

ME/CFS (General)

ME1	Dr Michael Midgeley	A life worth living (2 copies)
ME2	Mike Franklin	The new mystery fatigue epidemic -M.E.
ME3	Dr Joe Fitzgibbon	Feeling tired all the time
ME4	Leon Chaitlow	Post Viral Fatigue Syndrome
ME7	Kevin Mulhern	Link to life M.E. (6 copies)
ME10	Jill Moss	Somebody help me
ME11	David S Bell	The disease of a thousand names (2 copies)
ME13	Steve Wilkinson	ME and you (3 copies)
ME15	Jacqueline Steincamp	Overload beating M.E.
ME16	Dr Belinda Dawes	Why M.E.? (2 copies)
ME17	William Collinge	Recovering from M.E. (4 copies)
ME19	Joyce Fox	Surviving M.E. (2 copies)
ME22	Celia Wookey	Myalgic Encephalomyelitis
ME24	Paul J Donahue	Sick and tired of feeling sick and tired
ME25	Jane Colby	M.E. The new plague (2 copies)
ME28	Cox, Diane	Occupational Therapy & CFS
ME29	Celia March	Knowing M.E.
ME30	Goldstein, Jay	Betrayal by the Brain
ME31	Bell, Robinson, et al	A Parents' Guide to CFIDS
ME40	Dr Anne Macintyre	ME : a practical guide (4 copies)
ME43	Hillary Johnson	Osler's Web
ME44	Dr Charles Shepherd	Living with M.E. (6 copies)
ME49	David Smith	Understanding M.E.
ME57	Katrina Berne	Running on Empty - Practical Strategies For M.E.
ME58	Susan Lark	Chronic Fatigue Self Help Book
ME59	Demitrack & Abbey	CFS: An Integrative Approach to Evaluation & Treatment
ME63	Raymond Perrin	The Perrin Technique: How to beat CFS/ME
ME64	Gerald E Poesnecker	Chronic Fatigue unmasked 2000
ME65	Alexandra Barton	Recovery from CFS - 50 personal stories
ME66	Lisman @ Dougherty	CFS for Dummies

ME/CFS Causes and Connections

ME12	Heather Stott	Active Again: clearing the C.F. & Coelic minefield
ME14	A. Melvin Ramsay	M.E. and post viral states (2nd ed) (3 copies)
G43	Darell Ho-Yen	Better Recovery from Viral Illness (3rd ed) (3 copies)
ME18	William G Crook	C.F.S. and the Yeast connection
ME21	Richard Bruno	The Polio Paradox
ME33	Robert Sampson	Breaking out of environmental illness
ME51	Nicholas Regish	The Virus Within
G32	John Chapman	The asthmatic's action plan
G39	Rosemary Nicol	Coping Successfully with your Irritable Bowel
AT17	Dr Paul Sherwood	The Back and Beyond

Fibromyalgia

ME23	Shomon, Mary	Living Well with CFS & Fibromyalgia
ME56	Craggs-Hinton	Living with Fibromyalgia
G47	Mark Pellegrino	The Fibromyalgia Supporter
G48	Mark Pellegrino	Fibromyalgia: Managing the pain
G49	Mark Pellegrino	Understanding Post-Traumatic Fibromyalgia

G40	Leon Chaitow	Fibromyalgia and Muscle Pain
AT12	Burton Goldberg	Alt. Med. Guide to C.F, Fibrom. & Environ. Illness
D16	Crags-Hinton	The Fibromyalgia Diet

Thyroid & Adrenals

ME26	Hanley & Deville	Tired of Being Tired: Adrenal Burnout?
ME47	Jacob Teitelbaum	From Fatigued to Fantastic
G12	Martin Budd	Why am I so tired - Is your Thyroid making you ill?
G13	Shoman, Mary	Living Well with Hypothyroidism
G14	Barnes & Galto	Hypothyroidism
G15	Dr Durrant-Peatfield	The Great Thyroid Scandal
G18	Dr Durrant-Peatfield	Your Thyroid & how to keep it healthy (2 copies)
G23	Langer & Scheer	Solved the Riddle of Illness
G24	Wilson, James	Adrenal Fatigue: 21st century stress syndrome
G25	Gordon Skinner	Diagnosis & Management of Hypothyroidism

Candida

D1	Leon Chaitlow	Cabdida Albicans (3 copies)
D2	Shirley Trickett	Candida Albicans: 100 recipes
D4	Janet Ash	Happiness in junk free food
D15	Karen Brody	The Candida Diet Book
D13	Anon.	Candida Albicans Yeast Free Recipes
D6	Gill Jacobs	Candida Albicans
D7	Jacobs & Kjaer	Beat Candida Through Diet

Diet and Nutrition

D8	Honor J Campbell	The Food Watch Alternative Cook Book
D9	Hazel Courtney	What's the Alternative
D5	Joanna Blythman	The Food We Eat
D10	Carol Sinclair	The Sinclair Diet System
D11	Cyndi O'Meara	Changing Habits, Changing Lives
D12	Richard Mackarness	Not All In The Mind
G10	Dr Stephen Davies	Nutritional Medicine (2 copies)
D14	Mosaraf Ali	Dr Ali's Nutritional Bible
D16	Crags-Hinton	The Fibromyalgia Diet

Allergies

G9	Jane Houlton	The allergy survival plan
G11	Theron G Randolph	Allergies
G16	Jan De Vries	Viruses, Allergies and the Immune System (2 copies)
G26	Rita Greer	Food allergy a practical, easy guide
G44	Brostoff & Gamlin	Complete Guide to Food Allergy

Dealing with Depression & Stress

G1	Norman Rosenthal	Winter Blues
G2	Ho-Yen	Climbing out of the pit
G4	Diana Holmes	Tears Behind Closed Doors
G30	Dorothy Rowe	Depression
G38	Angela Smith	Seasonal Affective Disorder

G33	Michael Murray	Stress, anxiety and insomnia
G42	Peter G Campbell	The Last Straw: stress needn't make you ill
AT1	Darrel Ho-Yen	Unwind
G37	Brigid McConville	Beating the Blues
G8	Holford & Cass	Natural Highs
G50	Dr Paul Hauck	Hold your Head up High (2 copies)
G51	Windy Dryden & Jack Gordon	How to cope when the going gets tough (2 copies)

Sleep

G28	Deepak Chopra	Restful sleep
G29	Michael Van Straton	The Good Sleep Guide
G45	Ball & Hough	The Sleep Solution

Personal Stories

ME9	Derick Longden	Diana's Story
ME45	Kathryn Green	Kathryn's Story
ME61	Michell, Lynn	Shattered: Life with M.E.
G35	Michael Mayne	A Year Lost & Found
ME34	Jacki Schrimmer	When I am weak

Alternative Therapies

AT8	Readers Digest	Family Guide to Alternative Medicines
AT6	Kristin Olsen	Encyclopedia of Alternative health care
AT12	Burton Goldberg	Alternative Medicine guide to C.F, Fibromyagia & Env. Illness
AT7	Patricia Davies	Aromatherapy A-Z
AT10	Laura Norman	The Reflexology Handbook
AT13	Gill Jacobs	C.F.S. & Complementary Therapies
AT9	Tricia Whitmore	Toxic chemical free living
G46	Neville Shone	Coping Successfully With Pain
ME19	Nick Bamforth	M.E. and the healer within
AT16	Proto, Louis	Self Healer
G19	Carlyle Hirschberg	Remarkable recovery
G20	Evans, Hucklebridge & Clow	Mind, Immunity & Health
G27	Jennifer Larcombe	Unexpected Healing
G21	Heather Goodare	Fighting Spirit; (Bristol Breast Cancer Survey)
AT3	Stephen Cherniske	The DHEA Breakthrough: Look younger, etc.
AT19	Dr Penny Stanway	LifeLight Light and Colour for Health and Living
AT20	Phil Parker	The Lightning Process (3 copies)
AT21	Simon Singh & Edward Ernst	Trick or Treatment - Alternative medicine on trial

Increasing Energy

G34	Martin Budd	Low Blood Sugar (2 copies)
G41	Fiona Agomber	Beat Fatigue with Yoga
G31	Kathryn Marsden	All Day Energy
AT15	Louis Proto	Increase Your Energy
AT2	Emile G. Bliznakov	The miracle nutrient - co enzyme Q10
AT14	Judy Graham	Evening Primrose Oil

Meditation

AT17	Rob Nairn	Diamond Mind (2 copies)
AT18	Akong Rinpoche	Taming the Tiger
AT22	Various Authors	Joyful Mind (book + 2 CDs)

Miscellaneous

M1	John R Lee	What your doctor may not tell you about the menopause
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Audio CDs of SMEG and other talks

ACD1	Moya De Witt	Dietician from Stepping Hill (Jan 2008)
ACD2		Yoga Talk (Jan 2007)
ACD3		Ring and Ride Talk (Feb 2008)
ACD4	Dr Nigel Speight	
ACD5	Dr Barry Durrant-Peatfield	The Diagnosis & Treatment of CFS with reference to Thyroid and Adrenal Disorders
ACD6	Prof Hooper	Talk on ME (may 2007)
ACD7	Jan Williams	Lightning Process Talk (Feb 2007)

C.D.s

CD1	Wilson, Paul	The Voice of Calm
CD2	Gibson, Dan	Solitudes: Environmental Sounds
CD3	Breathworks	Body Scan
CD4	Breathworks	Mindfulness of Breathing
CD5	Breathworks	Kindly Awareness
CD6	Alan Robinson	Sanctuary
CD7	Andrew Johnson	Boosting your Confidence
CD8	Judy Cooper and Adam Benton	Lakeside Solace
CD9	Judy Cooper and Nigel Neill	Island of Peace