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Advocacy

<u>Title</u>	<u>Length</u>	<u>Year</u>	<u>Author</u>
Hiring People with Disabilities A guide for employers on hiring persons with disabilities	51 pages	2000	Cummings, Joan E.

<u>Title</u>	<u>Length</u>	<u>Year</u>	<u>Author</u>
Landing the Right Job A guide to finding jobs for persons with disabilities; also contains information about rights in the workplace (hiring, retention, promotion).	121 pages	2000	Cummings, Joan E.

<u>Title</u>	<u>Length</u>	<u>Year</u>	<u>Author</u>
Equal Citizenship for Canadians with Disabilities Information from the Federal Task Force on a variety of disability issues including employment, disability income and Aboriginal issues.	113 pages	1996	Federal Task Force on Disability Issues

<u>Title</u>	<u>Length</u>	<u>Year</u>	<u>Author</u>
Canada Pension Plan Disability Benefits for People with MS This booklet helps people with MS in three ways: <ul style="list-style-type: none"> • Provides information on Canada Pension Plan Disability (CPP-D) benefits • Helps you complete an application for benefits that is likely to succeed • Helps you understand the three appeal processes you can use if you are denied benefits 	80 pages	2009	MS Society of Canada – BC & Yukon Division and the MS Volunteer Legal Advocacy Program

Alternative Therapies and Wellness

<u>Title</u>	<u>Length</u>	<u>Year</u>	<u>Author</u>
Complimentary and Alternative Medicine and Multiple Sclerosis With this book, you'll be able to: <ul style="list-style-type: none"> • Find unconventional options that may provide symptomatic relief when conventional therapies are limited • Learn about potentially dangerous interactions between complementary and alternative medicine (CAM) therapies • Identify CAM therapies that are possibly effective, low-risk, and inexpensive • Recognize ineffective, dangerous, or costly alternative therapies 	241 pages	2006 & 2 nd ed. 2007	Bowling, Allen C.

Alternative Therapies and Wellness Continued...

<u>Title</u>	<u>Length</u>	<u>Year</u>	<u>Author</u>
Managing Pain Before it Manages You	pages	2009 (3 rd edition)	Caudill, Margaret A.

Imagine finding a way to spend less time in doctors' offices, and to decrease the discomfort, depression, and anxiety associated with chronic pain. Managing Pain Before It Manages You offers just that--a program to help you reduce your pain and learn coping skills to get your life back. Developed over the author's many years of working with chronic pain sufferers, this program has been proven effective. Program participants report that they have been able to take control of their pain and cut their doctor visits by more than one third! Straightforward and compassionate, this hands-on guide provides detailed information plus step-by-step techniques and activities that help you:

- Understand the causes of chronic pain
- Recognize what increases and decreases your pain symptoms
- Reduce your pain and emotional distress
- Learn effective problem solving
- Make informed decisions about medications and nutritional therapies
- Incorporate relaxation, meditation, and gentle exercise into your daily routine
- Communicate effectively about your pain
- Set realistic goals

<u>Title</u>	<u>Length</u>	<u>Year</u>	<u>Author</u>
The Mindfulness Solution to Pain: Step-by-Step Techniques for Chronic Pain Management	209 pages	2009	Gardner-Nix, Jackie

This book offers a revolutionary new treatment approach, mindfulness-based chronic pain management, that helps you harness your mind's power to quiet your pain and put you in control. Mindfulness practice, which includes stationary meditations, movement meditations, mindful are, and other strategies, will help you:

- Understand how emotions & thoughts affect physical symptoms
- Reverse the debilitating effects of some chronic pain conditions
- Prevent pain from becoming chronic or long-term
- Lift the anxiety & depression that may accompany chronic pain

<u>Title</u>	<u>Length</u>	<u>Year</u>	<u>Author</u>
Mind over Mood: Change How you feel by changing the way you think	215 pages	1995	Greenberger, Dennis & Padesky, Christine

The aim of this book is to help you:

- Learn how to change the thoughts that contribute to your problems
- Use mood questionnaires to identify and track changes in your feelings
- Solve problems and take action to improve your life and relationships
- Practice skills that address your individual concerns

Alternative Therapies and Wellness Continued...

<u>Title</u>	<u>Length</u>	<u>Year</u>	<u>Author</u>
Mind as a Healer, Mind as a Slayer	366 pages	1977	Pelletier, K.
A holistic approach to preventing stress disorders. The nature of stress, stress and disease, and methods of controlling stress.			

<u>Title</u>	<u>Length</u>	<u>Year</u>	<u>Author</u>
Pain Relief without Drugs	196 pages	2007	Sadler, Jan
In this book the reader will find easy-to-use self-help techniques that offer support and understanding in breaking pain's cycle – from relaxation, visualization, and breathing techniques to setting goals, building self-esteem, and coping with flare-ups. The book comes with a CD.			

<u>Title</u>	<u>Length</u>	<u>Year</u>	<u>Author</u>
90 Days to Stress-Free Living: a day by day health plan including exercises, diet and relaxation techniques	210 pages	2002	Shealy, Norman
This book reveals how you can tackle the negative effects of stress and return to your natural state of health. It guides you through a total health regime, showing you how to enjoy enhanced levels of energy, creativity, relaxation and well-being.			

<u>Title</u>	<u>Length</u>	<u>Year</u>	<u>Author</u>
Soul Medicine: Awakening your inner blueprint for abundant health and energy	294 pages	2006	Shealy, Norman & Dawson, Church
The authors of this book write on how “consciousness and intention are fundamental to an understanding of human energy systems, and tie the many therapies that affect that energy system into a coherent set of principles they call soul medicine.”			

Caregivers

<u>Title</u>	<u>Length</u>	<u>Year</u>	<u>Author</u>
The Personal Care Attendant Guide	145 pages	2007	Banister, Katie R.
The guide explores the art of finding, keeping and being an attendant. An excellent resource dealing with all aspects of the caregiver relationship. Lots of personal stories bring the realities to life with understanding and humor.			

<u>Title</u>	<u>Length</u>	<u>Year</u>	<u>Author</u>
The Caregiver's Handbook	62 pages	2008	Caregivers Nova Scotia
A helping hand for families and friends giving care in Nova Scotia. This handbook is full of tools, tips, and resources intended to help and support caregivers.			

Caregivers continued...

<u>Title</u>	<u>Length</u>	<u>Year</u>	<u>Author</u>
Le Manuel du Soignant Une main tendue aux familles et aux amis qui fournissent des soins en Nouvelle-Écosse. Ce guide est rempli d'outils, d'idées et des ressources pour aider les aidants.	62 pages	2008	Caregivers Nova Scotia
Chicken Soup for the Caregiver's Soul The true, inspirational stories in this book offer you a respite from your responsibilities, bringing uplifting and comforting insights to fill you with renewed hope, courage and strength.	371 pages	2004	Canfield, Jack, Hansen, Mark & Thieman, LeAnn
Living Well with MS: a Guide for Patient, Caregiver, & Family This book carefully addresses a number of MS questions and topics, attempting to provide both comfort and information for the person with MS, the family, and the caregiver.	pages	1993	Carroll, David
Strength & Courage for Caregivers: 30 Hope-filled morning and evening reflections Taking care of a family member who is ill, disabled or dying requires courage, strength, commitment, and love. The morning prayers and evening reflections in this book are short and to the point. Strength & Courage for Caregivers weaves together powerful stories, practical advice, and the restorative promises of scriptures, reminding caregivers that they are not alone in this important yet all too often unacknowledged and underappreciated work.	160 pages	2008	Hargrave, Terry
I'll Take Care of You A guide for all family caregivers, regardless of the care receiver's age or needs. Offers practical help on coping with feelings, avoiding burnout, accessing resources, setting boundaries, and finding ways to meet one's needs as a caregiver.	220 pages	1999	Ilardo, Joseph & Rothman, Carole
Men as Caregivers Recent studies estimate that between 14 and 18 percent of men ranging in ages from nineteen to later middle age are providing care to a family member or friend with a serious illness or disability. And in men 75 or older, there are more husbands caring for wives than vice versa. Also among persons caring for AIDS sufferers in central cities, over 50 percent are men. In light of these substantial numbers, plus demographic trends that will probably increase the proportion of male caregivers in the future, it is important to study men in care-giving roles to further our understanding of this critical area of healthcare. This valuable collection of current research addresses a neglected but increasingly important area of care-giving.	394 pages	2005	Kramer, Betty

Caregivers continued...

<u>Title</u>	<u>Length</u>	<u>Year</u>	<u>Author</u>
When Love Gets Tough: The nursing home dilemma	100 pages	1990	Manning, Doug
<p>A warm helpful book dealing with a major problem many families have to face. The author delves into preparation for sending a loved one into a home. Deals with the guilt involved because of society's attitudes, financial, and legal issues.</p>			
The Comfort of Home: Multiple Sclerosis Edition	324 pages	2006	Meyer, Maria & Derr, Paula
<p>This illustrated step-by-step guide for Multiple Sclerosis caregivers promises to take the fear out of home care and bring confidence and peace of mind to MS caregivers. Simple and practical. Positive and empowering. Full of money-saving ideas. Includes checklists, resources and tips.</p>			
The Comfort of Home: An illustrated step-by-step guide for caregivers, 2nd edition	364 pages	2002	Meyer, Maria
<p>A guide on caregiving in the home.</p>			
A Family Caregiver Speaks Up: "It doesn't have to be this hard"	229 pages	2007	Mintz, Suzanne
<p>Full of advice for family caregivers, this one of a kind book written by a family caregiver provides lessons from family caregivers across the country, tips for interacting with the healthcare system to better meet the needs of families dealing with chronic illness, and a cogent presentation of how public policy has a profound effect on even the most intimate details of life in caregiving families.</p>			
The Magic of Humor in Caregiving	93 pages	1994	Sherman, James
<p>This resourceful book can provide tremendous benefits and tickle a caregiver's funny bone at the same time. The well-established healing benefits of laughter in reducing stress and tension are clearly explained. The book also shows how playfulness can be used to increase personal effectiveness and promote wellness. It leaves no doubt that laughter is often the best medicine a caregiver can use.</p>			
Positive Caregiver Attitude	85 pages	1994	Sherman, James
<p>A "must" book for any caregiver whose back is against the wall. It's loaded with down-to-earth strategies for developing and maintaining positive attitudes toward care receivers, care giving, and life in general. The book identifies the source of negative feelings and illustrates the destructive effect negative attitude can produce if left unresolved. It provides a vital safeguard for any care giving relationship.</p>			

Caregivers continued...

<u>Title</u>	<u>Length</u>	<u>Year</u>	<u>Author</u>
Preventing Caregiver Burnout	77 pages	1994	Sherman, James
Caregivers who work long, hard hours under constant emotional pressure can easily lose their motivation and commitment to caregiving. This dynamic book responds to that threat by describing what burnout is, what causes it, and what effect it can have on a caregiver.			

<u>Title</u>	<u>Length</u>	<u>Year</u>	<u>Author</u>
Counseling with Caregivers	144 pages	2008	Silverman, Marjorie
Counseling with caregivers - A guide for professionals is intended to sensitize healthcare practitioners to the challenges faced by caregivers and to provide a practical and accessible guide for responding to their needs.			

<u>Title</u>	<u>Length</u>	<u>Year</u>	<u>Author</u>
Le Counseling auprès des proches aidants	144 pages	2008	Silverman, Marjorie
Le counseling auprès des proches aidants vise à sensibiliser les intervenants des services de santé à la réalité des aidants en leur proposant un guide accessible et pratique.			

<u>Title</u>	<u>Length</u>	<u>Year</u>	<u>Author</u>
Mainstay for the Well Spouse of the Chronically Ill	323 pages	1988	Strong, M
Written by a wife and mother whose husband has MS, revealing her own personal story, plus tips for coping.			

Chronic Illness

<u>Title</u>	<u>Length</u>	<u>Year</u>	<u>Author</u>
Lean on Me: 10 powerful steps to moving beyond your diagnosis and taking back your life	pages	2006	Davis, Nancy
This book “couples (the author’s) deeply personal story with a step-by-step guide to empower anyone to take charge of his or her own health care in the face of any life-threatening illness”.			

<u>Title</u>	<u>Length</u>	<u>Year</u>	<u>Author</u>
Sick and Tired of Feeling Sick and Tired	pages	2000	Donoghue, Paul & Siegel, Mary
This book describes the problems faced by those suffering from invisible chronic illness.			

Chronic Illness continued...

<u>Title</u>	<u>Length</u>	<u>Year</u>	<u>Author</u>
Taking the Lead – Dancing with Chronic Illness	188 pages	1998	Giroux, Louise

Written by a woman who is a counselor and is diagnosed with multiple sclerosis, the experiences of the author and three others with chronic illness are shared. Includes theoretical and practical insights from her counseling practice.

<u>Title</u>	<u>Length</u>	<u>Year</u>	<u>Author</u>
Women, Work, and Autoimmune Disease: Keep Working Girlfriend	222 pages	2008	Joffe, Rosalind & Friedlander, Joan

This is a book for women who live with chronic illness, encouraging them to stay employed to preserve their independence and sense of self.

<u>Title</u>	<u>Length</u>	<u>Year</u>	<u>Author</u>
Fighting Fatigue in Multiple Sclerosis	pages	2009	Lowenstein, Nancy

Practical ways to create new habits and increase your energy.

<u>Title</u>	<u>Length</u>	<u>Year</u>	<u>Author</u>
The Chronic Illness Experience	369 pages	1987	Register, Cheri

This book probes the psychological and emotional realities of living with chronic illness.

<u>Title</u>	<u>Length</u>	<u>Year</u>	<u>Author</u>
You Don't Look Sick: Living well with invisible chronic illness	pages	2005	Selak, Joy & Overman, Steven

This book chronicles a patient's true life story and her physicians' compassionate commentary as they take a journey through the three stages of chronic illness.

Disability Issues and Accessibility

<u>Title</u>	<u>Length</u>	<u>Year</u>	<u>Author</u>
Barrier-Free Travel: A nuts and bolts guide	289 pages	2005	Harrington, Candy

A guide to accessible travel. Covers tools and resources to plan travel. Includes information on airport security procedures, cruises, and a chapter on accessible travel for kids. Topics range from the very practical, "when nature calls at 30,000 feet" to more general information about varied modes of travel and types of destinations. Most of the information is based on the US but the book includes a section on international travel (that included Canada).

Disability Issues and Accessibility continued...

<u>Title</u>	<u>Length</u>	<u>Year</u>	<u>Author</u>
Life on Wheels The A to Z guide to living fully with mobility issues.	453 pages	2009	Karp, Gary
Mealtime Manual for People with Disabilities and the Aging A handbook to aid in the preparation of meals for individuals with physical limitations and the aging.	232 pages	1997	Klinger, Judith
Anyone Can Travel This book is intended as a travel guide for seniors and people with disabilities. The information presented is derived from consultation with experts in the travel and health fields, comprehensive research and the authors' personal experiences.	276 pages	2000	Rous, Melba & Ward, Eileen
Getting Around on an Electric Wheelchair or Scooter A guide for wheelchair users.	63 pages	1992	Vancouver Safety Council Electric Wheelchair and Scooter Safety Steering Committee

Exercise/Rehabilitation

<u>Title</u>	<u>Length</u>	<u>Year</u>	<u>Author</u>
Gentle Yoga – A Guide to Low-Impact Exercise Gentle Yoga is a complete and practical guide for beginners and people with special needs, such as those with arthritis, stroke damage, or multiple sclerosis, and for those in wheelchairs. But it is also for those who want gentle, low-impact exercise to improve and maintain health.	pages	2000	Bell, Lorna
Yoga and Multiple Sclerosis: A journey to health and healing This book, which includes photographs for each pose, applies the principles of yoga to the management of MS.	273 pages	2007	Fishman, Loren M. & Small, Eric

Exercise/Rehabilitation continued...

<u>Title</u>	<u>Length</u>	<u>Year</u>	<u>Author</u>
Exercises for Multiple Sclerosis – A safe and effective program to fight fatigue, build strength, and improve balance	pages	2006	Hamler, Brad

This book acts as a guide to those who are looking for an adaptable and safe exercise program that targets such symptoms as spasticity, balance and fatigue while also explaining why such symptoms may be occurring and how exercise can help.

<u>Title</u>	<u>Length</u>	<u>Year</u>	<u>Author</u>
Relax and Renew – Restful Yoga for Stressful Times	240 pages	1995	Lasater, Judith

In Relax and Renew, Judith Lasater writes with insight and clarity about a subject she loves: restorative yoga. These techniques will help you ease stress and live well.

<u>Title</u>	<u>Length</u>	<u>Year</u>	<u>Author</u>
Therapeutic Tai Chi – My journey with multiple sclerosis	pages	2006	Paruszkiewicz, Gary

Therapeutic Tai Chi is a gentle form of daily physical activity, developed with medical experts and physical therapists, that is based on the ancient forms of Tai Chi Ch'uan. Therapeutic Tai Chi is the tool used by the author to rise above crippling Multiple Sclerosis. The book includes over fifty gourmet recipes from the "Chef Garibaldi" cookbook. Each chapter is fully illustrated with photography that details the movements.

<u>Title</u>	<u>Length</u>	<u>Year</u>	<u>Author</u>
Multiple Sclerosis Supplement for Aquafitness Programs	36 pages	2003	Stirling, Peggy

Detailed suggestions for designing an aquafitness program specifically for people with MS. Targeted at the instructor.

<u>Title</u>	<u>Length</u>	<u>Year</u>	<u>Author</u>
Get Fit While You Sit	147 pages	1999	Torkelson, Charlene

Get Fit While You Sit is a total body workout that can be done right from your chair, anywhere. It's perfect for office workers, travelers, and those with age-related movement limitations or special conditions. There are no complicated routines, no expensive gym memberships, and no equipment requiring a lot of space.

Information for Families

<u>Title</u>	<u>Length</u>	<u>Year</u>	<u>Author</u>
Living with a Parent with Multiple Sclerosis	pages	2001	Apel, Melanie A.

A book for young children who have a parent with multiple sclerosis.

<u>Title</u>	<u>Length</u>	<u>Year</u>	<u>Author</u>
Living Well With MS: a Guide for Patient, Caregiver and Family	pages	1993	Carroll, David L

This book carefully addresses a number of MS questions and topics, attempting to provide both comfort and information for the person with MS, the family, and the caregiver.

<u>Title</u>	<u>Length</u>	<u>Year</u>	<u>Author</u>
Coping When a Parent has MS	pages	1992	Cristall, Barbara

Suggests how to deal with the physical limitations of the parent who has MS, and how to cope with the emotional stress that the disease places on the entire family.

<u>Title</u>	<u>Length</u>	<u>Year</u>	<u>Author</u>
Multiple Sclerosis: A Guide for Families, 2nd edition	pages	1992	Kalb, Rosalind C.

A dynamic and extremely useful book for both families living with MS and the professionals who assist them. Families experiencing MS often find themselves in uncharted territory. Roles often shift with dramatic emotional impact including guilt, anger, sadness, and a sense of burden that may create barriers to intimacy, joy, growth, and family unity. This book offers ways to strengthen coping skills and how to strike a reasonable balance between the interests and needs of family members and to accommodate the limitations imposed by MS without allowing them to impact every aspect of family life.

Inspirational/Personal Stories

<u>Title</u>	<u>Length</u>	<u>Year</u>	<u>Author</u>
One Thing for Tomorrow	122 pages	1981	Brack, Joyce

Joyce Brack was born in Hawarden, Saskatchewan, to a farm family that included eight children. Educated as a primary school teacher, she developed Multiple Sclerosis at the age of 28. One Thing for Tomorrow is the story of her fight with MS.

<u>Title</u>	<u>Length</u>	<u>Year</u>	<u>Author</u>
Life is an Adventure	125 pages	2002	Campbell, Teresa

Life Is an Adventure is the memoir of the life of an active nurse who also has MS. Through her tours of Vietnam to her travels throughout the world; this 71 year old author delves into the story of her life as a way in which to come to terms with her disease and a way in which to heal.

Inspirational/Personal Stories continued...

<u>Title</u>	<u>Length</u>	<u>Year</u>	<u>Author</u>
Blindsided: A Reluctant Memoir	pages	2004	Cohen, Richard

Richard M Cohen was a twenty-five-year-old television new producer when he was diagnosed with multiple sclerosis. For thirty year he has battled MS, along with two recent bouts of colon cancer. In *Blindsided* he chronicles a life characterized by accomplishment and adversity.

<u>Title</u>	<u>Length</u>	<u>Year</u>	<u>Author</u>
Crossed Signals (also known as The Wake-Up Call)	191 pages	2000	Courey, Caroline

In this fact-based, fictional story about MS and its impact on the family. Melanie, 15, learns that her mother has MS. Family life becomes an emotional roller coaster. Just as they hit rock bottom, a change of attitude sets in and they seek help together. They embark on a state of transformation, looking for and finding a renewed sense of family love and unity.

<u>Title</u>	<u>Length</u>	<u>Year</u>	<u>Author</u>
My Story	112 pages	2004	Davis, Amelia

In a series of dramatic essays and photographs by the renowned San Francisco-based photographer Amelia Davis, *My Story* is an evocative description of what it is like to live with multiple sclerosis (MS), a disease that affects about 350,000 Americans and whose cause is still not entirely known.

<u>Title</u>	<u>Length</u>	<u>Year</u>	<u>Author</u>
The Brow of Dawn – One Women’s Journey with MS	158 pages	2004	Edward, Catherine

This book tells the story of Catherine Edward, a woman from PEI, and her struggle with MS. It is based on the journal entries she wrote under the guidance of her neurologist.

<u>Title</u>	<u>Length</u>	<u>Year</u>	<u>Author</u>
A Mind and Heart For Wellness	249 pages	1998	Giroux, Lousie

Despite chronic illness, you can live an emotionally well and fulfilling life. This is the message Louise Giroux passes on in this book, a collection of daily meditations to help you use cognitive processes of thinking, visualising, and writing.

<u>Title</u>	<u>Length</u>	<u>Year</u>	<u>Author</u>
Recycled: A Story of Hope	203 pages	1999	Giroux, Lousie

An autobiographic account of the author’s life with MS, both as a child of a father with MS and with her own diagnosis at the age of 36. Recycled tells much about each of us, about the recycling of our lives, a crucial process for daily living.

Inspirational/Personal Stories continued...

<u>Title</u>	<u>Length</u>	<u>Year</u>	<u>Author</u>
The Last Dance is Mine	245 pages	1992	Horner, Bill
Author Bill Horner vividly describes how multiple sclerosis changed his life and that of his family.			

<u>Title</u>	<u>Length</u>	<u>Year</u>	<u>Author</u>
Sharing MS	217 pages	2004	Ironside, Linda
Linda Ironside clearly describes her early MS symptoms and diagnosis. She shares with her two friends tales of ongoing symptoms and the often mysterious nature of MS.			

<u>Title</u>	<u>Length</u>	<u>Year</u>	<u>Author</u>
The Winning Spirit – Life Lessons Learned in Last Place	226 pages	1997	Koplowitz, Zoe
Koplowitz, who is now 48, uses crutches owing to multiple sclerosis (MS), contracted at age 25, but she still finished the 1996 New York City Marathon in 27 hours and 36 minutes. Her goal was not to finish first but to finish. She has written this book to share how she chose to use her illness as a motivator rather than an excuse, learning to use MS as a challenge to stretch the boundaries others would set for her.			

<u>Title</u>	<u>Length</u>	<u>Year</u>	<u>Author</u>
Life on Cripple Creek Essays on Living with Multiple Sclerosis	149 pages	2003	Kramer, Dean
Author Dean Kramer set out to write the book she wished had been available to her - a book about the ongoing, everyday life of ordinary people living with MS.			

<u>Title</u>	<u>Length</u>	<u>Year</u>	<u>Author</u>
Fall Down Laughing	pages	2000	Lander, David
Fall Down Laughing is the humorous and poignant story of Lander's courageous struggle with multiple sclerosis. Over the years, Lander tried everything to improve his condition: exercise programs, alternative medicine, support groups, the latest crop of designer drugs. Weaving his experiences against a backdrop of entertaining celebrity anecdotes, Lander offers a message of affirmation that will provide information and hope to millions of M.S. sufferers, their friends and caregivers.			

<u>Title</u>	<u>Length</u>	<u>Year</u>	<u>Author</u>
A Child of the King	pages	2002	Marsh, Joanne Blundell
One woman's personal and spiritual story about dealing with multiple sclerosis.			

Inspirational/Personal Stories continued...

<u>Title</u>	<u>Length</u>	<u>Year</u>	<u>Author</u>
Claude MSing Around “Meeting the Challenge of Multiple Sclerosis”	138 pages	1990	Mythen, John

The author, a professional cartoonist, was diagnosed with MS in 1974. Through his cartoon dog, Claude, and drawing on his own experiences, he takes a light-hearted look at the very serious subject of MS.

<u>Title</u>	<u>Length</u>	<u>Year</u>	<u>Author</u>
Incidental Heroes: Disabling the Myths About Multiple Sclerosis	31 pages	1999	Popper, Jackie G & Gunkel, Gina M

This book was produced through the support of Biogen Inc. and the Manhattan Society to help educate people about MS and to help provide newly diagnosed individuals with a realistic view of life with MS. This uplifting book tells the stories of people tackling their MS rather than focusing on the disease itself.

<u>Title</u>	<u>Length</u>	<u>Year</u>	<u>Author</u>
Never Give Up	87 pages	1999	Postgate, Lillian as told to Heidi Oeste

Lillian Postgate has led a tremendously full and rewarding life. Never Give Up tells her story of which having MS plays only a small part. Lillian has never let having MS define who she is or let it affect her optimistic spirit and positive outlook on living. As she says when she addresses fellow MSers in the book: “Life is precious; let’s make the best of every moment.” These are the words by which Lillian Postgate truly lives.

<u>Title</u>	<u>Length</u>	<u>Year</u>	<u>Author</u>
MS: The Kinder Side	201 pages	1987	Risidore, Lyn

Management techniques written by a lady in Ontario with MS. This is an optimistic book using personal experiences.

<u>Title</u>	<u>Length</u>	<u>Year</u>	<u>Author</u>
You Can’t Afford the Luxury of a Negative Thought	621 pages	1989	Roger, John & McWilliams, Peter

A book about the problems surrounding negative thinking.

<u>Title</u>	<u>Length</u>	<u>Year</u>	<u>Author</u>
You are Not Your Illness	pages	1992	Topf, Linda N & Bennett, Hal Z

This book is about something that should matter to all of us. It is about life, love and healing. It can show you who you are and it can help you hold up the mirror so you can see your true self and your beauty.

Inspirational/Personal Stories continued...

<u>Title</u>	<u>Length</u>	<u>Year</u>	<u>Author</u>
300 Tips for Making Life with Multiple Sclerosis Easier	107 pages	1999	Schwartz, Shelley Peterman

This book is filled with tips, techniques, and shortcuts the author learned from personal experience and from the people around her. You will learn the most basic lessons for conserving time and energy to be able to do more of the things you want to do. Finding ways to adapt, modify, and simplify your life will give you the greatest opportunity to be happy and enjoy each day to the fullest.

<u>Title</u>	<u>Length</u>	<u>Year</u>	<u>Author</u>
Courage	297 pages	2001	Trubo, Richard

The story of one woman's unceasing devotion to her brother and how her dream to end the devastating effects of MS was transformed into one of the most powerful and effective national health organizations in the world.

<u>Title</u>	<u>Length</u>	<u>Year</u>	<u>Author</u>
Climbing Higher	224 pages	2004	Williams, Montel

Television icon, New York Times bestselling author, and powerful example of the strength to overcome obstacles, Montel Williams reveals his true story of struggle and triumph in the frank and compelling memoir.

<u>Title</u>	<u>Length</u>	<u>Year</u>	<u>Author</u>
Life Lessons and Reflections	pages	2000	Williams, Montel

Williams offers life lessons and reflections based on his own experiences, as well as those of prominent individuals from the past and present. The text is enhanced with beautiful photographs that bring to light the insights, sentiments, and depth of emotion that these words evoke

Miscellaneous

<u>Title</u>	<u>Length</u>	<u>Year</u>	<u>Author</u>
Maintaining Seniors' Independence: A Guide to Home Adaptions	pages	2003	CMHC

This guide provides you with tools to assess your current living situation and determine what home adaptations should be made.

Miscellaneous continued...

<u>Title</u>	<u>Length</u>	<u>Year</u>	<u>Author</u>
Navigating Canada's Health Care: A User Guide to Getting the Care You Need	358 pages	2006	Decter, Michael & Grosso, Francesca

This is an indispensable, practical guide to getting the best care within the existing health care system. It is filled with concrete, up-to-date information and surprising facts. The book follows best-practice health care through the three stages of life: the early years (including pregnancy and early childhood), the middle years (staying healthy and understanding the benefit plans), and the senior years (managing chronic disease, taking care of aging relatives, palliative care, and end-of-life supportive care).

<u>Title</u>	<u>Length</u>	<u>Year</u>	<u>Author</u>
Clinical Trials – What You Should Know Before Volunteering To A Research Subject	pages	1996	Giffels, J. Joseph

This booklet is intended to help you understand some of the basics of clinical research. It includes information about what a clinical trial is, what the subject's role is, the rights of the subject and other issues.

<u>Title</u>	<u>Length</u>	<u>Year</u>	<u>Author</u>
Self-Help Groups	153 pages	1986	Wilson, Judy

This is a book for members of self-help groups that covers the whole field. It guides the reader in coming to a decision to start a group and outlines the various things that have to be done to get a new group off the ground.

MS: General/Medical

<u>Title</u>	<u>Length</u>	<u>Year</u>	<u>Author</u>
Living With Progressive Multiple Sclerosis: Overcoming the Challenges	162 pages	2008	Coyle, Patricia K, and Halper, June

This book educates you on the diagnosis, disease-modifying therapies, new drug treatments, management of difficult symptoms, and coping strategies associated with Multiple Sclerosis. The authors, also, emphasize a wellness approach that includes weighing your options, planning for the future, and maintaining humor and composure in the face of adversity.

<u>Title</u>	<u>Length</u>	<u>Year</u>	<u>Author</u>
The MS Workbook: Living Fully With Multiple Sclerosis	pages	2006	Fraser, Robert T, Kraft, George H, Ehde, Dawn M & Johnson, Kurt L

Over 50,000 people in Canada have MS, and it is the most common neurological disease among young Canadians. A team of doctors and psychologists from the Western Multiple Sclerosis Center at the University of Washington School of Medicine, the largest MS rehabilitation centre in the U.S., offers this groundbreaking workbook that helps people with MS manage every aspect of their lives. The MS Workbook is the only book on the market to focus on the psychological, emotional and medical aspects of MS, including alternative therapy and spirituality.

MS: General/Medical continued...

<u>Title</u>	<u>Length</u>	<u>Year</u>	<u>Author</u>
Facing the cognitive challenges of multiple sclerosis	pages	2006	Gingold, Jeffrey N
This book, written by an individual living with MS, offers a personal discussion about the cognitive effects of multiple sclerosis.			
Mental Sharpening Stones	pages	2009	Gingold, Jeffrey N
Manage the cognitive challenges of multiple sclerosis. "In the well-researched, carefully crafted book, Jeffrey Gingold not only brings cognitive dysfunction out of the shadows but also offers concrete tools to help MS survivors and their loved ones cope and even overcome its confounding symptoms" - Montel Williams			
Primary Progressive Multiple Sclerosis: What you need to know	pages	2010	Holland, Nancy, Burk, Jack, & Schneider, Diana
This book addresses the wide variety of physical and emotional issues of people with the primary progressive form of MS. Chapters deal with the nature of the disease and its characteristics, as well as its comprehensive multidisciplinary management. These include medical and nursing care, physical and occupational therapy, social support, caregiver and family issues, and mental health and quality of life.			
Multiple Sclerosis: A Guide for the Newly Diagnosed, 2nd Edition	pages	2002	Holland, Nancy, Murray, T.J., & Reingold, Stephen
This book is written for anyone who has been diagnosed with MS as well as family members and friends.			
Multiple Sclerosis for Dummies	362 pages	2007	Kalb, Rosalind, Holland, Nancy, & Giesser, Barbara
This guide gives you expert advice on making personal treatment choices, managing symptoms, staying healthy, and maximizing your health insurance options – as well as how to deal with relapses and complications so you can keep your life on track.			
Multiple Sclerosis: Understanding the Cognitive Challenges	152 pages	2006	LaRocca, Nicholas & Kalb, Rosalind
A comprehensive discussion of MS-related cognitive dysfunction, including the changes that can occur, their assessment and treatment, and strategies for dealing with their impact in daily life.			

MS: General/Medical continued...

<u>Title</u>	<u>Length</u>	<u>Year</u>	<u>Author</u>
Multiple Sclerosis: The Questions You Have – The Answers You Need	604 pages	2008	Kalb, Rosalind
A guide for everyone connected with MS – those who have the disease and those who share their lives with someone who has it. A wide range of topics is covered in a format that is familiar, accessible, and easily understood. The question and answer format reflects the collaborative relationship between people with MS and their health care professionals.			
Considering your Options: Choosing an MS Therapy	pages	2008	MS Society of Canada
If you are a person living with multiple sclerosis, you and your doctor may have discussed starting treatment with a disease-modifying therapy to control your disease. This booklet and video provide a summary of issues and concerns you may have about starting therapy.			
Choisir un traitement contre la SP. Quelles sont les options ?	pages	2008	Multiple Sclerosis Society of Canada
Si vous êtes une personne vivant avec la SP, votre médecin et vous avez peut-être discuté de la possibilité d'entreprendre un traitement modificateur de l'évolution de la SP pour maîtriser la maladie. Ce livret et DVD contiennent de l'information pour répondre à certaines questions et inquiétudes que vous pouvez avoir à propos de l'instauration du traitement.			
Multiple Sclerosis: The History of a Disease	580 pages	2005	Murray, T. Jock
In this book we meet individuals who suffered with MS in the centuries before the disease had a name and explore how progress in diagnosing and managing multiple sclerosis has paralleled the development of medical science.			
Living Beyond Multiple Sclerosis – A Women's Guide	272 pages	2000	Nichols, Judith Lynn
Contains valuable information for anyone with MS and their families, friends and caregivers. It also shows how a close-knit support group can help people with chronic illnesses.			
Women Living with Multiple Sclerosis	271 pages	1999	Nichols, Judith Lynn
In this book, members of the group share intimate, emotional accounts of their experiences with MS. Some stories are painful, some are funny, and often they are both.			

<u>Title</u>	<u>Length</u>	<u>Year</u>	<u>Author</u>
Multiple Sclerosis: The Facts You Need	159 pages	2009	O'Connor, Paul

This fourth edition of Multiple Sclerosis: The Facts You Need is a comprehensive guide to living with MS, supported by diagrams, case histories, a drug table, and an extensive list of helpful books and organizations. Topics include: • What MS is, and who gets it • How MS is diagnosed • Why the disease affects different people in different ways • How “relapsing-remitting” MS differs from “progressive MS” • How people with MS, and their families, can adapt their homes, careers, and lifestyles to cope with the disease • Which treatments work, which don’t, and what help is on the horizon Combining authoritative medical advice and practical hands-on tips.

<u>Title</u>	<u>Length</u>	<u>Year</u>	<u>Author</u>
The Everything Health Guide to Multiple Sclerosis: An authoritative guide to help you understand symptoms, decide on treatment, and enhance your well-being	238 pages	2009	Russell, Margot & Bowling, Allen

Recognize signs and symptoms; understand the types of MS; decide on treatment and find the right doctor; explore alternative therapies; take charge by creating a management plan; develop strength and avoid relapse; and more. Filled with tips for daily living (like staying cool) and the latest information on new treatments, this reassuring book offers more than medical advice. It gives readers with MS the strength, knowledge, and resources they need so they can live a full, active life!

<u>Title</u>	<u>Length</u>	<u>Year</u>	<u>Author</u>
Managing the Symptoms of Multiple Sclerosis	pages	2003	Schapiro, Randall

The appropriate management of MS includes a variety of medical, rehabilitative and psychological approaches. This volume focuses primarily on the management of the diverse and numerous symptoms that may develop as the result of the disease process in MS. For each type of problem encountered, appropriate medication and rehabilitative therapies are considered. In clear and understandable language with helpful illustrations, this book covers every symptom of MS and discusses clinically tested and proven methods for the proper and effective management of each.

<u>Title</u>	<u>Length</u>	<u>Year</u>	<u>Author</u>
MS and Your Feelings Handling the Ups and Downs	pages	2007	Shadday, Allison

Written by a counselor who has MS. Insight and suggestions for meeting everyday emotional challenges. Describes how family, friends and practitioners can support and help.