

MSSNZ Resource Collection - borrowable items

Alternative and complementary approaches

Author	Title	Call
Bell, L.	Gentle yoga	AC BEL
Chopra, D.	Quantum healing: exploring the frontiers of mind/body medicine	AC CHO
Chopra, D.	Restful sleep: the complete mind-body programme for overcoming insomnia	AC CHO
Gawler, I.	Meditation: pure and simple	AC GAW
Siegel, B.	Peace, love and healing: the path to self-healing	AC SIE
Siegel, B.	Love, medicine and miracles	AC SIE

Carers' issues

Author	Title	Call
Biggs, H. and Veltman, R.	The needs of persons with Multiple Sclerosis and their primary carers	CI BIG
Irving, T.	Rain, hail or shine: exploring change, loss and grief in a carer's world	CI IRV
Opie, A.	Caring alone: looking after the confused elderly at home	CI OPI

Daily living

Author	Title	Call
Benz, C.	Coping with Multiple Sclerosis: a practical guide to understanding and living with MS	DL BEN
De Vries, J.	Multiple Sclerosis: by appointment only	DL DEV
Milstrey Wells, S.	A delicate balance: living successfully with chronic illness	DL MIL
Nichols, J. and others	Living beyond Multiple Sclerosis: a women's guide	DL NIC
Peterman Schwarz, S.	300 tips for making life with Multiple Sclerosis easier	DL PET

Miscellaneous

Author	Title	Call
Gray, A.	Genes and Generations: living with Huntington's disease	M GRA
Kubler-Ross, E.	On death and dying	M KUB

Medical aspects

Author	Title	Call
Blackstone, M.	The first year - Multiple Sclerosis: an essential guide for the newly diagnosed	MA BLA
Coyle, P. and Halper, J.	Meeting the challenge of progressive Multiple Sclerosis	MA COY
Hill, B.	Multiple Sclerosis Q&A: reassuring answers to frequently asked questions	MA HIL
Holland, N., Murray, T. and Reingold, S.	Multiple Sclerosis: a guide for the newly diagnosed	MA HOL
Kalb, R.	Multiple Sclerosis: the questions you have, the answers you need	MA KAL

Krupp, L.	Fatigue in Multiple Sclerosis: a guide to diagnosis and management.	MA KRU
Murray, T. (Jock)	Multiple Sclerosis: the history of the disease	MA MUR
Polman, C. et al	Multiple Sclerosis: the guide to treatment and management	MA POL
Robinson, I., Neilson, S., and Clifford Rose, F.	Multiple Sclerosis at your fingertips	MA ROB
San Den Noort, S. and Holland, N.	Multiple Sclerosis in clinical practice	MA SAN
Schapiro, R.	Managing the symptoms of Multiple Sclerosis	MA SCH
Weiner, H.	Curing MS	MA WEI

Medical issues

Author	Title	Call
Donoghue, P. and Siegel, M.	Sick and tired of feeling sick and tired: living with invisible chronic illness	MI DON
Gillie, O.	Escape from pain	MI GIL
Spierings, E.	Migraine: questions and answers	MI SPI

Personal issues

Author	Title	Call
Campbell, G.	Tap dancing's out then?	PI CAM
Graham, J.	Multiple Sclerosis and having a baby	PI GRA
Kalb, R.	Multiple Sclerosis: a guide for families	PI KAL
LeMaistre, J.	Beyond rage: mastering unavoidable health changes	PI LEM
Rumrill, P.	Employment issues and Multiple Sclerosis	PI RUM
Segal, J. and Simkins, J.	My mum needs me: helping children with ill or disabled parents	PI SEG
Skylight Trust NZ	The journey through: a youth handbook for facing tough times of loss and grief	PI SKY
Stokes, J. and Crossley, D.	As big as it gets: supporting a child when someone in their family is seriously ill	PI STO
Tonkin, L.	Riding the storms: a book about loss and grief for older people	PI TON

Personal narratives

Author	Title	Call
Bayne, R.	Me and my shadow: aspects of Multiple Sclerosis	PN BAY
Brack, J. and Collins, R.	One thing for tomorrow: a woman's personal struggle with MS	PN BRA
Breslow, R.	Who said so?: a woman's fascinating journey of self discovery and triumph over Multiple Sclerosis	PN BRE
Burnfield, A.	Multiple Sclerosis: a personal exploration	PN BUR
Davoud, N.	Where do I go from here?	PN DAV
Forsythe, M.	Living with MS	PN FOR
Healey, A.	Why not me?: my journey with MS	PN HEA
James, G.	Nursing it & cursing it	PN JAM
Kidd, P.	I'm smiling as hard as I can	PN KID
Kramer, D.	Life on Cripple Creek	PN KRA

Manning, S.	Falling about laughing	PN MAN
Moorhead, L.	Coffee in the cereal: the first year with Multiple Sclerosis	PN MOO
Mythen, J.	Claude - MSing around: meeting the challenge of Multiple Sclerosis	PN MYT
Neutze, D.	As for tomorrow, I cannot say: 33 years with multiple sclerosis	PN NEU
Ottenberg, M.	The pursuit of hope	PN OTT
Trubo, R., Lawry, S. and Dugan, M.	Courage: the story of the mighty effort to end the devastating effects of Multiple Sclerosis	PN TRU
Weston, C. and Weston, D.	Every step of the way: coping victoriously with a crippling disease	PN WES
Wolf, J., Miles, M. and Pickett, K.	Vignettes: stories from lives with Multiple Sclerosis	PN WOL
Wolf, J.	Fall down seven times, get up eight: living well with Multiple Sclerosis	PN WOL

Treatment

Author	Title	Call
Bowling, A.	Alternative medicine and Multiple Sclerosis	T BOW
Fitzgerald, G. and Briscoe, F.	Multiple Sclerosis: healthy menus to help in the management of Multiple Sclerosis	T FIT
Graham, J.	Multiple Sclerosis: a self-help guide	T GRA
Jelinek, G.	Taking control of Multiple Sclerosis: natural and medical therapies to prevent its progression	T JEL
Kraft, G. and Catanzaro, M.	Living with Multiple Sclerosis: a wellness approach	T KRA
Loder, C.	Standing in the sunshine: the story of the Multiple Sclerosis breakthrough	T LOD
Sibley, W.	Therapeutic claims in Multiple Sclerosis	T SIB
Swank, R. and Brewer Dugan, B.	The Multiple Sclerosis diet book: a low-fat diet for the treatment of MS	T SWA

Videos

Author	Title	Call
MS Australia	An adult reflection on the impact of a mother with MS: Eliza's story	VID ADU
MS Australia	Effect of a parent with MS on children: the parent's viewpoint	VID EFF
MS Australia	A family discussion: adolescents with MS	VID FAM
Aventis	Your guide to Copaxone and "My support team"	VID GUI
CSL Pharmaceuticals	A guide to self-injection for new patients (Avonex)	VID GUI
Campion, M.	Isobel's baby	VID ISO
Burks, J.	Jack Burks' talk on Multiple Sclerosis	VID JAC
MS Australia	Lydia's story: MS from the age of 14	VID LYD
MS Australia	Melissa & Tim: MS and relationship, a journey of hope	VID MEL
MS Society (UK)	The onward journey	VID ONW
MS Australia	The views of children of parents with MS	VID VIE
MS Society (UK)	MS: Who cares	VID WHO
Sidelman, S.	Yogability and you with Shelley Sidelman: a therapeutic and rehabilitative approach to yoga	VID YOG
MS Australia	Young people with MS	VID YOU