

Providence Newberg Medical Center Health Resource Center
Book Recommendation List
Christina Seeger, MLS (2006)

***American Diabetes Association Complete Guide to Diabetes : The Ultimate Home Reference from the Diabetes Experts (2002)**

Author: The American Diabetes Association
Diabetes

***American Dietetic Association Complete Food and Nutrition Guide (2002)**

Author: Duyff, Roberta Larson, American Dietetic Association
Nutrition

Arthritis Rx: A Cutting Edge Program for a Pain-Free Life (2006)

Author: Vad, Vijay
Senior/General (Disease-specific)

***Attention Deficit Disorder: The Unfocused Mind in Children and Adults (2005)**

Author: Brown, Thomas
Behavioral

**Be a Survivor: Your Guide to Breast Cancer Treatment, Third Edition (2005)
(Book and DVD)**

Author: Lange, Vladimir
Cancer

Beyond Tears: Living After Losing a Child (2005)

Author: Ellen Mitchell
Grief

***Changing Bodies, Changing Lives: Expanded Third Edition : A Book for Teens on Sex and Relationships (1998)**

Author: Bell, Ruth
Teen Health

Current Medical Diagnosis & Treatment (2006)

Author: Tierney, Lawrence M., McPhee, Stephen J., & Papadakis, Maxine A.
General

***Delivered from Distraction: Getting the Most Out of Life With Attention Deficit Disorder (2005)**

Author: Hollowell, Edward & Ratey, John J.
Behavioral

***Dr. Susan Love's Breast Book: New Edition (2005)**

Author: Love, Susan M. Lindsey, Karen & Williams, Marcia
Cancer/Women's Health

Eight Minutes in the Morning to a Flat Belly (2004)

Author: Cruise, Jorge

Fitness

The Emotional Survival Guide for Caregivers: Looking After Yourself and Your Family While Helping an Aging Parent (2006)

Author: Jacobs, Barry

Senior

***The Essential Guide to Prescription Drugs 2005: Everything you Need to Know for Safe Drug Use (2006)**

Author: Rybacki, James J.

General

***Everyone's Guide To Cancer Therapy Fourth Edition (2002)**

by Dollinger, Malin, Tempero, Margaret, Rosenbaum, Ernest & Mulvihill, Sean

Cancer

***Fibromyalgia and Chronic Myofascial Pain: A Survival Manual, 2nd Edition (2001)**

Author: Starlanyl, Devin J. & Copeland, Mary Ellen

Pain/General (Disease- specific)

***The First Year-Multiple Sclerosis: An Essential Guide for the Newly Diagnosed (The First Year Series) (2007)**

Author: Blackstone, Margaret

General (Disease-specific)

Getting Hip: Recovery From A Total Hip Replacement (2004)

Author: Macdonald, Sigrid

Surgery

***The Happiest Baby on the Block : The New Way to Calm Crying and Help Your Newborn Baby Sleep Longer – Book/DVD (2002)**

Author: Karp, Harvey

Parenting

The Medical Advisor: The Complete Guide to Alternative & Conventional Treatments (2000)

General

***Mediterranean Diet (2004)**

Author: Cloutier, Marissa

Nutrition

***The Merck Manual of Medical Information : 2nd Home Edition (2004)**

by Beers, Mark H.

General

***The New Harvard Guide to Women's Health (2004)**
by Carlson, Karen J., Eisenstat, Stephanie A. & Ziporyn, Terra
Women's Health

The No-Cry Sleep Solution: Gentle Ways to Help Your Baby Sleep Through the Night (2002)
Author: Pantley, Elizabeth & Sears, William
Parenting

***Our Bodies, Ourselves : A New Edition for a New Era (2005)**
Author: Boston Women's Health Book Collective
Women's Health

***Outliving Heart Disease: The 10 New Rules for Prevention and Treatment (2006)**
Author: Stein, Richard A.
Heart

Parenting With Love and Logic (Updated, 2006)
Author: Cline, W. Foster & Fay, Jim
Parenting

A Patient's Guide to Knee and Hip Replacement : Everything You Need to Know (1999)
Author: Irwin Silber
Surgery

The Period Book (2006)
Gravelle, Karen
Parenting

***Pregnancy, Childbirth, and the Newborn, Revised and Updated : The Complete Guide (2001)**
Author: Simkin, Penny, Whalley, Janet, & Keppler, Ann
Also available in Spanish
Pregnancy

Pumping Insulin: Everything you Need for Success with An Insulin Pump, 4th ed. (2006)
Author: Walsh, John & Roberts, Ruth
Diabetes

Quit Before You Know It : The Stress-Free, Guilt-Free Way to Stop Smoking - by Planning Your Relapses (2006)
by Sandra Rutter
Behavioral/Wellness

***Stretching (2005)**

Martin, Suzanne
Fitness

***The Stroke Recovery Book (1998)**

Author: Burkman, Kip
Heart

***Strong Women Stay Young (Revised Edition) (2000)**

Author: Nelson, Miriam, & Wernick, Sarah
Women's Health

***Tear Soup**

Author: Pat Schwiebert & Chuck DeKlyen
Grief

***The 36-Hour Day : A Family Guide to Caring for Persons With Alzheimer Disease, Related Dementing Illnesses, and Memory Loss in Later Life (2001)**

Author: Mace, Nancy L. & Rabins, Peter V.
Senior

The Type 2 Diabetes Sourcebook (2005)

Author: Drum, David & Zierenberg, Terry
Diabetes

***When Bad Things Happen to Good People (1981)**

Author: Kushner, Harold S.
Grief

***A Woman's Guide to Menopause & Perimenopause (2006)**

Author: Minkin, Mary Jane & Wright, Carol V.
Women's Health

***Women's Health and Wellness: An Illustrated Guide**

Author: Anatomical Chart Company
Women's Health