

## Reading Well - Books on Prescription

### Long Term Conditions

#### Reading List

<b>SECTION ONE - GENERAL</b>		
<b>Topic</b>	<b>Title</b>	<b>Author</b>
<b>General</b>	How to Feel Better ; practical ways to recover well from illness and injury	Frances Goodhart and Lucy Atkins
	Self-Management of Long-Term Health Conditions	Kate Lorig
<b>SECTION TWO - COMMON SYMPTOMS</b>		
<b>Topic</b>	<b>Title</b>	<b>Author</b>
<b>Fatigue</b>	Fighting Fatigue – a practical guide to managing the symptoms of CFS/ME	Sue Pemberton and Catherine Berry
	Overcoming Chronic Fatigue	Mary Burgess and Trudie Chalder
<b>Pain</b>	Manage your Pain	Michael Nicholas, Allan Molloy, Lois Tonkin and Lee Beeston
	Overcoming Chronic Pain	Helen MacDonald et al
	Pain is really strange	Steve Haines
<b>Sleep problems</b>	An Introduction to Coping with Insomnia and Sleep Problems 2 <sup>nd</sup> ed.	Colin Espie
<b>Wellbeing</b>	Coping with the Psychological Effects of Illness; strategies to manage anxiety and depression	Fran Smith, Professor Robert Bor and Karina Eriksen
	Mindfulness for Health; a practical guide to relieving pain, reducing stress and restoring wellbeing	Vidyamala Burch and Danny Pennman
<b>SECTION THREE - SELECTED LONG TERM CONDITIONS</b>		
<b>Topic</b>	<b>Title</b>	<b>Author</b>
<b>Arthritis</b>	Arthritis; a practical guide to getting on with your life	Chris Jenner
	Arthritis; exercise your way to health	Paula Coates

<b>Bowel Conditions</b>	Irritable Bowel Syndrome; answers at your fingertips	Udi Shmueli
	Irritable Bowel Syndrome; navigating your way to recovery	Megan Arroll
	Go your Crohn Way	Kathleen Nicholls
<b>Breathing Difficulties</b>	Asthma; answers at your fingertips	Mark Levy, Monica Fletcher and Soren Pederson
	Chronic Obstructive Pulmonary Disease (COPD); the facts	Graeme P. Currie
<b>Diabetes</b>	Diabetes for Dummies	Alan L. Rubin
	Diabetes; the facts	David Matthews, Niki Meston, Pam Dyson, Jenny Shaw, Laurie King and Aparma Pal
	Type 2 Diabetes in Adults of all Ages 2 <sup>nd</sup> ed.	Charles Fox and Anne Kilvert
<b>Heart Disease</b>	Heart Attack Survival Guide	Mark Greener
	Living with Angina	Tom Smith
	Understanding and Dealing with Heart Disease	Keith Souter
<b>Stroke</b>	How I Rescued my Brain; a psychologist's remarkable recovery from stroke and trauma	David Roland
	Stroke; the facts	Richard I Lindley
	Rebuilding Life after Stroke	Reg Morris, Malin Falck, Tamsin Miles, Julie Wilcox, Sam Fisher-Hicks

#### SECTION FOUR - SUPPORT FOR RELATIVES AND CARERS

<b>Topic</b>	<b>Title</b>	<b>Author</b>
<b>Carers</b>	The Carer's Handbook	Jane Matthews
	The Selfish Pig's Guide to Caring; how to cope with the emotional and practical aspects of caring for someone	Hugh Marriott