How to Feel Better: Practical ways to recover well from illness… by Goodhart and Atkins
Offers simple, evidence-based strategies to help you to cope after a serious health problem.
Shelved at WA 70 GOO

Self-management of long-term health conditions… by Lorig, K
Contains practical tips, suggestions and strategies to build confidence in managing chronic illness and symptoms, such as fatigue, pain, shortness of breath, disability and depression.
Shelved at WB 600 LOR

Common Symptoms

Fatigue

Fighting fatigue: a practical guide to managing the symptoms… by Pemberton and Berry
Aims to offer expert advice on managing different aspects of everyday life that can affect energy and show how to put this advice into practice.
Shelved at WC 505 PEM

Overcoming Chronic Fatigue by Burgess and Calder.
Includes practical strategies for balancing activity and rest, dealing with blocks to recovery and ways of coping.
Shelved at WC 505 BUR

Pain

Manage your pain: practical and positive ways of adapting to chronic pain by Nicholas et al
Aims to explain the positive and practical ways in which you can adapt to chronic pain and minimise the impact it has on your life.
Shelved at WL 830 NIC
Overcoming chronic pain: a self-help guide...by MacDonald et al
An easy-to-follow self-help book based on self-help methods developed by specialists and used in community and hospital pain-management programs.

Shelved at WL 830 COL

Pain is really strange by Haines, S
Aims to answer questions such as 'how can I change my pain experience?' this short research-based book reveals just how strange pain is and explains how understanding it is often the key to relieving its effects.

Shelved at WL 830 HAI

An Introduction to Coping with Insomnia & Sleep Problems by Espie, C
Explains the causes of insomnia and why it is so difficult to break bad habits. It uses cognitive behavioural therapy techniques to assist in improving the quality of your sleep.

Shelved at WL 720 ESP

Mindfulness for health: a practical guide to relieving pain, reducing stress and restoring wellbeing by Burch & Pennman
Reveals a series of simple practices that you can incorporate into your daily life to relieve chronic pain and the suffering and stress of illness.

Shelved at WM 505 BUR

Arthritis: a practical guide to getting on with your life by Jenner, C
Focuses on the ways in which arthritis can affect daily life and the variety of options available to sufferers.

Shelved at WD 930 JEN

Bowel conditions

Irritable Bowel Syndrome: Answers at Your Fingertips by Shmueli, U
Aims to provide detailed guidance on all aspects of IBS, answering questions from people with the condition.

Shelved at WI 522 SHM

Irritable bowel syndrome: navigating your way to recovery by Arroll, M
Provides the latest guidance on causes, diagnosis and treatment of IBS, including the hugely significant part played by stress.

Shelved at WI 522 ARR

Go Your Chron Way by Nicholls, K
Demonstrates how Crohn's can be life-changing, but not just for the worse. The author gives advice and tips on adapting and thriving through Crohn's.

Shelved at WI 422 NIC

Breathing Difficulties

Asthma: Answers at Your Fingertips by Levy et al
Aims to answer real questions asked by people with asthma and their families, and answered by experts in the practical treatment of asthma.

Shelved at WF 555 LEV

Chronic obstructive pulmonary disease (COPD): the Facts by Currie, G
Describes how a COPD diagnosis is made and what treatments patients are likely to receive. It also includes examples of patient experiences throughout the text & answers to frequently asked questions.

Shelved at WF 648 CUR

Diabetes

Diabetes for dummies by Rubin, A
Looks at causes, symptoms and side effects to treatments and diet. This book aims to help give a better understanding of all types of diabetes and delivers advice on staying fit and feeling great.

Shelved at WK 850 RUB
Diabetes: The Facts by Matthews et al
Aimed at those living with diabetes, this book provides an introduction to diabetes including causes, symptoms, possible complications, management, psychological factors and what care to expect.
Shelved at WK 850 MAT

Type 2 diabetes in adults of all ages... by Fox, C and Kellow, A
Covers changes needed at diagnosis, the wide range of treatments available and how to incorporate care of your diabetes into daily life.
Shelved at WK 850 FOX

Understanding and dealing with heart disease by Souter, K
Aims to provide the basic information needed to understand coronary artery disease and how to deal with it.
Shelved at WG 200 SOU

How I rescued my brain... by Roland, D
The story of the authors neurological difficulties and remarkable cognitive recovery. It is also an account of a journey to emotional health and wellbeing.
Shelved at WL 412 ROL

Stroke: the Facts by Lindley, R
Aims to provide clear facts and practical advice as to why strokes occur and how they can be prevented in the future.
Shelved at WL 412 LIN

Rebuilding life after stroke by Morris et al
With insight from people who have experienced a stroke, this book focuses on what stroke survivors can do, rather than what they cannot. Using exercises, such as mindfulness techniques, to help move towards an acceptance of the long-term side effects.
Shelved at WL 435 MOR

Selfish pig's guide to caring... by Marriott, H
Written for those who are carers this book aims to bring to the open everything the author wishes he was told when he first became a carer.
Shelved at WA 190 MAR

Heart attack survival guide by Greener, M
Aims to help those at high risk prevent their first or subsequent heart attack as well as helping those who have experienced a heart attack get back to a normal life as soon as possible.

Coping with the psychological effects of illness... by Smith et al
Offers practical self-help strategies to help deal with the psychological effects of illness, peoples changed expectations of themselves and related lifestyle changes.

Arthritis: Exercise Your Way to Health by Coates, P
This simple to follow guide aims to help you to manage your arthritis by giving you an understanding of your diagnosis and how it impacts on your body and health.