National Multiple Sclerosis Society
Upstate New York Chapter

Library Book Request

If you would like to receive any of the National Multiple Sclerosis Society (NMSS) health related materials, please check **the one** you would like and return this form with your name and address. These books are to be returned to NMSS **one month after the borrow date**.

FINANCIAL AND LEGAL

☐ Employment Issues and Multiple Sclerosis, 2nd Edition
By: Phillip D. Rumrill, Jr., Mary L. Hennessey, Steven W. Nissen

☐ Multiple Sclerosis: Your Legal Rights (2nd edition)
By: Lanny E. Perkins, Esq. and Sara Perkins, Esq.

HANDBOOKS

☐ A Delicate Balance
By: Wells

☐ A Man's Guide to Coping with Disability
By: Resources for Rehabilitation

☐ Atlas – Multiple Sclerosis, Resources in the World 2008

☐ Health Insurance Resources: A Guide for People with Chronic Disease and Disability
By: Dorothy Northrup, MSW, ACSW, Stephen Cooper, and Kimberly Calder, MPS

☐ Insurance Solutions: Plan Well, Live Better: A Workbook for People with Chronic Disease or Disability
By: Laura D. Cooper, Esq

☐ Intelligent Memory
By: Barry Gordon and Lisa Berger

☐ Mainstay
By: Maggie Strong

☐ MS: Understanding Cognitive Challenges
By: LaRoca & Halb

☐ Multiple Sclerosis: 300 Tips for Making Life Easier, Second Edition
By: Shelley Peterman Schwarz

☐ Multiple Sclerosis: A Guide for Families, Third Edition
By: Rosalind C. Kalb, Ph.D.

☐ Multiple Sclerosis: A Guide for the Newly Diagnosed

☐ Multiple Sclerosis, Diagnosis, Medical Management and Rehabilitation
By: Burke & Johnson

☐ Multiple Sclerosis for Dummies
By: Rosalind Kalb, Nancy Holland and Barbara Geisser

☐ MS, Questions and Answers
By: Nancy J. Holland, EdD, RN, MSCN, T. Jock Murray, MD, Stephen C. Reingold, PhD

☐ Multiple Sclerosis: A Self Care Guide to Wellness
By: Nancy Holland, Eed, Rn, MSCN and June Halper, MCN, AMP, SAAN

☐ Multiple Sclerosis Q&A: Reassuring Answers to Frequently Asked Questions
By: Beth Ann Hill

☐ Multiple Sclerosis: The Questions you Have the Answers you Need
By: Rosalind Kalb, PhD (1st, 3rd and 4th editions)

☐ Multiple Sclerosis Questions and Answers
By: David Barnes

☐ Strong at the Broken Places
By: Richard M. Cohen

☐ The Alternative Medicine Handbook
By: Barrie R Cassileth PhD

☐ The Art of Living with MS: 6 Secrets for Managing MS as a Team
By: Chatman

☐ The Boomers Guide to Adult Care

☐ Yoga and Multiple Sclerosis: A Journey to Health and Healing
By: Loren M. Fishman, MD, & Eric L. Small

SOCIAL AND FAMILY

☐ AAA Barrier Free Travel – New York City
☐ As for Tomorrow, I Cannot Say
By: Diann Neutze
☐ Easy Access to National Parks
☐ Fall Down Seven Times, Get Up Eight
Edited By: John K Wolf, MD
☐ Legwork
By: Ellen Burstein MacFarland with Patricia Burstein
☐ Multiple Sclerosis: A Guide for Families
By: Rosalind C. Kalb
☐ MS and Your Feelings
By: Allison Shadday, LCSW
☐ The Caregiver Survival Series: Preventing Caregiver Burnout
By: James R. Sherman, PhD
☐ The Caregiver Survival Series: Positive Caregiver Attitudes
By: James R. Sherman, PhD
☐ The Caregiver Survival Series: Creative Caregiving
By: James R. Sherman, PhD
☐ The Caregiver Survival Series: Coping with Caregiver Worries
By: James R. Sherman, PhD
☐ The Caregiver Survival Series: The Magic of Humor in Caregiving
By: James R. Sherman, PhD
☐ The Creative Will – An Exhibition of Works by Thirty-One Artists with Multiple Sclerosis
By: The National MS Society

PERSONAL STORIES

☐ A Dream is a Wish Your Heart Makes
By: Annette Funicello
☐ Blindsided
By: Richard M. Cohen
☐ Courage – The Story of the Mighty Effort to End the Devastating Effects of Multiple Sclerosis
By: Richard Trubo
☐ Courage is Contagious
By: John Kasick
☐ Facing Multiple Sclerosis: Our Longest Journey
By: Dorothy and Joel Shatsky
☐ Fall Down Laughing – How Squiggy Caught Multiple Sclerosis and Didn't Tell Nobody
By: David L. Lander
☐ Incidental Heroes – Disabling Myths About Multiple Sclerosis
By: Kyle E. McHugh
☐ My Body Politic
By: Simi Linton
☐ My Story – A Photographer Essay on Life with Multiple Sclerosis
By: Amelia Davis
☐ Nothing is Impossible
By: Christopher Reeve
☐ People with MS with the Courage to Give
By: Jackie Waldman
☐ Snowflakes
By: Barney Vanderwood
☐ Still Me
By: Christopher Reeves
☐ The Comfort of Home: Illustrated Step by Step Guide for Caregivers
By: Maria M. Meyer with Paula Derr, RN
☐ The Courage to Give
By: Jackie Waldman with Janis Leibs Dworkis
☐ The Winning Spirit: Life Lessons Learned in Last Place
By: Joe Koplowitz and Mike Celizk
☐ Toy Soldier: Sergeant Perrone's Story
By: Paul E. Perrone
☐ Waist High in the World
By: Nancy Mains
☐ When the Road Turns – Inspirational Stories about People with MS
By: Margaret Russell

SYMPTOM MANAGEMENT

☐ 300 Tips for Making Life with MS Easier
By: Shelley Peterman Schwartz
☐ Alternative Medicine and Multiple Sclerosis
By: Allen C. Bowling, MD, PhD
☐ Cognitive Fitness Activity Kit

☐ Complementary and Alternative Medicine and Multiple Sclerosis
By: Allen Bowling, MD, PhD
☐ Facing the Cognitive Challenges of Multiple Sclerosis
By: Jeffrey N. Gingold
☐ Managing the Symptoms of Multiple Sclerosis, 5th Edition
By: Randall T. Schapiro, MD
☐ Meeting the Challenge of Progressive MS
By: Patricia K. Coyle, MD &
June Halper, MSN, ANP, FAAN
☐ Multiple Sclerosis and Clinical Practice
By: Stanley Van Den Noort and Nancy Holland
☐ Out of the Darkness: Coping with Disability
By: Robert Lovering
☐ Primary Progressive Multiple Sclerosis
By: Holland, Burks & Schneider
☐ Symptom Management and Multiple Sclerosis
By: Randall T. Shapiro, MD
☐ The Chronic Illness Workbook – Strategies and Solutions for Taking Back Your Life
By: Patricia A. Fennell, MSW, CSW-R
☐ Yes You Can!! – Go Beyond Physical Adversity and Live Life to its Fullest
By: Janis Dietz, PhD

OTHER

☐ Cooking for a Cause – MS Society UNYC
☐ Easy Elegant Dining
☐ Inside the Music
By: Jourdan Urbach
☐ Monsters & Lollipops
By: F.D. Lincoln with Elizabeth Wall Poray
☐ Qi Gong for Multiple Sclerosis
By: Nigel Mills

I am a: ☐ Person with MS
☐ Family Member
☐ Health-Care Professional
☐ Other

Requests can be returned to:
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Rochester, NY 14620-3901
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(Please Type or Print)

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