

LIBRARY LIST OCTOBER 2011**ME/CFS (General)**

Dr Michael Midgeley	A life worth living
Mike Franklin	The new mystery fatigue epidemic -M.E.
Dr Joe Fitzgibbon	Feeling tired all the time
Leon Chaitlow	Post Viral Fatigue Syndrome
Kevin Mulhern	Link to life M.E.
Jill Moss	Somebody help me
David S Bell	The disease of a thousand names
Steve Wilkinson	ME and you
Jacqueline Steincamp	Overload beating M.E.
Dr Belinda Dawes	Why M.E.?
William Collinge	Recovering from M.E.
Joyce Fox	Surviving M.E.
Celia Wookey	Myalgic Encephalomyelitis
Paul J Donahue	Sick and tired of feeling sick and tired
Jane Colby	M.E. The new plague
Cox, Diane	Occupational Therapy & CFS
Celia March	Knowing M.E.
Goldstein, Jay	Betrayal by the Brain
Bell, Robinson, et al	A Parents' Guide to CFIDS
Dr Anne MacIntyre	ME : a practical guide
Hillary Johnson	Osler's Web
Dr Charles Shepherd	Living with M.E.
David Smith	Understanding M.E.
Katrina Berne	Running on Empty -Practical Strategies for M.E.
Susan Lark	Chronic Fatigue Self Help Book
Demitrack & Abbey	CFS: An Integrative Approach to Evaluation & Treatment
Raymon Perrin	The Perrin Technique: how to beat CFS/ME
Gerald E Poesnecker	Chronic Fatigue unmasked 2000
Lisman @ Dougherty	CFS for Dummies
Cathy Saunders	Information Pack on Severe ME
AYME	Booklet on Severe ME
	"YOU" article from Daily Mail on Sophia Mirza
NetDoctor	CFS,ME & PVFS
Sean Frain	Me, ME & You
Virrillo & Gellman	CFS A Treatment Guide
Trudy Chalder	Coping with CFS
Mary Burgess	Overcoming CFS

ME/CFS Causes and Connections

Heather Stott	Active Again: clearing the C.F. & Coeliac minefield
A. Melvin Ramsay	M.E. and post viral states (2nd ed)
Darell Ho- Yen	Better Recovery from Viral Illness (3 rd ed)
William G Crook	C.F.S. and the Yeast connection
Richard Bruno	The Polio Paradox
Robert Sampson	Breaking out of environmental illness
Nicholas Regish	The Virus Within
Rosemary Nicol	Coping Successfully with your Irritable Bowel.
Dr Paul Sherwood	The Back and Beyond

Fibromyalgia

Shomon, Mary	Living Well with CFS & Fibromyalgia
Craggs-Hinton	Living with Fibromyalgia
Mark Pellegrino	The Fibromyalgia Supporter
Mark Pellegrino	Fibromyalgia: Managing the Pain
Mark Pellegrino	Understanding Post-Traumatic Fibromyalgia
Burton Goldberg	Alt. Med. Guide to C.F, Fibrom. & Environ. Illness
Craggs-Hinton	The Fibromyalgia Diet

Thyroid & Adrenals

Hanley & Deville	Tired of Being Tired : Adrenal Burnout?
Jacob Teitelbaum	From Fatigued to Fantastic
Martin Budd	Why am I so Tired - Is your Thyroid making you ill?
Shomon, Mary	Living Well with Hypothyroidism
Dr. Durrant-Peatfield	The Great Thyroid Scandal
Dr. Durrant Peatfield	Your Thyroid & how to keep it healthy (2 copies)
Langer & Scheer	Solved the Riddle of Illness
Gordon Skinner	Diagnosis & Management of Hypothyroidism
Ridha Arem	The Thyroid solution – a revolutionary mind body programme

Candida

Leon Chaitlow	Candida Albicans
Shirley Trickett	Candida Albicans: 100 recipies
Janet Ash	Happiness in junk free food
Karen Brody	The Candida Diet Book
Anon.	Candida Albicans Yeast Free Recipes
Gill Jacobs	Candida Albicans
Jacobs & Kjaer	Beat Candida Through Diet

Diet and Nutrition

Honor J Campbell	The Food Watch Alternative Cook Book
Hazel Courteney	What's the Alternative
Joanna Blythman	The Food We Eat
Carol Sinclair	The Sinclair Diet System
Cyndi O'Meara	Changing Habits, Changing Lives
Richard Mackarness	Not All in the Mind
Dr Stephen Davies	Nutritional Medicine (2 copies)
Mosaraf Ali	Dr. Ali's Nutrition Bible
Craggs-Hinton	The Fibromyalgia Diet
Natalie Wing	Sugar Free

Allergies

Jane Houlton	The allergy survival plan
Theron G Randolph	Allergies
Jan De Vries	Viruses, Allergies and the Immune System
Rita Greer	Wheat, milk and egg free cooking
Brostoff & Gamlin	Complete Guide to Food Allergy
Randolph @ Moss	Allergies The hidden Enemy

Dealing with Depression & Stress

Norman Rosenthal	Winter Blues
Ho-Yen	Climbing out of the pit
Diana Holmes	Tears Behind Closed Doors
Dorothy Rowe	Depression
Angela Smith	Seasonal Affective Disorder
Michael Murray	Stress, anxiety and insomnia
Peter G Campbell	The Last Straw: stress needn't make you ill
Darrel Ho-Yen	Unwind
Brigid McConville	Beating the Blues
Holford & Cass	Natural Highs
Dr Paul Hauck	Hold your Head up High
Windy Dryden & Jack Gordon	How to cope when the going gets tough

Sleep

Deepak Chopra	Restful sleep
Michael Van Straton	The Good Sleep Guide
Ball & Hough	The Sleep Solution

Personal Stories

Derick Longden
Kathryn Green
Michell, Lynn
Michael Mayne
Jacki Schrimmer
Maria Mann
Gill Suttle

Diana's story
Kathryn's Story
Shattered: Life with M.E.
A Year Lost & Found
When I am weak
Verity Reds Diary
Jailbreak - A slow journey around eastern Europe

Alternative Therapies

Readers Digest
Kristin Olsen
Burton Goldberg

Patricia Davies
Laura Norman
Gill Jacobs
Tricia Whitmore
Neville Shone
Nick Bamforth
Proto, Louis
Carlyle Hirschberg
Evans, Hucklebridge & Clow
Jennifer Larcombe
Heather Goodare

Stephen Cherniske

Dr Penny Stanway

Phil Parker
Simon Singh @ Edward Ernst

John Eaton
Dr David Hamilton
Dr David Hamilton
Jack Kornfield
Fiona Agombar

Family Guide to Alternative Medicines
Encyclopaedia of Alternative health care
Alternative Medicine guide to CFS,
Fibromyalgia & Env. Illness
Aromatherapy A-Z
The Reflexology Handbook
C.F.S. & Complementary Therapies
Toxic chemical free living
Coping Successfully with Pain
M.E. and the healer within
Self Healing
Remarkable recovery
Mind, Immunity & Health
Unexpected Healing
Fighting Spirit; (Bristol Breast Cancer Survey)
The DHEA Breakthrough: Look younger, etc.
LifeLight Light and Colour for Health and Healing
The Lightning Process (3 copies)
Trick or Treatment - Alternative medicine on trial
The Reverse Therapy Approach
Why Kindness is Good for You
How your Mind can Heal your Body
After the Ecstasy, the Laundry
Beat Fatigue with Yoga

Increasing Energy

Martin Budd
Kathryn Marsden
Louis Proto
Emile G. Bliznakov
Judy Graham

Low Blood Sugar
All day energy
Increase Your Energy
The miracle nutrient -co enzyme Q 10
Evening Primrose Oil

Meditation

Rob Nairn
Akong Rinpoche
Various authors
Jon Kabat-Zinn
Jon Kabat-Zinn

Diamond Mind
Taming the Tiger
Joyful Mind (book + 2 cds)
Full Catastrophic Living
Wherever you go there you are

Miscellaneous

John R Lee

Motability
Graham Kennedy

What your doctor may not tell you about
the menopause
The Rough Guide To Accesible Britain
Its Good to Laugh
Directory for Disabled People

DVDs

Dr Myhill

Freedom from ME - Journeys to recovery
TV Interview

Audio CDs of SMEG and other talks

Moya De Witt Speaker Meeting

Dietician from Stepping Hill (Jan 2008)
Speaker Meeting Yoga Talk (Jan 2007)
Speaker Meeting Ring and Ride Talk (Feb
2008)

Dr Nigel Speight
Dr Barry Durrant-Peatfield

Speaker Meeting - Feb 2008
The Diagnosis & Treatment of CFS with
reference to Thyroid and Adrenal
Disorders

Prof Hooper
Jan Williams
Derek Vernon

Talk on ME (May 2007)
Lightning Process Talk (Feb 2007)
Personal Experience of the Lightning
Process

Jan Williams
Kieran McMahon
Jan Williams

Journey to Wellness (May 2010)
Speaker Meeting - Disability Stockport
Speaker Meeting - Journey to Wellness
2011

Janet Winter
Dr Peatfield
Welfare Rights
Dr Raymond Perrin
Action for ME
Phil Parker
Tanya Prince
Joy Mankoo
Phil Parker

Speaker Meeting - Breathing Remedies
Speaker Meeting - Thyroid & Adrenals
Speaker Meeting June 2010
Speaker Meeting - Oct 2007
Speaker Meeting - Sept 2010
Boost your Immune System
Emotional Freedom Technique
Yoga for ME
The Lightning Process and the way in and
out of ME

ME Conference 2009

Management Treatments and the latest
Advances in Research into ME/CFS

C.D.s

Wilson, Paul	The Voice of Calm
Gibson, Dan	Solitudes: Environmental Sounds
Breathworks	Body Scan
Breathworks	Mindfulness of Breathing
Breathworks	Kindly Awareness
Alan Robertson	Sanctuary
Andrew Johnson	Boosting your Confidence
Judy Cooper and Adam Benton	Lakeside Solace
Judy Cooper and Nigel Neill	Island of Peace
Geshe Kelsang Gyatso	Meditations for Relaxation
	Midfulness of Breathing
Weill @ Kabat-Zinn	Meditation for Optimum Health
Kabat-Zinn	Guided Mindfulness Meditation
Richard Latham	Meditation for total Relaxation
Annie Lawler	Blissful Sleep in a Box
Annie lawler	Pain Relief in a Box
Annie Lawler	Calm in a Box
Annie Lawler	Better health in a Box
Don Colbert & S Dunn	The New Bible Cure for CFS and Fibromyalgia
John Levine Orange Grove Siesta	The Alphamusic of John Levine
Dr Myhill	Sky TV Interview TV Interview May 2010 - 2 Hours Long Faces of ME Stories from the Campaign 2 Discs several stories

Audio CDs of some issues of the AfME magazine "Interaction" are also available

All items on this list, as well as CDs of the talks given at our monthly meetings, are available through our postal library. To borrow any item please contact me Debby on 0161 442 1559/07925221370, or by e-mail at debbynmarl@btinternet.com

Please Note: Borrowers who do not return, or have not renewed any item within six months may be charged the full cost of replacement and will not be able to use the library until returned or paid for.

The size of the Library has now reached the point where bringing everything to the monthly meeting is no longer possible. Therefore, I will only be bringing a selection of items to the meetings. If you are coming along and there is anything you would like to borrow just give me a ring - at least three days beforehand please.