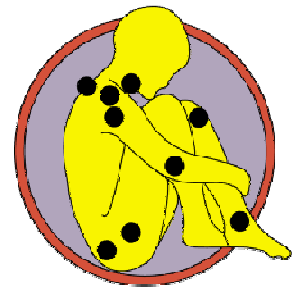




Bury/Bolton ME/CFS Support
Group

"Breaking the Isolation"

Bury and Bolton ME/CFS Support Group



Working with FMA UK
Registered Charity No. 1042582
www.fmauk.org

Library list - July 2014

Library FAQ's

Our library has a wide range of books and audio CDs/DVDs, not limited to the subject of ME/CFS or Fibromyalgia. Our library is open to all group members, we have few rules and our librarian Carole is always happy to answer any queries, but here are a few of the commonest ones cleared up.

1. How many books/CDs/DVDs can I borrow?

There's no set limit, just be realistic about what you can read or make use of at one time. Better to take 1 or 2 items that you will enjoy/find useful, then exchange them for something else.

2. How long can I keep the things I borrow?

We don't have a specific period for loans but we would ask that you return items as soon as you are finished with them, so that they are available to other members. If you still have them after 6 months, I'll remind you!

The exception to this is if an item you have borrowed is requested by someone else, in which case I will contact you and ask you to return it as soon as possible.

3. What if I want to borrow something that's already out on loan?

If the book/CD/DVD that you want is not available, let me know and I'll organise its return as soon as is practical. When it's ready for you, I'll call and tell you.

4. What happens if I can't get to a meeting to return or collect an item?

If you can't make it to a meeting, get in touch and we can make alternative arrangements to pick up a book or get one to you.

We cannot display all our books at the Harwood meetings, just a selection, but if you want a specific book, or books on a certain topic, please contact Carole.

If you need to contact Carole you can do it by phone or email:

DISCLAIMER: These books are provided for information purposes only. The products, treatments, or therapies featured should not be considered an endorsement by the Committee, nor the Bury and Bolton ME/CFS Support Group or FMA UK. Please consult your G.P before starting any new diet, treatment, or supplements.

Books

Fiona Agombar	Beat Fatigue With Yoga
Fiona Agombar	Endless Energy
Jane Alexander	Supertherapies
All About ME	Symptoms & management
Sasha Allenby	Joyful Recovery from CFS/ME
Rachel Anderson	This Strange New Life
Dr Sam Andrews et al	Sugar Busters
Elizabeth Bailey	Sacred Space
Gina Bailey	The Menopause and ME (CFS)
Alexandra Barton	Recovery from Chronic Fatigue Syndrome
Jodi Bassett	What is ME?
Michelle Berriedale-Johnson	The Everyday Wheat-free & Gluten-free Cookbook [2 copies]
Mark A. Breiner	Whole Body Dentistry
Richard L. Bruno	The Polio Paradox
Vidyamala Burch	Living Well With Pain & Illness
Vidyamala Burch	Mindfulness for Health
Mary Burgess	Overcoming Chronic Fatigue
Brian H. Butler	Introduction to Kinesiology
Brian H. Butler	Your Breasts: What Every Woman Needs to Know [2 copies]
Peter Campbell	The Last Straw
Dr Natasha Campbell-McBride	Gut & Psychology Syndrome
Frankie Campling/Michael Sharpe	CFS/ME: The Facts
Jack Canfield	Chicken Soup for the Soul
Jack Canfield	Chicken Soup for the Teenage Soul
Chris Carling	How To Run A Voluntary Group
Tanya Carr/ Mini C	Healthy Dairy-free Eating
Anna Cayder	150 Tips for Everyday Living with ME/CFS
Leon Chaitow	Fibromyalgia & Muscle Pain
Leon Chaitow	Vaccination & Immunisation
Anne Charlish	The Arthritis Handbook
Grace Cheetham	Gluten-free, Wheat-free & Dairy-free Recipes
Stephen Cherniske	The DHEA Breakthrough
Luke Clements/Pauline Thompson	Community Care & the Law
Jane Colby	ME: The New Plague
Jane Colby	Zoe's Win
Emily Collingridge	Severe ME/CFS: A Guide to Living
Oliver Cowmeadow	Introduction to Macrobiotics
Christine Craggs-Hinton	How to Manage Chronic Fatigue
Christine Craggs-Hinton	Living Well with Fibromyalgia
Christine Craggs-Hinton	The Chronic Fatigue Healing Diet
Sheila Davies	My Daughter and ME
Luc de Schepper	Candida: Diet Against It
Disability Rights UK	Disability Rights Handbook 2013/14 [4 copies]
Disability Rights UK	If Only I'd Known That A Year Ago

Paul J Donohue et al Doves Farm Dr Kristina Downing-Orr Dr Barry Durrant-Peatfield	Sick and Tired of Feeling Sick and Tired Gluten-free Baking Beating Chronic Fatigue Your Thyroid & How To Keep It Healthy
Expert Patient Programme	Self-management of Long Term Health Conditions
Martin Fido Joyce Fox Richard Frackowiak/ Simon Wessely Freedom From ME: Journey To Recovery - Booklet and DVD [6 copies] Kay Gilderdale Ann Gillanders Burton Goldberg/ Larry Trivieri Jr Doris Grant/Jean Joice Kathryn Green Wendy Green	The World's Worst Medical Mistakes Surviving ME New Research Ideas in Chronic Fatigue One Last Goodbye Reflexology: A Step By Step Guide Chronic Fatigue, Fibromyalgia & Lyme Disease Food Combining for Health Kathryn's Story 50 Things You Can Do To Manage Fibromyalgia
Dr Kenneth Hambly/Alice Muir Dr Jesse Lynn Hanley Christopher Hardwick Jane Harries Eric Harrison Holly A Harvey Louise Hay Christopher Hobbs/Elson Haas Patrick Holford Patrick Holford Patrick Holford/Judy Ridgeway Alex Howard Alex Howard et al	Coping with a Stressed Nervous System Tired of Being Tired Brain Harmony and ME Eat To Beat Fatigue How Meditation Heals Karma You Can Heal Your Life Vitamins For Dummies Improve Your Digestion [2 copies] The Ultimate Nutrition Bible The Optimum Nutrition Cookbook Why ME? Secrets To Recovery: 12 Lessons in Healing CFS/ME/Fibromyalgia [2 copies] Better Recovery From Viral Illness [3 copies] Unwind, Understand & Control Life Better The Fibromyalgia Resource Book/ Life Planner A Helping Hand Through ME The Journey Through ME/ CFS Missed Diagnoses: ME & CFS
Darrell Ho-Yen Darrell Ho-Yen Dawn Hughes Janet Hurrell Janet Hurrell Byron Hyde	
Chris Idzikowski	The Insomnia Book
Judith Jackson Nasim Marie Jafry Hillary Johnson Graham Jones	Aromatherapy The State of ME [2 copies] Osler's Web How To Publish A Newsletter
Anne Kennedy/Dr Andrew Robinson Samuel H. Klarreich Michio Kushi	IBS: What Should I Do? The Stress Solution Natural Healing Through Macrobiotics

Deric Longden
Kate Lorig/ James F Fries
Lost Voices

Diana's Story
The Arthritis Handbook
poems

Dr Anne MacIntyre
Maria Mann
Dr Peter Mansfield
Caeia March
Claudia Craig Marek
Hugh Marriott
Kathy Marsden
Peter Marshall
Dr Gillian McKeith
Dr John McKenna
Chris Mc Laughlin
Lynn Michell
Dr David Mickel
Dr Michael Midgely
Jill Moss
Jill Moss
Jill Moss
Kevin Mulhern
Dr Sarah Myhill

ME/CFS: A Practical Guide
Verity Red's Diary
The Good Health Handbook
Knowing ME
The First Year: Fibromyalgia [2 copies]
The Selfish Pig's Guide to Caring
Food Combining In 30 Days
Shattered
You Are What You Eat
Hard To Stomach
Simple Techniques For Pain Relief
Shattered: Life With ME
CFS, ME & Fibromyalgia
A Life Worth Living: A Practical Guide to ME
A Ray of Hope
Somebody Help ME
Three Villains?
Link To Life: ME [2 copies]
Diagnosis & Treatment of CFS

Joseph O'Connor

NLP Workbook [2 copies]

Pacing For People With ME
Phil Parker

[2 copies]
An Introduction To The Lightning Process
[2 copies]

Sue Pemberton/Catherine Berry
Dr Raymond Perrin
William Philpott et al
Prof Bassant K. Puri

Fighting Fatigue
The Perrin Technique [3 copies]
Magnet Therapy
Chronic Fatigue Syndrome [2 copies]

Dr Nerina Ramlakhan
John Richardson
Ellen Rothera
Rough Guide to Accessible Britain -
Rene Royak-Schaler/
Beryl Lief Benderley

Tired but Wired (sleep toolkit)
Enteroviral & Toxin Mediated ME/CFS
Encyclopaedia of Allergy & Environmental Illness
Days out for disabled visitors [2 copies]
Challenging The Breast Cancer Legacy

Catherine H Saunders
Joy H Selak/ S Overman
Self Help Directory
Dr David Servan-Schreiber
Setting The Pace [a guide to pacing]

Understanding Severe ME [information pack]
You Don't Look Sick!
A Guide to self-help groups in Bolton
Anti-Cancer: A New Way of Life
DVD & booklet

Rose Shapiro	Suckers: How Alternative Medicine Makes Fools of Us All
Charles Shepherd	Living With ME
Linda Sheppard	Wake Up To Your Dreams
Stephen Sinatra	The Sinatra Solution
David Spero	The Art of Getting Well
Maryan & Dr Alan Stewart	Beat IBS Through Diet
Heather Stott	Active Again
Jacob Teitelbaum	From Fatigued to Fantastic!
The Nightingale ME Definition	
Eckhart Tolle	The Power of Now
Elizabeth Turp	CFS/ME: Support for Family and Friends
Michael Van Straten	Back To Strength
Michael Van Straten	The Good Sleep Guide
Jody Vassallo	The Big Wheat- & Gluten-free Cookbook
Phil Vickery	Seriously Good! Gluten-free Baking
Phil Vickery	Seriously Good! Gluten-free Cooking
Dorothy Wall	Encounters With The Invisible
Caroline Ward	A Promise for my Mother
Wheat, Gluten & Dairy Free	[recipes]
Erica White	Beat Candida Cookbook
Erica White	The Beat Fatigue Handbook
Louise Wiggins	First Steps To Yoga
Margaret Williams	Quotable Quotes About ME/CFS [2 copies]
Xandria Williams	Overcoming Candida (recipes)
Judith Wills	The Food Bible
James L. Wilson	Adrenal Fatigue: The 21 st Century Stress Syndrome
William Wolcott/ Trish Fahey	The Metabolic Typing Diet
K.Y. Wong	First Steps In Chi Kung
Anne Woodham	Get Up And Go
Young Hearts	poetry collection
Dr Robert Youngson	Living With Asthma
Your Child & ME	A parents' guide
Merla Zellerbach	The Allergy Sourcebook

Audio Books

Maeve Binchy

Evening Class/ Tara Road/ Scarlet Feather
-Nights of Rain and Stars

William Broderick

The Sixth Lamentation

Agatha Christie

The Herb of Death & other stories

Elizabeth Kostova

The Historian

Alexander McCall Smith

At The Villa of Reduced Circumstances

-Friends, Lovers, Chocolate

-The Finer Points of Sausage Dogs

-Portuguese Irregular Verbs

Rosamund Pike

September

-The Day of the Storm

-The Shell Seekers

Ruth Rendell

End In Tears

-Thirteen Steps Down

Andrew Taylor

The American Boy

Penny Vincenzi

Sheer Abandon