Northern California Chapter Lending Library Catalog

The Chapter has an extensive collection of books, audiocassettes, and videotapes available for loan. Items can be sent, borrowed and returned by mail free of postage. Our staff can help you find the resource that meets your needs, or you can browse through our library catalog online.

To borrow an item from the library, please call **1-800-344-4867**.

**Autobiographical, Personal Experiences**

- A Dream is A Wish Your Heart Makes: Annette Funicello
- Blindsided: Richard M. Cohen
- Carnal Acts: Nacy Mairs
- Climbing Higher: Montel Williams
- Courage: Richard Turbo
- Crossed Signals: Caroline Courney
- Dancing at the River’s Edge: Brill & Lockshin
- Fall Down Laughing: David L. Lander
- Finding the Way Home: Compassionate Approach to Illness: Gayle Heiss
- Incidental Heroes: Disabling Myths About MS: Jackie Girsky Popper
- It Takes Courage: Coping with Chronic Illness: Thomas Holtackers
- Jaqueline DuPre: William Wordsworth
- Jokes My Father Never Taught Me: Rain Pryor
- Legwork: An Inspiring Story through Chronic Illness: Ellen Burstein MacFarlane
- Me and My Shadow: Learning to Live with MS: Carole Mackie
- Michelle Obama First Lady of Hope: Elizabeth Lightfoot
- Moving Violations: John Hockenberry
- My Story: A Photographic Essay on Life with MS: Amelia Davis
- Plain Text: Nancy Mairs
- Remembering the Bone House: Nancy Mairs
- Sarah’s Key: De Rosnay
- Seeds of Light: Angelina Margaretha
- Snow Flower and the Secret Fan: Lisa See
- Strong at Broken Places: Voices of Illness, Chorus of Hope: Richard Cohen
- Tales of a Female Nomad: Living at Large in the World: Rita Golden Gelman
- Treading Waters: A Woman Living with MS: Patricia Phillips
- The Brow of Dawn: One Woman’s Journey with MS: Catherine Edward
- The Diving Bell and the Butterfly: Jean Bauby
- The Ragged Edge: Barrett Shaw
The Winning Spirit                        Zoe Koplowitz
Three Cups of Tea                       Greg Mortenson
Vignettes: Stories from Lives with Multiple Sclerosis  John K. Wolf
Waist-High in the World                  Nancy Mairs
When the Diagnosis is MS:                Kym Orsetti Furney M.D.
(Help, Hope and Insight from an Affected Physician)  Margot Russell
When the Road Turns                      Susan Brown
With the Power of Each Breath            Judith Lynn Nicholas
Women Living with MS                     Joffe Friedlander
Women, Work, and Autoimmune Disease

Emotional Health and Coping
A Delicate Balance: Living Successfully with Chronic Illness  Susan Wells
A Different Kind of Health                 Blair Justice
Accessible Gardening for People with Physical Disabilities  Janeen Adil
After the Diagnosis                        JoAnn LeMaistre
Awaking to Disability                     Karen Stone
Beyond Chaos                              Gregg Piburn
Cripzen: A Manual for Survival             Lorenzo Milam
Help Yourself: Problem Solving for the Disabled  Douglass Bucy
Lean On Me
(10 Powerful Steps to Moving Beyond Your Diagnosis  Nancy Davis
Life On Cripple Creek                      Dean Kramer
Living Well: 21 Days to Transform Your Life, Supercharge   Montel Williams
Your Health and Feel Spectacular
Living Well with a Hidden Disability        Stacy Taylor
Love is Letting Go of Fear                  Gerald Jampolsky
MS and Your Feelings:
(Handling the Ups and Downs of MS           Allison Shadday
NOW, Discover Your Strengths               Buckingham & Clifton
Sick and Tired of Feeling Sick and Tired    Paul J. Donoghue
Taking Charge:
(Overcoming the Challenges of Long-Term Illness)  Irene Pollin
The Art of Living with MS                   Len & Cheryl Chatman
Winning Sure Beats Losing: And here’s What You Can Do About It  Jack M.D. Llewellyn
Writing Articles from the Heart:
(How to Write & Sell Your Life Experience)   Majorie Holmes
Yes You Can!!                               Janis Dietz
You’re Not Alone: 7 Principles for Meeting the Challenge  Linda Topf
**Employment, Financial & Legal**

A Guide to Legal Rights for People with Disabilities  
Marc Stolman

Be Prepared  
David S. Landay

Beat the Nursing Home TRAP  
Joseph Matthews

Disability Workbook for Social Security Applicants  
Douglass M. Smith

Employment Issues and MS  
Phillip D. Rumrill

Free Money for Health Care  
Laurie Blum

Health Insurance Resources:

  - (A Guide for People with Chronic Disease and Disability)  
    Dorothy E. Northrop

Health Insurance:

  - (How to Get It, Keep It or Improve What You’ve Got)  
    Robert Enteen

Insurance Solutions  
Laura D. Cooper

Job-Hunting Tips for the So-Called Handicapped  
Richard Bolles

Multiple Sclerosis Your Legal Rights, 2nd & 3rd Edition  
Lanny Perkins

Tax Options and Strategies for People with Disabilities  
Steven B. Mendelsohn

**Family & Caregiving**

Avoiding Attendants from Hell  
June Price

Bigger than the Sky  
Michele Wates

Cognitive Coping, Families, & Disabilities  
Turnball; Patterson; Behr

Coping when a Parent has MS  
Barbara Cristal

Creative Caregiving  
James R. Sherman

Daily Comfort for Caregivers  
Pat Samples

Funding the Cure  
Martin Shenkman

Grandma’s Wheelchair  
Lorraine Henroid

How to Help Children Through a Parent’s Serious Illness  
Kathleen McCue

I Try to Take One Day at a Time  
Ashleigh Brilliant

Living with MS: A Guide for Patient, Caregiver, and Family  
David L. Carroll

Living with MS: A Handbook for Families  
Robert Shuman

Love, Honor, & Value  
Suzanne Geffen Mintz

Mainstay  
Maggie Strong

Multiple Sclerosis: A Guide for Families  
Rosalinda Kalb Ph.D.

Multiple Sclerosis: New Hope & Practical Advice  
for People with MS & their Families  
Louis J. Rosner

Multiple Sclerosis: The Nursing Perspective  
Kalb

My Grampy Can’t Walk  
Vanita Oelschlager

People with MS with the Courage to Give  
Jackie Waldman

Positive Caregiver Attitudes  
James R. Sherman

Preventing Caregiver Burnout  
James R. Sherman

Share the Care: How to Organize a Group  
to Care for Someone Who is Seriously Ill  
Cappy Capossela

Stay Close and Do Nothing: A Spiritual and Practical Guide  
to Caring for the Dying at Home  
Merrill Collett
<table>
<thead>
<tr>
<th>Title</th>
<th>Author</th>
</tr>
</thead>
<tbody>
<tr>
<td>Surviving Your Spouse’s Chronic Illness</td>
<td>Chris McGonigle</td>
</tr>
<tr>
<td>The Comfort of Home, MS Edition</td>
<td>Maria Meyer</td>
</tr>
<tr>
<td>The Disabled Women's Guide to Pregnancy and Birth</td>
<td>Judith Rogers</td>
</tr>
<tr>
<td>The Resourceful Caregiver Association</td>
<td>National Family</td>
</tr>
<tr>
<td>Universal Interiors, Gracious Spaces</td>
<td>Irma Dobkin</td>
</tr>
<tr>
<td><strong>History &amp; Politics of Disability</strong></td>
<td></td>
</tr>
<tr>
<td>Disability Watch, Volume 2</td>
<td>Disability Rights</td>
</tr>
<tr>
<td>Advocates</td>
<td></td>
</tr>
<tr>
<td>Living in the State of Stuck: How Technology Impacts the</td>
<td>Marcia J. Shriver</td>
</tr>
<tr>
<td>Lives of People with Disabilities</td>
<td></td>
</tr>
<tr>
<td>Multiple Sclerosis: The History of the Disease</td>
<td>Jock T. Murray M.D.</td>
</tr>
<tr>
<td>No Pity: People with Disabilities Gorging a New Civil Rights Movement</td>
<td>Joseph P. Shapiro</td>
</tr>
<tr>
<td>Restricted Access: Lesbians on Disability</td>
<td>Victoria A. Brownsford</td>
</tr>
<tr>
<td>Staring Back: The Disability Experience from the Inside Out</td>
<td>Kenny Fries</td>
</tr>
<tr>
<td>The Health Robbers: A Close Look at Quackery in America</td>
<td>Stephen Barret</td>
</tr>
<tr>
<td>The New Disability History</td>
<td>Longmore &amp; Umansky</td>
</tr>
<tr>
<td>Women with Physical Disabilities</td>
<td>Danuta M. Krotoski</td>
</tr>
<tr>
<td><strong>Medicine &amp; Science</strong></td>
<td></td>
</tr>
<tr>
<td>Clinical Trials: What You Should Know Before Volunteering to be a</td>
<td>Joseph J. Griffels</td>
</tr>
<tr>
<td>Research Subject</td>
<td>Jacqueline Young</td>
</tr>
<tr>
<td>Complementary Medicine for Dummies</td>
<td>Howard L. Weiner</td>
</tr>
<tr>
<td>Curing MS: How Science is Solving the Mysteries of MS Human Trials</td>
<td>Susan Quinn</td>
</tr>
<tr>
<td>Multiple Sclerosis: Clinical and Laboratory Research</td>
<td>N/A</td>
</tr>
<tr>
<td>Multiple Sclerosis: Current Status/Strategies for the Future</td>
<td>Institute of Medicine</td>
</tr>
<tr>
<td>Multiple Sclerosis in Clinical Practice</td>
<td>Stanley Van Den Noort</td>
</tr>
<tr>
<td>Resource Guide for Clinicians</td>
<td>National MS Society</td>
</tr>
<tr>
<td>The Clues of Epidemiology</td>
<td>North American</td>
</tr>
<tr>
<td>EduProgram</td>
<td></td>
</tr>
<tr>
<td>The Man Who Mistook His Wife for a Hat: And other Clinical Trials</td>
<td>Oliver Stacks</td>
</tr>
<tr>
<td><strong>Symptom &amp; Healthcare Management</strong></td>
<td></td>
</tr>
<tr>
<td>A Guide to Independence for the Visually Impaired</td>
<td>Younger; Sardenga</td>
</tr>
<tr>
<td>Absolutely Healthy Fun Fast Foods</td>
<td>Joy Lasseter</td>
</tr>
<tr>
<td>Choosing A Wheelchair</td>
<td>Gary Karp</td>
</tr>
<tr>
<td>Coping with Vision Loss</td>
<td>Bill Chapman</td>
</tr>
<tr>
<td>Dressing Tips/Clothing Resources for Making Life Easier</td>
<td>Shelly Peterman Schwartz</td>
</tr>
<tr>
<td>Easy Things to Make Things Easy</td>
<td>Doreen Greenstein</td>
</tr>
</tbody>
</table>
Easy Elegant Dining
Facing the Cognitive Challenges of Multiple Sclerosis
Glorious One-Pot Meals
Gratia Greene Alkire
Health, Illness and the Social Body
I Can’t Chew Cookbook
Jeffrey N. Gingold
Living Beyond Multiple Sclerosis
Living Well: A Twelve-Step Response to Chronic Illness
And Disability
Living with Multiple Sclerosis: A Wellness Approach
Living with Progressive Multiple Sclerosis
Managing the Symptoms of Multiple Sclerosis, 4th Ed.
Mayo Clinic on Chronic Pain
Meatime Manual for People with Disabilities and Aging
Meeting the Challenges of Progressive Multiple Sclerosis
Mental Sharpening Stones: Manage the Cognitive Challenges Multiple Sclerosis
Microsoft Accessibility Features
Multiple Sclerosis: 300 Tips for Making Life Easier
Multiple Sclerosis and Having a Baby
Multiple Sclerosis: Diagnosis, Medical Management, and Rehabilitation
Multiple Sclerosis Fact Book
Multiple Sclerosis for Dummies
Multiple Sclerosis Handbook
Multiple Sclerosis Q&A: Reassuring Answers to FAQs
Multiple Sclerosis: A Guide for the Newly Diagnosed
Multiple Sclerosis: Rehabilitation Approach to Management
Multiple Sclerosis: A Self-Care Guide to Wellness
Multiple Sclerosis: The Questions You Have—The Answers You Need
Microsoft Accessibility Features
Multiple Sclerosis: Through History and Human Life
Primary Progressive Multiple Sclerosis
Schnieder
The Chronic Pain Control Workbook, 2nd Edition
The Complete Product Guide for People with Disabilities
The First Year: Multiple Sclerosis
The Illustrated Guide to Assistive Technology and Devices: Tools and Gadgets for Living Independently
The Immune Support Cookbook
The Self-Help Sourcebook
When Walking Fails: Mobility Problems of Adults with Chronic Conditions
Asha Greene Alkire
Nancy A. Lowenstein
Elizabeth Yarnell
Freud & McGuire
Randy Wilson
Judith Lynn Nichols
Martha Cleveland
George Kraft
Patricia K. Coyle
Randall Schapiro
Mayo Clinic
Judith Lannefeld Klinger
Patricia K. Coyle
Burks & Johnson
Richard Lechtenberg
Rosalinda Kalb Ph.D.
Chastane
Beth Ann Hill
Nancy J. Holland
Nancy J. Holland
Rosalinda Kalb, Ph.D.
Dudick & Goodkin
Richard M. Swiderski
Nicholas LaRocca
Holland, Burks, & Schnieder
Ellen Mohr Catalano
N/A
Margaret Blackstone
Suzanne Robitaille
Mary Hale
American Self-Help
Lisa Lezzoni
Working with Your Doctor
Nancy Keene

Travel
A Wheelchair Riders Guide
Bonnie Lewkowicz
Barrier Free Travel
Candy Harrington
Disabled Driver's Mobility Guide
AAA
Easy Access Europe
Rick Steves
Great American Vacations for Travelers with Disabilities
Fodors Travel Publication
Safety Travel/Etiquette Tips for Pedestrians with Disabilities
Marjorie Rodgers
Survival Strategies for Going Abroad: A Guide for People with Disabilities
Laura Hershey

Wellness & Alternative Therapies
Alternative Medicine and Multiple Sclerosis
Allen C. Bowling
Alternative Medicine for Dummies
Dillard & Ziporyn
Being Bodies
Lenore Friendman
Chi Gong: The Ancient Chinese Way to Health
Paul Dong & Esser
Complementary and Alternative Medicine and MS
Allen C. Bowling
Dietary Supplements and Multiple Sclerosis
Allen C. Bowling
Honest Herbal
Varro E. Tyler
Love, Medicine & Miracles
Chris H. Polman
Multiple sclerosis: Meditation Management
Kalk & Goodkin
Multiple Sclerosis: The Guide to Treatment/Management
Chris H. Polman
Peace, Love and Healing
Bernie S. Siegel
Qigong for Multiple Sclerosis: Finding Your Feet Again
Nigel Mills
Recovery Yoga
Sam Dworkis
The Alternative Medicine Handbook
Barrie R. Cassileth
The Art of Getting Well
David Spero
The Big Book of Relaxation
Larry Blumenfeld
The Multiple Sclerosis Diet Book: A low-fat Diet for the Treatment of MS
Roy L. Swank
The Relaxation & Stress Reduction Workbook
Martha Davis
The Web That Has no Weaver: Understanding Chinese Medicine
Ted J. Kaptchuk
Wellness: Small Changes to Make a Big Difference
Regina Ryan; John Travis
Yoga for Your Life
Margaret D. Price
Yoga Over 50: The Way to Vitality, Health and Energy in the Prime of Life
Mary Stewart

Spanish/Español
Escelrosis Multiple
Demos
La Comida Del Hogar
Maria Meyer
Video List

An Introduction to Multiple Sclerosis; (Introduccion a la Esclerosis Multiple Sclerosis) DVD
Anandi’s Gentle Yoga: Options for Every Need DVD
Aanandi’s Living Yoga: Level 1 Hatha DVD
Annual Meeting, MS Society: 2005 DVD
Annual Meeting, MS Society: 2006 DVD
Annual Meeting 2007: New Genetic Discoveries in MS DVD
Bed Top Yoga DVD
But You Look So Well… DVD
But You Still Look So Well…. DVD
Living with Multiple Sclerosis DVD
Dahn Yoga for MS and Similar Conditions VHS
DCN TV-Get the Word Out: June 2, 2005 DVD
Getting There: Staying Mobile with MS DVD
Hacia Un Mejor DVD
Hold that Thought! Cognition and MS DVD
MS & Pregnancy: Kara’s Story DVD
MS in the Workplace: A Guide for Employees DVD
Multiple Sclerosis: A Patient’s Guide DVD
My Life, My MS, My Decisions DVD
NMSS Stem Cell Education Materials DVD
Poles for Balance and Mobility DVD
Regional MS Summit: The Use of MRI in Long-Term Management of Multiple Sclerosis DVD
Seated Yoga DVD
Talking with Your Child; (Habla Con Tus Hijos Sobre la EM) DVD
The Clues of Epidemiology DVD
Timmy’s Journey to Understanding MS, 2004 DVD
Who? Why? How?: Searching for the Cause of Multiple Sclerosis, 2010 DVD
Yoga with Eric Small VHS & DVD
Yoga 4MS: Bear the Fruit of Wellness DVD
You Can Do It Yoga for MS: Volume 2 DVD

Audio

Diet & MS: Nutrition Connection Denise Nowack; CD
Dynamic Chair Sitting Denise Casey; CD
Epidemiology Conference, 8/9/2007 Denise Casey; CD
Fall Down Laughing Jivana Heyman; CD
Option D: The Ins & Outs of Medicare Part D, 11/4/09 CD
<table>
<thead>
<tr>
<th>Title</th>
<th>Format</th>
</tr>
</thead>
<tbody>
<tr>
<td>NMSS: 8/09/07</td>
<td>Audio Tape</td>
</tr>
<tr>
<td>NMSS: Caring for the Caregiver</td>
<td>CD</td>
</tr>
<tr>
<td>NMSS: Hiring Help in the Home, 06/15/10</td>
<td>CD</td>
</tr>
<tr>
<td>NMSS: Taking Control of Your Money, 04/22/10</td>
<td>CD</td>
</tr>
<tr>
<td>Sarah’s Key Parts: 8 CD’s</td>
<td>CD</td>
</tr>
<tr>
<td>Three Cups of Tea: 11 CDs</td>
<td>CD</td>
</tr>
<tr>
<td>Transitioning for Work: Getting the Most/ Social Security</td>
<td>CD</td>
</tr>
<tr>
<td>Brenda Saucer;</td>
<td>CD</td>
</tr>
<tr>
<td>Tysarbi Teleconference, 07/26/06</td>
<td>CD</td>
</tr>
<tr>
<td>What’s New in MS Research and Treatment, June 30, 2010</td>
<td>NMSS; CD</td>
</tr>
</tbody>
</table>