

# READING WELL

## Reading Well for long term conditions

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



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

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

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