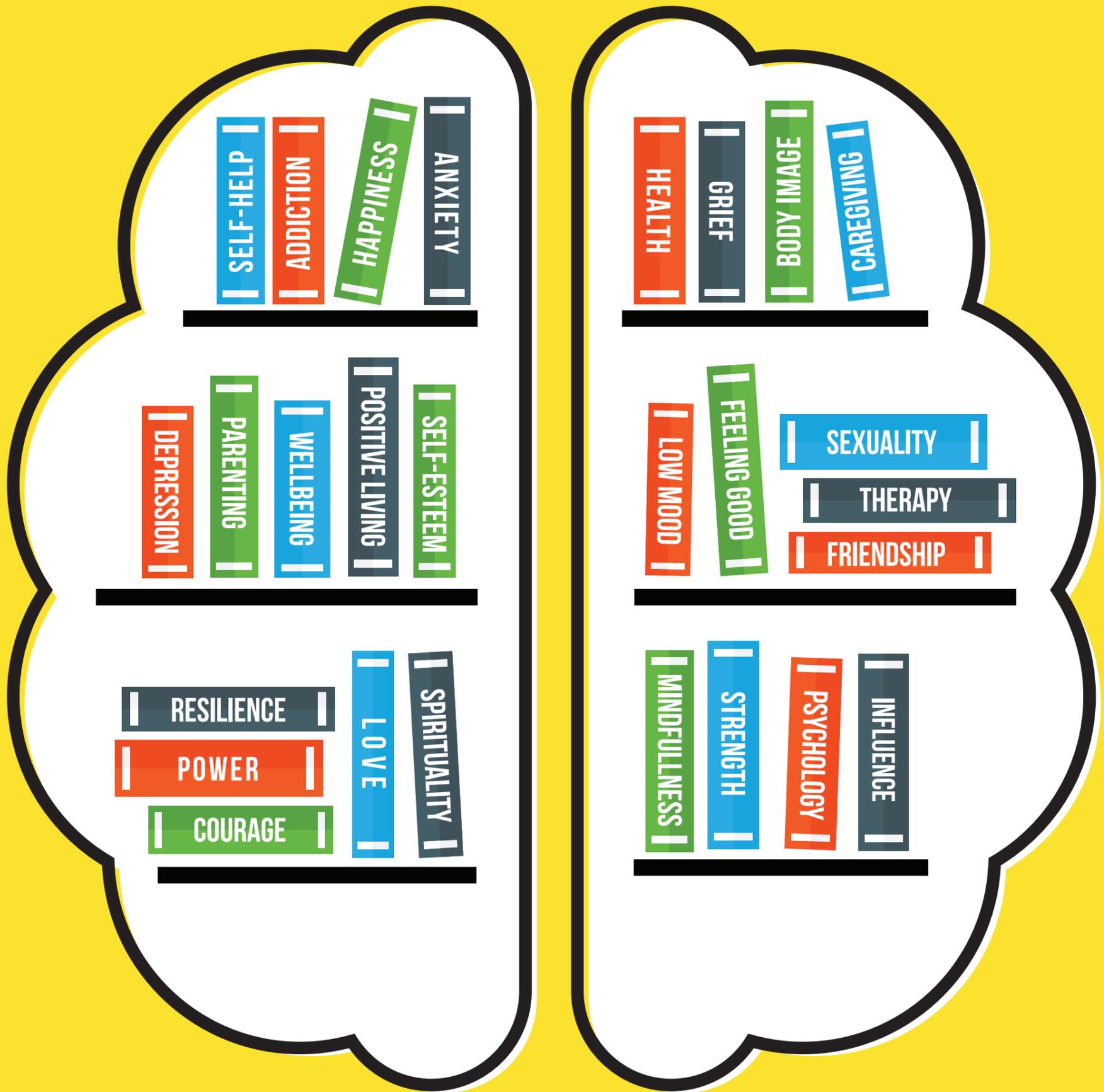


THE WELLNESS LIBRARY



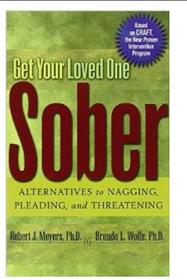
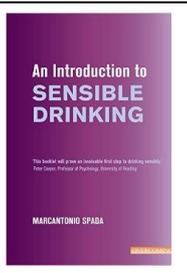
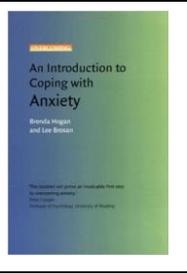
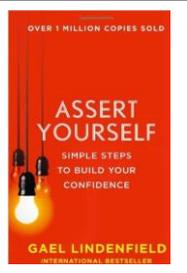
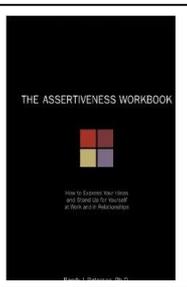
FOR PATIENTS & STAFF

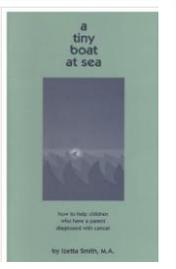
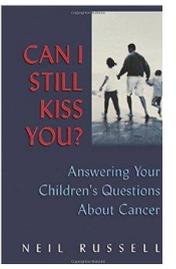
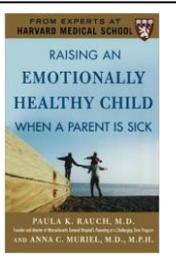
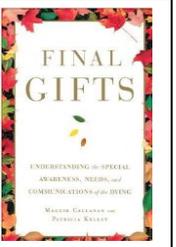
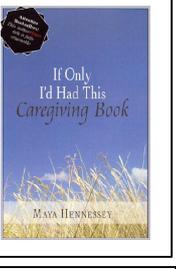
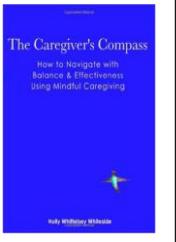
Bibliotherapy is the use of books for therapeutic purposes. Quality self-help books have been known to reduce emotional and psychological distress. Books in 'The Wellness Library' have been carefully selected by the Psycho-Oncology team in St. Luke's Hospital. If you would like to borrow items from this collection please phone: **01-4065224** or email: **library@slh.ie**

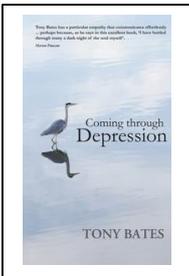
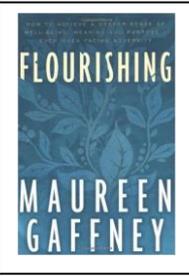
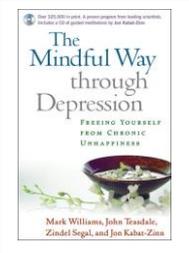
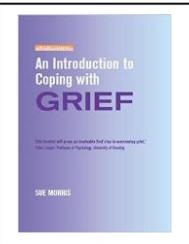
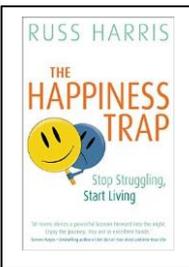
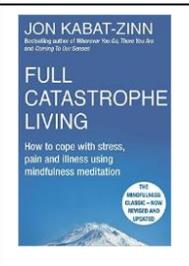


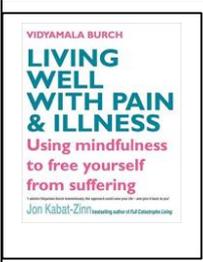
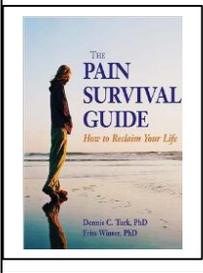
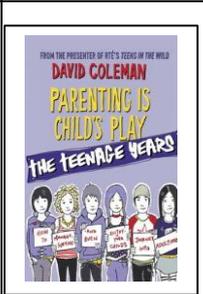
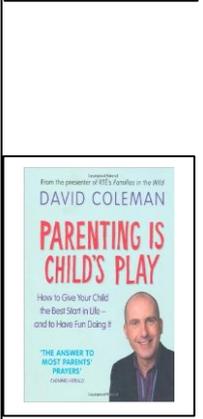
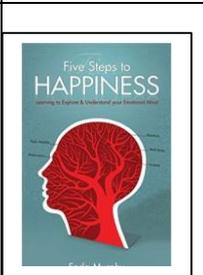
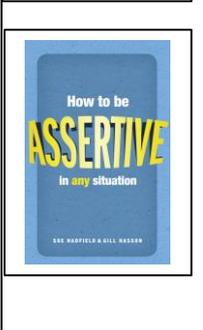
Saint Luke's
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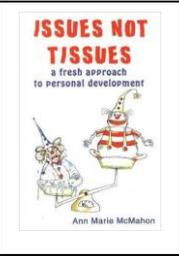
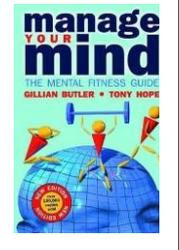
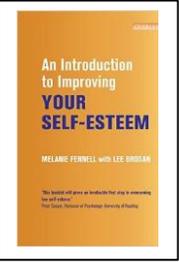
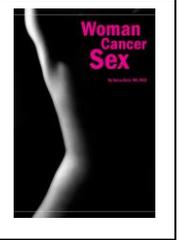
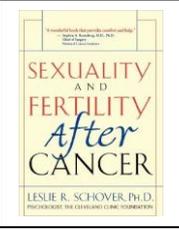
BIBLIO THERAPY

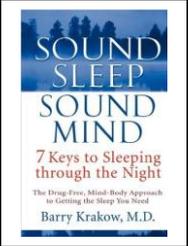
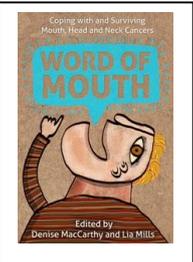
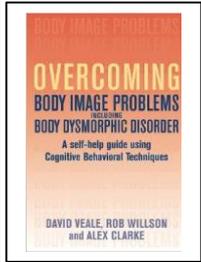
Issues	Book Title	Author(s)	Year	Content/Summary
Addiction	 <p>Get Your Loved One Sober: alternatives to nagging, pleading and threatening.</p>	Robert Meyers & Brenda Wolfe.	2001	<i>Supportive and clear. For readers concerned about their loved one's drinking.</i>
	 <p>An Introduction to Sensible Drinking.</p>	Marcantonio Spada	2001	<i>Non-judgemental and an easy read, this booklet will help people to take control of their drinking.</i>
Anxiety	 <p>An Introduction to Coping with Anxiety.</p>	Brenda Hogan & Lee Brosnan.	2007	<i>Accessible. Easy to read. Overview of symptoms and structured suggestions for overcoming anxiety.</i>
Assertiveness	 <p>Assert Yourself.</p>	Gail Lindenfield.	2001	<i>Shows ways to improve self-esteem and motivation, cope with unfair criticism and set goals for oneself. Written for a group audience, the book is still applicable to the individual reader.</i>
	 <p>The Assertiveness Workbook: How to Express Your Ideas and Stand Up for Yourself at Work and in Relationships.</p>	Randy Paterson.	2000	<i>This workbook draws on Cognitive Behavioural Therapy (CBT) principles which guide the reader to become assertive and communicate more effectively in both their personal and professional roles.</i>

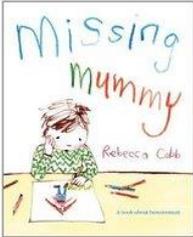
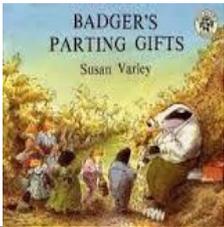
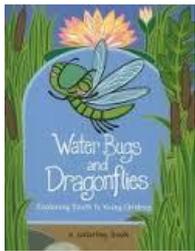
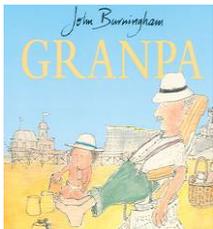
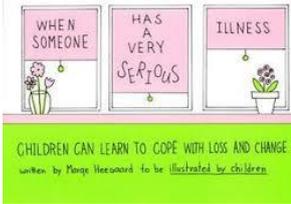
<p>Adults Helping Children & Teens with Anticipatory Grief</p>	  	<p>A Tiny Boat At Sea: how to help children who have a parent diagnosed with cancer.</p> <p>Can I Still Kiss You? Answering your children's questions about your cancer.</p> <p>Raising an Emotionally Healthy Child when a Parent is Sick.</p>	<p>Izetta Smith.</p> <p>Neil Russel.</p> <p>Paula K. Rauch & Anna C Muriel</p>	<p>2000</p> <p>2001</p> <p>2005</p>	<p><i>A brief, comprehensive guide for parents talking to their kids about their illness. This book gives parents an understanding of their child's developmental needs and responses.</i></p> <p><i>This book is written by a father with cancer and is formatted as Q&A giving the reader/parent help with finding the words/information to talk to their children about all phases of cancer diagnosis.</i></p> <p><i>This book is based on the PACT program used at Massachusetts General Hospital and covers a wide range of emotional and practical aspects; from understanding your unique child and how to best communicate with him/her regarding illness issues to organizing a family support system.</i></p>
<p>Caregivers/Family Member Support with End of Life</p>		<p>Final Gifts: Understanding the Special Awareness, Needs, and Communications of the Dying.</p>	<p>Maggie Callanan & Patricia Kelley.</p>	<p>1997</p>	<p><i>Written by two experienced hospice nurses, this book provides assistance to both family and professional caregivers as to how to communicate and provide emotional support for those in the dying process.</i></p>
<p>Caregiving</p>	 	<p>If Only I'd Had This Caregiving Book</p> <p>The Caregiver's Compass: How to Navigate with Balance and Effectiveness Using Mindful Caregiving.</p>	<p>Maya Hennessy.</p> <p>Holly Whiteside.</p>	<p>2006</p> <p>2009</p>	<p><i>Based on her experience with her husband's cancer, the author gives practical advice she learned en-route.</i></p> <p><i>Excellent book/journal for caregivers. Self-help by making a shift in orientation to caregiving.</i></p>

Depression/Low Mood		Coming Through Depression (CD included).	Tony Bates.	2011	<i>Clearly written. Explains what depression is, how to recover and stay mentally healthy using mindfulness.</i>
		Flourishing: how to achieve a deeper sense of well-being, meaning and purpose - even when facing adversity.	Maureen Gaffney.	2011	<i>This book draws in detail from psychological research and is aimed at individuals who want practical strategies for maintaining well-being when facing adversity.</i>
		The mindful way through depression: freeing yourself from chronic unhappiness. [Includes CD]	Jon Kabat-Zinn, John Teasdale, Mark Williams & Zindel Segal.	2007	<i>This text draws on both Eastern meditative traditions and cognitive therapy to provide a step by step immersion into the practice of mindfulness. An accompanying guided meditation CD is narrated by Jon Kabat-Zinn.</i>
Grief		An Introduction to Coping with Grief.	Sue Morris.	2010	<i>This self-help guide explores and examines the grieving process while offering CBT strategies for adjusting to life without a loved one. This practical booklet is also suitable for health professionals and carers.</i>
Mindfulness		The happiness trap: based on ACT - a revolutionary mindfulness-based programme for overcoming stress, anxiety and depression.	Russ Harris.	2008	<i>This self-help book is based on the theory of Acceptance and Commitment Therapy (ACT). It provides insight into skills and techniques, drawn from the principles of mindfulness, to manage the challenges of day to day living.</i>
		Full catastrophe living : how to cope with stress, pain and illness using mindfulness meditation.	Jon Kabat-Zinn.	2004	<i>A practical guide to living a healthier life in a modern world. The book draws on the principles of mindfulness based stress reduction and includes exercises in mindfulness meditation.</i>

<p>Pain</p>	 	<p>Living well with pain and illness: the mindful way to free yourself from suffering.</p> <p>The pain survival guide: how to reclaim your life.</p>	<p>Vidyamala Burch.</p> <p>Fritz Winter & Denis Turk.</p>	<p>2008</p> <p>2006</p>	<p><i>Provides a practical guide to living with and managing chronic pain through the principle of mindfulness.</i></p> <p><i>An interactive workbook which introduces a 10-step program highlighting how gradual changes in specific behaviours can lead to an enhance quality of life despite chronic pain.</i></p>
<p>Parenting</p>	 	<p>Parenting is child's play: the teenage years.</p> <p>Parenting is child's play: how to give your child the best start in life - and to have fun doing it.</p>	<p>David Coleman.</p> <p>David Coleman.</p>	<p>2010</p> <p>2007</p>	<p><i>David Coleman popularly known for his RTÉ series Teens in the Wild expertly describes the journey from childhood to adulthood. He highlights the challenges of this transition for both adolescent and parent while providing key information and practical strategies.</i></p> <p><i>Written by RTÉ series host David Coleman, this book tale a light-hearted approach to address the stress of parenting a child under the age of six. Various aspects of parenting are explored that include discipline, eating and finding balance as a working parent.</i></p>
<p>Self-Development</p>	 	<p>Five Steps to Happiness: Learning to Explore and Understand Your Emotional Mind.</p> <p>How to be assertive in any situation.</p>	<p>Enda Murphy.</p> <p>Gill Hasson & Sue Hadfield.</p>	<p>2013</p> <p>2011</p>	<p><i>A practical book for individuals and family members that helps develop emotional understanding.</i></p> <p><i>A guide with real-life examples and scenarios on how to develop your assertiveness, confidence and self-esteem.</i></p>

		<p>Issues not tissues: a fresh approach to personal development.</p>	<p>Anne-Marie McMahon & Joanne McElgun n.</p>	<p>1993</p>	<p><i>Useful for daily life, this book provides techniques and practical advice on how to manage our approaches to low self-confidence, low mood, and troublesome relationships.</i></p>
		<p>Manage your mind: the mental fitness guide.</p>	<p>Gilian Butler & Tony Hope.</p>	<p>2007</p>	<p><i>This self-help book uses CBT techniques and practical strategies for time management, problem solving, maintaining perspective, learning relaxation skills and coping with anxiety and low mood. These techniques can be applied to personal and interpersonal challenges at home and at work.</i></p>
<p>Self-Esteem</p>		<p>An Introduction to Improving Your Self-Esteem.</p>	<p>Melanie Fennell with Lee Brosnan.</p>	<p>2011</p>	<p><i>Clear and accessible. Explains in a concise manner how low self-esteem develops and how it is maintained. A good introduction to the concept.</i></p>
<p>Sexuality</p>		<p>Woman Cancer Sex.</p>	<p>Anne Katz.</p>	<p>2009</p>	<p><i>Explains the changes that many women with cancer experience and offers practical and compassionate advice on how to handle these changes. Each chapter describes the experience of a woman with a particular kind of cancer and a variety of related problems, including loss of libido, physical pain, and struggles communicating with a partner.</i></p>
		<p>Sexuality and Fertility After Cancer.</p>	<p>Leslie Schover.</p>	<p>1997</p>	<p><i>Outlines the emotional and physical impact of a cancer diagnosis with specific focus on sexuality and fertility. Sections covered</i></p>

					<i>in the book include, dating, staying sexually active and sexual orientation.</i>
Sleep Hygiene		Sound sleep, sound mind: 7 keys to sleeping through the night.	Barry Krakow.	2007	<i>The aim of this book is to explore the physical and emotional aspects of poor sleeping patterns while providing tools and techniques to address the specific problems of sleeplessness.</i>
Managing Side Effects		Managing hot flushes and night sweats: a cognitive behavioural self-help guide to the menopause.	Myra Hunter & Melanie Smith.	2014	<i>This book provides an interactive four week cognitive behavioural therapy (CBT) programme with up to date and balanced information about menopause. The self help guide provides insight into the biological and psychological influences of menopause while also providing strategies to reduce the impact of hot flushes and night sweats.</i>
		Word of mouth: coping with and surviving mouth, head & neck cancers	Denise MacCarthy & Lia Mills	2013	<i>This book is designed to help those with mouth, head and neck cancers. With contributions from a broad range of medical professionals and from survivors who describe the challenges they faced and how they overcame them, Word of Mouth offers information, advice and personal stories across diagnosis, treatment and recovery.</i>
		Overcoming body image problems, including body dysmorphic disorder: a self-help guide using cognitive behavioural techniques.	David Veale, Rob Willson & Alex Clarke.	2009	<i>An accessible text for those who may be faced with the preoccupation of negative body self-image. The authors provide self help tools and techniques informed by Cognitive Behavioural Therapy (CBT).</i>

	Children under the age of 5				
Suggested Reading list For Children		Missing Mummy	Rebecca Cobb	2011	<i>This book deals with the loss of a parent from a child's point of view. Perfectly pitched text and evocative artwork explore the many emotions a bereaved child may experience. The book focuses on the child being part of a family, and the importance of treasured memories.</i>
	Book for Age 5 to 8				
		Badger's Parting Gifts	Susan Varley	1992	<i>A lovely picture book that emphasises the importance of remembering the person who has died.</i>
	Books for 9 – 12 years				
		Water bugs and Dragonflies	Doris Stickney	1997	<i>This pocket size booklet with small black and white pictures is based on a fable, associating death with a water bug's transformation into a dragonfly. It portrays the mystery around death and may need an adult to explain the analogy.</i>
		Granpa	John Burningham	1991	<i>This beautifully detailed picture book has very few words but tells the story of a little girl's relationship with her Granpa describing the happy times they spent together until his death. Children may benefit from reading this book with an adult to elaborate on the messages the book conveys.</i>
	Various age groups				
		When someone has a very serious illness: children can learn to cope with loss and change	Marge Heegaard	1992	<i>An excellent resource for children of all ages. The book focuses on helping children learn the basic concepts of illness and the various ways of coping with it.</i>

A note for the reader: Please consider that these books have content of a sensitive nature. If you have any concerns please contact (01) 4065163.