



Bury/Bolton ME/CFS Support Group

Library FAQs

Our library of books, CDs and DVDs is open to all group members and available at our Longsight meetings. We have few rules and I'm 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.

If you need to contact me you can do it by phone [01942 810320] or e-mail [carole.senior@tiscali.co.uk]

Carole Senior



Bury/Bolton ME/CFS Support Group

Library list - June 2010

Books

Fiona Agombar	Beat Fatigue With Yoga
Fiona Agombar	Endless Energy
Sasha Allenby	Joyful Recovery from CFS/ME
Rachel Anderson	This Strange New Life
Dr Sam Andrews et al	Sugar Busters
Elizabeth Bailey	Sacred Space
Alexandra Barton	Recovery from Chronic Fatigue Syndrome
Michelle Berriedale-Johnson	The Everyday Wheat-free & Gluten-free Cookbook
Mark A. Breiner	Whole Body Dentistry
Richard L. Bruno	The Polio Paradox
Vidyamala Burch	Living Well With Pain & Illness
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
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
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
Jane Colby	ME: The New Plague
Jane Colby	Zoe's Win
Oliver Cowmeadow	Introduction to Macrobiotics
Christine Craggs-Hinton	The Chronic Fatigue Healing Diet
Sheila Davies	My Daughter and ME
Luc de Schepper	Candida: Diet Against It
Paul J Donohue et al	Sick and Tired of Feeling Sick and Tired
Doves Farm	Gluten-free Baking
Dr Barry Durrant-Peatfield	Your Thyroid & How To Keep It Healthy
Expert Patient Programme	Self-management of Long Term Health Conditions
Martin Fido	The World's Worst Medical Mistakes
Joyce Fox	Surviving ME
R Frackowiak/ S Wessely	New Research Ideas in Chronic Fatigue
Freedom From ME: Journey To Recovery - Booklet and DVD (2 copies)	
Ann Gillanders	Reflexology: A Step By Step Guide

Doris Grant/ Jean Joice
Burton Goldberg/ Larry Trivieri Jr
Kathryn Green

Dr Kenneth Hambley
Christopher Hardwick
Jane Harries
Eric Harrison
Holly A Harvey
Christopher Hobbs/Elson Haas
Patrick Holford
Patrick Holford/Judy Ridgeway
Alex Howard
Alex Howard et al

Darrell Ho-Yen
Darrell Ho-Yen
Dawn Hughes
Janet Hurrell
Janet Hurrell

Chris Idzikowski

Judith Jackson
Nasim Marie Jafry
Hillary Johnson
Graham Jones

Anne Kennedy/Dr Andrew Robinson
Samuel H. Klarreich
Michio Kushi

Deric Longden
Kate Lorig/ James F Fries
Lost Voices

Dr Anne MacIntyre
Maria Mann
Dr Peter Mansfield
Caeia March
Claudia Craig Marek
Kathy Marsden
Peter Marshall
Dr Gillian McKeith
Dr John McKenna
Chris Mc Loughlin
Lynn Michell
Dr David Mickel
Jill Moss
Jill Moss
Jill Moss
Kevin Mulhern

The Nightingale ME Definition

Joseph O'Connor

Food Combining For Health
Chronic Fatigue, Fibromyalgia & Lyme Disease
Kathryn's Story

Banish Anxiety
Brain Harmony and ME
Eat To Beat Fatigue
How Meditation Heals
Karma
Vitamins For Dummies
The Ultimate Nutrition Bible
The Optimum Nutrition Cookbook
Why ME?
Secrets To Recovery: 12 Lessons in Healing
CFS/ME/Fibromyalgia
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

The Insomnia Book

Aromatherapy
The State of ME
Osler's Web
How To Publish A Newsletter

IBS: What Should I Do?
The Stress Solution
Natural Healing Through Macrobiotics

Diana's Story
The Arthritis Handbook
Poems

ME/CFS: A Practical Guide
Verity Red's Diary
The Good Health Guide
Knowing ME
The First Year: Fibromyalgia (2 copies)
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 Ray of Hope
Somebody Help ME
Three Villains?
Link To Life: ME (2 copies)

NLP Workbook

Pacing For People With ME

Phil Parker

Dr Raymond Perrin

William Philpott et al

Prof Bassant K. Puri

An Introduction To The Lightning Process (2 copies)

The Perrin Technique (2 copies)

Magnet Therapy

Chronic Fatigue Syndrome (2 copies)

John Richardson

Ellen Rothera

Rene Royak-Schaler/Beryl Lieff Benderley

Enter viral & Toxin Mediated ME/CFS

Encyclopaedia of Allergy & Environmental Illness

Challenging The Breast Cancer Legacy

Rough Guide to Accessible Britain - for disabled visitors

Setting The Pace [a guide to pacing]

Self Help Directory

Linda Sheppard

Charles Shepherd

Stephen Sinatra

David Spero

Maryan & Dr Alan Stewart

Heather Stott

DVD & booklet

A guide to self-help groups in Bolton

Wake Up To Your Dreams

Living With ME

The Sinatra Solution

The Art of Getting Well

Beat IBS Through Diet

Active Again

Eckhart Tolle

The Power of Now

Michael Van Straten

Michael Van Straten

Jody Vassallo

Phil Vickery

Back To Strength

The Good Sleep Guide

The Big Wheat- & Gluten-free Cookbook

Seriously Good! Gluten-free Cooking

Dorothy Wall

Erica White

Erica White

Louise Wiggins

Margaret Williams

Xandria Williams

Judith Wills

James L. Wilson

K.Y. Wong

Anne Woodham

Encounters With The Invisible

Beat Candida Cookbook

The Beat Fatigue Handbook

First Steps To Yoga

Quotable Quotes About ME/CFS [2 copies]

Overcoming Candida (recipes)

The Food Bible

Adrenal Fatigue: The 21st Century Stress Syndrome

First Steps In Chi Kung

Get Up And Go

Young Hearts - poetry collection

Dr Robert Youngson

Your Child & ME - A parents' guide

Living With Asthma

Merla Zellerbach

The Allergy Sourcebook

DVDs

Freedom From ME: Journeys To Recovery [4 copies]

Malcolm Hooper - Engaging With ME

International ME/CFS Conference: London 2007 - Energising ME Awareness [2 copies]

International Conference on ME/CFS: Edinburgh 2007 - Biomedical Research

International Conference on ME/CFS: Cambridge 2008 - Biomedical Research

ME/CFS/ Fibromyalgia - Conscious TV Interviews

Audio Cassettes

Healing Force - Using Your Mind To Help You Heal
Christopher Timothy All Creatures Great and Small

CDs

<u>Relaxation:</u>	Beach of Tranquility Island of Peace Lakeside of Solace Nature in Harmony Rainbow Valley Sanctuary Seashore Sunset Timeless Calm	<u>Sounds of Nature & Music:</u>	Amazon Rainforest Canyon Echoes Cry of the Wolf Mountain Stream Sea of Tranquility Thunderstorm Suite Whispering Sands
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Wellbeing Series: Classical Wellness Dreams - Music for Energy
Find Your Time for Harmony- Fantastic Soul Balance
For Your Relaxation - The Wonderful Chillout Collection
Mild Moods - Especially For You
Silence & Inner Peace - Sounds of recreation

Oriental Themes: Feng Shui - Sacred Space
[The Art of] Japanese Koto
Oriental Wellbeing
Zen Garden

Miscellaneous: Anti-stress
Deep Sleep
Sleep
The Ultimate Relaxation Collection
Jo Webb's Gentle Yoga

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 Aband