

READING WELL

Reading Well for long term conditions

Title	Author	Publisher	Publication date	ISBN	Ebook/audiobook ISBN
1. General					
How to Feel Better: Practical Ways to Recover Well from Illness and Injury	Frances Goodhart, Lucy Atkins	Little, Brown	August 2015	9780749958206	9781405515764
Self-Management of Long-Term Health Conditions	Kate Lorig (ed.), Halsted Holman, David Sobel, Diana Laurent, Virginia Gonzalez, Marian Minor	Bull Publishing	March 2014	9781936693627	
2. Common symptoms					
Fatigue					
Fighting Fatigue: A Practical Guide to Managing the Symptoms of CFS/ME	Sue Pemberton, Catherine Berry	Hammersmith Books	March 2013	9781905140282	9781781610220
Overcoming Chronic Fatigue	Mary Burgess, Trudie Chalder	Little, Brown	November 2009	9781849011327	9781849014199
Pain					
Manage Your Pain	Michael Nicholas, Allan	Souvenir Press	October 2011	9780285640481	9780285641358



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	Molloy, Lois Tonkin, Lee Beeston				
Overcoming Chronic Pain	Catherine Caros, Frances Cole, Hazel Howden-Leach, Helen Macdonald	Little, Brown	August 2010	9781841199702	9781472105738
Pain is Really Strange	Steve Haines, Sophie Standing	Jessica Kingsley Publishers	June 2017*	9781848193666**	9780857012128
Sleep problems					
An Introduction to Coping with Insomnia & Sleep Problems, Second Edition	Colin Espie	Little, Brown	April 2017	9781472138545	9781472138927
Mental health and wellbeing					
Coping With the Psychological Effects of Illness: Strategies to Manage Anxiety and Depression	Fran Smith, Robert Bor, Karina Eriksen	Sheldon Press	January 2015	9781847093431	9781847093448
Mindfulness for Health: A Practical Guide to Relieving Pain, Reducing Stress and Restoring Wellbeing	Vidyamala Burch, Danny Pennman	Little, Brown	September 2013	9780749959241	9781405522519, audiobook 1633798143, online guided meditations
3. Selected long term conditions					
Arthritis					
Arthritis: A Practical Guide to Getting On With Your Life	Chris Jenner	Little, Brown	August 2011	9781845284718	
Arthritis: Exercise Your Way to Health	Paula Coates	Bloomsbury	January 2010	9781408107027	
Bowel Conditions					
Irritable Bowel Syndrome: Answers at Your Fingertips	Udi Shmueli	Class Health	May 2017*	9781859596449	9781859596456
Irritable Bowel Syndrome: Navigating Your Way to Recovery	Megan Arroll, Christine Dancey	Hammersmith Books	January 2016	9781781610695	9781781610701

Go Your Crohn Way	Kathleen Nicholls	Jessica Kingsley Publishers	May 2016	9781848193161	9780857012685
Breathing difficulties					
Asthma: Answers at Your Fingertips	Mark Levy, Monica Fletcher, Soren Pederson	Class Health	May 2013	9781859593721	9781859593738
Chronic Obstructive Pulmonary Disease (COPD): the Facts	Graeme P. Currie	Oxford University Press	March 2009	9780199563685	
Diabetes					
Diabetes for Dummies	Alan L. Rubin	Wiley	February 2011	9780470977118	9781119090762
Diabetes: The Facts	David Matthews, Niki Meston, Pam Dyson, Jenny Shaw, Laurie King, Aparna Pal	Oxford University Press	June 2008	9780199232666	
Type 2 Diabetes in Adults of All Ages (Second Edition)	Charles Fox, Anne Kilvert	Class Health	June 2013	9781859593745	9781859593752
Heart disease					
Heart Attack Survival Guide	Mark Greener	Sheldon Press	April 2012	9781847092021	9781847092038
Living with Angina	Tom Smith	Sheldon Press	May 2017	9781847090508	
Understanding and Dealing With Heart Disease	Keith Souter	Summersdale	April 2014	9781849535571	9781783720903
Stroke					
Stroke: the Facts	Richard I. Lindley	Oxford University Press	March 2017	9780198778189	9780191607424
Rebuilding Your Life After Stroke	Reg Morris, Malin Falck, Tamsin Miles, Julie Wilcox, Sam Fisher-Hicks	Jessica Kingsley Publishers	June 2017*	9781785923562	
How I Rescued My Brain: A Psychologist's Remarkable Recovery from Stroke and Trauma	David Roland	Scribe	February 2015	9781922247421	9781925113044
4. Support for relatives and carers					
The Carer's Handbook	Jane Matthews	Little, Brown	May 2007	9781845281946	

The Selfish Pig's Guide to Caring: How to Cope With the Emotional and Practical Aspects of Caring for Someone	Hugh Marriott	Little, Brown	June 2009	9780749929862	9781405520072
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