

NEW HEALTH-RELATED MATERIALS

Cleve J. Fredricksen Library and its East Pennsboro Branch were awarded a \$15,000 LSTA (Library Services and Technology Act) Grant to provide adult patrons with consumer health materials to meet the increasing demand for up-to-date, comprehensive information regarding personal health care management and wellness. Recent purchases include the latest books on high-interest subjects such as alternative therapies, aging, autism, caregiving, diabetes, diet, disease, exercise, nutrition, preventive living, and stress.

Circulating Books

- 1,001 Tips for the Parents of Autistic Girls
 Lyons, Tony
- 10 Best Questions for Living With Fibromyalgia - Bonner, Dede
- 100 Best Ways to Stop Aging and Stay Young - Maranan, Julia
- 100 Foods You Should Be Eating -Matten, Glen
- 100 Questions & Answers About Psoriasis
 Bergstrom, Kendra Gail, M.D.
- 100 Questions & Answers About Your Child's ADHD - Nass, Ruth D., M.D.
- 100 Questions and Answers About Cancer Symptoms and Cancer Treatment Side Effects - Kelvin, Joanne Frankel
- 100 Simple Things You Can Do to Prevent Alzheimer's and Age-Related Memory Loss - Carper, Jean
- 1001 Home Remedies & Natural Cures -Floyd, Esme
- 101 Foods That Could Save Your Life -Grotto, David
- 101 Ways to Save Money on Healthcare -Koelker, Cynthia J.
- 31 Days to a Younger You Pellicane, Arlene
- 4-hour Body Ferriss, Timothy
- 52 Foods and Supplements for a Healthy Heart - Mitchell, Deborah
- 90-Day Fitness Challenge Parham, Phil
- ADHD in Adults Barkley, Russell A.
- African-American Guide to Living Well With Diabetes - Brown-riggs, Constance
- After the Stork Rosenquist, Sara, Ph.D.
- After the Tears Middelton-Moz, Jane
- · Age of Autism Olmsted, Dan
- Ageless Body, Timeless Mind Chopra, Deepak
- Ah-Choo! Ackerman, Jennifer
- Alzheimer's Solution Kosik, Kenneth S., M.D.
- American Cancer Society Complete Guide to Breast Cancer
- American Cancer Society Complete Guide to Nutrition for Cancer Survivors
- American Diabetes Association Guide to Herbs and Nutritional Supplements

- American Diabetes Association Guide to Insulin & Type 2 Diabetes
- Amyotrophic Lateral Sclerosis -Mitsumoto, Hiroshi (EDT)
- Anatomy of an Epidemic Whitaker, Robert
- Anatomy of Yoga Ellsworth, Abigail, Dr.
- Angry Fat Girls Kuffel, Frances
- Ask the Doctor About Parkinson's Disease
 Okun, Michael S., M.D.
- Asperger's in Pink Clark, Julie
- Asperger's Syndrome Docter, Melinda
- Atypical Saperstein, Jesse A.
- Awesome Foursome Schwartz, Irwin
- Baby at Last! Rosenwaks, Zev, M.D.
- Babycenter Pregnancy Murray, Linda (EDT)
- Bad Science Goldacre, Ben
- Beating Lyme Bean, Constance A.
- Beautiful Beginnings Lukash, Frederick N.
- Beautiful Brain, Beautiful You Pasinski, Marie
- Beautiful Skin Revealed Friedman, Paul
- Before the Scalpel Dhar, Panchali, M.d.
- Before Your Pregnancy Ogle, Amy
- Before Your Time Sterling, Evelina
 Weidman
- Belly Fat Cure Sugar & Carb Counter -Cruise, Jorge
- Best 168 Medical Schools, 2011
- Best Life Guide to Managing Diabetes and Pre-Diabetes - Greene, Bob
- Better Bladder Book Cohan, Wendy L.
- Better Food for Kids Saab, Joanne
- Bipolar Disorder Survival Guide -Miklowitz, David J., Ph.D.
- · Birth Partner Handbook Jones, Carl
- Black Belt Healing Nelson, David
- Body Toxic Baker, Nena
- Boost Your Brainpower Minirth, Frank B.
- Brain Is Born Upledger, John E.
- Breakthrough Cooper, Thea
- Breast Cancer Companion Sokolowski, Nancy, R. N.
- Breastfeeding Made Simple Mohrbacher, Nancy
- Budwig Cancer & Coronary Heart Disease Prevention Diet - Budwig, Johanna
- Bulimia Hall, Lindsey

- Buzz Ellison, Katherine
- Cancer Prevention Diet Kushi, Michio
- Celiac Disease Green, Peter H. R., M.D.
- Change Your Brain, Change Your Body -Amen, Daniel G.
- · Chemistry of Calm Emmons, Henry, M.D.
- · Child Is Born Nilsson, Lennart
- Chocolate Therapist Pech, Julie
- Chronic Fatigue Syndrome Steefel, Lorraine
- Cinch! Sass, Cynthia
- Clean Junger, Alejandro
- Cleveland Clinic Guide to Epilepsy
- Cleveland Clinic Guide to Fibromyalgia
- · Cleveland Clinic Guide to Lung Cancer
- Color Me Vegan Patrick-Goudreau, Colleen
- Combat Trauma Johnson, James D.
- Combat-related Traumatic Brain Injury and Ptsd - Lawhorne, Cheryl
- Complete Book of Breastfeeding Olds, Sally Wendkos
- Complete Book of Traditional Reiki -Rowland, Amy Zaffarano
- Complete Guide to Family Caregiving -Bucher, Julia A.
- Complete Guide to Female Fertility -Brian, Kate
- Complete Guide to Prescription & Nonprescription Drugs 2011 - Griffith, H. Winter
- Complete Handbook of Quantum Healing
 Minich, Deanna M., Ph.D.
- · Complete Human Body Roberts, Alice
- Complete Reflexology for Life Kunz, Barbara
- Complete Thyroid Book Ain, Kenneth, M.D.
- Compromised Generation Lambert, Beth
- Concise Book of Acupoints Cross, John R.
- Consumer Handbook on Hearing Loss and Noise - Chasin, Marshall (EDT)
- Consumer's Dictionary of Cosmetic Ingredients - Winter, Ruth
- · Contented Dementia James, Oliver
- Cook Right 4 Your Type D'Adamo, Peter J.
- Coping With Vision Loss Langdell, Cheryl Colby

continued

- Core Performance Women Verstegen, Mark
- Corps Strength Roarke, Paul J., Jr.
- Country Almanac of Home Remedies -Mars, Brigitte
- Course in Weight Loss Williamson, Marianne
- Critical Conditions Ehrenclou, Martine
- Defeat Chronic Pain Now! Argoff, Charles
- Diabetes A to Z American Diabetes Association (COR)
- Diabetes and You Ali, Naheed
- Diabetes Carbohydrate & Fat Gram Guide - Holzmeister, Lee Ann
- Diabetes Dtour Diet Quinn, Barbara
- Diabetes Handbook Pierce, Dino P.
- Diabetes Without Drugs Cohen, Suzy
- Diabetes Morrone, Lisa
- Diabetes: are you at risk Morrone, Lisa
- Diet Drama Redd, Nancy Amanda
- Dietary Supplements Felton, Thomas H.
- Diet-free for Life Ferguson, Robert
- Disconnect Davis. Devra
- Dissolving Pain Fehmi, Les, Ph.D.
- Divine Soul Mind Body Healing and Transmission System - Sha, Zhi Gang
- Doctor Chopra Says Chopra, Sanjiv
- Doctors 5-Minute Health Fixes
- Dodging the Toxic Bullet Boyd, David R.
- Dorm Room Diet Oz, Daphne
- · Dr. Atkins New Diet Revolution
- Dr. Peter Scardino's Prostate Book
- Dr. Susan Love's Breast Book
- Dragon and Tiger Medical Qigong -Frantzis, Bruce
- Eat This, Not That! 2011 Zinczenko, David
- Eating With Fierce Kindness Loring, Sasha
- Emperor of All Maladies Mukherjee, Siddhartha
- Emperor's New Drugs Kirsch, Irving
- Empowered Patient Cohen, Elizabeth
- Encyclopedia of Healing Points Dalet, Roger
- Endorphin Effect Bloom, William
- Energy Cure Bengston, William, M.D.
- Everyday Sports Injuries Dorling Kindersley, Inc.
- Everything Changes Rosenthal, Kairol
- Everything Health Guide to Living With Breast Cancer - Carvalho, Lucia Giuggio, PNI
- Exercises for Brain Health Smith, William
- Exercises for Stroke Smith, William
- Expert's Guide to Weight-Loss Surgery -Davis, Garth, M.D.
- Extra Lean Lopez, Mario

- Fast Facts for the New Nurse Practitioner
 Aktan, Nadine, Ph.d.
- Fast Track to the Belly Fat Cure Cruise, Jorge
- Fatty Liver Cabot, Sandra
- Finally Thin! Bensen, Kim
- Finding Your Way Through Cancer -Kneier, Andrew, Ph.D.
- Fitness Fast Track to a Better Body -Fitness Magazine
- Forever Young Perricone, Nicholas
- Framework for the Knee DiNubile, Nicholas A., M.D.
- Frequently Prescribed Medications -Mancano, Michael
- Fresh Medicine Bredesen, Phil
- Full Snyder, Michael
- Fully Fertile Quinn, Tami
- Gemmotherapy Halfon, Roger
- · Gentle Yoga for Multiple Sclerosis -
- Eding, June
- Get Energy! Austin, Denise
- Get Fit and Live Colbert, Don
- Get Fit for Free and Ditch the Gym for Total Fitness - Tudge, Scott
- Get Fit for Free With Home Workouts -Newson, Angie
- Get Your Lower Back Pain Under Control-and Get on With Life - Guarino, Anthony H., M.D.
- G-Free Diet Hasselbeck, Elisabeth
- Good Housekeeping Drop 5 lbs Jones, Heather K.
- Great Fitness Experiment Andersen, Charlotte Hilton
- Great White Hoax Catalano, Robert E.
- Green for Life Boutenko, Victoria
- Green Medicine Malerba, Larry
- Grow Younger, Live Longer Chopra, Deepak
- Guide to Good Health for Teens & Adults With Down Syndrome - Chicoine, Brian, M.D.
- · Guide to Psychotherapy Amada, Gerald
- · Healing Lyme Disease Naturally Storl,
- Wolf D.
- Healing Power of Energized Water -Holst, Ulrich
- Healing Spices Aggarwal, Bharat B.
- Healing Walks for Hard Times Kortge, Carolyn Scott
- Health From The Hive Gerber, Julie
- Health Secrets Handbook Floyd, Esme
- Healthcare Survival Guide Rosen, Martin B.
- Healthy Gut Workbook Sierpina, Victor S., M.D.
- Healthy Hips Handbook Knopf, Karl
- Healthy Shoulder Handbook Knopf, Karl
- Homeopathic Guide for Travelers Roy, Ravi

- Hope and Destiny Platt, Allan F.
- Hope, Help & Healing for Eating Disorders Jantz, Gregory L.
- Hormone Survival Guide for Perimenopause - Jackson, Nisha
- How Doctors Think Groopman, Jerome
- How Not To Get Fat Marber, Ian
- How to Be Safe Lipman, Ira A.
- How to Be Sick Bernhard, Toni
- How to Live a Full Life With Rheumatoid Arthritis - Jenkins, Jasmine
- How Your Child Heals Johnson, Christopher M., M.d.
- Hundred Year Diet Yager, Susan
- Hypochondriac's Handbook Landau, Ian
- I Hate You--Don't Leave Me Kreisman, Jerold J., M.D.
- IBD Self-Management Kane, Sunanda V., M.D.
- Immortality Edge Fossel, Michael
- In an Unspoken Voice Levine, Peter A.
- In Search of the Miraculous Dalian, Fliza Mada
- Infertility Cleanse Quinn, Tami
- Instant Health Lei, Shifu Yan
- Instant Recess Yancey, Toni, M.D.
- Invasion of the Prostate Snatchers -Blum, Ralph H.
- It's Not All in Your Head Farrell, Patricia
- Iyengar Yoga for Motherhood Iyengar,
- Geeta S.
- Jan's Story Petersen, Barry
- Johns Hopkins Patients' Guide to Cancer in Older Adults
- Johns Hopkins Patients' Guide to Cancer of the Stomach and Esophagus
- Johns Hopkins Patients' Guide to Head and Neck Cancer
- Johns Hopkins Patients' Guide to Leukemia
- Johns Hopkins Patients' Guide to Lung Cancer
- Juice Diet Bailey, Christine
- Jump Off the Hormone Swing Pintus, Lorraine
- Just Like Someone Without Mental Illness Only More So - Vonnegut, Mark, M.D.
- Kaplan Nursing School Entrance Exam
- Keeper Gillies, Andrea
- Keeping Kids Fit Saunders, Len
- Kiss Your Dentist Goodbye Phillips, Ellie
- Kitchen Shrink Wang, Dora Calott, M.D.
- Knee Surgery O'Neill, Daniel Fulham, Ph.D.
- Know Your Mind Freeman, Daniel, Dr.
- Le Personal Coach Orsoni, Valerie
- Life After Trauma Rosenbloom, Dena, Ph.D.
- List Maker's Get-Healthy Guide -Prevention

- Live Right 4 Your Type D'Adamo, Peter
- Live With Heart Hills, Mellanie True
- Living Lessons Shigihara, Mark
- Living Well With Dystonia Truong, Daniel
- Living With Crohn's & Colitis Black, Jessica
- LL Cool J's Platinum 360 Diet and Lifestyle
- Longevity Diet Delaney, Brian M.
- Longevity Prescription Butler, Robert N., M.D.
- Long-term Care Matthews, Joseph
- Low GI Handbook Brand-Miller, Jennie
- Lupus Book Wallace, Daniel J.
- Lyme Disease Solution Singleton, Kenneth B., M.D.
- Lymphedema Caregiver's Guide -Kearse, Mary Kathleen
- Macrobiotics for Life Brown, Simon
- Managing Multiple Sclerosis Naturally -Graham, Judy
- Managing Your Emotional Health Using Traditional Chinese Medicine - Yifang, Zhang
- Master Your IBS Barney, Pamela
- Match Whitman Helfgot, Susan
- Maximum Healing Silverstein, H. Robert, M.D.
- Mayo Clinic Book of Alternative Medicine
- Mayo Clinic Book of Home Remedies
- Mayo Clinic Guide to Living with a Spinal Cord Injury
- Men's Body Sculpting Evans, Nick
- Merck Manual Home Health Handbook
- Microbe Factor Shinya, Hiromi, M.D.
- Mindful Way Through Anxiety Orsillo,
- Susan M.
- Mindless Eating Wansink, Brian
- Mind's Eye Sacks, Oliver W.
- Miscarriage, Medicine & Miracles -Young, Bruce K., M.D.
- Mommy Diet Sweeney, Alison J.
- More Health, Less Care Weiss, Peter J., M.d.
- More Natural Cures Revealed Trudeau, Kevin
- Multiple Sclerosis Manifesto -Stachowiak, Julie
- Multiple Sclerosis Saunders, Carol
- My Neck Hurts! Taylor, Martin T.
- Naked Fitness Metcalf, Andrea
- Natural Wonderfoods Bartimeus, Paula
- Navigating Smell and Taste Disorders -Devere, Ronald, M.D.
- New Bible Cure for Heart Disease -Colbert. Don
- New Complete Guide to Nutritional Health - Cousin, Pierre Jean

- New Diabetes Prescription Snyder, Aaron
- New Healing Herbs Castleman, Michael
- New Rules of Lifting for Abs Schuler, Lou
- New Sonoma Diet Guttersen, Connie
- No Family History Mccormick, Sabrina
- No More Allergies, Asthma or Sinus Infections Jones, Lon
- No Om Zone Fowler, Kimberly
- Nordic Diet Hahnemann, Trina
- Not My Boy! Peete, Rodney
- Official Lamaze Guide Lothian, Judith
- Once a Warrior, Always a Warrior Hoge, Charles W.
- Open Heart Cooper, David K. C., M.D.
- Origins Paul, Annie Murphy
- Other Brain Fields, R. Douglas, Ph.D.
- Outsmart Your Genes Colby, Brandon, M.D.
- Overcoming Complications of LASIK -Shalaby, Ismail A., M.D., Ph.D.
- Oxygen Revolution Harch, Paul G.
- Oxygen's Pick It Kick It Hart, Diane
- Paleo Solution Wolf, Robb
- Passages in Caregiving Sheehy, Gail
- Patient's Guide to Heart Rhythm Problems - Cohen, Todd J., M.D.
- PCOS Diet Plan Wright, Hillary
- pH Miracle Young, Robert O.
- Pilates Bible Robinson, Lynne
- Pill Head Lyon, Joshua
- Pink Ribbon Blues Sulik, Gavle A.
- Pink Ribbon Diet Flynn, Mary
- Planet Cancer Adams, Heidi Schultz
- Positive Mind, Healthy Heart Piscatella, Joseph C.
- Positive Options for Living With COPD -Allen, Teri
- Positive Results Morris, Joi L.
- Power of Rest Edlund, Matthew
- Power of the Five Elements Moss, Charles A., M.d.
- Power Yoga Norberg, Ulrica
- Practical Book of Color Therapy Lilly, Susan
- Practical Guide to Hip Surgery Hecht,
 M. E.
- Preemies Linden, Dana Wechsler
- Pregnancy, Childbirth, and the Newborn -Simkin, Penny
- Prescription for Nutritional Healing -Balch, Phyllis A.
- Prescription or Poison? Dasgupta, Amitava
- Previvors Port, Dina Roth
- Primal Blueprint Sisson, Mark
- Prime-time Health Sears, William
- Promise Me Brinker, Nancy G.
- Promise of Sleep Dement, William C.

- Prostate Cancer Survivors Speak Their Minds - Burnett. Arthur
- Psoriasis Langley, Richard G. B.
- Qigong for Multiple Sclerosis Mills, Nigel
- QuickFACTS on Melanoma Skin Cancer
 American Cancer Society
- QuickFACTS Prostate Cancer American Cancer Society
- Ready to Win over Depression Wells, Thelma
- · Real Life Guide to Diabetes Warshaw,
- Hope S.
- Real Life With Celiac Disease Dennis, Melinda
- Reiki for Life Quest, Penelope
- Restful Mind Zabawa, Mark Allen
- Rice Diet Renewal Rosati, Kitty Gurkin
- Ride Your Way Lean Yeager, Selene
- Sane Hornbacher, Marya
- Secret Language of Your Body Segal,
 Inna
- Secret Life of the Grown-up Brain -Strauch, Barbara
- Secrets of People Who Never Get Sick -Stone. Gene
- Self-Compassion Diet Fain, Jean
- Selling the Fountain of Youth -Weintraub. Arlene
- Sexy Forever Somers, Suzanne
- Sexy Women Eat Gugnani, Divya
- Shoulder Surgery Companion -Schneider, Diana M., Ph.D.
- Six Weeks to Sleeveless and Sexy -Virgin, J. J., Ph.D.
- Skin Cancer Langley, Richard G.
- Skinny Carbs Diet Feder, David
- Sleeping Better Together Klosch, Gerhard
- Slim Calm Sexy Yoga Stiles, Tara
- Smart Consumer's Guide to Dentistry -Amann, Natalie
- Smart Woman's Guide to Heart Health -Vanderhaeghe, Lorna
- Smoking Crawford, Muriel L.
- Someone Like Me Quinn, John W.
- Soul of Medicine Nuland, Sherwin B.
- · Soul Silence Amato, Peter
- Special Diets for Special Kids, Volumes 1 and 2 Combined - Lewis, Lisa
- Special-needs Kids Go Pharm-free -Converse, Judy
- Stay Young & Sexy With Bio-Identical Hormone Replacement - Wright, Jonathan V.
- Step by Step Help for Children With ADHD - Laver-bradbury, Cathy
- Stop Pain Vad, Vijay, M.D.
- Stopping Diabetes in Its Tracks -Reader's Digest (COR)

- Strategies for the C-Section Mom -Knight, Mary Beth
- Stretch Pollack, Neal
- Stretching Anderson, Bob
- Stroke Recovery Book Burkman, Kip
- Stuff Frost, Randy O.
- Subtle Energy Body Lockhart, Maureen
- Super Body, Super Brain Gonzalezwallace, Michael
- Supercharge With Superfoods Quigley, Delia
- Supercharge Your Health Reader's Digest
- Superfoods Rx Pratt, Steven G.
- Superfoods Reinhard, Tonia
- Surviving Cancer as a Family Marshall, Catherine A.
- Surviving Health Care Kushner, Thomasine Kimbrough
- Syndrome W Mogul, Harriette R., M.D.
- Take a Load Off Your Heart Piscatella, Joseph
- Take Back Your Back Murinson, Beth
- Take Charge of Parkinson's Disease -Mikkelsen, Anne Cutter
- Take Control of Asperger's Syndrome -Price, Janet
- Taking Antidepressants Banov, Michael D., M.D.
- Taking Charge of Adult ADHD Barkley, Russell A.
- Tell Me What to Eat Before, During, and After Cancer Treatment - Buckman Weinstein, Jodi
- Tell Me What to Eat If I Suffer from Heart Disease - Magee, Elaine
- Ten Thousand Joys & Ten Thousand Sorrows - Hoblitzelle, Olivia Ames
- This Is Why You're Fat (And How to Get Thin Forever) - Warner, Jackie
- Thugs, Drugs and the War on Bugs -Case, Brad
- Total Massage Smith, Karen
- Transform Your Skin, Naturally -Johnson, Ben
- Treat Me, Not My Age Lachs, Mark
- Trigger Point Therapy for Foot, Ankle, Knee, and Leg Pain - Deluane, Valerie
- Trigger Point Therapy for Low Back Pain
 Sauer, Sharon
- Type 2 Diabetes, Your Healthy Living Guide - American Diabetes Association
- Ultimate You Dowdell, Joe
- UltraMind Solution Hyman, Mark
- Uncomplicated Guide to Diabetes Complications - Levin, Marvin E.
- Water Secret Murad, Howard
- We've Got Issues Warner, Judith
- What Nurses Know ... Menopause -Roush, Karen

- What Nurses Know ... PCOS Roush, Karen
- When Someone You Love Needs Nursing Home, Assisted Living, or In-Home Care - Bornstein, Robert F.
- When the Body Says No Mate, Gabor, M.D.
- When to Eat What McIndoo, Heidi Reichenberger
- When You Love a Functional Alcoholic -Draft, William F.
- Whole Health Healing Potisk, Thomas
- Whole-Food Guide to Overcoming Irritable Bowel Syndrome - Knoff, Laura J.
- Why We Get Fat Taubes, Gary
- Why You Can't Lose Weight Smith, Pameal Wartian
- Winning the Battle Against Prostate Cancer - Chodak, Gerald
- Woman's Migraine Toolkit Marcus, Dawn
- Women's Bodies, Women's Wisdom -Northrup, Christiane
- Women's Health Big Book of Exercises -Campbell, Adam
- World's Best Massage Techniques -Stone, Victoria
- Wounded Warrior Handbook Philpott, Don
- Yoga and Breast Cancer Kollak, Ingrid, R N
- Yoga Body Diet Dollard, Kristen Schultz
- Yoga for a Beautiful Face Cabuk, Lourdes J.
- Yoga for Osteoporosis Fishman, Loren
- You Can't Afford to Get Sick Weil, Andrew
- You: Having a Baby Roizen, Michael F.,
 M D
- You: Raising Your Child Roizen, Michael F., M.D.
- Your Aching Back White, Augustus A., III, M.D., Ph.D.
- Your Best Body Now Reno, Tosca
- Your Child with Inflammatory Bowel
 Disease North American Society for
 Pediatric Gastroenterology, Hepatology
 and Nutrition
- Your First Year with Diabetes Garnero, Theresa
- Your Mind at Its Best Biebel, David B.
- Youth Pill Stipp, David
- Zapped Gittleman, Ann Louise

Reference Books

- Addiction
- Adolescent Health Sourcebook
- Alcoholism Sourcebook
- Arthritis Sourcebook
- Blood and Circulatory Disorders Sourcebook
- Brain Disorders Sourcebook
- Cancer Sourcebook for Women
- Cardiovascular Disorders Sourcebook
- Child Abuse Sourcebook
- Complementary and Alternative Medicine Sourcebook
- Contagious Diseases Sourcebook
- Drug Abuse Sourcebook
- Environmental Health Sourcebook
- Genetics & Inherited Conditions
- Magill's Medical Guide
- Older Americans Information Directory 2010/2011
- PDR for Nonprescription Drugs, Dietary Supplements, and Herbs 2011
- Physicians Desk Reference (PDR)
- Pregnancy and Birth Sourcebook
- Psychology and Mental Health
- Sleep Disorders Sourcebook
- Stedman's Medical Terminology