

# HEALTH RESOURCE CENTRE

Phone: 578-4080

**NEW MATERIALS:** April - June 2009

## Consumer Health

- BF 637.C5 S245b 1998 The bodacious book of succulence: daring to live your succulent wild life
- QT 260 C594n 2008 Nancy Clark's sports nutrition guidebook. —4th Ed.
- WB 320 K18l 2009 Life on wheels: the A to Z guide to living fully with mobility issues. —2nd Ed.
- WD 175 B238e 2008 Easy gluten-free baking
- WD 175 B967o 2008 100 questions and answers about celiac disease and sprue
- WD 175 G797c 2006 Celiac disease: a hidden epidemic
- WD 175 K84l 2006 Living gluten-free for dummies
- WD 175 L716g 2007 The gluten connection: how gluten sensitivity may be sabotaging your health — and what you can do to take control
- WD 175 L915g 2005 The gluten-free: the thoroughly indispensable guide to negotiating life without wheat
- WD 175 T341t 2009 Tell me what to eat if I have celiac disease: nutrition you can live with
- WD 175 W246h 2009 Healthier without wheat: a new understanding of wheat allergies, celiac disease, and non-celiac gluten intolerance
- WE 344 S411a 2009 Arthritis: 300 tips for making life easier
- WI 700 M613c 2009 The comfort of home for chronic liver disease: a guide for care-givers.
- WK 810 R815c 2009 The Canadian type 2 diabetes sourcebook. — 3rd Ed.
- WL 354 D415b 2008 Brainwash: maximize your recovery from mild brain injury. — 3rd Ed.
- WL 354 S949b 2008 Brain injury survival kit: 365 tips, tools & tricks to deal with cognitive function loss
- WL 360 M961 2008 Multiple sclerosis: the questions you have, the answers you need. --4th Ed.
- WL 400 P176s 2008 Spinal cord injury: a guide for living. — 2nd Ed.
- WL 400 S757 2008 Spinal cord injury
- WL 704 B985e 2008 Explain pain
- WL 704 D131l 2006 Living beyond you pain: using acceptance & commitment therapy to ease chronic pain
- WM 172 B775a 2005 The anxiety & phobia workbook. — 4th Ed.
- WM 172 D263r 2008 The relaxation & stress reduction workbook
- WM 172 W562t 2007 10 simple solutions to stress: how to tame tension & start enjoying your life
- WM 175 B866i 2005 Inside Amy: adults and eating disorders out in the open
- WM 175 C957t 2006 Thin enough: my spiritual journey through the living death of an eating disorder
- WM 175 D252i 2006 I'm beautiful, why can't I see it?
- WM 175 E14 2003 Eating disorders: an overview. — 2nd Ed.
- WM 175 F795 1996 Foxy fables and facts about dieting
- WM 175 I6'1 2003 An introduction to food and weight problems. — 2nd Ed.
- WM 175 L783g 2007 Gaining: the truth about life after eating disorders
- WM 175 M175w 2008 Why she feels fat: understanding your loved one's eating disorder and how you can help
- WM 175 M537i 2007 It's not about the weight: attacking eating disorders from the inside out
- WM 175 N251b 1999 Binge no more: your guide to overcoming disordered eating
- WM 175 S294l 2004 Life without Ed: how one woman declared independence from her eating disorder and how you can too
- WM 175 S571s 2009 Surviving an eating disorder: strategies for family and friends. -- 3rd Ed.
- WM 175 S648a 2004 Anorexia and bulimia in the family: one parent's practical guide to recovery
- WM 175 T784j 2006 Anorexia nervosa: a survival guide for families, friends and sufferers
- WM 175 U55 2003 Understanding and overcoming an eating disorder. — 2nd Ed.
- WM 175 V956h 2004 Hidden hunger: overcoming eating disorders through God's healing power
- WM 175 W357a 1993 Anorexia nervosa and recovery: a hunger for meaning
- WM 188 H375n 2001 No more sleepless nights workbook
- WM 190 F911w 1997 When girls feel fat: helping girls through adolescence
- WM 190 R692b 1992 Body traps: breaking the binds that keep you from feeling good about your body

WQ 150 S678h 2009 Healthy beginnings: giving your baby the best start, from pre-conception to birth. –4th Ed.  
WS 115 N273w 1999 When your child has an eating disorder: a step-by-step workbook for parents and other caregivers  
WS 350.6 L867g 2009 Getting your kid on a gluten-free casein-free diet

### **Circulating**

QT 104 T427h 2010 The human body in health & disease. – 5th Ed.  
QU 300 E78 2010 Essential cell biology. – 3rd Ed.  
QY 39 V217d 2009 Davis's comprehensive handbook of laboratory and diagnostic tests with nursing implications. – 3rd Ed.  
W 15 C1712s 2008 A short course in medical terminology: enhanced reprint  
WB 39 H23663 2010 Handbook of signs & symptoms. – 4th Ed.  
WB 105 E935 2009 Evidence-based emergency medicine  
WB 310 T355 2006 Textbook of palliative medicine  
WL 355 S291 2009 Stroke recovery & rehabilitation  
WM 170 E275 2009 Effective treatments for PTSD: practice guidelines from the International Society for Traumatic Stress Studies. – 2nd Ed.  
WS 39 B792m 2010 Manual of ambulatory pediatrics. – 6th Ed.  
WT 150 A5126 2009 The American Psychiatric Publishing textbook of geriatric psychiatry. –4th Ed.  
WY 18.2 M385s 2010 Strategies, techniques, & approaches to thinking: critical thinking cases in nursing. –4th Ed.  
WY 18.5 M367cr 2009 Mosby's comprehensive review for the Canadian RN exam  
WY 18.5 M367pg 2007 Mosby's prep guide for the Canadian RN exam  
WY 49 C641 2010 Clinical nursing skills & techniques. –7th Ed.  
WY 100 P868c 2009 Canadian fundamentals of nursing. – 4th Ed.  
WY 100 W951n 2009 Nurses and families: a guide to family assessment and intervention. --5th Ed.  
WY 100.2 I29 2009 The illustrated guide to safe patient handling and movement  
WY 100.4 H434 2009 Health promotion strategies through the lifespan. – 2nd Cdn. Ed.  
WY 161 L782c 2009 Clinical coach for effective perioperative nursing care

### **Reference**

QZ 4 R6354 2010 Robbins and Cotran pathologic basis of disease. –8th Ed.  
W 13 T113d 2009 Taber's cyclopedic medical dictionary. –21st Ed.  
WC 100 A512r 2009 Red book: 2009 report of the committee on infectious diseases. -- 28th Ed.  
WL 140 R785a 2009 Adams and Victor's principles of neurology. – 9th Ed.  
WM 100 K173 2009 Kaplan & Sadock's comprehensive textbook of psychiatry. – 9th Ed  
WX 173 C652g 2009 2009 guidelines for the protection of health information. –Rev. Ed.

### **Audio/ Visual**

CD – Letting go of stress: four effective techniques for relaxation and stress reduction