



Mind and Body

Read yourself well. We've got the book to help – it might be a novel to lift your spirits or set your mind racing....a self help book to finally kick start that fitness regime....support when you're feeling low. The books listed below or a small sample of the books we have.....

Atkinson, Mark. The mind, body bible.

Do you suffer from negative thinking, dark moods, stress or low self esteem? Do you have symptoms that won't fully resolve with medical treatment? If the answer to any of the above is 'yes', Dr Mark Atkinson, a pioneer in the field of holistic and mind body medicine, can help you. In this landmark book he invites you to transform your health and enrich your life using his highly acclaimed Total Health approach.

Cheevers, Peter. Coping with family stress.

As everyone knows, you can choose your friends, but you can't choose your family. We all have disagreements with relatives, but for some, family can persist into adulthood as a major source of stress. This book looks at how you can live at peace with siblings and parents in adult life.

Hammond, Phil. Medicine balls: consultations with the world's greatest TV doctor

The world may be full of TV doctors but only Dr Phil has appeared on Have I Got News For You seven times and is medical correspondent to Private Eye. Dr Phil has worked in the NHS for twenty years but has only used it once. So how does he remain so healthy? This book is a humorous dissection of the modern NHS.

Hodgkinson, Tom. How to be lazy.

Drawing on history, poetry, philosophy and personal experience, this title is a spirited and joyful defence of laziness and good living. It includes advice, information and reflections on such important matters as lying in, long lunches, the art of the nap and how to skive.

Holford, Patrick. Alzheimer's prevention handbook: the 10 proven ways to stop memory decline and reduce the risk of Alzheimer's

Nutritionist and mental health expert Patrick Holford explores the myths about Alzheimer's disease and shows you how you can safeguard yourself against the disease, whatever your age or family history.

Knight, India & Thomas, Neris. Neris and India's idiot-proof diet: from pig to twig.

Ever hankered for a diet book by and for real people - people who, you know, actually have a life? This is it! If two unusually greedy, cocktail-loving mums can lose this amount of weight without much effort, so can anyone.

Liebmann-Smith, Joan & Egan, Jacqueline Nardi. Body signs: how to be your own diagnostic detective.

We all notice things about our body that are annoying, weird, perplexing or downright embarrassing. This text explains how our bodies communicate our internal health status through external signs, and reveals the connection between these outward signs and the inner workings of our bodies.

Marshall, Andrew G. I love you but I'm not in love with you

By looking at how a couple communicate, argue, share love, take responsibility, give and learn, Andrew Marshall offers, in seven steps, a reassuring and empowering map for how two individuals can better understand themselves, strengthen their bond and recover some of that lost magic.

Pemberton, Max. Trust me I'm a (junior) doctor.

The diary of the man who writes under the pseudonym of 'Max Pemberton' runs from 1 August, the date when junior doctors graduate to their first placements, and charts his touching and funny journey through his first year in the NHS.

Tolle, Eckhart. The power of now.

Tolle Eckhart shows readers how to recognize themselves as the creators of their own pain, and how to have a pain-free existence by living fully in the present. Accessing the deepest self, the true self, can be learned, he says, by freeing ourselves from the conflicting, unreasonable demands of the mind and living present, fully, and intensely, in the Now.

Other helpful books can be found at 158, 179, 610-619.

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