

The MULTIPLE SCLEROSIS ASSOCIATION of AMERICA

# Lending Library

To Order, Check Box	Stock ID	Qty	<b>Multiple Sclerosis/Medical</b>
<input type="checkbox"/>	293	7	<i>LIVING WITH PROGRESSIVE MULTIPLE SCLEROSIS: OVERCOMING THE CHALLENGES, WRITTEN BY PATRICIA K. COYLE, M.D. AND JUNE HALPER, MSCN, ANP, FAAN.. 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 well as vocational and legal issues. COPYRIGHT: 2008</i>
<input type="checkbox"/>	275	7	<i>MULTIPLE SCLEROSIS Q&amp;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>
<input type="checkbox"/>	48	20	<i>PRIMARY PROGRESSIVE MULTIPLE SCLEROSIS: WHAT YOU NEED TO KNOW. Created as a joint project between the Multiple Sclerosis Association of America and the National Multiple Sclerosis Society, this is the first published book dedicated entirely to the Primary Progressive Multiple Sclerosis (PPMS) population. Written by top experts in the field, initial chapters address how PPMS differs from other types of MS, how it is diagnosed, and ongoing research into possible treatments for this form of the disease. Later chapters provide detailed explanations on topics such as: the benefits of rehabilitation; symptom management treatment options; technology and adaptations; maintaining wellness; emotional and quality of life issues; family and social issues; carepartner support; and economic issues. A glossary and an extensive resource listing are included. This is a valuable and informative publication for everyone in the PPMS community. COPYRIGHT: 2010</i>
<input type="checkbox"/>	127	20	<i>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</i>
<input type="checkbox"/>	51	5	<i>MULTIPLE SCLEROSIS-THE QUESTIONS YOU HAVE-THE ANSWERS YOU NEED - 4TH 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: 2009</i>
<input type="checkbox"/>	281	14	<i>MULTIPLE SCLEROSIS: UNDERSTANDING THE COGNITIVE CHALLENGES, WRITTEN BY NICHOLAS LAROCCA, PH.D. AND ROSALIND KALB, PH. D.. 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>

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<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"/>	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"/>	36	4	<i>THE EVERYTHING HEALTH GUIDE TO MULTIPLE SCLEROSIS. An authoritative guide to help you understand symptoms, decide on treatment, and enhance your well-being. COPYRIGHT: 2009</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"/>	52	4	<i>100 QUESTIONS &amp; 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 &amp; MULTIPLE SCLEROSIS, WRITTEN BY LESLEY SILCOX, MPH, DIP COT.. Describes and discusses the assessment and treatment techniques applied by occupational therapists. COPYRIGHT: 2003</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	<b>Multiple Sclerosis/Daily Living/ Care giving</b>
<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"/>	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>

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- 243 6 *THE FIRST YEAR MULTIPLE SCLEROSIS, AN ESSENTIAL GUIDE. An MS patient learns and teaches a return to health. COPYRIGHT: 2007*
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- 163 4 *HEALING MULTIPLE SCLEROSIS: DIET, DETOX & NUTRITIONAL MAKEOVER FOR TOTAL RECOVERY. 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*
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- 17 9 *DIETARY SUPPLEMENTS AND MULTIPLE SCLEROSIS. 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*
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- 130 11 *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*
- 91 10 *COMPLEMENTARY AND ALTERNATIVE MEDICINE AND MULTIPLE SCLEROSIS, WRITTEN BY ALLEN C. BOWLING, M.D., PH.D.. Information on a wide range of alternative approaches that can aid both in managing symptoms and promoting general health and wellness. COPYRIGHT: 2007*
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- 271 14 *THE ART OF LIVING WITH MULTIPLE SCLEROSIS: SIX SECRETS FOR MANAGING MS AS A TEAM, WRITTEN BY LEN AND CHERYL CHATMAN.. Help for developing better coping skills for dealing with MS. COPYRIGHT: 2006*
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- 19 2 *COOKING WELL: MULTIPLE SCLEROSIS. This book contains over 75 easy and delicious recipes for nutritional healing. In particular, are recipes rich in protein and Omega-3 fatty acids which help reduce inflammation and decrease pain. COPYRIGHT: 2009*
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- 129 6 *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*
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- 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*
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- 23 3 *LIVING WITH MULTIPLE SCLEROSIS: A CAREGIVER'S STORY, WRITTEN BY JOHN MORRIS FENLEY, PH.D.. 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*
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- 122 11 *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*

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| <input type="checkbox"/> | 25 | 5 | <i>THE MS WORKBOOK: LIVING SUCCESSFULLY WITH MULTIPLE SCLEROSIS. In this book you'll find clear, practical tips for taking care of your health, your livelihood, and your relationships--step-by-step advice for creating real change in your life. COPYRIGHT: 2006</i> |
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| <input type="checkbox"/> | 43 | 46 | <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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| <input type="checkbox"/> | 247 | 7 | <i>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</i> |
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| <input type="checkbox"/> | 264 | 5 | <i>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</i> |
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| <input type="checkbox"/> | 99 | 7 | <i>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</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"/> | 125 | 5 | <i>MS TOOLKIT: THE PATIENT'S &amp; 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</i> |
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| <input type="checkbox"/> | 15 | 8 | <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> |
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| <input type="checkbox"/> | 60 | 14 | <i>300 TIPS FOR MAKING LIFE WITH MULTIPLE SCLEROSIS EASIER, WRITTEN BY SHELLEY PETERMAN SCHWARZ.. This book is filled with tips, techniques, and shortcuts to help better manage the challenges of MS. COPYRIGHT: 2006</i> |
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| <input type="checkbox"/> | 62 | 10 | <i>MS AND YOUR FEELINGS, WRITTEN BY ALLISON SHADDAY, LCSW.. 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> |
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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>
<input type="checkbox"/>	35	4	<i>MULTIPLE SCLEROSIS MANIFESTO: ACTION TO TAKE, PRINCIPLES TO LIVE BY. Written by an epidemiologist, who also has MS, this book covers such diverse topics as learning about meds, how to evaluate your doctor, tips to disclosing your MS status, finding support groups, and adding your voice to the fight against MS. COPYRIGHT: 2010</i>
<input type="checkbox"/>	33	3	<b>Personal Accounts</b> <i>VOICES OF MULTIPLE SCLEROSIS: THE HEALING COMPANION: STORIES OF COURAGE, COMFORT AND STRENGTH. Voices of Multiple Sclerosis is filled with dozens of revealing, inspiring, and informative true stories by people with MS, their family members, caregivers and friends. COPYRIGHT: 2010</i>
<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"/>	173	6	<i>20 YEARS AND STILL COPING AND PREVAILING. Positive outlook for those with MS. COPYRIGHT: 2004</i>
<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	3	<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"/>	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>

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| <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>   |
| <input type="checkbox"/> | 237 | 5  | <i>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</i>  |
| <input type="checkbox"/> | 175 | 18 | <i>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</i>  |
| <input type="checkbox"/> | 118 | 8  | <i>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</i>  |
| <input type="checkbox"/> | 121 | 2  | <i>SOCIAL MARKETING FOR THE NEW MILLENIUM. A practical "do-it-yourself" Social Marketing manual for non-government organizations, community and voluntary associations. COPYRIGHT: 2000</i>  |
| <input type="checkbox"/> | 4   | 9  | <i>A DREAM IS A WISH YOUR HEART MAKES: MY STORY. Ms Funicello's personal account with MS. COPYRIGHT: 1994</i>  |
| <input type="checkbox"/> | 146 | 13 | <i>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</i>  |
| <input type="checkbox"/> | 214 | 6  | <i>MUSING ALONG THE WAY. A woman's personal journey of discovery as she copes with a chronic disease. COPYRIGHT: 2001</i>  |
| <input type="checkbox"/> | 158 | 6  | <i>FACING THE COGNITIVE CHALLENGES OF MULTIPLE SCLEROSIS, WRITTEN BY JEFFREY N. GINGOLD.. A courageous and compelling personal account of one man's struggle with cognitive difficulties caused by MS. COPYRIGHT: 2006</i>   |

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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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- 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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- 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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- 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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| <input type="checkbox"/> | 44 | 5 | <i>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</i> |
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| <input type="checkbox"/> | 177 | 3 | <i>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</i> |
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| <input type="checkbox"/> | 116 | 1 | <i>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</i> |
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| <input type="checkbox"/> | 100 | 9 | <i>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</i> |
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| <input type="checkbox"/> | 27 | 8 | <i>THE ROAD LESS TRAVELED. A new psychology of love, traditional values, and spiritual growth. COPYRIGHT: 1998</i> |
| <input type="checkbox"/> | 63 | 7 | <i>THE ROAD LESS TRAVELED AND BEYOND. Spiritual growth in an age of anxiety. COPYRIGHT: 1997</i>                   |
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| <input type="checkbox"/> | 149 | 5 | <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"/> | 30 | 1 | <i>JUST TELL ME WHEN YOU'RE GONNA STICK ME!. These are the chronicles of a life that shows us you can have hope and a future for tomorrow, no matter where life takes you. There is an inspiring example of perseverance. COPYRIGHT: 2002</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 | 3 | <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>
<input type="checkbox"/>	180	10	<i>COURAGE. The story of the mighty effort to end the devastating effects of MS. COPYRIGHT: 2001</i>
<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	3	<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	3	<i>THE COURAGE TO GIVE. Inspiring stories of people who triumphed over tragedy to make a difference in the world. COPYRIGHT: 2000</i>
<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>
<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 tumultuoud like 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>
<input type="checkbox"/>	47	4	<i>LIVING WELL EMOTIONALLY: BREAK THROUGH TO A LIFE OF HAPPINESS. Montel shares his practical advice for living well emotionally--and reveals how you too can find the happiness you deserve. COPYRIGHT: 2009</i>

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## Health and Wellness

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| <input type="checkbox"/> | 49  | 1  | <i>BALANCED HEALING. A reference for combining modern medicine with safe &amp; effective alternative therapies. COPYRIGHT: 2004</i>   |
| <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"/> | 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>  |
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| <input type="checkbox"/> | 82  | 7  | <i>OUR HEALTH, OUR LIVES. Contemporary medicine, combining new technologies with natural remedies and the miraculous healing powers within the body itself. COPYRIGHT: 1995</i>  |
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- 295 8 *A CLOSER LOOK AT MS AND COMPLEMENTARY AND ALTERNATIVE MEDICINE. MSAA developed this DVD for our web site and it can be viewed online by accessing, [www.msassociation.org](http://www.msassociation.org). This two-part DVD explores the worlds of Western and Eastern medicine and includes discussions and demonstrations on acupuncture, massage therapy, and other popular unconventional therapies. Featured in this program are Dr. Allen Bowling, Director of the Complementary and Alternative Medicine Program at the Rocky Mountain MS Center; and Dr. Jingduan Yang, Medical Director of the Tao Institute of Mind and Body Medicine. COPYRIGHT: 2008*
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