

Long Term Conditions (2017)

Books Subject

Title

Arthritis	<i>Arthritis: A Practical Guide to Getting On With Your Life</i> By Chris Jenner
Arthritis	<i>Arthritis: Exercise Your Way to Health</i> By Paula Coates
Bowels	<i>Irritable Bowel Syndrome: Answers at Your Fingertips</i> By Udi Smueli
Bowels	<i>Irritable Bowel Syndrome: Navigating Your Way to Recovery</i> By Megan Arroll & Christine Dancey
Bowels	<i>Go Your Crohn Way: A Gutsy Guide to Living with Crohn's Disease</i> By Kathleen Nicolls
Breathing Difficulties	<i>Asthma: Answers at Your Fingertips</i> By Mark Levy, Monica Fletcher & Soren Pederson
Breathing Difficulties	<i>Chronic Obstructive Pulmonary Disease (COPD): The Facts</i> By Graeme P. Currie
Diabetes	<i>Diabetes for Dummies</i> By Alan L. Rubin
Diabetes	<i>Diabetes: The Facts</i> By David Matthews et al
Diabetes	<i>Type 2 Diabetes in Adults of All Ages</i> By Charles Fox & Anne Kilvert
Heart Disease	<i>Heart Attack Survival Guide</i> By Mark Greener
Heart Disease	<i>Living with Angina</i> By Tom Smith

Heart Disease	<i>Understanding and Dealing with Heart Disease</i> By Keith Souter
Stroke	<i>Rebuilding Your Life After Stroke</i> By Reg Morris et al
Stroke	<i>Stroke: The Facts</i> By Richard Lindley
Stroke	<i>How I Rescued My Brain: A Psychologist's Remarkable Recovery from Stroke and Trauma</i> By David Roland
General	<i>How to Feel Better: Practical Ways to Recover Well from Illness and Injury</i> By Frances Goodhart & Lucy Atkins
General	<i>Self-management of Long Term Conditions</i> By Kate Lorig
Fatigue	<i>Fighting Fatigue: A Practical Guide to Managing the Symptoms of CFS/ME</i> By Sue Pemberton & Catherine Berry
Fatigue	<i>Overcoming Chronic Fatigue</i> By Mary Burgess & Trudie Chalder
Pain	<i>Manage Your Pain</i> By Michael Nicholas et al
Pain	<i>Overcoming Chronic Pain</i> By Frances Cole et al
Pain	<i>Pain is Really Strange</i> By Steve Haines & Sophie Standing
Sleep Problems	<i>An Introduction to Coping with Insomnia and Sleep Problems</i> By Colin Espie
Mental Health / Wellbeing	<i>Coping with the Psychological Effects of Illness: Strategies to Manage Anxiety and Depression</i> By Fran Smith et al
Mental Health / Wellbeing	<i>Mindfulness for Health: A Practical Guide to Relieving Pain, Reducing Stress and Restoring Wellbeing</i> By Vidyamala Burch & Danny Penman
Support	<i>The Carer's Handbook: Essential Information and Support for All Those in a Caring Role</i> By Jane Matthews
Support	<i>The Selfish Pig's Guide to Caring: How to Cope With the Emotional and Practical Aspects of Caring for Someone</i> By Hugh Marriott