

The MULTIPLE SCLEROSIS ASSOCIATION of AMERICA

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To Order, Check Box	Stock ID	Qty	Multiple Sclerosis/Medical
<input type="checkbox"/>	201	3	<i>MAGNETIC RESONANCE SPECTROSCOPY IN MULTIPLE SCLEROSIS. Magnetic resonance spectroscopy (MRS) is one of the most promising techniques in the study of MS. Strengths and weaknesses of the MRS technology application to the study of MS are extensively covered in this book. COPYRIGHT: 2001</i>
<input type="checkbox"/>	130	11	<i>ALTERNATIVE MEDICINE AND MULTIPLE SCLEROSIS. This book was written to provide helpful information about complementary and alternative medicine such as acupuncture and herbal medicine to help those with multiple sclerosis. COPYRIGHT: 2001</i>
<input type="checkbox"/>	262	2	<i>MULTIPLE SCLEROSIS-DIAGNOSIS, MEDICAL MANAGEMENT, AND REHABILITATION. Useful treatment programs and options are reviewed. COPYRIGHT: 2000</i>
<input type="checkbox"/>	182	2	<i>THE PROCESS AND MEDICAL TREATMENTS. Informs and familiarizes readers with multiple sclerosis's challenges, treatments and other related aspects. COPYRIGHT: 2002</i>
<input type="checkbox"/>	219	2	<i>FUNDAMENTALS OF NEUROLOGIC DISEASE. A text written for medical students. A basic introduction to neurology and common neurological diseases. COPYRIGHT: 2005</i>
<input type="checkbox"/>	278	1	<i>UNDERSTANDING MULTIPLE SCLEROSIS BUILDS HOPE. Carol Fuquay, an MS patient, translates research and scientific information relating to the disease. The information in this book should help those interested in clinical trials. COPYRIGHT: 2005</i>
<input type="checkbox"/>	209	8	<i>MULTIPLE SCLEROSIS/REVISED EDITION. Discusses struggles with MS and explains symptoms, diagnosis and new treatments. COPYRIGHT: 2001</i>
<input type="checkbox"/>	73	10	<i>MULTIPLE SCLEROSIS AND HAVING A BABY. Everything you needed to know about conception, pregnancy and parenthood. COPYRIGHT: 1999</i>
<input type="checkbox"/>	248	2	<i>NURSING PRACTICE IN MULTIPLE SCLEROSIS. Outline form of the basic concepts of MS and MS nursing. COPYRIGHT: 2006</i>
<input type="checkbox"/>	275	6	<i>MULTIPLE SCLEROSIS Q&A: REASSURING ANSWERS TO FREQUENTLY ASKED QUESTIONS. Drawing from scientific information and from personal experience, Hill discusses the wide array of symptoms and tests, medical terminology, traditional and complementary treatment options and lifestyle changes associated with MS. COPYRIGHT: 2003</i>
<input type="checkbox"/>	234	12	<i>MULTIPLE SCLEROSIS: A GUIDE FOR THE NEWLY DIAGNOSED 3RD EDITION. A guide to learning about the disease and the medical treatments now available. COPYRIGHT: 2007</i>

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| <input type="checkbox"/> | 281 | 14 | <i>MULTIPLE SCLEROSIS: UNDERSTANDING THE COGNITIVE CHALLENGES. The first 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. COPYRIGHT: 2006</i> |
| <input type="checkbox"/> | 204 | 9 | <i>MULTIPLE SCLEROSIS: THE FACTS. This book offers practical advice about MS in a clear and accessible manner, the symptoms, diagnosis, and possible causes of multiple sclerosis and life course. This book is for someone recently diagnosed with MS or who lives with someone affected by MS. COPYRIGHT: 2001</i> |
| <input type="checkbox"/> | 197 | 6 | <i>SPEECH AND LANGUAGE DISORDERS IN MULTIPLE SCLEROSIS. This book is the first to provide comprehensive coverage of the communication impairments that occur associated with multiple sclerosis. Full descriptions of the neuropathophysiology, epidemiology, aetiology, clinical manifestations and medical treatment of MS are also included. COPYRIGHT: 2000</i> |
| <input type="checkbox"/> | 21 | 8 | <i>MULTIPLE SCLEROSIS: THE HISTORY OF A DISEASE. Assessment of claims about the existence of MS and accounts from those who suffer with the disease. COPYRIGHT: 2005</i> |
| <input type="checkbox"/> | 250 | 3 | <i>MULTIPLE SCLEROSIS 2. Newest essential information on multiple sclerosis focusing on those areas where progress has been made in research, bringing about new concepts of patient management. COPYRIGHT: 2003</i> |
| <input type="checkbox"/> | 272 | 6 | <i>MULTIPLE SCLEROSIS: EVERYTHING YOU NEED TO KNOW. A comprehensive guide to living with MS, supported by diagrams, case histories, a drug table and an extensive list of helpful books and organizations. COPYRIGHT: 2005</i> |
| <input type="checkbox"/> | 68 | 12 | <i>MULTIPLE SCLEROSIS: THE FACTS YOU NEED. A reliable source of useful and easily accessible information. COPYRIGHT: 1999</i> |
| <input type="checkbox"/> | 200 | 6 | <i>MULTIPLE SCLEROSIS (FAST FACTS). A collaboration between two international experts. It is a concise, up-to-date review of our current understanding of the condition and its management. COPYRIGHT: 2000</i> |
| <input type="checkbox"/> | 153 | 14 | <i>MULTIPLE SCLEROSIS/THE GUIDE TO TREATMENT AND MANAGEMENT. A complete guide to drugs and other treatments used in MS. COPYRIGHT: 2006</i> |
| <input type="checkbox"/> | 242 | 10 | <i>MANAGING THE SYMPTOMS OF MULTIPLE SCLEROSIS, 4TH EDITION. Explores symptoms of MS and the clinically tested and proven methods for proper and effective management of the symptoms. COPYRIGHT: 2007</i> |
| <input type="checkbox"/> | 16 | 7 | <i>MULTIPLE SCLEROSIS: A REHABILITATION APPROACH TO MANAGEMENT. This book was designed to aid in the understanding of the various rehabilitation techniques available to the health professional working with people who have MS. COPYRIGHT: 1991</i> |

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<input type="checkbox"/>	277	1	<i>MULTIPLE SCLEROSIS: A NEW JOURNEY. Takes you through the newest research and treatments. Easy to understand information about diagnosis, symptoms, progression, disease-modifying therapy, rehab, disability awareness aand more. COPYRIGHT: 2003</i>
<input type="checkbox"/>	52	5	<i>100 QUESTIONS & ANSWERS ABOUT MULTIPLE SCLEROSIS. Authoritative, practical answers to your questions about MS's causes, treatment, sources of support, and much more. Written by a leading specialist in the treatment of MS. COPYRIGHT: 2006</i>
<input type="checkbox"/>	249	5	<i>OCCUPATIONAL THERAPY & MULTIPLE SCLEROSIS. Describes and discusses the assessment and treatment techniques applied by occupational therapists. COPYRIGHT: 2003</i>
<input type="checkbox"/>	276	1	<i>UNDERSTANDING MULTIPLE SCLEROSIS. Presents both general information about MS and valuable, specific advice. Chapters include: Intro to genetic, demographic, and geographic factors, Symptoms, Treatments, Meds, Coping strategies, etc. COPYRIGHT: 2006</i>
<input type="checkbox"/>	203	3	<i>DRUG TREATMENT OF MULTIPLE SCLEROSIS. The issues creating most concern in manging MS are covered in this book. This book contains knowledge of present drug treatments followed by a cutting edge review on the latest and future treatments. This book also features articles on quality of life and cost assessment. COPYRIGHT: 2000</i>
To Order, Check Box	Stock ID	Qty	Multiple Sclerosis/Daily Living/ Care giving
<input type="checkbox"/>	210	11	<i>LET'S TALK ABOUT LIVING WITH A PARENT WITH MULTIPLE SCLEROSIS. Discusses living with a parent that has MS COPYRIGHT: 2001</i>
<input type="checkbox"/>	183	6	<i>MULTIPLE SCLEROSIS QUESTIONS AND ANSWERS. This book provides a practical approach to answering many questions about MS. It is aimed at physicians, care providers and people with multiple sclerosis. It provides valuable information. COPYRIGHT: 2000</i>
<input type="checkbox"/>	270	11	<i>THE THINGS WE DON'T TALK ABOUT...OR ... YOU BETTER SMILE THROUGH THE TEARS. This book is about the situations and circumstances that occur in one's life with MS that no one talks about. Topics covered include: sex, depression, emotions, and bowel/urinary problems. COPYRIGHT: 2005</i>
<input type="checkbox"/>	228	5	<i>MULTIPLE SCLEROSIS-PSYCHOSOCIAL AND VOCATIONAL INTERVENTIONS. It will be helpful to vocational rehabilitation counselors and to all members of the health care team concerned about the psychosocial status of their clients with multiple sclerosis. COPYRIGHT: 2002</i>
<input type="checkbox"/>	243	5	<i>THE FIRST YEAR MULTIPLE SCLEROSIS, AN ESSENTIAL GUIDE. An MS patient learns and teaches a return to health. COPYRIGHT: 2007</i>
<input type="checkbox"/>	91	7	<i>COMPLEMENTARY AND ALTERNATIVE MEDICINE AND MULTIPLE SCLEROSIS. Information on a wide range of alternative approaches that can aid both in managing symptoms and promoting general health and wellness. COPYRIGHT: 2007</i>

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| <input type="checkbox"/> | 126 | 5 | <i>SHARE THE CARE: HOW TO ORGANIZE A GROUP TO CARE FOR SOMEONE WHO IS SERIOUSLY ILL. Whether you're prepared for it or not, chances are you'll take on a role of caregiver when a family member or friend is affected by a serious illness or injury, or when you find your elderly parents need help. Share The Care offers a sensible and loving solution: a unique group approach that can turn a circle of ordinary people into a powerful caregiving team. COPYRIGHT: 2004</i> |
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| <input type="checkbox"/> | 271 | 14 | <i>THE ART OF LIVING WITH MULTIPLE SCLEROSIS: SIX SECRETS FOR MANAGING MS AS A TEAM. Help for developing better coping skills for dealing with MS. COPYRIGHT: 2006</i> |
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| <input type="checkbox"/> | 129 | 5 | <i>MOMMY'S STORY: AN INTRODUCTION FOR YOUNGER CHILDREN TO LEARN ABOUT A PARENT'S MS. FOR AGES 3-7. This publication by MSAA was written to encourage parents with MS to begin the conversation about the diagnosis and ongoing implications of MS with young children. COPYRIGHT: 2006</i> |
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| <input type="checkbox"/> | 135 | 16 | <i>PROGRESSIVE MULTIPLE SCLEROSIS. This books focuses on ways to not only manage the progrssive disease and its symptoms but also to cope with the life changes that may accompany it. COPYRIGHT: 2001</i> |
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| <input type="checkbox"/> | 25 | 4 | <i>THE MS WORKBOOK: LIVING SUCCESSFULLY WITH MULTIPLE SCLEROSIS. In this book you'll find clear, practical tips for taking care of your helth, your livlihood, and your relationships--step-by-step advice for creating real change in your life. COPYRIGHT: 2006</i> |
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| <input type="checkbox"/> | 207 | 8 | <i>EVERYTHING YOU NEED TO KNOW ABOUT MULTIPLE SCLEROSIS. (From the need to know Library) A book for young adults telling them everything they need to know about multiple sclerosis. Chapters include: Medical Nuts & Bolts, Who Gets MS & Why, Diagnosis & Treatment, Treating The Spirit, MS In The Home & Workplace, Fighting Ignorance, Glossary, Where to Go For Help, & Further Reading. COPYRIGHT: 2001</i> |
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| <input type="checkbox"/> | 293 | 7 | <i>LIVING WITH PROGRESSIVE MULTIPLE SCLEROSIS: OVERCOMING THE CHALLENGES. This book focuses on the latest advances in managing worsening symptoms and provides encouragement to individuals with progressive forms of MS. Topics include diagnosis, disease-modifying therapies, managing difficult symptoms, coping strategies, as wellas vocational and legal issues. COPYRIGHT: 2008</i> |
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| <input type="checkbox"/> | 220 | 2 | <i>COMPREHENSIVE NURSING CARE IN MULTIPLE SCLEROSIS-2ND EDITION. Definitive text on the comprehensive nursing care of people with multiple sclerosis. COPYRIGHT: 2002</i> |
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| <input type="checkbox"/> | 43 | 13 | <i>EXERCISES FOR MULTIPLE SCLEROSIS. A specially-designed, easy to follow program to improve your daily symptoms, especially fatigue and mobility. COPYRIGHT: 2006</i> |
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- 167 4 *REVERSING MULTIPLE SCLEROSIS/9 EFFECTIVE STEPS TO RECOVER YOUR HEALTH. The nine steps that can help the MS patient turn the corner on the disease that includes detailed nutrient testing and fortification, bee venom treatment, allergy testing, dietary changes, personally tailored nutritional plans, and regular exercise. COPYRIGHT: 2001*
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- 247 7 *SOMETIMES, M.S. IS YUCKY. A book for children ages 3-8 who have a parent or loved one with M.S. It is written with two main goals: to validate feelings and to educated on basic M.S. symptoms. COPYRIGHT: 2005*
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- 264 5 *MULTIPLE SCLEROSIS: A SELF-CARE GUIDE TO WELLNESS. This book focuses on staying well in the presence of MS. Chapters include disease management, general health issues, managing financial resources, community living options, and the promise of research. COPYRIGHT: 2005*
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- 127 20 *MULTIPLE SCLEROSIS FOR DUMMIES. This friendly, authoritative 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. COPYRIGHT: 2007*
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- 99 7 *MULTIPLE SCLEROSIS: A GUIDE FOR FAMILIES. A useful and usable book for both families living with MS and the professionals who assist them. COPYRIGHT: 2006*
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- 51 8 *MULTIPLE SCLEROSIS-THE QUESTIONS YOU HAVE-THE ANSWERS YOU NEED - 3RD EDITION. This classic guide to multiple sclerosis continues to be the definitive guide for everyone concerned with this disease. It covers a wide range of topics in a format that is familiar, accessible, and easily understood. COPYRIGHT: 2004*
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- 26 19 *LIVING WITH MULTIPLE SCLEROSIS: A WELLNESS APPROACH-SECOND EDITION. You'll find answers to the most commonly asked questions about living with multiple sclerosis, including - causes and course - symptom management - wellness management - emotional health - disease treatments - alternative therapies - and social aspects. COPYRIGHT: 2000*
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- 134 5 *LIVING BEYOND MULTIPLE SCLEROSIS. An informative, well-written and entertaining book about this dreaded disease. This book discusses openly what MS is all about, with clarity and a sense of humor. COPYRIGHT: 2000*
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- 226 9 *THE OFFICIAL PATIENT'S SOURCEBOOK ON MS. A reference manual for self-directed patient research. COPYRIGHT: 2002*
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- 125 5 *MS TOOLKIT: THE PATIENT'S & CAREGIVERS' GUIDE TO MULTIPLE SCLEROSIS. A how-to kit for understanding and dealing with one of the most commonly diagnosed diseases of the central nervous system. COPYRIGHT: 2006*
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<input type="checkbox"/>	46	3	<i>MULTIPLE SCLEROSIS: AT YOUR FINGERTIPS GUIDE. Answers over 200 real questions from people with MS and their families. The topics covered range from symptoms and diagnosis, through to medical treatment, management and self-help. COPYRIGHT: 2000</i>
<input type="checkbox"/>	6	10	<i>EMPLOYMENT ISSUES AND MULTIPLE SCLEROSIS. This book focuses on the employment issues relevant to multiple sclerosis. COPYRIGHT: 1996</i>
<input type="checkbox"/>	15	5	<i>THE MS RECOVERY DIET. This book targets five common food triggers that can set off the symptoms of MS. More than 100 recipes included, plus strategies to improve digestion, balance the immune system, and repair the body's myelin--crucial steps toward healing. COPYRIGHT: 2007</i>
<input type="checkbox"/>	60	12	<i>300 TIPS FOR MAKING LIFE WITH MULTIPLE SCLEROSIS EASIER. This book is filled with tips, techniques, and shortcuts to help better manage the challenges of MS. COPYRIGHT: 2006</i>
<input type="checkbox"/>	62	10	<i>MS AND YOUR FEELINGS. Psychotherapist and MS patient Allison Shadday offers readers effective coping strategies in dealing with frustration, fear,guilt,anger,loss ,etc. Also a chapter for caregivers. COPYRIGHT: 2007</i>
<input type="checkbox"/>	94	10	<i>MULTIPLE SCLEROSIS DISEASES AND PEOPLE. Easy to read information about multiple sclerosis. COPYRIGHT: 1999</i>
<input type="checkbox"/>	79	15	<i>THE NATURAL WAY MULTIPLE SCLEROSIS. Your guide to complementary therapies, alternative techniques, and conventional treatments. COPYRIGHT: 1999</i>
<input type="checkbox"/>	157	5	<i>THE A TO Z OF MULTIPLE SCLEROSIS. The A to Z of Multiple Sclerosis is a handy reference guide sure to be of use to anyone coping with MS,as well as to their families and friends.More than 500 entries discuss the etiology,research,treatment,symptoms,possible causes,and lifestyle issues related to the disease. COPYRIGHT: 2005</i>

To Order, Check Box	Stock ID	Qty	Personal Accounts
<input type="checkbox"/>	280	1	<i>MS: WHAT IT GAVE ME: MY LIFE WITH MS AND LIVING ON WITHOUT A LIFE. This is a look at living with advanced Ms and the changes it brought into the author's thinking and life. COPYRIGHT: 2006</i>
<input type="checkbox"/>	39	9	<i>CHOCOLATE FOR A WOMAN'S HEART AND SOUL. Stories of love, courage and compassion to nourish your spirit and sweeten your dreams. COPYRIGHT: 1998</i>
<input type="checkbox"/>	155	8	<i>CHOCOLATE FOR A WOMAN'S SOUL. 77 stories to feed your spirit and warm your heart. COPYRIGHT: 1997</i>
<input type="checkbox"/>	173	6	<i>20 YEARS AND STILL COPING AND PREVAILING. Positive outlook for those with MS. COPYRIGHT: 2004</i>

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| <input type="checkbox"/> | 28 | 6 | <i>CHICKEN SOUP FOR THE WOMAN'S SOUL. 101 more stories to open the hearts and rekindle the spirits of women. COPYRIGHT: 1996</i> |
| <input type="checkbox"/> | 29 | 7 | <i>CHICKEN SOUP FOR THE SURVIVING SOUL. 101 healing stories of courage and inspiration. COPYRIGHT: 1996</i> |
| <input type="checkbox"/> | 66 | 4 | <i>ME AND MY SHADOW. Carole's personal story shows how hard it is for other people to grasp fully the impact of MS. COPYRIGHT: 1999</i> |
| <input type="checkbox"/> | 14 | 5 | <i>WHO SAID SO: HOW OUR THOUGHTS AND BELIEFS AFFECT OUR PHYSIOLOGY. A women's journey of self discovery and full recovery from multiple sclerosis. COPYRIGHT: 1991</i> |
| <input type="checkbox"/> | 188 | 7 | <i>JOURNEY TO WHOLENESS. About a survivor discovering the connection between physical health and emotional health. COPYRIGHT: 1992</i> |
| <input type="checkbox"/> | 233 | 14 | <i>LIFE IS AN ADVENTURE. About living with a debilitating disease yet not letting it get the best the best of you. COPYRIGHT: 2002</i> |
| <input type="checkbox"/> | 251 | 7 | <i>CHICKEN SOUP FOR THE VOLUNTEER'S SOUL. Inspires volunteerism and creative ways to get involved. COPYRIGHT: 2002</i> |
| <input type="checkbox"/> | 205 | 11 | <i>MS. DOESN'T STAND FOR MULTIPLE SCLEROSIS. How does a strong independent woman deal with an unpredictable disease? With the aid of her family and a new man in her life, Adiana Taylor begins to experience freedom from her disease. A novel written by Chamein Canton, a native New Yorker, with multiple sclerosis. COPYRIGHT: 2000</i> |
| <input type="checkbox"/> | 261 | 6 | <i>BLINDSIDED: LIFTING LIFE ABOVE ILLNESS. An autobiographical account of the struggles and obstacles of living life blind. Cohen explores the effects of illness on raising three children and being married. COPYRIGHT: 2004</i> |
| <input type="checkbox"/> | 198 | 8 | <i>CROSSED SIGNALS. A fictional novel where a teenage girl comes home one day from school to find that her mother has been diagnosed with multiple sclerosis. A family's interpersonal relationships are exposed and magnified. This book tells their story as they embark on a journey of transformation. COPYRIGHT: 2000</i> |
| <input type="checkbox"/> | 136 | 8 | <i>THE ART OF HAPPINESS. Through conversation, stories and meditations, the Dalai Lama shows us how to defeat day-to-day anxiety, insecurity, anger and discouragement. COPYRIGHT: 1998</i> |
| <input type="checkbox"/> | 256 | 15 | <i>MY STORY: A PHOTOGRAPHIC ESSAY. This book is a collection of pictures and essays written by people with MS. It shows the many different faces of people, caregivers, and families affected by MS. COPYRIGHT: 2004</i> |

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- 237 5 *LEAN ON ME. Nancy Davis was diagnosed with MS at the age of 33. This is her personal account of learning to navigate the health care waters, finding hope, taking positive action, and celebrating progress. COPYRIGHT: 2006*
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- 175 18 *AS FOR TOMORROW, I CAN NOT SAY. Fiercely independent and passionately determined, she has fought the illness with every psychological and physical weapon in her armoury. Unflinchingly honest, deeply moving, and often humorous. COPYRIGHT: 2001*
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- 118 8 *YES, YOU CAN!!! GO BEYOND PHYSICAL ADVERSITY AND LIVE LIFE TO THE FULLEST. Based on the premise that life should be lived to the fullest extent possible, disability or no disability. A real motivator. COPYRIGHT: 2000*
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- 76 10 *MULTIPLE SCLEROSIS: HOW I WON THE BATTLE. The six years Yvonne lived with chronic progressive MS, and how she regained her health. COPYRIGHT: 1999*
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- 4 9 *A DREAM IS A WISH YOUR HEART MAKES: MY STORY. Ms Funicello's personal account with MS. COPYRIGHT: 1994*
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- 146 12 *SPEEDBUMPS, FLOORING IT THROUGH HOLLYWOOD. In her laugh-out-loud funny and inspiring autobiography, Teri Garr, one of Hollywood's best-loved comediennes, muses about movies, men, motherhood, and MS. COPYRIGHT: 2005*
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- 214 6 *MUSING ALONG THE WAY. A woman's personal journey of discovery as she copes with a chronic disease. COPYRIGHT: 2001*
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- 158 6 *FACING THE COGNITIVE CHALLENGES OF MULTIPLE SCLEROSIS. A courageous and compelling personal account of one man's struggle with cognitive difficulties caused by MS. COPYRIGHT: 2006*
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- 131 1 *FIND YOUR VOICE. MY LIFE, MY MS. Those of us with MS face more challenges, if only because the doctors treat the symptoms not the disease. In this book the author attempts to show coping skills. With humor she shares the everyday struggles that come with dealing with MS. COPYRIGHT: 2005*
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- 255 5 *THE MEASURE OF OUR LIVES: A SPIRITUAL EXPLORATION OF ILLNESS. Groopman offers eight diverse stories about patients suffering from serious illnesses. Through these stories, Groopman offers a compelling look at what is to be learned when life can no longer be taken for granted. COPYRIGHT: 1997*
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- 257 1 *INCIDENTAL HEROES: DISABLING THE MYTHS ABOUT MULTIPLE SCLEROSIS. A collection of "incidental heroes" who single-handedly have disabled the myths about M.S. Read their words, and hear how they have achieved happiness- personal, professional, and spiritual. COPYRIGHT: 1999*
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- 238 6 *A BABY BOOMER'S JOURNEY. Depicting a life of pain, sorrow and happiness in dealing with ailments including multiple sclerosis. COPYRIGHT: 2003*
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- 184 4 *MY STORY M.S. MERCIFUL SAVIOR. Life changing events that took place in 1993 and 1994 will forever alter Jim's life as he knew it. This book is about his life and how he accepted those adversities; how he has changed his life to adapt; how through perseverance and determination he has maintained and gained a new sense of spirituality and fortitude. COPYRIGHT: 1997*
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- 85 6 *FROM MS TO WELLNESS. Her personal story of overcoming multiple sclerosis. COPYRIGHT: 1997*
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- 206 5 *ONE PARTICULAR HARBOR. The outrageous true adventures of one woman with multiple sclerosis living in the Alaskan Wilderness. Janet James penchant for black humor, cold beer and handsome men results in numerous outsized tales. Her story is a frank, detailed account of life with a profound disability - a rare example of what MS can do. But through it all, she reminds us that life, regardless of it's circumstances, truly is whatever we choose to make it. COPYRIGHT: 1993*
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- 260 4 *MYSTERIOUS STRANGER ABROAD. This inspirational book documents one couple's battle with Multiple Sclerosis, for the onset of the illness to the daily struggles with its related symptoms. John Johnson's story aims to raise awareness of Multiple Sclerosis and promote the search for a cure. COPYRIGHT: 1995*
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- 156 3 *REFLECTIONS FROM A DIFFERENT JOURNEY: WHAT ADULTS WITH DISABILITIES WISH ALL PARENTS KNEW. 40 eloquent essays offering wisdom, inspiration, and emotional support as well as a rare glimpse inside the lives and minds of people with many different disabilities. COPYRIGHT: 2004*
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- 217 5 *THE WINNING SPIRIT...LIFE LESSONS LEARNED IN LAST PLACE. An inspirational look at what the author has learned in her adventures outside of MS. COPYRIGHT: 1997*
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- 235 9 *LIFE ON CRIPPLE CREEK. Shows that with inner strength and a sense of humor, the intrinsic emotions one encounters with MS need not be devastating. COPYRIGHT: 2003*
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- 112 12 *FALL DOWN LAUGHING. An often poignant, always humorous account of his courageous struggle with MS, from his search for a cure to his decision in 1999 to go public about his illness. COPYRIGHT: 2000*
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- 148 11 *MULTIPLE SCLEROSIS SELF-HELP: A PATIENT'S VIEW. This book is the result of my personal experiences as well as others with MS. COPYRIGHT: 2001*
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- 208 9 *ORDINARY TIME/CYCLES IN MARRIAGE, FAITH AND RENEWAL. The "ordinary time" of one woman's life and the messy in-betweens. COPYRIGHT: 1993*
- 93 9 *WAIST HIGH IN THE WORLD. This is not a book about MS, or about illness, rather it's a chronicle of inspired adaption. COPYRIGHT: 1996*

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- 213 1 *WAIST-HIGH IN THE WORLD: A LIFE AMONG THE NONDISABLED.* The author, a gifted essayist, landed in a wheelchair years ago due to MS. She uses wit to describe the daily tasks of seeing "eye-to-navel" with a world that is uncomfortable with the disabled. COPYRIGHT: 1996
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- 164 6 *SHARE MY LONESOME VALLEY.* The slow grief of long term care/helping people through tough issues of life. COPYRIGHT: 1999
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- 92 7 *A DETERMINED SPIRIT.* This story describes how the author kept her faith while struggling to enjoy life, despite her diagnosis of MS just before her wedding. COPYRIGHT: 1995
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- 202 1 *COFFEE IN THE CEREAL: THE FIRST YEAR WITH MULTIPLE SCLEROSIS.* In her quirky, sassy voice, Moorhead recounts the experience of her first year with MS. Rather than focusing on the sadness and difficulties, she deals with the practical problems faced by many MS patients. COPYRIGHT: 2002
- 44 5 *PHONE IN THE FRIDGE.* The author recounts the experiences of her first five years with MS. She offers the best of her personal insights into life with MS in this compilation of essays on everything from fighting depression to being an effective parent. COPYRIGHT: 2006
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- 177 3 *RIDING THE GOLD CURVE.* This is a sweeping novel of love and hate of one person diagnosed with MS. Abby finds herself struggling to live with a disease that destroys her fierce quest for independence. But through she finds herself stronger thru her help to others. A true heroine, she is a tribute to the human spirit. COPYRIGHT: 1992
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- 254 10 *THE BODY SILENT.* Mr Murphy uses his own experience to explore society's fear, myths, and misunderstanding about disability and the damage they inflict. He illuminates the way to social standing while making the love of life burn more fiercely. COPYRIGHT: 1990
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- 101 6 *CLAUDE MSING AROUND.* John's story is written in a light-hearted manner with the help of Claude, his dog. COPYRIGHT: 1990
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- 186 6 *NO MAGIC WANDS.* Non-fiction account of the author's struggles to survive numerous surgical procedures. COPYRIGHT: 1998
- 37 10 *WOMEN LIVING WITH MULTIPLE SCLEROSIS.* This book is an intimate portrait drawn from the e-mail chats of a group of special women. COPYRIGHT: 1999
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- 100 9 *MULTIPLE SCLEROSIS-UNCOVERING IT'S HIDDEN BLESSINGS.* A personal journal chronicalling the life of a patient with MS. A must read for the newly diagnosed. COPYRIGHT: 2005
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- 27 8 *THE ROAD LESS TRAVELED.* A new psychology of love, traditional values, and spiritual growth. COPYRIGHT: 1998
- 63 7 *THE ROAD LESS TRAVELED AND BEYOND.* Spiritual growth in an age of anxiety. COPYRIGHT: 1997

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| <input type="checkbox"/> | 149 | 6 | <i>LIVING WITH A HOG ON MY BACK. Inspirational tale that may generate possibility or enlightenment. Writing the highlights of my life has unbound and set me free. I hope it will amaze and set you free from the hog on your back. (The story of a multiple sclerosis and breast cancer survivor) COPYRIGHT: 2001</i> |
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| <input type="checkbox"/> | 212 | 3 | <i>CURING THE INCURABLE: HOW TO USE YOUR BODY'S NATURAL SELF-HEALING ABILITY TO OVERCOME M.S. AND OTHER DISEASES. Turning her back on traditional medicine, the author decided to fight the disease on her own terms. Essential information on food and nutrition, along with a comprehensive resource guide and healthful recipes, will save readers precious time in their search to overcome disease. COPYRIGHT: 1999</i> |
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| <input type="checkbox"/> | 151 | 15 | <i>WHEN THE ROAD TURNS. Inspirational stories by and about people with MS. COPYRIGHT: 2001</i> |
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| <input type="checkbox"/> | 124 | 12 | <i>BLOOMING WHERE YOU'RE PLANTED. The author of the nationally-syndicated column, "Making Life Easier," offers stories and anecdotes about her life with MS, in which she seeks to find solutions to whatever problems she faces. And she hopes it will help others as well. COPYRIGHT: 1998</i> |
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| <input type="checkbox"/> | 279 | 4 | <i>YOU DON'T LOOK SICK! LIVING WELL WITH INVISIBLE CHRONIC DISEASE. This book chronicles a patient's true-life stories and her physician's compassionate commentary as they take a journey through the three stages of a chronic illness-Getting sick, Being sick, and Living well. COPYRIGHT: 2005</i> |
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| <input type="checkbox"/> | 259 | 3 | <i>TEN THINGS I WISH I'D KNOWN--BEFORE I WENT OUT INTO THE REAL WORLD. An inspirational collection of Maria Shriver's advice, reflections, lessons, and memories designed to inspire and comfort. COPYRIGHT: 2000</i> |
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| <input type="checkbox"/> | 9 | 5 | <i>THE MS AUTOBIOGRAPHY BOOK. An anthology of autobiographical prose & verse written by persons who have multiple sclerosis. COPYRIGHT: 1992</i> |
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| <input type="checkbox"/> | 98 | 3 | <i>SAGA: ONE MAN'S BATTLE WITH MS. A diary of writing to others with multiple sclerosis. COPYRIGHT: 1995</i> |
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| <input type="checkbox"/> | 180 | 10 | <i>COURAGE. The story of the mighty effort to end the devastating effects of MS. COPYRIGHT: 2001</i> |
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| <input type="checkbox"/> | 142 | 9 | <i>DIS "ABILITY" JOKE BOOK I. Humor from the point of view of a person in a wheelchair. Frank has found purpose in ministering to others who are disabled. COPYRIGHT: 1995</i> |
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| <input type="checkbox"/> | 143 | 11 | <i>DIS "ABILITY" JOKE BOOK II. Humor from the point of a person in a wheelchair. Frank has found purpose in ministering to others who are disabled. COPYRIGHT: 1997</i> |
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| <input type="checkbox"/> | 144 | 9 | <i>DIS "ABILITY" JOKE BOOK III. Humor from the point of view of a person in a wheelchair. Frank has found purpose in ministering to others who are disabled. COPYRIGHT: 1999</i> |
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<input type="checkbox"/>	267	2	<i>AMERICA, SEPTEMBER 11TH: THE COURAGE TO GIVE. In the wake of Sept. 11, thousands of extraordinary people rose to the occasion and stepped forward to help. This book documents their overflowing kindness and compassion. COPYRIGHT: 2001</i>
<input type="checkbox"/>	265	2	<i>PEOPLE WITH MS WITH THE POWER TO GIVE. A collection of 24 inspiring stories. All of the people profiled in this book have refused to be defined by their illness. These men and women have found the courage to do old things in new ways and new things that improve the lives of those around them. COPYRIGHT: 2003</i>
<input type="checkbox"/>	269	2	<i>TEACHERS WITH THE COURAGE TO GIVE: EVERYDAY HEROES MAKING A DIFFERENCE IN OUR CLASSROOMS. Heartwarming stories that honor the everyday heroes who daily give of themselves to their students. COPYRIGHT: 2002</i>
<input type="checkbox"/>	268	2	<i>TEENS WITH THE COURAGE TO GIVE. Profiles of thirty amazing teens who have triumphed over tragedy and who have volunteered to make a difference. COPYRIGHT: 2000</i>
<input type="checkbox"/>	266	2	<i>THE COURAGE TO GIVE. Inspiring stories of people who triumphed over tragedy to make a difference in the world. COPYRIGHT: 2000</i>
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<input type="checkbox"/>	89	9	<i>ALL OF A PIECE A LIFE WITH MULTIPLE SCLEROSIS. She has written what many must feel but are unable to express. COPYRIGHT: 1998</i>
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<input type="checkbox"/>	258	5	<i>CURING MS: HOW SCIENCE IS SOLVING THE MYSTERIES OF MULTIPLE SCLEROSIS. Dr. Weinberg's moving, personal account of the long-term scientific quest to pinpoint the origins of the disease and to find a breakthrough treatment for its victims. Includes the science behind the symptoms and how new drugs may hold the key to "taming the monster." COPYRIGHT: 2004</i>
<hr/>			
<input type="checkbox"/>	102	1	<i>A DOZEN WAYS TO SUNDAY: STORIES OF HOPE AND COURAGE. There are many paths to faith and the goal of this book is to highlight just a few of the compelling ways in which people have answered their own call. COPYRIGHT: 2001</i>
<input type="checkbox"/>	194	7	<i>CLIMBING HIGHER. This book is a penetrating and insightful look at a remarkable man, his extraordinary career, and the tumultuous life that graced him with hard-won courage and wisdom. COPYRIGHT: 2004</i>
<input type="checkbox"/>	193	12	<i>LIFE LESSONS AND REFLECTIONS. 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 realized photographs that bring to light the insights, sentiments and depth of emotion that these words evoke. COPYRIGHT: 2000</i>
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To Order, Check Box	Stock ID	Qty	Health and Wellness
<input type="checkbox"/>	59	5	<i>PRESCRIPTION FOR NUTRITIONAL HEALING (4TH EDITION). A comprehensive and up-to-date approach to good health. COPYRIGHT: 2006</i>
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<input type="checkbox"/>	150	2	<i>THE ANTI-INFLAMMATION DIET AND RECIPE BOOK. Research shows that poor nutrition choices and hidden food allergies can cause inflammation in the body. This book explains how the diet works, and includes 125 simple, and tasty recipes. COPYRIGHT: 2006</i>
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| <input type="checkbox"/> | 163 | 1 | <i>HEALING MULTIPLE SCLEROSIS: DIET, DETOX & NUTRITIONAL MAKEOVER FOR TOTAL RECOVERY.</i> Ann Boroch, naturopath and certified nutritional consultant, describes how she cured herself of MS using complementary medicine. Her book describes her own quest for a cure, case histories of those who have triumphed over MS, the real causes of MS, and a comprehensive how-to section that will show you how to develop your own treatment plan. COPYRIGHT: 2007 |
| <input type="checkbox"/> | 17 | 9 | <i>DIETARY SUPPLEMENTS AND MULTIPLE SCLEROSIS.</i> A health professional guide to dietary supplements to be used to ask questions about a particular dietary supplement. The supplements are for those with particular MS relevance. COPYRIGHT: 2004 |
| <input type="checkbox"/> | 64 | 14 | <i>SOMETHING MORE: EXCAVATING YOUR AUTHENTIC SELF.</i> Encourages you to become an archeologist of yourself. COPYRIGHT: 1998 |
| <input type="checkbox"/> | 40 | 5 | <i>THE REAL VITAMIN AND MINERAL BOOK.</i> A guide to the nutritional supplements you really need, and their most effective dosages. COPYRIGHT: 2003 |
| <input type="checkbox"/> | 58 | 4 | <i>SMART MEDICINE FOR MENOPAUSE.</i> A no nonsense guide to using herbs, vitamins, foods, and natural supplements to ease the discomfort of menopause. COPYRIGHT: 1995 |
| <input type="checkbox"/> | 2 | 10 | <i>FOOD: YOUR MIRACLE MEDICINE.</i> A guide for using the power of common foods to stay healthy and conquer disease. COPYRIGHT: 1993 |
| <input type="checkbox"/> | 32 | 8 | <i>THE CHRONIC PAIN CONTROL WORKBOOK.</i> A step-by- step guide for coping with and overcoming pain. COPYRIGHT: 1996 |
| <input type="checkbox"/> | 174 | 2 | <i>ANDROGEN DISORDERS IN WOMEN.</i> This unique book encourages women to learn more about their bodies work. It explains that men and women share the same hormones and that the presence of male hormones in a woman's body is not unnatural; in fact, the female body was designed to have male hormones as well as female hormones. COPYRIGHT: 2002 |
| <input type="checkbox"/> | 86 | 7 | <i>ANDROGEN DISORDERS IN WOMEN (1ST EDITION).</i> Explains the effects of male hormone imbalance in women. COPYRIGHT: 1999 |
| <input type="checkbox"/> | 38 | 8 | <i>NATURAL ENERGY.</i> From tired to terrific in 10 days. COPYRIGHT: 1999 |
| <input type="checkbox"/> | 168 | 2 | <i>REFLEXOLOGY FOR EVERY BODY.</i> How to discover for yourself, a way to health and harmony in your being, and a way to help those you love. Reflexology is one of the fastest growing natural health care methods in the world. Reflexology not only affects our physical bodies, but has positive balancing effect on our mental, emotional and spiritual bodies-our whole person. COPYRIGHT: 1996 |
| <input type="checkbox"/> | 84 | 3 | <i>REFLEXOLOGY - A BASIC GUIDE.</i> This book introduces us to the unique therapeutic and diagnostic nature of reflexology. COPYRIGHT: 1999 |

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| <input type="checkbox"/> | 69 | 4 | <i>THE SCIATICA RELIEF HANDBOOK. If you ever have had sciatica symptoms, this book could change your life. COPYRIGHT: 1999</i> |
| <input type="checkbox"/> | 171 | 5 | <i>HEALING ANGER: THE POWER OF PATIENCE FROM A BUDDHIST PERSPECTIVE.. Teaching and learning about patience, a topic that would be practical, that one could bring into everyday life. To teach the understanding of patience, and its reflection in the overwhelming dominance of anger. Through this book we can try to overcome the obstacles of hatred and anger. COPYRIGHT: 1997</i> |
| <input type="checkbox"/> | 108 | 4 | <i>HEALING WITH VITAMINS. The most effective vitamin and mineral treatments for everyday health problems and serious disease. COPYRIGHT: 1996</i> |
| <input type="checkbox"/> | 122 | 10 | <i>YOGA AND MULTIPLE SCLEROSIS. This book is a comprehensive and user-friendly guide to applying the principles of yoga to MS management. Includes photographs and descriptions of each exercise. COPYRIGHT: 2007</i> |
| <input type="checkbox"/> | 152 | 6 | <i>COOKING LIGHT. Cooking Light shows you how to put the latest nutritional advice to work so as to get all the nutrients you need while reducing the risk of chronic illness. COPYRIGHT: 1992</i> |
| <input type="checkbox"/> | 109 | 5 | <i>HOW TO GET A GOOD NIGHT'S SLEEP. Enjoy the restorative power of a good night's sleep with Dr. Ford's natural sleep prescriptions. COPYRIGHT: 1994</i> |
| <input type="checkbox"/> | 223 | 14 | <i>THE SLEEP RX: 75 PROVEN WAYS TO GET A GOOD NIGHT'S SLEEP. This book enables you to become your own "sleep doctor", diagnosing your sleep problem & curing it with safe, simple & all natural remedies. It will help you regain the easy sleep of your youth, without resorting to counter-productive drugs. COPYRIGHT: 1994</i> |
| <input type="checkbox"/> | 50 | 6 | <i>VIBRATIONAL MEDICINE. New choices for healing ourselves, research into alternative medical diagnosis and treatment. COPYRIGHT: 2001</i> |
| <input type="checkbox"/> | 65 | 8 | <i>OVERCOMING PANIC DISORDER: A WOMAN'S GUIDE. Effective treatment for panic disorders using controlled research methods. COPYRIGHT: 1998</i> |
| <input type="checkbox"/> | 123 | 4 | <i>COPING WITH STRESS. Greenberg addresses the physiological and emotional aspects of stress, and introduces several interventions that can be easily learned and applied to stressful lifestyles. COPYRIGHT: 1990</i> |
| <input type="checkbox"/> | 106 | 5 | <i>VITAMINS, HERBS, MINERALS AND SUPPLEMENTS. Updated information on all the vitamins, minerals and supplements that are making news every day. COPYRIGHT: 1998</i> |
| <input type="checkbox"/> | 221 | 3 | <i>THE IMMUNE SUPPORT COOKBOOK. Easy, delicious recipes to support your health if you're HIV positive or suffers from CFIDS, cancer or other degenerative diseases. COPYRIGHT: 1995</i> |

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- 169 3 *SECRETS OF REFLEXOLOGY. Secrets of reflexology offers a unique juxtaposition of theory and practice, providing clear, full explanations that demystify the subject and show you the best way to apply it. Shows how to treat various ailments by means of pressure. COPYRIGHT: 2000*
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- 87 7 *WOMEN'S CANCERS. How to prevent them, how to treat them and how to beat them. COPYRIGHT: 1998*
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- 195 4 *MEN'S CANCERS. How To Prevent, Treat , & Beat Men's Cancers. Information on prevention and treatment options for the most common male cancers including prostate, lung, and colon cancers. Also covers sexual changes related to cancer and treatment. COPYRIGHT: 2001*
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- 82 7 *OUR HEALTH, OUR LIVES. Contemporary medicine, combining new technologies with natural remedies and the miraculous healing powers within the body itself. COPYRIGHT: 1995*
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- 245 4 *COMPLIMENTARY/ALTERNATIVE MEDICINE. Information on alternative medicine including additional readings and research confirmation. COPYRIGHT: 1999*
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- 12 7 *BE SICK WELL: A HEALTHY APPROACH TO CHRONIC ILLNESS. This book makes the ground-breaking distinction between disease: what is physical, objective, and measurable and illness and the experience of being sick...subjective and essentially immeasurable. COPYRIGHT: 1991*
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- 263 4 *THE ULTIMATE GUIDE TO SEX AND DISABILITY. Pulls together the available information on sex and disability that isn't aimed at a particular disability. COPYRIGHT: 2003*
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- 5 4 *HUMOR AS THERAPY. Laughter has been known to have a therapeutic effect in the treatment of physical ailments. COPYWRIGHT: 1984 COPYRIGHT: 1984*
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- 181 10 *ENABLING ROMANCE. Explores issues of love, sex and relationships for those with disabilities. This book provides a frank discussion and an illustrated guide to intimacy and sexual expression. Please be advised: contains adult themes and content. For mature readers. COPYRIGHT: 1992*
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- 160 5 *ALMOST HOME: EMBRACING THE MAGICAL CONNECTION BETWEEN POSITIVE HUMOR AND SPIRITUALITY. Discover the journey one woman took to bring laughter into her life and the lives of others, and how she embraced the intricate connection between positive humor and spirituality. COPYRIGHT: 2002*
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- 103 5 *COPING WITH LYME DISEASE. A practical guide to dealing with diagnosis and treatment. COPYRIGHT: 2004*
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- 77 8 *THE DANCE OF ANGER. A woman's guide to the changing pattern of intimate relations. COPYRIGHT: 1997*

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| <input type="checkbox"/> | 190 | 6 | <i>THE NATURAL ESTROGEN DIET. Here is a whole new option to explore for women who would rather not take artificial hormones during menopause... a natural estrogen diet. Foods rich in plant estrogen are known to alleviate the symptoms of menopause. The recipes this book offers are easy, creative, and delicious dishes that the whole family will enjoy. COPYRIGHT: 1999</i> |
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| <input type="checkbox"/> | 78 | 10 | <i>WHEN ANGER HURTS: QUIETING THE STORM WITHIN. A step-by-step guide to changing habitual anger-generating thoughts while developing healthier, more effective ways of meeting your needs. New chapters on the interpersonal and physiological costs of anger, road rage, and parental anger. COPYRIGHT: 2003</i> |
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| <input type="checkbox"/> | 246 | 2 | <i>THE HEALING POWER OF FOODS COOKBOOK. This book is filled with tasty and nutritious vegetarian recipes. COPYRIGHT: 1993</i> |
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| <input type="checkbox"/> | 241 | 8 | <i>THE HEALING POWER OF FOODS. Nutrition secrets for vibrant health and long life. COPYRIGHT: 1993</i> |
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| <input type="checkbox"/> | 83 | 3 | <i>ENCYCLOPEDIA OF NATURAL MEDICINE. Learn how to use herbs, vitamins, minerals, and diet and nutritional supplements safely and effectively. COPYRIGHT: 1998</i> |
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| <input type="checkbox"/> | 137 | 8 | <i>ANATOMY OF THE SPIRIT: THE SEVEN STAGES OF POWER AND HEALING. This book will intrigue, provoke, and inspire you with views on spirituality and your personal responsibility for your own health. This writing seems so full of common sense that you will wonder why you hadn't thought of these ideas before. COPYRIGHT: 1996</i> |
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| <input type="checkbox"/> | 138 | 9 | <i>WHY PEOPLE DON'T HEAL AND HOW THEY CAN. A practical approach to healing life issues and physical illness will help readers overcome the mental and emotional blocks to becoming well. COPYRIGHT: 1997</i> |
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| <input type="checkbox"/> | 218 | 4 | <i>THE BOOK OF EXERCISE AND YOGA FOR THOSE WITH MULTIPLE SCLEROSIS: USING MOVEMENT AND MEDITATION TO IMPROVE BALANCE AND MANAGE SYMPTOMS OF PAIN AND FATIGUE. This book covers a wide variety of movement therapies such as range of motion exercises, low-to-no impact aerobics, strength training, and yoga. COPYRIGHT: 2005</i> |
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| <input type="checkbox"/> | 139 | 8 | <i>WOMEN'S BODIES, WOMEN'S WISDOM. A gateway to the deepest understanding of health and well-being, for those who believe that it is possible to live our lives fully regardless of our present or past circumstances. COPYRIGHT: 1998</i> |
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| <input type="checkbox"/> | 42 | 3 | <i>FINDING THE JOY IN TODAY. This inspiring book of daily meditations takes up the physical, emotional, and spiritual challenges faced by those who have chronic illnesses, as well as their caregivers, pointing the way to the joy that each day can bring. COPYRIGHT:</i> |
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| <input type="checkbox"/> | 11 | 10 | <i>WE ARE NOT ALONE: LEARNING TO LIVE WITH CHRONIC ILLNESS. This book is about redesigning your life and how to live better, not just differently. COPYRIGHT: 1985</i> |
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| <input type="checkbox"/> | 140 | 10 | <i>THE PLEASURE ZONE: WHY WE RESIST GOOD FEELINGS & HOW TO LET GO AND BE HAPPY. When you are inspired by good feelings, there's no end to your energy. This book will help you focus on what's right with your life and not notice what's wrong. COPYRIGHT: 1997</i> |
| <input type="checkbox"/> | 165 | 6 | <i>POWER TO THE PATIENT. This book contains the latest proven information on the proper diagnosis and treatment of almost 40 of the most common ailments that afflict Americans. Everything you need to know when you're sick. COPYRIGHT: 2002</i> |
| <input type="checkbox"/> | 172 | 5 | <i>HOW TO SAVE YOUR OWN LIFE. Learn about: routine tests and how to read them, the best health web sites, hospital do's and don'ts, the 18 symptoms that should send you right to the doctor...and much more. COPYRIGHT: 2000</i> |
| <input type="checkbox"/> | 244 | 5 | <i>APPLES & PEARS. Describes the powerful physiological effects of being either "apple" or "pear" shaped. COPYRIGHT: 2005</i> |
| <input type="checkbox"/> | 71 | 4 | <i>THE ANTI-AGING ZONE . Shows the enormous effect food has on the aging process. COPYRIGHT: 1999</i> |
| <input type="checkbox"/> | 253 | 6 | <i>THE PSYCHOLOGY OF CHRONIC ILLNESS. This book is an invitation to think about, to imagine, to feel, and to encounter the experience of illness differently. COPYRIGHT: 1996</i> |
| <input type="checkbox"/> | 240 | 8 | <i>THE ART OF GETTING WELL. A five- step plan for maximizing health when you have a chronic illness. Put your life before your illness. Listen to your body and more. COPYRIGHT: 2002</i> |
| <input type="checkbox"/> | 107 | 5 | <i>THE PROGRAM FOR BETTER VISION. A step- by- step holistic guide containing physical, emotional and mental techniques for vision problems. COPYRIGHT: 1995</i> |
| <input type="checkbox"/> | 20 | 3 | <i>DHEA: THE ULTIMATE REJUVENATING HORMONE. DHEA has been hailed as the single most important factor in life extension to date. COPYRIGHT: 1996</i> |
| <input type="checkbox"/> | 133 | 1 | <i>EASY-TO SWALLOW EASY-TO CHEW COOKBOOK. Over 150 tasty and Nutritious recipes for people who have difficulty swallowing. Also numerous tips and strategies to improve swallowing function and help you enjoy eating again. COPYRIGHT: 2002</i> |
| <input type="checkbox"/> | 170 | 5 | <i>THE REFLEXOLOGY MANUAL: A GUIDE TO THE HEALING ZONES OF THE HANDS AND FEET. Apart from treating disease, reflexology is an extremely effective therapy in cases of stress, tension and tiredness. It can also be used as a preventive measure against ill health. COPYRIGHT: 1995</i> |
| <input type="checkbox"/> | 222 | 5 | <i>I-CAN'T-CHEW COOKBOOK. This book is for people who love and enjoy tasty food, but suffer from chewing disorders that make eating less than the pleasure it should be. These are soft food recipes, not liquid or blender foods. COPYRIGHT: 2003</i> |

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95 5 *OVERCOMING LIFE'S CHALLENGES. Attempts to stimulate thinking and to motivate one to be a better person. COPYRIGHT: 1999*

To Order, Stock Qty **Disability Issues**
Check Box ID

117 15 *INSURANCE SOLUTIONS: PLAN WELL, WORK BETTER. A workbook for people with a chronic disease or disability. Cooper shows that, with adequate planning, insurance should cover any and all disability-related costs. COPYRIGHT: 2001*

273 6 *SICK AND TIRED OF FEELING SICK AND TIRED: LIVING WITH INVISIBLE CHRONIC ILLNESS. Offers hope and coping strategies to the thousands of people who suffer from invisible chronic illness. COPYRIGHT: 2000*

72 7 *MAKING FRIENDS WITH PAIN. Learning to live with a chronic illness. COPYRIGHT: 1999*

121 2 *SOCIAL MARKETING FOR THE NEW MILLENIUM. A practical "do-it-yourself" Social Marketing manual for non-government organizations, community and voluntary associations. COPYRIGHT: 2000*

211 1 *LIVING WITH ILLNESS OR DISABILITY: 10 LESSONS OF ACCEPTANCE, UNDERSTANDING, AND PERSEVERANCE. The author, a respected occupational therapist with 15 years experience with individuals with serious illness or injuries, has found 10 lessons that are common to those who have reconstructed their lives into meaningful existences marked by accomplishment and contentment. Personal stories of those who have transformed their lives. COPYRIGHT: 2005*

13 6 *LOVE YOUR DISEASE: IT'S KEEPING YOU HEALTHY. This book asserts that we can use our illness to learn more about ourselves, and once we understand why we have made ourselves ill, we can learn to become well, using the same power to remove our illness as we used to create it. COPYRIGHT: 1984*

162 8 *FINDING THE WAY HOME/A COMPASSIONATE APPROACH TO ILLNESS. A book of thoughtful reflections on living with illness. This book explores the difference between disease and illness; between curing and healing integration of all life experience; and between pain and suffering. The inner world of illness is portrayed with clarity and compassion. COPYRIGHT: 1997*

45 9 *ACCESSIBLE GARDENING FOR PEOPLE WITH PHYSICAL DISABILITIES. It is possible to garden when you have a disability. This is a guide to methods, tools, and plants. COPYRIGHT: 1994*

132 8 *WRITE IT DOWN, MAKE IT HAPPEN: KNOWING WHAT YOU WANT AND GETTING IT!. A self-help guide to setting your intent, focusing on your outcome, being clear about what you want in life and making your dreams come true. COPYRIGHT: 2000*

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116 1 *THAT ALL MAY WORSHIP: AN INTERFAITH WELCOME TO PEOPLE WITH DISABILITY. Resource for congregations that want to include people with disabilities, and how to administer to their special needs. COPYRIGHT: 1997*

283 5 *HEALTH INSURANCE RESOURCES: A GUIDE FOR PEOPLE WITH CHRONIC DISEASE AND DISABILITY. This resource guide was developed to assist people with disabilities and chronic health conditions, as well as health care professionals, in understanding the health care system and maximizing their rights and entitlements within the system. COPYRIGHT: 2007*

8 5 *MULTIPLE SCLEROSIS: YOUR LEGAL RIGHTS. Insurance issues that deals with taxes. A comprehensive look at dealing and working with doctors and lawyers on your rights on job discrimination, property and personal choice. COPYRIGHT: 2008*

10 5 *A MOTHER TO BE: A GUIDE TO PREGNANCY AND BIRTH FOR WOMEN WITH DISABILITIES. This book can be assistance to handicapped women who are going to be mothers; treatment options and a wealth of practical advise. COPYRIGHT: 1991*

145 9 *A GUIDE TO LEGAL RIGHTS FOR PEOPLE WITH DISABILITIES. Helping the disabled to cope and deal with issues faced with all type of legal problems. COPYRIGHT: 1994*

To Order, Stock Qty **Care Giving/Non MS**
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154 2 *SHARE CARE. How to organize a group to care for someone who is seriously ill. COPYRIGHT: 1995*

185 9 *DIRTY DETAILS - THE DAYS AND NIGHTS OF A WELL SPOUSE. Marion Cohen takes you into the daily life experiences of being a well spouse of a person with a debilitating disability. COPYRIGHT: 1996*

236 6 *CAREGIVERS AND PERSONAL ASSISTANTS. How to find, hire and manage the people who help you. COPYRIGHT: 2002*

119 8 *THE COMFORT OF HOME: AN ILLUSTRATED STEP-BY-STEP GUIDE FOR MULTIPLE SCLEROSIS CAREGIVERS. A must have resource for anyone assuming or considering the caregiver role. An easy-to-understand guide and workbook. COPYRIGHT: 2006*

23 3 *LIVING WITH MULTIPLE SCLEROSIS: A CAREGIVER'S STORY. The author's story--his odyssey--from caregiver-neophyte to caregiver extraordinaire . Cared for his wife for 44 years after she was diagnosed with MS. COPYRIGHT: 2003*

229 9 *HEALING CONVERSATIONS. A practical guide to help you step into someone else's shoes so that you can offer, ask for or receive comfort. COPYRIGHT: 2002*

81 5 *HOW TO CARE FOR AGING PARENTS. A helping handbook to guide people who are caring for aging parents. COPYRIGHT: 1996*

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<input type="checkbox"/>	80	5	<i>HOW TO CARE FOR AGING PARENTS. A one stop resource for al the medical,financial,housing,emotional, and practical issues. COPYRIGHT: 2004</i>
<input type="checkbox"/>	114	5	<i>NO DISABLED SOULS - HOW TO WELCOME PEOPLE WITH DISABILITIES INTO YOUR LIFE. Jim's spend a lifetime finding friends among the disabled. Great tool for fostering awareness in a community. COPYRIGHT: 1998</i>
<input type="checkbox"/>	7	6	<i>MAKING CHANGES: FAMILY VOICES ON LIVING WITH DISABILITIES. This book collects a provocative set of self-reports that serve to illuminate the changing conditions of the lives of people with disabling conditions and their family members. It explores how they think and adjust to their new situation and the effects on those in the family. COPYRIGHT: 1993</i>

To Order, Check Box	Stock ID	Qty	Foreign Language Books
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<input type="checkbox"/>	113	2	<i>ESCLEROSIS MULTIPLE. Su tratamiento segun una vision fisica, psicologic u espiritual. COPYRIGHT: 2004</i>
<input type="checkbox"/>	230	5	<i>LA COMODIDAD DEL HOGAR. Esta edicion del libro ha sido creada como una guia tanto para quienes estan pensando elegir comom carrera el cuidado de ancianos o personas deshabilitadas, como para quienes quieren encargarse del cuidado en casa de un ser querido. COPYRIGHT: 2002</i>
<input type="checkbox"/>	55	2	<i>ESCLEROSIS MULTIPLE: GUIA PRACTICA PARA EL RECIEN DIAGNOSTICADO. A guide in Spanish for the newly diagnosed. COPYRIGHT: 2002</i>
<input type="checkbox"/>	120	1	<i>GUIDA PRACTICA PARA EL PACIENTE CON ESCLEROSIS MULTIPLE. Este manual pretende responder sus preguntas y orientario en como enfrentar su enfermedad. En el mundo existen muchos pacientes con esta enfermedad y la mayoría de ellos llevan una vida productiva y satisfactoria COPYRIGHT: 2000</i>
<input type="checkbox"/>	176	5	<i>ESCLEROSIS MULTIPLE: GUIA PRACTICA PARA EL RECIEN DIAGNOSTICADO. Estelibro es para ayudar a las personas hispanohablantes que han sido diagnosticadas con Esclerosis Multiple, asi como a los miembros de su familia Servira como guia para aprender a conocer la enfermedad, sus sintomas,el impacto sobre sus vidas. COPYRIGHT: 2002</i>

To Order, Check Box	Stock ID	Qty	Associated Ailments
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<input type="checkbox"/>	191	7	<i>CHRONIC FATIGUE SYNDROME, FIBROMYALGIA: THE COMPREHENSIVE GUIDE. A comprehensive guide to the latest research on causes, symptoms, diagnosis and treatment. Suggestions for meeting everday emotional challenges. How friends and family members can undestand and help. COPYRIGHT: 2002</i>
<input type="checkbox"/>	31	8	<i>THE FIBROMYALGIA HELP BOOK. A practical guide to to living better with fibromyalgia. COPYRIGHT: 1996</i>

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| <input type="checkbox"/> | 1 | 3 | <i>LIVING WELL WITH CHRONIC FATIGUE SYNDROME AND FIBROMYALGIA: WHAT YOUR DOCTOR DOESN'T TELL YOU... THAT YOU NEED TO KNOW. A comprehensive guide to the diagnosis and treatment of chronic fatigue syndrome and fibromyalgia. COPYRIGHT: 2004</i> |

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<input type="checkbox"/>	274	3	<i>THERE IS ROOM AT THE INN: INNS AND B&BS FOR WHEELERS AND SLOW WALKERS. A guide to accessible inns and B&Bs throughout the US. Detailed reviews of 117 properties in 40 states. COPYRIGHT: 2006</i>

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The MULTIPLE SCLEROSIS ASSOCIATION of AMERICA

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- 292 3 *A CLOSER LOOK AT MANAGING STRESS AND MS. MSAA developed this video for our web site and it can be viewed online by accessing www.msassociation.org. In this DVD, Allison Shadday, a licensed clinical social worker and a person with MS, offers strategies on how to manage stress, tips for internal stress reduction, and ways to evaluate your stress management techniques. COPYRIGHT: 2008*
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- 288 15 *A CLOSER LOOK AT MULTIPLE SCLEROSIS SYMPTOMS: PART 1. MSAA developed this video for our web site and it can be viewed online by accessing www.msassociation.org. This DVD contains interviews with the leading health care professionals on the topics of effective MS symptom management, understanding depression, learning about involuntary emotional expression disorder (IEED), and managing spasticity. COPYRIGHT: 2007*
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- 289 14 *A CLOSER LOOK AT THE IMPORTANCE OF MS TREATMENT ADHERENCE. MSAA developed this video for our web site and it can be viewed online by accessing www.msassociation.org. In this DVD, MSAA's Chief Medical Officer Dr. Jack Burks discusses the 6 FDA-approved treatments for MS and explains why it is critical for MS patients to get on, and stay on, one of these medications. Dr. Burks also offers practical advice and useful tips for managing these medications while working closely with your doctor. COPYRIGHT: 2007*
- 298 6 *A CLOSER LOOK AT MANAGING MS FATIGUE. MSAA developed this DVD for our website and it can be viewed online by accessing www.msassociation.org. In this DVD, Allison Shadday, a licensed clinical social worker and a person with MS, provides information on how to recognize, treat, and control MS fatigue. COPYRIGHT: 2008*
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