the impact of MS. COPYRIGHT: 1999*

14 5 *WHO SAID SO: HOW OUR THOUGHTS AND BELIEFS AFFECT OUR PHYSIOLOGY. A women's journey of self discovery and full recovery from multiple sclerosis. COPYRIGHT: 1991*

188 7 *JOURNEY TO WHOLENESS. About a survivor discovering the connection between physical health and emotional health. COPYRIGHT: 1992*

233 14 *LIFE IS AN ADVENTURE. About living with a debilitating disease yet not letting it get the best the best of you. COPYRIGHT: 2002*

251 7 *CHICKEN SOUP FOR THE VOLUNTEER'S SOUL. Inspires volunteerism and creative ways to get involved. COPYRIGHT: 2002*

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- 205 11 *MS. DOESN'T STAND FOR MULTIPLE SCLEROSIS. How does a strong independent woman deal with an unpredictable disease? With the aid of her family and a new man in her life, Adiana Taylor begins to experience freedom from her disease. A novel written by Chamein Canton, a native New Yorker, with multiple sclerosis. COPYRIGHT: 2000*
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- 261 6 *BLINDSIDED: LIFTING LIFE ABOVE ILLNESS. An autobiographical account of the struggles and obstacles of living life blind. Cohen explores the effects of illness on raising three children and being married. COPYRIGHT: 2004*
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- 198 8 *CROSSED SIGNALS. A fictional novel where a teenage girl comes home one day from school to find that her mother has been diagnosed with multiple sclerosis. A family's interpersonal relationships are exposed and magnified. This book tells their story as they embark on a journey of transformation. COPYRIGHT: 2000*
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- 136 8 *THE ART OF HAPPINESS. Through conversation, stories and meditations, the Dalai Lama shows us how to defeat day-to-day anxiety, insecurity, anger and discouragement. COPYRIGHT: 1998*
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- 256 15 *MY STORY: A PHOTOGRAPHIC ESSAY. This book is a collection of pictures and essays written by people with MS. It shows the many different faces of people, caregivers, and families affected by MS. COPYRIGHT: 2004*
- 237 5 *LEAN ON ME. Nancy Davis was diagnosed with MS at the age of 33. This is her personal account of learning to navigate the health care waters, finding hope, taking positive action, and celebrating progress. COPYRIGHT: 2006*
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- 175 18 *AS FOR TOMORROW, I CAN NOT SAY. Fiercely independent and passionately determined, she has fought the illness with every psychological and physical weapon in her armoury. Unflinchingly honest, deeply moving, and often humorous. COPYRIGHT: 2001*
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- 118 8 *YES, YOU CAN!!! GO BEYOND PHYSICAL ADVERSITY AND LIVE LIFE TO THE FULLEST. Based on the premise that life should be lived to the fullest extent possible, disability or no disability. A real motivator. COPYRIGHT: 2000*
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- 76 10 *MULTIPLE SCLEROSIS: HOW I WON THE BATTLE. The six years Yvonne lived with chronic progressive MS, and how she regained her health. COPYRIGHT: 1999*
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- 4 9 *A DREAM IS A WISH YOUR HEART MAKES: MY STORY. Ms Funicello's personal account with MS. COPYRIGHT: 1994*
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- 146 13 *SPEEDBUMPS, FLOORING IT THROUGH HOLLYWOOD. In her laugh-out-loud funny and inspiring autobiography, Teri Garr, one of Hollywood's best-loved comediennes, muses about movies, men, motherhood, and MS. COPYRIGHT: 2005*
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- 214 6 *MUSING ALONG THE WAY. A woman's personal journey of discovery as she copes with a chronic disease. COPYRIGHT: 2001*
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- 158 6 *FACING THE COGNITIVE CHALLENGES OF MULTIPLE SCLEROSIS, WRITTEN BY JEFFREY N. GINGOLD.. A courageous and compelling personal account of one man's struggle with cognitive difficulties caused by MS. COPYRIGHT: 2006*
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- 131 1 *NUMBER AVAILABLE. Those of us with MS face more challenges, if only because the doctors treat the symptoms not the disease. In this book the author attempts to show coping skills. With humor she shares the everyday struggles that come with dealing with MS. COPYRIGHT: 2005*
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- 255 5 *THE MEASURE OF OUR LIVES: A SPIRITUAL EXPLORATION OF ILLNESS. Groopman offers eight diverse stories about patients suffering from serious illnesses. Through these stories, Groopman offers a compelling look at what is to be learned when life can no longer be taken for granted. COPYRIGHT: 1997*
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- 257 1 *INCIDENTAL HEROES: DISABLING THE MYTHS ABOUT MULTIPLE SCLEROSIS. A collection of "incidental heroes" who single-handedly have disabled the myths about M.S. Read their words, and hear how they have achieved happiness- personal, professional, and spiritual. COPYRIGHT: 1999*
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- 238 6 *A BABY BOOMER'S JOURNEY. Depicting a life of pain, sorrow and happiness in dealing with ailments including multiple sclerosis. COPYRIGHT: 2003*
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- 184 4 *MY STORY M.S. MERCIFUL SAVIOR. Life changing events that took place in 1993 and 1994 will forever alter Jim's life as he knew it. This book is about his life and how he accepted those adversities; how he has changed his life to adapt; how through perseverance and determination he has maintained and gained a new sense of spirituality and fortitude. COPYRIGHT: 1997*
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- 85 7 *FROM MS TO WELLNESS. Her personal story of overcoming multiple sclerosis. COPYRIGHT: 1997*
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- 206 5 *ONE PARTICULAR HARBOR. The outrageous true adventures of one woman with multiple sclerosis living in the Alaskan Wilderness. Janet James penchant for black humor, cold beer and handsome men results in numerous outsized tales. Her story is a frank, detailed account of life with a profound disability - a rare example of what MS can do. But through it all, she reminds us that life, regardless of it's circumstances, truly is whatever we choose to make it. COPYRIGHT: 1993*
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- 260 4 *MYSTERIOUS STRANGER ABROAD. This inspirational book documents one couple's battle with Multiple Sclerosis, for the onset of the illness to the daily struggles with its related symptoms. John Johnson's story aims to raise awareness of Multiple Sclerosis and promote the search for a cure. COPYRIGHT: 1995*
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- 156 3 *REFLECTIONS FROM A DIFFERENT JOURNEY: WHAT ADULTS WITH DISABILITIES WISH ALL PARENTS KNEW. 40 eloquent essays offering wisdom, inspiration, and emotional support as well as a rare glimpse inside the lives and minds of people with many different disabilities. COPYRIGHT: 2004*

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| <input type="checkbox"/> | 217 | 5 | <i>THE WINNING SPIRIT...LIFE LESSONS LEARNED IN LAST PLACE. An inspirational look at what the author has learned in her adventures outside of MS. COPYRIGHT: 1997</i> |
| <input type="checkbox"/> | 235 | 9 | <i>LIFE ON CRIPPLE CREEK. Shows that with inner strength and a sense of humor, the intrinsic emotions one encounters with MS need not be devastating. COPYRIGHT: 2003</i> |
| <input type="checkbox"/> | 112 | 12 | <i>FALL DOWN LAUGHING. An often poignant, always humorous account of his courageous struggle with MS, from his search for a cure to his decision in 1999 to go public about his illness. COPYRIGHT: 2000</i> |
| <input type="checkbox"/> | 148 | 11 | <i>MULTIPLE SCLEROSIS SELF-HELP: A PATIENT'S VIEW. This book is the result of my personal experiences as well as others with MS. COPYRIGHT: 2001</i> |
| <input type="checkbox"/> | 208 | 9 | <i>ORDINARY TIME/CYCLES IN MARRIAGE, FAITH AND RENEWAL. The "ordinary time" of one woman's life and the messy in-betweens. COPYRIGHT: 1993</i> |
| <input type="checkbox"/> | 93 | 9 | <i>WAIST HIGH IN THE WORLD. This is not a book about MS, or about illness, rather it's a chronicle of inspired adaption. COPYRIGHT: 1996</i> |
| <input type="checkbox"/> | 213 | 1 | <i>WAIST-HIGH IN THE WORLD: A LIFE AMONG THE NONDISABLED. The author, a gifted essayist, landed in a wheelchair years ago due to MS. She uses wit to describe the daily tasks of seeing "eye-to-navel" with a world that is uncomfortable with the disabled. COPYRIGHT: 1996</i> |
| <input type="checkbox"/> | 34 | 5 | <i>TIME TO CARE-PERSONAL MEDICINE IN THE AGE OF TECHNOLOGY. Time To Care is filled with dozens of case anecdotes that illustrate the crucial role of the patient-doctor relationship, Time To Care shows how medical practice has changed dramatically in recent decades. Today, the personal relationship between the patient and doctor has been displaced by technology. COPYRIGHT: 2010</i> |
| <input type="checkbox"/> | 164 | 6 | <i>SHARE MY LONESOME VALLEY. The slow grief of long term care/helping people through tough issues of life. COPYRIGHT: 1999</i> |
| <input type="checkbox"/> | 92 | 7 | <i>A DETERMINED SPIRIT. This story describes how the author kept her faith while struggling to enjoy life, despite her diagnosis of MS just before her wedding. COPYRIGHT: 1995</i> |
| <input type="checkbox"/> | 202 | 1 | <i>COFFEE IN THE CEREAL: THE FIRST YEAR WITH MULTIPLE SCLEROSIS. In her quirky, sassy voice, Moorhead recounts the experience of her first year with MS. Rather than focusing on the sadness and difficulties, she deals with the practical problems faced by many MS patients. COPYRIGHT: 2002</i> |
| <input type="checkbox"/> | 44 | 5 | <i>PHONE IN THE FRIDGE. The author recounts the experiences of her first five years with MS. She offers the best of her personal insights into life with MS in this compilation of essays on everything from fighting depression to being an effective parent. COPYRIGHT: 2006</i> |

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- 177 3 *RIDING THE GOLD CURVE. This is a sweeping novel of love and hate of one person diagnosed with MS. Abby finds herself struggling to live with a disease that destroys her fierce quest for independence. But through she finds herself stronger thru her help to others. A true heroine, she is a tribute to the human spirit. COPYRIGHT: 1992*
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- 254 10 *THE BODY SILENT. Mr Murphy uses his own experience to explore society's fear, myths, and misunderstanding about disability and the damage they inflict. He illuminates the way to social standing while making the love of life burn more fiercely. COPYRIGHT: 1990*
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- 101 6 *CLAUDE MSING AROUND. John's story is written in a light-hearted manner with the help of Claude, his dog. COPYRIGHT: 1990*
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- 186 6 *NO MAGIC WANDS. Non-fiction account of the author's struggles to survive numerous surgical procedures. COPYRIGHT: 1998*
- 37 10 *WOMEN LIVING WITH MULTIPLE SCLEROSIS. This book is an intimate portrait drawn from the e-mail chats of a group of special women. COPYRIGHT: 1999*
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- 100 9 *MULTIPLE SCLEROSIS-UNCOVERING IT'S HIDDEN BLESSINGS. A personal journal chronicalling the life of a patient with MS. A must read for the newly diagnosed. COPYRIGHT: 2005*
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- 27 8 *THE ROAD LESS TRAVELED. A new psychology of love, traditional values, and spiritual growth. COPYRIGHT: 1998*
- 63 7 *THE ROAD LESS TRAVELED AND BEYOND. Spiritual growth in an age of anxiety. COPYRIGHT: 1997*
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- 149 5 *LIVING WITH A HOG ON MY BACK. Inspirational tale that may generate possibility or enlightenment. Writing the highlights of my life has unbound and set me free. I hope it will amaze and set you free from the hog on your back. (The story of a multiple sclerosis and breast cancer survivor) COPYRIGHT: 2001*
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- 212 3 *CURING THE INCURABLE: HOW TO USE YOUR BODY'S NATURAL SELF-HEALING ABILITY TO OVERCOME M.S. AND OTHER DISEASES. Turning her back on traditional medicine, the author decided to fight the disease on her own terms. Essential information on food and nutrition, along with a comprehensive resource guide and healthful recipes, will save readers precious time in their search to overcome disease. COPYRIGHT: 1999*
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- 151 15 *WHEN THE ROAD TURNS. Inspirational stories by and about people with MS. COPYRIGHT: 2001*
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- 124 12 *BLOOMING WHERE YOU'RE PLANTED. The author of the nationally-syndicated column, "Making Life Easier," offers stories and anecdotes about her life with MS, in which she seeks to find solutions to whatever problems she faces. And she hopes it will help others as well. COPYRIGHT: 1998*
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- 279 3 *YOU DON'T LOOK SICK! LIVING WELL WITH INVISIBLE CHRONIC DISEASE.* This book chronicles a patient's true-life stories and her physician's compassionate commentary as they take a journey through the three stages of a chronic illness-Getting sick, Being sick, and Living well. COPYRIGHT: 2005
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- 259 3 *TEN THINGS I WISH I'D KNOWN--BEFORE I WENT OUT INTO THE REAL WORLD.* An inspirational collection of Maria Shriver's advice, reflections, lessons, and memories designed to inspire and comfort. COPYRIGHT: 2000
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- 9 5 *THE MS AUTOBIOGRAPHY BOOK.* An anthology of autobiographical prose & verse written by persons who have multiple sclerosis. COPYRIGHT: 1992
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- 98 3 *SAGA: ONE MAN'S BATTLE WITH MS.* A diary of writing to others with multiple sclerosis. COPYRIGHT: 1995
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- 180 10 *COURAGE.* The story of the mighty effort to end the devastating effects of MS. COPYRIGHT: 2001
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- 142 9 *DIS "ABILITY" JOKE BOOK I.* Humor from the point of view of a person in a wheelchair. Frank has found purpose in ministering to others who are disabled. COPYRIGHT: 1995
- 143 11 *DIS "ABILITY" JOKE BOOK II.* Humor from the point of a person in a wheelchair. Frank has found purpose in ministering to others who are disabled. COPYRIGHT: 1997
- 144 9 *DIS "ABILITY" JOKE BOOK III.* Humor from the point of view of a person in a wheelchair. Frank has found purpose in ministering to others who are disabled. COPYRIGHT: 1999
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- 267 2 *AMERICA, SEPTEMBER 11TH: THE COURAGE TO GIVE.* In the wake of Sept. 11, thousands of extraordinary people rose to the occasion and stepped forward to help. This book documents their overflowing kindness and compassion. COPYRIGHT: 2001
- 265 3 *PEOPLE WITH MS WITH THE POWER TO GIVE.* A collection of 24 inspiring stories. All of the people profiled in this book have refused to be defined by their illness. These men and women have found the courage to do old things in new ways and new things that improve the lives of those around them. COPYRIGHT: 2003
- 269 2 *TEACHERS WITH THE COURAGE TO GIVE: EVERYDAY HEROES MAKING A DIFFERENCE IN OUR CLASSROOMS.* Heartwarming stories that honor the everyday heroes who daily give of themselves to their students. COPYRIGHT: 2002
- 268 2 *TEENS WITH THE COURAGE TO GIVE.* Profiles of thirty amazing teens who have triumphed over tragedy and who have volunteered to make a difference. COPYRIGHT: 2000
- 266 3 *THE COURAGE TO GIVE.* Inspiring stories of people who triumphed over tragedy to make a difference in the world. COPYRIGHT: 2000
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- 89 9 *ALL OF A PIECE A LIFE WITH MULTIPLE SCLEROSIS.* She has written what many must feel but are unable to express. COPYRIGHT: 1998
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|--------------------------|-----|----|---|
| <input type="checkbox"/> | 258 | 5 | <i>CURING MS: HOW SCIENCE IS SOLVING THE MYSTERIES OF MULTIPLE SCLEROSIS.</i> Dr. Weinberg's moving, personal account of the long-term scientific quest to pinpoint the origins of the disease and to find a breakthrough treatment for its victims. Includes the science behind the symptoms and how new drugs may hold the key to "taming the monster." COPYRIGHT: 2004 |
| <input type="checkbox"/> | 102 | 1 | <i>A DOZEN WAYS TO SUNDAY: STORIES OF HOPE AND COURAGE.</i> There are many paths to faith and the goal of this book is to highlight just a few of the compelling ways in which people have answered their own call. COPYRIGHT: 2001 |
| <input type="checkbox"/> | 194 | 7 | <i>CLIMBING HIGHER.</i> This book is a penetrating and insightful look at a remarkable man, his extraordinary career, and the tumultuoud like that graced him with hard-won courage and wisdom. COPYRIGHT: 2004 |
| <input type="checkbox"/> | 193 | 12 | <i>LIFE LESSONS AND REFLECTIONS.</i> Williams offers life lessons and reflections based on his own experiences, as well as those of prominent individuals from the past and present. The text is enhanced with beautiful realized photographs that bring to light the insights, sentiments and depth of emotion that these words evoke. COPYRIGHT: 2000 |
| <input type="checkbox"/> | 47 | 4 | <i>LIVING WELL EMOTIONALLY: BREAK THROUGH TO A LIFE OF HAPPINESS.</i> Montel shares his practical advice for living well emotionally--and reveals how you too can find the happiness you deserve. COPYRIGHT: 2009 |

To Order, Check Box	Stock ID	Qty	Health and Wellness
<input type="checkbox"/>	59	5	<i>PRESCRIPTION FOR NUTRITIONAL HEALING (4TH EDITION).</i> A comprehensive and up-to-date approach to good health. COPYRIGHT: 2006
<input type="checkbox"/>	150	4	<i>THE ANTI-INFLAMMATION DIET AND RECIPE BOOK.</i> Research shows that poor nutrion choices and hidden food allergies can cause inflammation in the body. This book explains how the diet works, and includes 125 simple, and tasty recipes. COPYRIGHT: 2006
<input type="checkbox"/>	163	4	<i>HEALING MULTIPLE SCLEROSIS: DIET, DETOX & NUTRITIONAL MAKEOVER FOR TOTAL RECOVERY.</i> Ann Boroeh, naturopath and certified nutritional consultant, describes how she cured herself of MS using complementary medicine. Her book describes he rown quest for a cure, case histories of those who have triumphed over MS, the real causes of MS, and a comprehensive how-to section that will show you how to develop your own treatment plan. COPYRIGHT: 2007
<input type="checkbox"/>	17	9	<i>DIETARY SUPPLEMENTS AND MULTIPLE SCLEROSIS.</i> A health professional guide to dietary supplements to be used to ask questions about a particular dietary supplement. The supplements are for those with particular MS relevance. COPYRIGHT: 2004
<input type="checkbox"/>	64	14	<i>SOMETHING MORE: EXCAVATING YOUR AUTHENTIC SELF.</i> Encourages you to become an archeologist of yourself. COPYRIGHT: 1998
<input type="checkbox"/>	40	5	<i>THE REAL VITAMIN AND MINERAL BOOK.</i> A guide to the nutritional supplements you really need, and their most effective dosages. COPYRIGHT: 2003

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| <input type="checkbox"/> | 58 | 4 | <i>SMART MEDICINE FOR MENOPAUSE. A no nonsense guide to using herbs, vitamins, foods, and natural supplements to ease the discomfort of menopause. COPYRIGHT: 1995</i> |
| <input type="checkbox"/> | 2 | 10 | <i>FOOD: YOUR MIRACLE MEDICINE. A guide for using the power of common foods to stay healthy and conquer disease. COPYRIGHT: 1993</i> |
| <input type="checkbox"/> | 32 | 8 | <i>THE CHRONIC PAIN CONTROL WORKBOOK. A step-by- step guide for coping with and overcoming pain. COPYRIGHT: 1996</i> |
| <input type="checkbox"/> | 174 | 2 | <i>ANDROGEN DISORDERS IN WOMEN. This unique book encourages women to learn more about their bodies work. It explains that men and women share the same hormones and that the presence of male hormones in a woman's body is not unnatural; in fact, the female body was designed to have male hormones as well as female hormones. COPYRIGHT: 2002</i> |
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| <input type="checkbox"/> | 38 | 8 | <i>NATURAL ENERGY. From tired to terrific in 10 days. COPYRIGHT: 1999</i> |
| <input type="checkbox"/> | 168 | 2 | <i>REFLEXOLOGY FOR EVERY BODY. How to discover for yourself, a way to health and harmony in your being, and a way to help those you love. Reflexology is one of the fastest growing natural health care methods in the world. Reflexology not only affects our physical bodies, but has positive balancing effect on our mental, emotional and spiritual bodies-our whole person. COPYRIGHT: 1996</i> |
| <input type="checkbox"/> | 19 | 2 | <i>COOKING WELL: MULTIPLE SCLEROSIS. This book contains over 75 easy and delicious recipes for nutritional healing. In particular, are recipes rich in protein and Omega-3 fatty acids which help reduce inflammation and decrease pain. COPYRIGHT: 2009</i> |
| <input type="checkbox"/> | 84 | 3 | <i>REFLEXOLOGY - A BASIC GUIDE. This book introduces us to the unique therapeutic and diagnostic nature of reflexology. COPYRIGHT: 1999</i> |
| <input type="checkbox"/> | 69 | 4 | <i>THE SCIATICA RELIEF HANDBOOK. If you ever have had sciatica symptoms, this book could change your life. COPYRIGHT: 1999</i> |
| <input type="checkbox"/> | 171 | 5 | <i>HEALING ANGER: THE POWER OF PATIENCE FROM A BUDDHIST PERSPECTIVE.. Teaching and learning about patience, a topic that would be practical, that one could bring into everyday life. To teach the understanding of patience, and its reflection in the overwhelming dominance of anger. Through this book we can try to overcome the obstacles of hatred and anger. COPYRIGHT: 1997</i> |
| <input type="checkbox"/> | 108 | 4 | <i>HEALING WITH VITAMINS. The most effective vitamin and mineral treatments for everyday health problems and serious disease. COPYRIGHT: 1996</i> |

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- 122 11 *YOGA AND MULTIPLE SCLEROSIS. This book is a comprehensive and user-friendly guide to applying the principles of yoga to MS management. Includes photographs and descriptions of each exercise. COPYRIGHT: 2007*
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- 152 6 *COOKING LIGHT. Cooking Light shows you how to put the latest nutritional advice to work so as to get all the nutrients you need while reducing the risk of chronic illness. COPYRIGHT: 1992*
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- 109 5 *HOW TO GET A GOOD NIGHT'S SLEEP. Enjoy the restorative power of a good night's sleep with Dr. Ford's natural sleep prescriptions. COPYRIGHT: 1994*
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- 50 6 *VIBRATIONAL MEDICINE. New choices for healing ourselves, research into alternative medical diagnosis and treatment. COPYRIGHT: 2001*
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- 65 8 *OVERCOMING PANIC DISORDER: A WOMAN'S GUIDE. Effective treatment for panic disorders using controlled research methods. COPYRIGHT: 1998*
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- 123 4 *COPING WITH STRESS. Greenberg addresses the physiological and emotional aspects of stress, and introduces several interventions that can be easily learned and applied to stressful lifestyles. COPYRIGHT: 1990*
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- 106 5 *VITAMINS, HERBS, MINERALS AND SUPPLEMENTS. Updated information on all the vitamins, minerals and supplements that are making news every day. COPYRIGHT: 1998*
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- 221 3 *THE IMMUNE SUPPORT COOKBOOK. Easy, delicious recipes to support your health if you're HIV positive or suffers from CFIDS, cancer or other degenerative diseases. COPYRIGHT: 1995*
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- 169 3 *SECRETS OF REFLEXOLOGY. Secrets of reflexology offers a unique juxtaposition of theory and practice, providing clear, full explanations that demystify the subject and show you the best way to apply it. Shows how to treat various ailments by means of pressure. COPYRIGHT: 2000*
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- 87 7 *WOMEN'S CANCERS. How to prevent them, how to treat them and how to beat them. COPYRIGHT: 1998*
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- 195 4 *MEN'S CANCERS. How To Prevent, Treat , & Beat Men's Cancers. Information on prevention and treatment options for the most common male cancers including prostate, lung, and colon cancers. Also covers sexual changes related to cancer and treatment. COPYRIGHT: 2001*
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- 82 7 *OUR HEALTH, OUR LIVES. Contemporary medicine, combining new technologies with natural remedies and the miraculous healing powers within the body itself. COPYRIGHT: 1995*
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- 48 20 *PRIMARY PROGRESSIVE MULTIPLE SCLEROSIS: WHAT YOU NEED TO KNOW. Created as a joint project between the Multiple Sclerosis Association of America and the National Multiple Sclerosis Society, this is the first published book dedicated entirely to the Primary Progressive Multiple Sclerosis (PPMS) population. Written by top experts in the field, initial chapters address how PPMS differs from other types of MS, how it is diagnosed, and ongoing research into possible treatments for this form of the disease. Later chapters provide detailed explanations on topics such as: the benefits of rehabilitation; symptom management treatment options; technology and adaptations; maintaining wellness; emotional and quality of life issues; family and social issues; carepartner support; and economic issues. A glossary and an extensive resource listing are included. This is a valuable and informative publication for everyone in the PPMS community. COPYRIGHT: 2010*
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- 245 4 *COMPLIMENTARY/ALTERNATIVE MEDICINE. Information on alternative medicine including additional readings and research confirmation. COPYRIGHT: 1999*
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- 12 7 *BE SICK WELL: A HEALTHY APPROACH TO CHRONIC ILLNESS. This book makes the ground-breaking distinction between disease: what is physical, objective, and measurable and illness and the experience of being sick...subjective and essentially immeasurable. COPYRIGHT: 1991*
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- 263 4 *THE ULTIMATE GUIDE TO SEX AND DISABILITY. Pulls together the available information on sex and disability that isn't aimed at a particular disability. COPYRIGHT: 2003*
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- 5 4 *HUMOR AS THERAPY. Laughter has been known to have a therapeutic effect in the treatment of physical ailments. COPYWRIGHT: 1984 COPYRIGHT: 1984*
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- 181 10 *ENABLING ROMANCE. Explores issues of love, sex and relationships for those with disabilities. This book provides a frank discussion and an illustrated guide to intimacy and sexual expression. Please be advised: contains adult themes and content. For mature readers. COPYRIGHT: 1992*
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- 160 5 *ALMOST HOME: EMBRACING THE MAGICAL CONNECTION BETWEEN POSITIVE HUMOR AND SPIRITUALITY. Discover the journey one woman took to bring laughter into her life and the lives of others, and how she embraced the intricate connection between positive humor and spirituality. COPYRIGHT: 2002*
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- 103 5 *COPING WITH LYME DISEASE. A practical guide to dealing with diagnosis and treatment. COPYRIGHT: 2004*
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- 77 8 *THE DANCE OF ANGER. A woman's guide to the changing pattern of intimate relations. COPYRIGHT: 1997*
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- 190 6 *THE NATURAL ESTROGEN DIET. Here is a whole new option to explore for women who would rather not take artificial hormones during menopause... a natural estrogen diet. Foods rich in plant estrogen are known to alleviate the symptoms of menopause. The recipes this book offers are easy, creative, and delicious dishes that the whole family will enjoy. COPYRIGHT: 1999*
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- 78 10 *WHEN ANGER HURTS: QUIETING THE STORM WITHIN. A step-by-step guide to changing habitual anger-generating thoughts while developing healthier, more effective ways of meeting your needs. New chapters on the interpersonal and physiological costs of anger, road rage, and parental anger. COPYRIGHT: 2003*
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- 246 2 *THE HEALING POWER OF FOODS COOKBOOK. This book is filled with tasty and nutritious vegetarian recipes. COPYRIGHT: 1993*
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- 241 8 *THE HEALING POWER OF FOODS. Nutrition secrets for vibrant health and long life. COPYRIGHT: 1993*
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- 83 3 *ENCYCLOPEDIA OF NATURAL MEDICINE. Learn how to use herbs, vitamins, minerals, and diet and nutritional supplements safely and effectively. COPYRIGHT: 1998*
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- 137 8 *ANATOMY OF THE SPIRIT: THE SEVEN STAGES OF POWER AND HEALING. This book will intrigue, provoke, and inspire you with views on spirituality and your personal responsibility for your own health. This writing seems so full of common sense that you will wonder why you hadn't thought of these ideas before. COPYRIGHT: 1996*
- 138 9 *WHY PEOPLE DON'T HEAL AND HOW THEY CAN. A practical approach to healing life issues and physical illness will help readers overcome the mental and emotional blocks to becoming well. COPYRIGHT: 1997*
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- 218 4 *THE BOOK OF EXERCISE AND YOGA FOR THOSE WITH MULTIPLE SCLEROSIS: USING MOVEMENT AND MEDITATION TO IMPROVE BALANCE AND MANAGE SYMPTOMS OF PAIN AND FATIGUE. This book covers a wide variety of movement therapies such as range of motion exercises, low-to-no impact aerobics, strength training, and yoga. COPYRIGHT: 2005*
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- 139 8 *WOMEN'S BODIES, WOMEN'S WISDOM. A gateway to the deepest understanding of health and well-being, for those who believe that it is possible to live our lives fully regardless of our present or past circumstances. COPYRIGHT: 1998*
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- 42 3 *FINDING THE JOY IN TODAY. This inspiring book of daily meditations takes up the physical, emotional, and spiritual challenges faced by those who have chronic illnesses, as well as their caregivers, pointing the way to the joy that each day can bring. COPYRIGHT:*
- 11 10 *WE ARE NOT ALONE: LEARNING TO LIVE WITH CHRONIC ILLNESS. This book is about redesigning your life and how to live better, not just differently. COPYRIGHT: 1985*
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- 140 10 *THE PLEASURE ZONE: WHY WE RESIST GOOD FEELINGS & HOW TO LET GO AND BE HAPPY.* When you are inspired by good feelings, there's no end to your energy. This book will help you focus on what's right with your life and not notice what's wrong. COPYRIGHT: 1997
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- 165 6 *POWER TO THE PATIENT.* This book contains the latest proven information on the proper diagnosis and treatment of almost 40 of the most common ailments that afflict Americans. Everything you need to know when you're sick. COPYRIGHT: 2002
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- 172 5 *HOW TO SAVE YOUR OWN LIFE.* Learn about: routine tests and how to read them, the best health web sites, hospital do's and don'ts, the 18 symptoms that should send you right to the doctor...and much more. COPYRIGHT: 2000
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- 244 5 *APPLES & PEARS.* Describes the powerful physiological effects of being either "apple" or "pear" shaped. COPYRIGHT: 2005
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- 71 4 *THE ANTI-AGING ZONE .* Shows the enormous effect food has on the aging process. COPYRIGHT: 1999
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- 253 6 *THE PSYCHOLOGY OF CHRONIC ILLNESS.* This book is an invitation to think about, to imagine, to feel, and to encounter the experience of illness differently. COPYRIGHT: 1996
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- 240 8 *THE ART OF GETTING WELL.* A five- step plan for maximizing health when you have a chronic illness. Put your life before your illness. Listen to your body and more. COPYRIGHT: 2002
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- 35 4 *MULTIPLE SCLEROSIS MANIFESTO: ACTION TO TAKE, PRINCIPLES TO LIVE BY.* Written by an epidemiologist, who also has MS, this book covers such diverse topics as learning about meds, how to evaluate your doctor, tips to disclosing your MS status, finding support groups, and adding your voice to the fight against MS. COPYRIGHT: 2010
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- 107 5 *THE PROGRAM FOR BETTER VISION.* A step- by- step holistic guide containing physical, emotional and mental techniques for vision problems. COPYRIGHT: 1995
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- 20 3 *DHEA: THE ULTIMATE REJUVENATING HORMONE.* DHEA has been hailed as the single most important factor in life extension to date. COPYRIGHT: 1996
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- 133 1 *EASY-TO SWALLOW EASY-TO CHEW COOKBOOK, WRITTEN BY DONNA L. WEIHOFEN, R.D., M.S., JOANNE ROBBINS, PH.D., CCC-SLP, PAULA A. SULLIVAN, M.S., CCC-SLP..* Over 150 tasty and Nutritious recipes for people who have difficulty swallowing. Also numerous tips and strategies to improve swallowing function and help you enjoy eating again. COPYRIGHT: 2002
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170 5 *THE REFLEXOLOGY MANUAL: A GUIDE TO THE HEALING ZONES OF THE HANDS AND FEET. Apart from treating disease, reflexology is an extremely effective therapy in cases of stress, tension and tiredness. It can also be used as a preventive measure against ill health. COPYRIGHT: 1995*

222 5 *I-CAN'T-CHEW COOKBOOK. This book is for people who love and enjoy tasty food, but suffer from chewing disorders that make eating less than the pleasure it should be. These are soft food recipes, not liquid or blender foods. COPYRIGHT: 2003*

95 5 *OVERCOMING LIFE'S CHALLENGES. Attempts to stimulate thinking and to motivate one to be a better person. COPYRIGHT: 1999*

To Order, Stock Qty **Disability Issues**
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117 15 *INSURANCE SOLUTIONS: PLAN WELL, WORK BETTER. A workbook for people with a chronic disease or disability. Cooper shows that, with adequate planning, insurance should cover any and all disability-related costs. COPYRIGHT: 2001*

273 6 *SICK AND TIRED OF FEELING SICK AND TIRED: LIVING WITH INVISIBLE CHRONIC ILLNESS. Offers hope and coping strategies to the thousands of people who suffer from invisible chronic illness. COPYRIGHT: 2000*

72 7 *MAKING FRIENDS WITH PAIN. Learning to live with a chronic illness. COPYRIGHT: 1999*

121 2 *SOCIAL MARKETING FOR THE NEW MILLENIUM. A practical "do-it-yourself" Social Marketing manual for non-government organizations, community and voluntary associations. COPYRIGHT: 2000*

211 1 *LIVING WITH ILLNESS OR DISABILITY: 10 LESSONS OF ACCEPTANCE, UNDERSTANDING, AND PERSEVERANCE. The author, a respected occupational therapist with 15 years experience with individuals with serious illness or injuries, has found 10 lessons that are common to those who have reconstructed their lives into meaningful existences marked by accomplishment and contentment. Personal stories of those who have transformed their lives. COPYRIGHT: 2005*

13 6 *LOVE YOUR DISEASE: IT'S KEEPING YOU HEALTHY. This book asserts that we can use our illness to learn more about ourselves, and once we understand why we have made ourselves ill, we can learn to become well, using the same power to remove our illness as we used to create it. COPYRIGHT: 1984*

162 8 *FINDING THE WAY HOME/A COMPASSIONATE APPROACH TO ILLNESS. A book of thoughtful reflections on living with illness. This book explores the difference between disease and illness; between curing and healing integration of all life experience; and between pain and suffering. The inner world of illness is portrayed with clarity and compassion. COPYRIGHT: 1997*

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<input type="checkbox"/>	45	9	<i>ACCESSIBLE GARDENING FOR PEOPLE WITH PHYSICAL DISABILITIES. It is possible to garden when you have a disability. This is a guide to methods, tools, and plants. COPYRIGHT: 1994</i>
<input type="checkbox"/>	132	8	<i>WRITE IT DOWN, MAKE IT HAPPEN: KNOWING WHAT YOU WANT AND GETTING IT!. A self-help guide to setting your intent, focusing on your outcome, being clear about what you want in life and making your dreams come true. COPYRIGHT: 2000</i>
<input type="checkbox"/>	116	1	<i>THAT ALL MAY WORSHIP: AN INTERFAITH WELCOME TO PEOPLE WITH DISABILITY. Resource for congregations that want to include people with disabilities, and how to administer to their special needs. COPYRIGHT: 1997</i>
<input type="checkbox"/>	283	5	<i>HEALTH INSURANCE RESOURCES: A GUIDE FOR PEOPLE WITH CHRONIC DISEASE AND DISABILITY. This resouce guide was developed to assist people with disabiliites and chronic health conditions, as well as health care professionals, in understanding the health care system and maximizing their rights and entitlements within the system. COPYRIGHT: 2007</i>
<input type="checkbox"/>	8	5	<i>MULTIPLE SCLEROSIS: YOUR LEGAL RIGHTS, WRITTEN BY LANNY PERKINS AND SARA PERKINS.. Insurance issues that deals with taxes. A comprehensive look at dealing and working with doctors and lawyers on your rights on job discrimination, property and personal choice. COPYRIGHT: 2008</i>
<input type="checkbox"/>	10	5	<i>A MOTHER TO BE: A GUIDE TO PREGNANCY AND BIRTH FOR WOMEN WITH DISABILITIES. This book can be assistance to handicapped women who are going to be mothers; treatment options and a wealth of practical advise. COPYRIGHT: 1991</i>
<input type="checkbox"/>	145	9	<i>A GUIDE TO LEGAL RIGHTS FOR PEOPLE WITH DISABILITIES. Helping the disabled to cope and deal with issues faced with all type of legal problems. COPYRIGHT: 1994</i>
To Order, Check Box	Stock ID	Qty	Care Giving/Non MS
<input type="checkbox"/>	185	9	<i>DIRTY DETAILS - THE DAYS AND NIGHTS OF A WELL SPOUSE. Marion Cohen takes you into the daily life experiences of being a well spouse of a person with a debilitating disability. COPYRIGHT: 1996</i>
<input type="checkbox"/>	236	6	<i>CAREGIVERS AND PERSONAL ASSISTANTS. How to find, hire and manage the people who help you. COPYRIGHT: 2002</i>
<input type="checkbox"/>	119	8	<i>THE COMFORT OF HOME: AN ILLUSTRATED STEP-BY-STEP GUIDE FOR MULTIPLE SCLEROSIS CAREGIVERS. A must have resource for anyone assuming or considering the caregiver role. An easy-to-understand guide and workbook. COPYRIGHT: 2006</i>
<input type="checkbox"/>	23	3	<i>LIVING WITH MULTIPLE SCLEROSIS: A CAREGIVER'S STORY, WRITTEN BY JOHN MORRIS FENLEY, PH.D.. The author's story--his odyssey--from caregiver-neophyte to caregiver extraordinaire . Cared for his wife for 44 years after she was diagnosed with MS. COPYRIGHT: 2003</i>

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<input type="checkbox"/>	229	9	<i>HEALING CONVERSATIONS. A practical guide to help you step into someone else's shoes so that you can offer, ask for or receive comfort. COPYRIGHT: 2002</i>
<input type="checkbox"/>	81	5	<i>HOW TO CARE FOR AGING PARENTS. A helping handbook to guide people who are caring for aging parents. COPYRIGHT: 1996</i>
<input type="checkbox"/>	80	5	<i>HOW TO CARE FOR AGING PARENTS. A one stop resource for al the medical,financial,housing,emotional, and practical issues. COPYRIGHT: 2004</i>
<input type="checkbox"/>	114	5	<i>NO DISABLED SOULS - HOW TO WELCOME PEOPLE WITH DISABILITIES INTO YOUR LIFE. Jim's spend a lifetime finding friends among the disabled. Great tool for fostering awareness in a community. COPYRIGHT: 1998</i>
<input type="checkbox"/>	7	6	<i>MAKING CHANGES: FAMILY VOICES ON LIVING WITH DISABILITIES. This book collects a provocative set of self-reports that serve to illuminate the changing conditions of the lives of people with disabling conditions and their family members. It explores how they think and adjust to their new situation and the effects on those in the family. COPYRIGHT: 1993</i>

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<input type="checkbox"/>	113	2	<i>ESCLEROSIS MULTIPLE. Su tratamiento segun una vision fisica, psicologic u espiritual. COPYRIGHT: 2004</i>
<input type="checkbox"/>	230	5	<i>LA COMODIDAD DEL HOGAR. Esta edicion del libro ha sido creada como una guia tanto para quienes estan pensando elegir comom carrera el cuidado de ancianos o personas deshabilitadas, como para quienes quieren encargarse del cuidado en casa de un ser querido. COPYRIGHT: 2002</i>
<input type="checkbox"/>	55	2	<i>ESCLEROSIS MULTIPLE: GUIA PRACTICA PARA EL RECIEN DIAGNOSTICADO. A guide in Spanish for the newly diagnosed. COPYRIGHT: 2002</i>
<input type="checkbox"/>	120	1	<i>GUIDA PRACTICA PARA EL PACIENTE CON ESCLEROSIS MULTIPLE. Este manual pretende responder sus preguntas y orientario en como enfrentar su enfermedad. En el mundo existen muchos pacientes con esta enfermedad y la mayoría de ellos llevan una vida productiva y satisfactoria COPYRIGHT: 2000</i>
<input type="checkbox"/>	176	5	<i>ESCLEROSIS MULTIPLE: GUIA PRACTICA PARA EL RECIEN DIAGNOSTICADO. Estelibro es para ayudar a las personas hispanohablantes que han sido diagnosticadas con Esclerosis Multiple, asi como a los miembros de su familia Servira como guía para aprender a conocer la enfermedad, sus sintomas,el impacto sobre sus vidas. COPYRIGHT: 2002</i>

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<input type="checkbox"/>	191	7	<i>CHRONIC FATIGUE SYNDROME, FIBROMYALGIA: THE COMPREHENSIVE GUIDE. A comprehensive guide to the latest research on causes, symptoms, diagnosis and treatment. Suggestions for meeting everyday emotional challenges. How friends and family members can understand and help. COPYRIGHT: 2002</i>
<input type="checkbox"/>	31	8	<i>THE FIBROMYALGIA HELP BOOK. A practical guide to to living better with fibromyalgia. COPYRIGHT: 1996</i>
<input type="checkbox"/>	224	2	<i>ALTERNATIVE TREATMENTS FOR FIBROMYALGIA & CHRONIC FATIGUE SYNDROME. Chronic fatigue syndrome (CFS) is an illness characterized by severe, persistent fatigue. Some of it's symptoms are similar to those of fibromyalgia, and a certain percentage of people with FM also have CFS. Not all people with FM have CFS, and vice versa. COPYRIGHT: 1999</i>
<input type="checkbox"/>	225	10	<i>WOMEN, WORK, AND AUTOIMMUNE DISEASE: KEEP WORKING, GIRLFRIEND!. The authors discuss ways to be successful at work while managing chronic illness, including developing strategies and tactics, evaluating communication skills, building a support system, and considerations for self-employment. COPYRIGHT: 2008</i>
<input type="checkbox"/>	41	5	<i>FATIGUE. A guide for identifying fatigue and how to treat it COPYRIGHT: 2003</i>
<input type="checkbox"/>	61	5	<i>LUPUS Q&A: EVERYTHING YOU NEED TO KNOW. Answers to your most common questions about systemic lupus erythematosus. COPYRIGHT: 2004</i>
<input type="checkbox"/>	252	6	<i>FACING & FIGHTING FATIQUE: A PRACTICAL APPROACH. In this important book, an eminent specialist answers questions about fatigue. COPYRIGHT: 1998</i>
<input type="checkbox"/>	3	7	<i>THE DISABLED WOMAN'S GUIDE TO PREGNANCY AND BIRTH. A comprehensive guide based on the real-life experiences of disabled women. The book answers critical questions and provides guidance for the woman with a disability facing one of the biggest challenges of her life. COPYRIGHT: 2006</i>

To Order, Check Box	Stock ID	Qty	Misc.
<input type="checkbox"/>	294	5	<i>101 ACCESSIBLE VACATIONS: TRAVEL IDEAS FOR WHEELERS AND SLOW WALKERS. Offers information on more than 101 cities, lodging options, national parks, tourist attractions, and recreational activities around the country. The author specifically describes the degree of accessibility for each of the attractions and lodging options listed. She also organizes the destinations according to specific interests or travel styles, ranging from "Road Trips" and "The Great Outdoors" to "Historic Haunts." COPYRIGHT:</i>
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The MULTIPLE SCLEROSIS ASSOCIATION of AMERICA

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- 30 1 *JUST TELL ME WHEN YOU'RE GONNA STICK ME!. These are the chronicles of a life that shows us you can have hope and a future for tomorrow, no matter where life takes you. There is an inspiring example of perseverance. COPYRIGHT: 2002*

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<input type="checkbox"/>	286	10	<i>A CLOSER LOOK AT EMPLOYMENT AND MULTIPLE SCLEROSIS. MSAA developed this video for our website and it can be viewed at www.msassociation.org. In this DVD, attorneys Lanny and Sara Perkins discuss the issues of MS in the workplace, the question of disclosure, how to use ADA guidelines and technology to stay employed, and the process of applying for disability income. They are the authors of <i>Multiple Sclerosis: Your Legal Rights</i> which is book # 8 in the Lending Library. COPYRIGHT:</i>
<input type="checkbox"/>	292	3	<i>A CLOSER LOOK AT MANAGING STRESS AND MS. MSAA developed this video for our web site and it can be viewed online by accessing www.msassociation.org. In this DVD, Allison Shadday, a licensed clinical social worker and a person with MS, offers strategies on how to manage stress, tips for internal stress reduction, and ways to evaluate your stress management techniques. COPYRIGHT: 2008</i>
<input type="checkbox"/>	295	8	<i>A CLOSER LOOK AT MS AND COMPLEMENTARY AND ALTERNATIVE MEDICINE. MSAA developed this DVD for our web site and it can be viewed online by accessing, www.msassociation.org. This two-part DVD explores the worlds of Western and Eastern medicine and includes discussions and demonstrations on acupuncture, massage therapy, and other popular unconventional therapies. Featured in this program are Dr. Allen Bowling, Director of the Complementary and Alternative Medicine Program at the Rocky Mountain MS Center; and Dr. Jingduan Yang, Medical Director of the Tao Institute of Mind and Body Medicine. COPYRIGHT: 2008</i>
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- 290 9 *A CLOSER LOOK AT THE FUTURE OF MS RESEARCH.* MSAA developed this DVD for our website and it can be viewed online by accessing www.msassociation.org. In this DVD, Dr. Stephen Newman discusses current FDA-approved therapies, new research with these therapies, oral medications, and promising new treatments on the horizon. COPYRIGHT: 2007
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- 298 5 *A CLOSER LOOK AT MANAGING MS FATIGUE.* MSAA developed this DVD for our website and it can be viewed online by accessing www.msassociation.org. In this DVD, Allison Shadday, a licensed clinical social worker and a person with MS, provides information on how to recognize, treat, and control MS fatigue. COPYRIGHT: 2008
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