

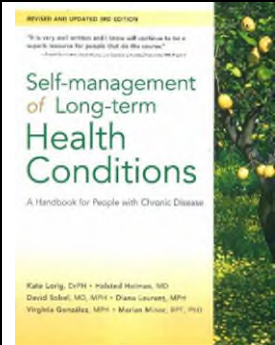

## Long Term Conditions

Reading Well for long term conditions provides information and support for people living with a long term health condition and their carers.

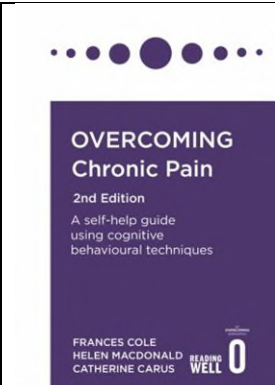
The booklist covers general advice and information about living with a long term condition, common symptoms and titles focused on specific conditions such as arthritis, bowel conditions, diabetes, heart disease and stroke.


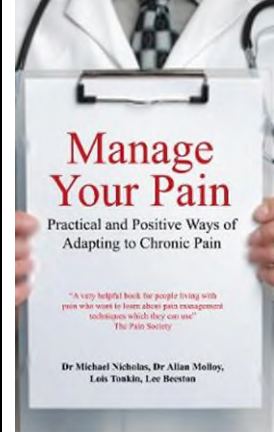
The books have all been recommended by people with lived experience of long term conditions and health professionals, and are available to borrow for free from public libraries.

### General

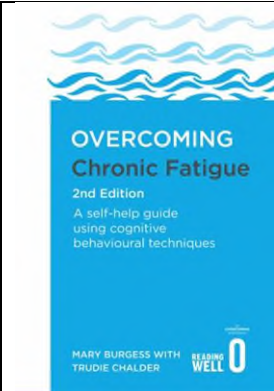
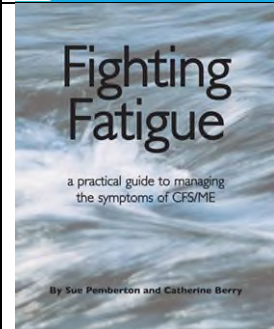
	<p><a href="#"><u>Self-Management of Long-Term Health Conditions: A Handbook for People with Chronic Disease</u></a></p> <p>Dr. Kate Lorig, Halsted Holman, David Sobel, Diana Laurent, Virginia Gonzalez, Marian Minor</p>
	<p><a href="#"><u>How to Feel Better: Practical Ways to Recover Well from Illness and Injury</u></a></p> <p>Dr. Frances Goodhart, Lucy Atkins</p>

### Pain

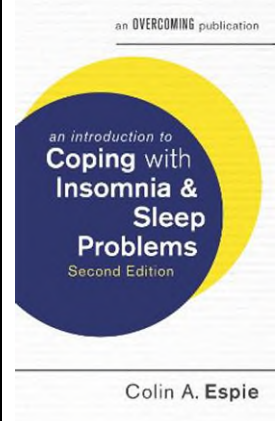
	<p><a href="#"><u>Overcoming Chronic Pain 2nd Edition: A self-help guide using cognitive behavioural techniques</u></a></p> <p>Frances Cole, Helen Macdonald, Catherine Carus</p>
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	<p><a href="#"><u>Pain is Really Strange</u></a></p> <p>Steve Haines, Sophie Standing</p>
	<p><a href="#"><u>Manage Your Pain: Practical and Positive Ways of Adapting to Chronic Pain</u></a></p> <p>Nicholas Michael, Allan Molloy, Lee Beeston</p>

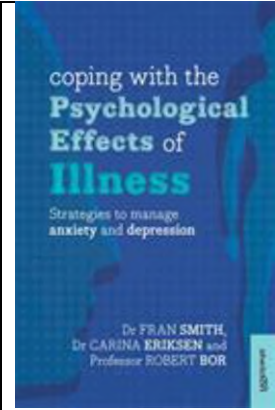
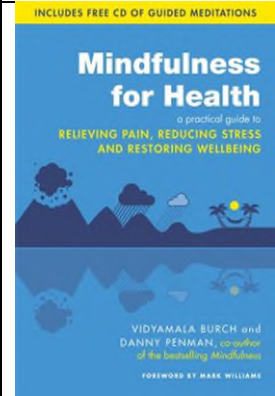
### Chronic Fatigue/ME

	<p><a href="#"><u>Overcoming Chronic Fatigue 2nd Edition: A self-help guide using cognitive behavioural techniques</u></a></p> <p>Mary Burgess</p>
	<p><a href="#"><u>Fighting Fatigue: Managing the Symptoms of CFS/ME</u></a></p> <p>Sue Pemberton, Catherine Berry</p>


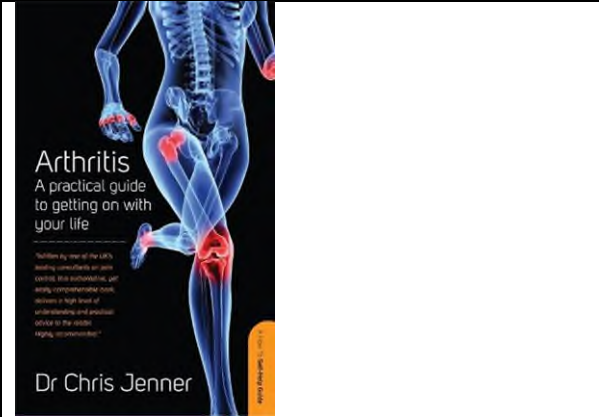
## Sleep Problems

	<p><a href="#"><u>An Introduction to Coping with Insomnia and Sleep Problems</u></a></p> <p>Colin A. Espie</p>
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## Mental Health and Wellbeing

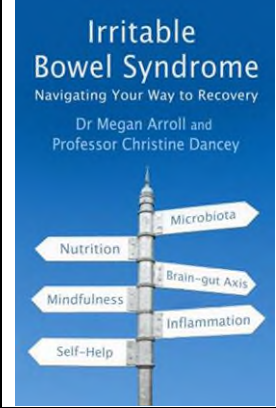
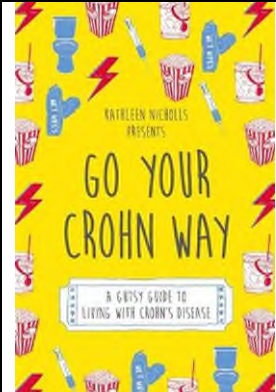
	<p><a href="#"><u>Coping with the Psychological Effects of Illness: Strategies to Manage Anxiety and Depression</u></a></p> <p>Fran Smith, Dr Robert Bor, Dr. Carina Eriksen</p>
	<p><a href="#"><u>Mindfulness for Health: A Practical Guide to Relieving Pain, Reducing Stress and Restoring Wellbeing</u></a></p> <p>Dr. Danny Penman, Vidyamala Burch</p>

## Arthritis

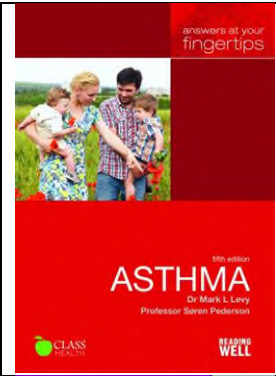
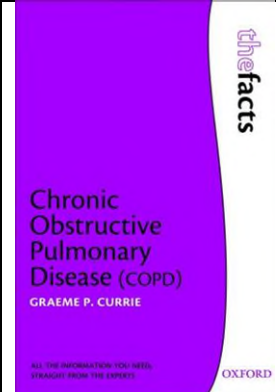
	<p><a href="#"><u>Exercise Your Way to Health: Arthritis</u></a></p> <p>Paula Coates</p>
	<p><a href="#"><u>Arthritis: A Practical Guide to Getting on With Your Life</u></a></p> <p>Chris Jenner</p>

## Bowel Conditions

	<p><a href="#"><u>IBS - Answers at your fingertips</u></a></p> <p>Udi Shmueli</p>
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		<p><a href="#"><u>Irritable Bowel Syndrome: Navigating Your Way to Recovery</u></a></p> <p>Megan A. Arroll</p>
		<p><a href="#"><u>Go Your Crohn Way: A Gutsy Guide to Living with Crohn's Disease</u></a></p> <p>Kathleen Nicholls</p>

## Breathing Difficulties

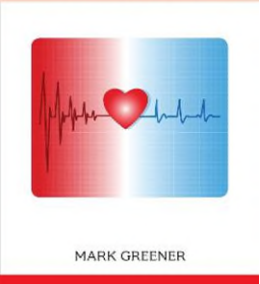
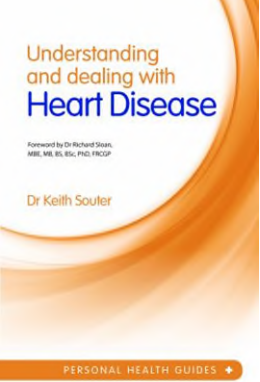
		<p><a href="#"><u>Asthma: Answers at Your Fingertips</u></a></p> <p>Mark Levy, Monica Fletcher, Soren Pederson</p>
		<p><a href="#"><u>Chronic Obstructive Pulmonary Disease: The Facts</u></a></p> <p>Graeme P. Currie</p>

## Diabetes

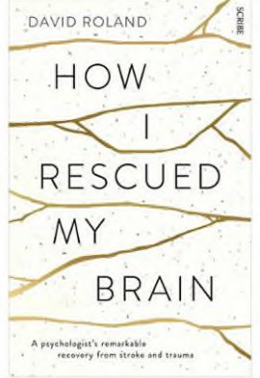
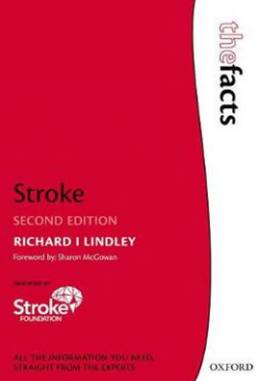
		<p><a href="#"><u>Type 2 Diabetes in Adults of All Ages: How to Become an Expert on Your Own Diabetes</u></a></p> <p>Dr. Charles Fox, Dr Anne Kilvert</p>
		<p><a href="#"><u>Diabetes: The Facts</u></a></p> <p>David Matthews, Niki Meston, Pam Dyson, Sue Beatty, Jenny Shaw, Laurie King, Aparna Pal</p>
		<p><a href="#"><u>Diabetes For Dummies</u></a></p> <p>Alan L. Rubin</p>

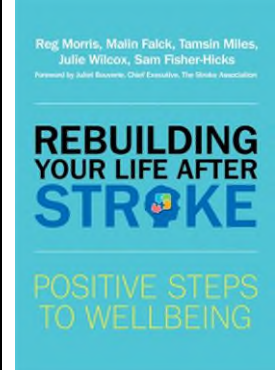
## Heart Disease

		<p><a href="#"><u>Living with Angina</u></a></p> <p>Dr. Tom Smith</p>
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 <p>The <b>Heart Attack</b> Survival Guide</p> <p>MARK GREENER</p>	<p><a href="#"><u>The Heart Attack Survival Guide</u></a></p> <p>Mark Greener</p>
 <p>Understanding and dealing with <b>Heart Disease</b></p> <p>Foreword by Dr Richard Saxon, MBE, MB, BS, FRC, FRCGP</p> <p>Dr Keith Souter</p> <p>PERSONAL HEALTH GUIDES +</p>	<p><a href="#"><u>Understanding and Dealing with Heart Disease</u></a></p> <p>Dr. Keith Souter</p>

## Stroke

 <p>DAVID ROLAND</p> <p>HOW I RESCUED MY BRAIN</p> <p>A psychologist's remarkable recovery from stroke and trauma</p>	<p><a href="#"><u>How I Rescued My Brain: A Psychologist's Remarkable Recovery from Stroke and Trauma</u></a></p> <p>David Roland</p>
 <p>the facts</p> <p><b>Stroke</b> SECOND EDITION RICHARD I LINDLEY Foreword by Sharon McGowan</p> <p>Stroke FOUNDATION</p> <p>ALL THE INFORMATION YOU NEED STRAIGHT FROM THE EXPERTS</p> <p>OXFORD</p>	<p><a href="#"><u>Stroke: The Facts</u></a></p> <p>Richard I. Lindley</p>

 <p>Reg Morris, Malin Falck, Tamsin Miles, Julie Wilcox, Sam Fisher-Hicks Foreword by Julie Bowden, Chief Executive, The Stroke Association</p> <p><b>REBUILDING YOUR LIFE AFTER STROKE</b></p> <p>POSITIVE STEPS TO WELLBEING</p>	<p><a href="#"><u>Rebuilding Your Life After Stroke: Positive Steps to Wellbeing</u></a></p> <p>Reg Morris, Malin Falck, Tamsin Miles, Julie Wilcox, Sam Fisher-Hicks</p>
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### Support for Relatives and Carers

 <p>HUGH MARRIOTT Illustrated by David Lock</p> <p><b>The Selfish Pig's Guide to Caring</b></p> <p>How to cope with the emotional and practical aspects of caring for someone</p> <p><small>You have a choice. You look for people who thank you for everything you do for them. Or you don't. Every day. Every day. The Piggy Book. Trust for Carers</small></p>	<p><a href="#"><u>The Selfish Pig's Guide to Caring: How to Cope with the Emotional and Practical Aspects of Caring for Someone</u></a></p> <p>Hugh Marriott</p>
 <p>THIRD EDITION</p> <p><b>The Carer's Handbook</b></p> <p>Essential Information and Support for All Those in a Caring Role</p> <p>JANE MATTHEWS</p>	<p><a href="#"><u>The Carer's Handbook 3rd Edition: Essential Information and Support for All Those in a Caring Role</u></a></p> <p>Jane Matthews</p>