

CWPT Library and Knowledge Services

Reading Well for Long Term Conditions

Trust libraries have a selection of books from the Reading Agency's Reading Well for Long Term Conditions collection

The aim is to assist understanding and management of health and wellbeing using books endorsed by health experts, as well as people living with these conditions, their relatives and carers.

Local public libraries also have books from this collection.

Further information can be found at the Reading Agency website

For a wider selection of related books, visit the trust library website:
<http://cwpt.wordpress.ptfs-europe.co.uk/>

How to Feel Better

Frances Goodhart and Lucy Atkins

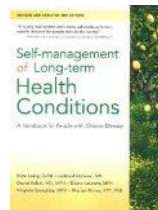


In the past, it was understood that poor health takes its toll on emotions, relationships, morale and 'spirit'. Now, we neglect what scientific studies show is a vital element of recovery: the emotional side of getting better. As a result, many struggle with hidden

issues such as depression, stress and anxiety long after a health crisis. This book centres on the research-based truth that 'getting better' is not just about the body - emotions play a huge part. Often, a person's emotional state is the one thing stopping them from a full recovery.

Self-Management of Long-Term Health Conditions

Lucy Lorig

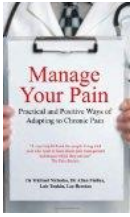


This new edition is fully updated with the latest research and information. The book is a vital resource full of practical tips, suggestions, and strategies to build confidence in managing

chronic illness and symptoms, such as fatigue, pain, shortness of breath, disability, and depression. It encourages readers to develop individual approaches to setting goals, making decisions, and finding resources and support.

Manage Your Pain

Michael Nicholas and Allan Molloy



The causes of chronic pain can have a wide range of causes. The sufferer endures complete disruption to their life and excruciating pain that no drug can alleviate. This book can guide anyone towards recovery from pain. Drawing on the

authors experience and the latest research it explains positive and practical ways to adapt to chronic pain and minimise the impact it has on your life. The way forward is to understand that there is a pattern to the pain you suffer and that practical steps can be taken to return to normal life.

Overcoming Chronic Pain

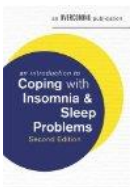


Francis Cole, Hazel Howden-Leach, Helen Macdonald, Catherine Carus

Chronic pain can be extremely debilitating, but it does not need to dominate your life. This self-help book is based on effective self-help methods developed by specialists and used in community and hospital pain-management programs. Your experience of pain can be greatly reduced by pacing daily activities, reducing stress, learning relaxation techniques and effective ways to cope with depression, anxiety, worry, anger and frustration.

An Introduction to Coping with Insomnia and Sleep Problems

Colin Espie

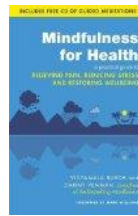


Poor sleep can have a huge impact on our health and wellbeing, leaving us feeling run-down, exhausted and stressed. This self-help guide explains the causes of insomnia and why it is so difficult to break bad habits. It gives you clinically

proven cognitive behavioural therapy techniques for improving the quality of your sleep, eg: Keeping a sleep diary, Setting personal goals, Making lasting improvements to your sleeping and waking pattern

Mindfulness for Health

Vidyamala Burch and Danny Penman

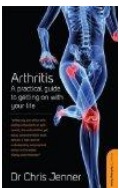


This book reveals simple practices that can be incorporated into daily life to relieve chronic pain and the suffering and stress of illness. Clinical trials show that mindfulness meditation can be as effective as prescription

painkillers and enhances the body's natural healing systems. Mindfulness can also reduce the anxiety, depression, irritability, exhaustion and insomnia that can arise from chronic pain and illness.

Arthritis: A Practical Guide to Getting On with your Life

Chris Jenner



Arthritis is a common cause of disability, affecting areas in and around the joints and bringing misery to many. It impacts hugely on the lives of sufferers and their families. Starting with a look at the condition itself, it

focuses on the many ways in which arthritis can affect life and presents a variety of options of how the effects of this disease can be minimised so that quality of life is restored.

Type 2 Diabetes in Adults of All Ages

Charles Fox and Anne Kilvert

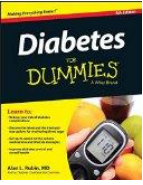


This book covers the changes needed at diagnosis, the wide range of treatments available and how to incorporate care of your diabetes into daily life. Chapters are devoted to

everyday issues such as travel, coping with illness, stress and work. There is a focus on all age groups. With this handbook you can take control of your health in the best way possible.

Diabetes for Dummies

Alan Rubin

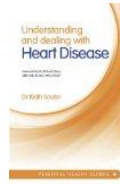


This book includes information on diabetes medications and monitoring equipment, new findings about treating diabetes, new ways to diagnose and treat long- and short-term complications,

updated nutritional guidelines, new tools for measuring blood sugar and delivering insulin. From monitoring and maintaining glucose to understanding the importance of exercising and eating right this book empowers you to take control and keep your life on a healthy track.

Understanding and Dealing with Heart Disease

Keith Souter



The effects of coronary heart disease include angina, heart failure, abnormal heart rhythms, and heart attacks. Heart disease has a serious effect on the lives of not only its sufferers, but also those who care for them. This

book gives the basic information needed to understand coronary artery disease and how to deal with it, including details on: How the heart works; Problems caused by coronary heart disease; Recovering from a heart attack and dealing with angina or heart failure; Lifestyle changes to improve your health.

Stroke: The Facts

Richard Lindley



Stroke care has been revolutionised by better prevention, treatment, and widely available rehabilitation. Nonetheless, stroke is the second most common cause of death worldwide. This book

provides facts and advice as to why strokes occur and how they can be prevented in the future. Concise in style but comprehensive in approach, it describes the myriad of symptoms, varied presentations, and longer-term consequences of this disabling condition.

The Carer's Handbook

Jane Matthews

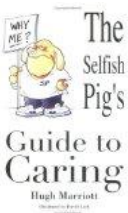


This indispensable guide aims to be a one-stop-shop for the huge percentage of the population who, now or later, find themselves in a caring role,

whether that involves shopping for a housebound neighbour, or giving up work to care full-time for a disabled child or confused parent. This book will also help carers care for themselves. It looks at the difficult feelings that go hand in hand with caring, including how relationships are affected. There's guidance on what to do when a carer stops coping, and how to prepare emotionally and practically for the time when caring comes to an end.

The Selfish Pig's Guide to Caring: How to Cope with the Emotional and Practical Aspects of Caring for Someone

Hugh Marriott



Six million people in the UK, often unnoticed by the rest of us, provide unpaid care for disabled or elderly relatives, friends or neighbours. Their job is long, lonely and hard, yet there is limited support and no formal training. As a result, carers suffer frequent damage to physical and mental health. Oddly, though carers by definition are anything but selfish pigs, they are liable to feelings of guilt, probably brought on by fatigue and isolation. The author's aim is bring into the open everything he wishes he'd been told when he first became a carer. The book airs such topics as sex, thoughts of murder, and dealing with the responses of friends and officials who fail to understand.

CWPT Library and Knowledge Services

Education Centre Library

St Michael's Hospital, Warwick

Tel. 01926 406749

stmichaels.library@covwarkpt.nhs.uk

Health Sciences Library

Caludon Centre, Coventry

Tel. 02476 932450

caludon.library@covwarkpt.nhs.uk

Brian Oliver Library

Brian Oliver Centre, Brooklands

Tel. 0121 3294923

brooklands.library@covwarkpt.nhs.uk

Manor Court Library

Manor Court Avenue, Nuneaton

Tel. 02476 321561

manorcourt.library@covwarkpt.nhs.uk

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