

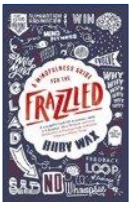


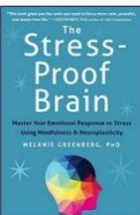
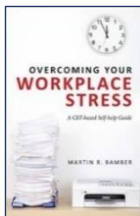

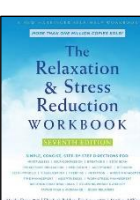
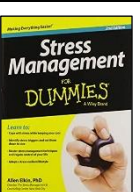
Reading Well Book List

Books in the Reading Well Collection will help you understand and manage YOUR health and wellbeing. The books cover a variety of physical and mental health conditions and are chosen by health experts and people living with the illnesses covered.

	<p>Working stress game Focus Games Ltd NHS Practitioner Health Programme</p>	<p><i>The Working Stress Game helps players to understand that stress is common due to the nature of their job and explores tips and strategies that can be used to improve how stress is dealt with. The game can be run as informal activities in the workplace, or as part of more structured training and workshops.</i></p> <p><i>Working Stress has a Randomised Control Trial to prove that it works, with benefits including a 60% reduction in severe insomnia and 50% reduction in hazardous drinking after using the intervention.</i></p>
	<p>It's not OK to feel blue and other lies : inspirational people open up about their mental health S Curtis (2021) ISBN: 9780241418383</p>	<p><i>Everyone has a mental health. So we asked: What does yours mean to you? Over 60 people have shared their stories. Powerful, funny, moving, this book is here to tell you: It's OK.</i></p> <p><i>With writing from: Adam Kay - Alastair Campbell - Alexis Caught - Ben Platt - Bryony Gordon - Candice Carty-Williams - Charlie Mackesy - Charly Cox - Chidera Eggerue - Claire Stancliffe - Davina McCall - Dawn O'Porter - Elizabeth Day - Elizabeth Uviebinené - Ella Purnell - Emilia Clarke - Emma Thompson - Eve Delaney - Fearne Cotton and others....</i></p>
	<p>A mindfulness guide for the frazzled R. Wax (2016) ISBN: 9780241186480</p>	<p><i>500 years ago no-one died of stress: we invented this concept and now we let it rule us. We might have evolved to be able to miraculously balance on seven-inch heels, but as far as our emotional development is concerned we're still swimming with the pond scum. If we don't advance our more human qualities then we're doomed evolution-wise to become cyborgs, with an imprint of an 'Apple' where our hearts used to be. Ruby Wax shows us a scientific solution to these modern problems: mindfulness.</i></p>

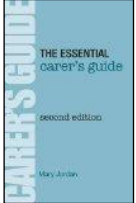
	<p>Mindfulness for worriers : overcome everyday stress and anxiety P. O'Morain (2015) ISBN: 9781473619470</p>	<p><i>This book provides readers with mindfulness-based techniques to reduce worry, anxiety, stress and panic attacks. It will help readers deal with anxiety-inducing episodes by learning to accept and overcome strong emotions without getting caught up in negative and damaging thoughts. Aimed at anyone who is stressed or anxious, as well as people suffering from more extreme levels of anxiety, the book will provide the scientific evidence behind the effectiveness of mindfulness as well as lots of practical advice on how to quiet an anxious, racing mind.</i></p>
	<p>Mindfulness for health : a practical guide to relieving pain, reducing stress and restoring wellbeing V. Burch & D Penman (2013) ISBN: 9780749959241</p>	<p><i>Mindfulness for Health reveals a series of simple practices that you can incorporate into your daily life to relieve chronic pain and the suffering and stress of illness. Mindfulness can also reduce the anxiety, depression, irritability, exhaustion and insomnia that can arise from chronic pain and illness. The eight-week programme at the heart of this book takes just 10-20 minutes per day. It is particularly effective for the biggest causes of pain - back problems, arthritis, migraine and diabetes but works equally well for cancer (and its associated chemotherapy), heart disease, fibromyalgia, celiac disease, lupus, chronic fatigue syndrome, IBS, labour pain and even tinnitus.</i></p>
	<p>Mindfulness : a practical guide to finding peace in a frantic world M. Williams & D. Penman (2011) ISBN: 9780749953089</p>	<p><i>This book reveals a set of simple yet powerful practices that you can incorporate into daily life to break the cycle of anxiety, stress unhappiness and exhaustion. It promotes the kind of happiness that gets into your bones and allows you to meet the worst that life throws at you with new courage. Mindfulness is based on mindfulness-based cognitive therapy (MBCT) and is as effective as drugs for preventing depression. But, equally, it works for the rest of us who aren't depressed but who are struggling to keep up with the relentless demands of the modern world.</i></p>
	<p>The unexpected power of mindfulness and meditation E. & D. Shapiro (2019) ISBN: 9781529330908</p>	<p><i>This book is essential reading for anyone - both newcomers to mindfulness and meditation as well as long-time devotees - wishing to make positive changes in their lives. It teaches you how to reach your quiet inner place where meditation and mindfulness can help resolve issues such as anger and fear, relationship breakdown, forgiveness, parenthood, and a lack of self-esteem. Read wisdom from the Dalai Lama, Jon Kabat-Zinn and Marianne Williamson who discuss their methods of maintaining good mental health and happiness.</i></p>
	<p>Meditation for relaxation A. O'Neill (2019) ISBN: 9781641523950</p>	<p><i>The 60 meditation strategies and practices inside this book will help you find calm, get better sleep, and beat stress. No matter how crazy your day has been, you can find peace in the middle of swirling thoughts and emotions with meditation.</i></p>


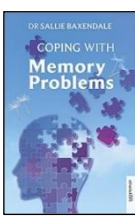


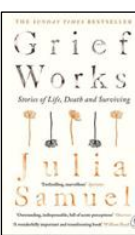
	<p>Meditation for fidgety skeptics D. Harris (2018) ISBN: 9781473691384</p>	<p>ABC News anchor Dan Harris used to think that meditation was for people who collect crystals, play the pan pipes, and use the word namaste without irony. After he had a panic attack on live television, he went on a strange journey that ultimately led him to become one of meditation's most vocal public proponents. The book is filled with game-changing and deeply practical meditation instructions.</p>
	<p>A manual for being human S. Mort (2022) ISBN: 9781471197499</p>	<p>This book will help you to understand why we all feel anxious, stressed, insecure and down from time to time. The three-step methodology will help you to identify problems arising from past experiences and current life events, look at the patterns, bad habits and negative cycles that may be keeping you stuck, and then draws on established, proven therapeutic techniques such as mindfulness, journaling, self-compassion, grounding and breathing and relaxation techniques to provide a toolkit of go-to techniques to use any time.</p>
	<p>12 rules for life : an antidote to chaos J. B. Peterson (2018) ISBN: 9780141988511</p>	<p>How should we live properly in a world of chaos and uncertainty? Drawing on his own work as a clinical psychologist and on lessons from humanity's oldest myths and stories, Peterson offers twelve profound and realistic principles to live by. After all, as he reminds us, we each have a vital role to play in the unfolding destiny of the world.</p>
	<p>Notes on a nervous planet M. Haig (2018) ISBN: 9781786892690</p>	<p>The world is messing with our minds. What if there was something we could do about it? Looking at sleep, news, social media, addiction, work and play, Matt Haig invites us to feel calmer, happier and to question the habits of the digital age. This book might even change the way you spend your precious time on earth.</p>
	<p>How to build a healthy brain K. Wilson (2021) ISBN: 9781529351491</p>	<p>A groundbreaking science-based guide to protecting your brain health for the long term. Written by a passionate advocate for the importance of mental health, Chartered Psychologist Kimberley Wilson draws on the latest research to give practical, holistic advice on how you can protect your brain health by making simple lifestyle choices. With chapters on Sleep, Nutrition, Exercise and Meditation, Kimberley has written an empowering guide to help you look after both your physical and mental well-being.</p>

	<p>The stress-proof brain : master your emotional response to stress using mindfulness and neuroplasticity M. Greenberg (2016) ISBN: 9781626252660</p>	<p><i>The Stress-Proof Brain offers powerful, comprehensive tools based in mindfulness, neuroscience, and positive psychology to help you put a stop to unhealthy responses to stress—such as avoidance, tunnel vision, negative thinking, self-criticism, fixed mindset, and fear. Instead, you'll discover unique exercises that provide a recipe for resilience, empowering you to master your emotional responses, overcome negative thinking, and create a more tolerant, stress-proof brain.</i></p>
	<p>Overcoming your workplace stress M. R. Bamber (2011) ISBN: 9780415671781</p>	<p><i>Divided into three parts, this book will help you to:</i></p> <ul style="list-style-type: none"> • <i>understand occupational stress</i> • <i>learn about a range of methods to reduce stress levels</i> • <i>develop your own self-help plan.</i>
	<p>ABC of clinical resilience A Frain (2021) ISBN: 9781119693437</p>	<p><i>This book describes the concept of resilience and how organisations and healthcare teams can use intelligent kindness to help their team members maintain their efficacy and avoid professional burnout in the long term. It includes:</i></p> <p><i>An introduction to the concept of resilience and why it's important in the healthcare profession; An exploration of the emotional impact of working in healthcare; Practical discussions of resilience and how it affects cognitive performance, as well as organisational kindness and the teaching of resilience and compassion; Treatments of self-care, the physiology of resilience and well-being, and an examination of intelligent kindness in healthcare teams.</i></p>
	<p>The relaxation and stress reduction workbook M. Davis, E. R. Eshelman & M. McKay (2019) ISBN: 9781684033348</p>	<p><i>This workbook offers the latest stress reduction techniques to combat the effects of stress and integrate healthy relaxation habits into every aspect of daily life. In the workbook, you'll explore your own stress triggers and symptoms, and learn how to create a personal action plan for stress reduction. Each chapter features a different method for relaxation, explains why the method works, and provides on-the-spot exercises you can do when you feel stressed out.</i></p>
	<p>Stress management for dummies A. Elkin (2013) ISBN: 9781118523926</p>	<p><i>It's impossible to get through life without encountering stress. And unfortunately, most of us learn the incorrect ways to cope with it. Thankfully, Stress Management For Dummies gives you trusted, time-tested guidance on teaching your body and mind to properly cope with stress while keeping your sanity intact. Whether it's love, work, family, or something else that has you in the red zone, this book will help you identify the stress triggers in your life and cut them down to size all without losing your cool.</i></p>

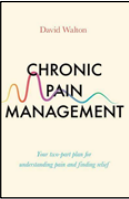
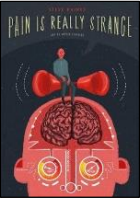


	<p>The worry trick : how your brain tricks you into expecting the worst and what you can do about it D A Carbonell (2016) ISBN: 9781626253186</p>	<p><i>Worry convinces us there's danger, and then tricks us into getting into fight, flight, or freeze mode-even when there is no danger. The techniques in this book, rather than encouraging you to avoid or try to resist anxiety, shows you how to see the trick that underlies your anxious thoughts, and how avoidance can backfire and make anxiety worse.</i></p>
	<p>Overcoming anxiety : reassuring ways to break free from stress and worry and lead a calmer life G.Hasson (2016) ISBN: 9780857086303</p>	<p><i>Overcoming Anxiety explains how to manage anxiety and stop it from taking over; it teaches you the skills you need to lead a more peaceful, stress-free life. Overcoming Anxiety: * Provides practical strategies and techniques to manage your anxiety * Discusses how to break free from negative cycles and move forward in a positive way * Contains real-life examples from anxiety sufferers * Explores what it takes to handle immediate anxiety events and longer term, low-level background' anxiety and worry.</i></p>
	<p>How to deal with anxiety L. Kannis-Dymand & J. D, Carter (2015) ISBN: 9781473602151</p>	<p><i>It is all too common to allow concerns about our health, our security, our relationships or our place in the world to become a negative cycle and a burden. This book will help you get a better understanding of your anxiety and what keeps it going, tackle negative thoughts and behaviour, and progress to a healthier, happier outlook - without fear of setbacks or relapse.</i></p>
	<p>We're all mad here: The no-nonsense guide to living with social anxiety C.Eastham (2017) ISBN: 9781785920820</p>	<p><i>This no-nonsense guide to beating social anxiety covers everything from surviving university and the workplace, through to social media and making it through parties and dates (whilst actually enjoying them!). With honest insights about her own social anxiety and a healthy dose of humour, award-winning blogger Claire Eastham describes what social anxiety is, why it happens, and how you can lessen its effects with lifestyle choices, talking therapies or even a hug from your favourite canine friend!</i></p>
	<p>The natural health service : how nature can mend your mind I Hardman (2021) ISBN: 9781786495921</p>	<p><i>In The Natural Health Service, the author draws on her own personal experience, interviews with mental illness sufferers and psychologists, and the latest research to examine what role wildlife and exercise can play in helping anyone cope with mental illness. Straight-talking, thoroughly-researched, and compassionate, this important and often funny book will fascinate anyone touched by a mental health condition, whether themselves or through the experiences of a loved-one.</i></p>

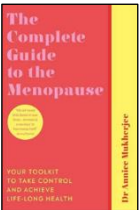


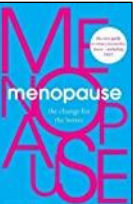

	<p>Mind over mood : change how you feel by changing the way you think D. Greenberger (2016) ISBN: 9781462520428</p>	<p><i>Discover simple yet powerful steps you can take to overcome emotional distress--and feel happier, calmer, and more confident. Use cognitive-behavioral therapy--one of today's most effective forms of psychotherapy--to conquer depression, anxiety, panic attacks, anger, guilt, shame, low self-esteem, eating disorders, substance abuse, and relationship problems.</i></p>
	<p>The trans guide to mental health and well-being K. Lees (2022) ISBN: 9781787755260</p>	<p><i>This empowering self-help guide provides advice and strategies for trans and/or non-binary people on a range of common mental health issues including anxiety, depression, body image, trauma, suicidal thoughts and dissociation. It provides advice on neutralising negative thoughts, coping with transphobia, coming out, dealing with imposter syndrome, and implementing achievable self-care strategies and mindfulness techniques.</i></p>
	<p>Taming the black dog : a guide to overcoming depression B. Aisbett (2019) ISBN: 9781460756966</p>	<p><i>A clear, simple and accessible guide to alleviating the effects of depression and overcoming particularly tough periods. Combines information, humour and actionable advice.</i></p>
	<p>The recovery letters: Addressed to people experiencing depression J. Withey, O. Sagan (2017) ISBN: 9781785921834</p>	<p><i>An anthology of inspirational, heartfelt letters written by people who have recovered or are recovering from depression and addressed to those who are currently affected by it with additional resources for recovery.</i></p>
	<p>Overcoming masculine depression : the pain behind the mask J. R. Lynch & C. Kilmartin (2013) ISBN: 9780415637527</p>	<p><i>Many men "act out" their symptoms through anger, workaholism, and relationship conflict. Underlying these behaviors are chronic feelings of being hopeless, helpless, and worthless. Men can learn to recognize symptoms of masculine depression and take steps to reclaim their lives and relationships, and the authors offer many strategies for doing so. This is an essential resource for all helping professionals who work with male clients, as well as for men experiencing symptoms of depression and the people in their lives.</i></p>

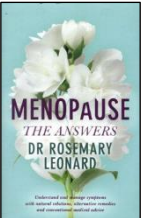
	<p>Coping with guilt W. Dryden (2013) ISBN: 9781847091376</p>	<p><i>Do you sometimes wish you could turn the clock back and re-live past mistakes? Do you feel it's your responsibility to make others happy? Are you more worried about hurting others than living your own life? Guilt is a common and destructive emotion, but, using the principles of CBT, this book shows how it can be put to positive use. Whether it concerns sins of omission, or sins of commission, this book demonstrates that you don't always have to live up to unrealistically high expectations of yourself, and shows how to move on.</i></p>
	<p>The essential carer's guide M. Jordan (2013) ISBN: 9781781610251</p>	<p><i>For the estimated six million carers in the UK today, Mary Jordan has once again brought together a wealth of practical information, supported it with numerous sources of extra help, and illustrated the practical issues with personal stories that experienced carers will instantly recognize. Revised and updated to reflect the latest changes in financial, social and health care support, this Guide will continue to be an essential companion for anyone caring for a relative or friend, especially in the context of old age and/or dementia.</i></p>
	<p>The selfish pig's guide to caring : how to cope with the emotional and practical aspects of caring for someone H. Marriott (2003) ISBN: 9780749929862</p>	<p><i>Hugh Marriott has written this book for the six million people in the UK who provide unpaid care for elderly relatives, friends or neighbours - and also for the rest of us who don't know what being a carer is all about. His aim is bring into the open everything he wishes he'd been told when he first became a carer. The book airs such topics as sex, thoughts of murder, and dealing with the responses of friends and officials who fail to understand.</i></p>
	<p>When someone you love has dementia S. Elliot-Wright (2016) ISBN: 9781847094032</p>	<p><i>This book looks at practical and emotional issues to consider if you suspect or know that someone you love has Alzheimer's or another form of dementia. It explains how the person might be affected, the impact this might have on you and your family, and how you can access the help and support you need.</i></p>
	<p>Dementia Positive J. Killick (2013) ISBN: 9781910021507</p>	<p><i>A thought-provoking and heart-warming book that challenges the assumptions that we are to remain helpless when concerned with dementia, incorporating interviews and opinions from those with the disease and their carers.</i></p>

	<p>Dancing with dementia C.Bryden (2005) ISBN: 9781843403325</p>	<p><i>Christine Bryden was a top civil servant and single mother of three children when she was diagnosed with dementia at 46. Since then she has gone on to challenge almost every stereotype by campaigning for self-advocacy, writing articles and speaking at national conferences. This book is a vivid account of the author's experiences of dementia.</i></p>
	<p>Coping with memory problems S. Baxendale (2014) ISBN: 9781847092748</p>	<p><i>This book addresses many different kinds of memory problems. It suggests practical ways of coping, as well as what to do if you are concerned about your tendency to forget things, or if you are caring for someone with memory difficulties. Topics include: *why memory might go wrong * the role of anxiety, depression and stress in memory problems *dementia and how it might manifest *neurological damage *myths and misconceptions *when to seek further help.</i></p>
	<p>The little girl in the radiator : Mum, Alzheimer's and me M. Slevin (2012) ISBN: 9781906308438</p>	<p><i>The Little Girl in the Radiator is the sometimes heartbreaking story of a man's struggle to care for his mother after her diagnosis with Alzheimer's. Martin Slevin's mother was a highly active, very intelligent and fiercely independent woman who ran her own business. But after her diagnosis, Martin moves back home to care for her. Together they embark on a journey through the various stages of the condition. But one question plagues Martin: who is the little girl in the radiator who his mum has daily conversations with?</i></p>
	<p>Break free from OCD F. Callacombe et al (2011) ISBN: 9780091939694</p>	<p><i>Obsessive worries can be a drain on daily life, but this practical guide, written by three leading Cognitive Behavioural Therapy experts, enables you to make sense of your symptoms, and gives a simple plan to help you conquer OCD. Includes: detailed information on the many different manifestations of OCD; the differences between normal and obsessive worries; clear information on treating your individual problem; real-life case studies and examples; and advice and support for friends and family of people living with OCD.</i></p>
	<p>Grief works : stories of life, death and surviving J. Samuel (2017) ISBN: 9780241270776</p>	<p><i>A compassionate guide that will inform and engage anyone who is grieving, from the 'expected' death of a parent to the sudden unexpected death of a small child, and provide clear advice for those seeking to comfort the bereaved.</i></p> <p><i>Julia Samuel guides you gently through her eight practical pillars of strength - that include the power of saying 'no' to the structure and building of good new habits - to support you and help you to gradually rebuild your life in the face of grief.</i></p>

	<p>The essential guide to life after bereavement : beyond tomorrow J.C. Kauffmann & M. Jordan (2013) ISBN: 9781849053358</p>	<p><i>The period following the death of a loved one can be a time of great turmoil. The authors address not only the emotional and spiritual aspects of bereavement, but also important practical considerations which are often overlooked, such as the disposal of personal possessions, dealing with funerals, memorials and anniversaries and resolving family conflict. Drawing on many real examples from their work in bereavement counselling, they offer advice on coping with negative emotions, as well as unique and helpful guidance on breaking bad news to children, people with a learning disability and people with dementia.</i></p>
	<p>Coping with the psychological effects of illness : strategies to manage anxiety and depression F. Smith, K. Eriksen & R. Bor (2015) ISBN: 9781847093431</p>	<p><i>This book explores how a physical health condition can affect confidence and self-image, and looks at key ways to build resilience during this time of challenge. It offers practical techniques based on cognitive behavioural therapy to help deal with a range of psychological difficulties, including anxiety and depression. Topics include: *factors that affect our responses to illness *managing physical and emotional symptoms *dealing with uncertainty *coping with changed expectations *adjusting to lifestyle changes *the impact of illness on relationships *working with health professionals *relaxation *getting support.</i></p>
	<p>Recovery : the lost art of convalescence G. Francis (2022) ISBN: 9781800810488</p>	<p><i>When it comes to illness, sometimes the end is just the beginning. Recovery and convalescence are words that exist at the periphery of our lives - until we are forced to contend with what they really mean. Here, GP and writer Gavin Francis explores how - and why - we get better, revealing the many shapes recovery takes, its shifting history and the frequent failure of our modern lives to make adequate space for it. Recovery is a book about a journey that most of us never intend to make. Along the way, he unfolds a story of hope, transformation, and the everyday miracle of healing.</i></p>
	<p>How to feel better : practical ways to recover well from illness and injury F. Goodhart & L. Atkins (2013) ISBN: 9780749958206</p>	<p><i>Serious health problems - including heart attack, cancer, stroke or surgery - can take their toll not just on your body, but on your emotions, morale and well-being. Consequently, many of us suffer long after our physical symptoms are under control. The authors offer simple, evidence-based strategies that will help you move on and cope after a serious health problem. Contents include: Why getting better takes time; why relaxation and exercise are both vital; how to build your confidence and tackle low mood and depression; how to eat for recovery; how to deal with medical advice and communicate well with your doctor; how to keep family life and relationships on track.</i></p>
	<p>The cancer survivor's companion : practical ways to cope with your feelings after cancer F. Goodhart & L. Atkins (2011) ISBN: 9780749954901</p>	<p><i>Coping with life after cancer can be tough. The idea that the end of successful treatment brings relief and peace just isn't true for countless survivors. Many feel unexpectedly alone, worried and adrift. This book helps readers deal with the emotional fallout of cancer whether it's days, months or years since the treatment ended. This guide is packed with practical and simple self-help tools to tackle issues such as worry and anxiety, depression and low mood, anger, low self-esteem and body image, relationships and sex, fatigue, sleep and relaxation.</i></p>

	<p>Chronic pain management : your two-part plan for understanding pain and finding relief D. Walton (2021) ISBN: 9781785786983</p>	<p><i>This book guides readers through an understanding of the nature of pain; how the body and mind react to it; how to minimise pain; and how to choose the right therapies, medication and relief strategies. Modern research is presented in an engaging and positive way, alongside self-assessment questionnaires, case studies and practical do's and don'ts.</i></p>
	<p>Pain is really strange S. Haines (2015) ISBN: 9781848192645</p>	<p><i>Answering questions like 'how can I change my pain experience?', 'what is pain?', and 'how do nerves work?', this scientifically-based, detailed, and gently humorous graphic book reveals just how strange pain is and explains how understanding it is often the key to relieving its effects. Original and gently humorous, it explains pain in an easy to understand, engaging format that is suitable for all reading levels and reveals how to change the mind's habits to transform pain</i></p>
	<p>Arthritis: A practical guide to getting on with your life C. Jenner (2011) ISBN: 9781845284718</p>	<p><i>Arthritis is one of the most common causes of disability and Chris Jenner's easy to read and highly informative book explains how to manage the condition by becoming an expert patient. Starting with a no nonsense look at the condition itself, it focuses on the many ways in which arthritis can affect daily life and leads the reader through the variety of options available to explain how the effects of this potentially debilitating disease can be minimised to restore quality of life.</i></p>
	<p>The book about getting older (for people who don't want to talk about it) L. Pollock (2022) ISBN: 9781405944434</p>	<p><i>This essential guide will guide you through those important conversations around growing older.</i></p> <p><i>How do we ask whether it's worth taking seven different medicines? Is it normal to find you're falling out of love with someone, as they disappear into dementia? Should Dad be driving, and if not, who can stop him? What are the secrets of the best care homes? When does fierce independence become bad behaviour? How do you navigate near-impossible discussions around resuscitation and intensity of treatments? And who decides what happens when we become ill?</i></p>
	<p>Men's health : all you need to know in one concise manual J. Pollard (2020) ISBN: 9781785216947</p>	<p><i>Since prevention is always better than cure, there are no descriptions of disease, no threats or grim warnings, just a lot of stuff that will help you to be healthier. Easy-going, quick wins for a longer, happier life. To be fair, we are living longer anyway. But there's a catch. Although male life-expectancy at birth is now close to 80, on average only 63 of those years will be in good health. That's one fifth of your life in poor health. The aim of this manual is to help you live as many healthy and happy years as possible. It's for men who are interested in their health and wellbeing. And all men who are not.</i></p>

	<p>The complete guide to the menopause: your toolkit to take control and achieve life-long health A. Mukherjee (2021) ISBN: 9781785043291</p>	<p><i>The author has used her unique holistic system to help thousands of women look better, feel younger and enjoy an improved quality of life in the long term. It demystifies the big questions, including: Managing the menopause at work; How things change in the decades after the menopause; What happens if you have a medically induced menopause; When to consider hormone therapies and alternatives to HRT</i></p>
	<p>Preparing for the perimenopause and menopause L. Newson (2021) ISBN: 9780241504642</p>	<p><i>This book will equip you with expert advice and practical tips on: Common and 'taboo' symptoms to look out for; HRT treatment options; Going through an early menopause; Getting a good night sleep; Optimising your nutrition in the menopause; Exercising for a better menopause; Your mental health during the menopause</i></p>
	<p>Menopause : all you need to know in one concise manual L. Newson (2019) ISBN: 9781785216428</p>	<p><i>Written by a menopause specialist, this will give women and their families the facts for stages and symptoms and details for safe and effective treatments for their particular needs.</i></p>
	<p>Menopause : the change for the better Henpicked Ltd (2018) ISBN: 9781472948731</p>	<p><i>Reflecting the latest NICE guidelines and information about HRT, this book provides a balanced view and encourages you to explore the options and think about what's right for you. Covering the facts, the myths, different approaches to menopause, including natural and medical options, and what to expect. Also included are quotes and stories from women sharing their own experiences.</i></p>
	<p>The good menopause guide L. Earle (2018) ISBN: 9781409164180</p>	<p><i>This book provides guidance on how to balance your hormones, the importance of a nourishing diet (with 60 recipes), the myths and facts about HRT, osteoporosis, how to optimise bone health, and how to boost energy and self-esteem. It also provides advice on how to take special care of skin, hair and nails, and how to combat ageing with supplements.</i></p>

	<p>Menopause : the answers R. Leonard (2017) ISBN: 9781409153344</p>	<p><i>This guide debunks some of the myths surrounding the menopause and the pros and cons of HRT. It discusses the best approaches to the menopause and whether drugs, holistic remedies or other forms of treatment will work best for the individual. It covers everything from hot flushes, changes to your menstrual bleeding pattern, how to tackle sex after menopause, advice on alternative remedies, and how to navigate your body's changes.</i></p>
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