

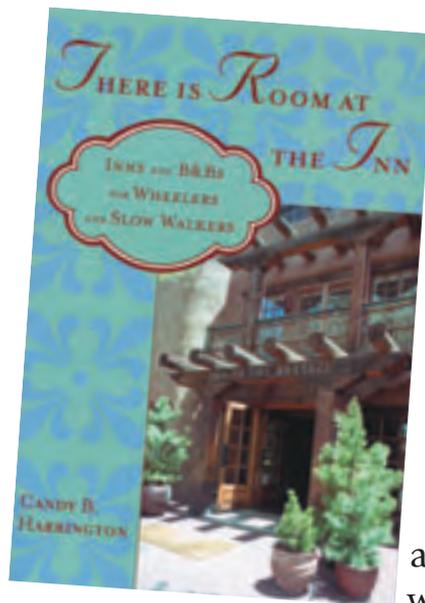
Traveling with Candy

There Is Room at the Inn: Inns and B&Bs for Wheelers and Slow Walkers
by Candy Harrington, Demos Medical Publishing, 2006, 256 pp., \$21.95

Barrier-Free Travel: A Nuts and Bolts Guide for Wheelers and Slow Walkers, Second Edition

by Candy Harrington, Demos Medical Publishing, 2005, 304 pp., \$19.95

“Accessible” is a word that seems to mean many different things to many different people. Candy Harrington understands this, and in two books—one new, the other revised—has put together enough well-researched material to help most travelers with mild to more severe disabilities prepare to roam this summer. Founder and editor of the respected accessible-travel magazine

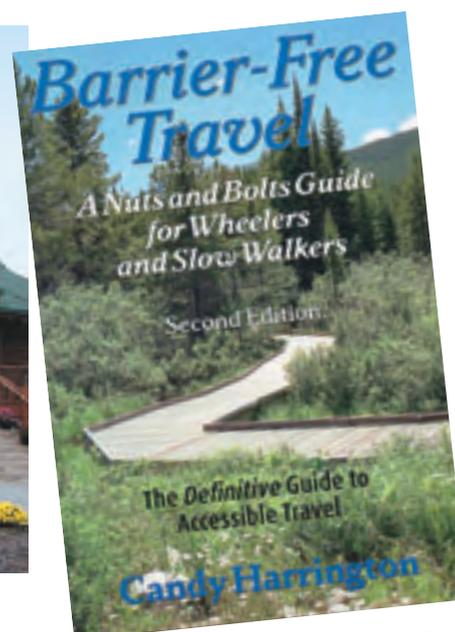


Emerging Horizons, Harrington knows her subject well. I have to admit that while I’ve

dreamed of staying in a quaint bed and breakfast in some culturally colorful town for a change, I’ve always just assumed that none of them could possibly be wheelchair accessible. **There Is Room at the Inn**, Harrington’s latest offering, has me standing—or sitting, anyway—corrected.

There really are inn and B&B owners who are mindful of us physically challenged romantics. Harrington’s book

The lodge at Grant’s Trail, St. Louis, Missouri



lists and describes dozens of them, conveniently categorized by U.S. state. She even includes two safaris, a dude ranch, and other alternative lodging options.

Photographs are sometimes, but not always, included, which disappointed me. However, each listing paints a colorful picture of the establishment's ambiance and neighborhood, while also pointing out the accessibility details of rooms and surrounding areas. There are also street and Web addresses, phone numbers, and price ranges for each listing.

The tips and a questions-to-ask checklist in the back of the book sealed the deal for me. If your accessibility issues have led you to avoid stays in offbeat digs, this book needs to be in your possession.

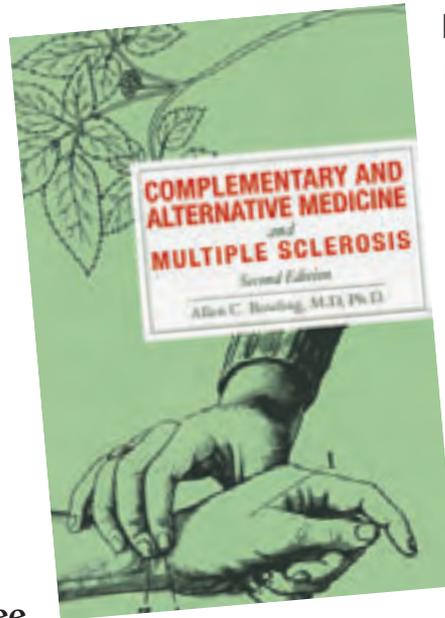
The revised edition of **Barrier-Free Travel** updates valuable accessibility information on watercraft from cruise ships to dinghies, as well as airlines, busses, trains, rental cars—you name it. It familiarizes readers with their rights, including tips on how to ensure that all needs will be met and what to do in the case of lost or damaged accessibility equipment. Harrington even provides precise lingo that will guarantee that the room reserved is accessible as we mean the term.

Both books are published by Demos Medical Publishing; 386 Park Avenue South, Suite 301, New York, NY 10016; 800-532-8663; demosmedpub.com.

Reviewed by Mary Ann O'Driscoll, who also draws **Mary's World**. See page 52.

Two Essential Resources Updated Complementary and Alternative Medicine and Multiple Sclerosis, Second Edition

by Allen C. Bowling, MD, PhD, Demos Medical Publishing, 2007, 287 pp., \$24.95

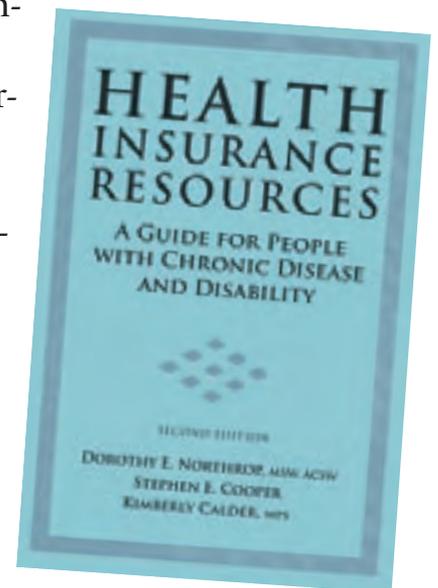


Health Insurance Resources: A Guide for People with Chronic Disease and Disability, Second Edition

by Dorothy E. Northrop, MSW, ACSW, Stephen E. Cooper, and Kimberly Calder, MPS, Demos Medical Publishing, 2007, 215 pp., \$26.95

The first edition of each of these titles quickly became recognized as one-stop sources of information on difficult, even labyrinthine, subjects.

Dr. Bowling's second edition of **Complementary and Alternative Medicine** is updated throughout, reflecting advances in alternative medicine since 2001. In addition to thorough looks at yoga, acupuncture, diet, and supplements in MS, this edition includes a new chapter



on low-dose naltrexone and a section on integrating conventional and alternative medicines.

The new edition of Northrop and co-authors' **Health Insurance Resources** reflects changes since the first edition in 2003, from the growth of health savings accounts to the Medicare prescription drug coverage plans that took effect in 2006.

A New Tool

The MS Workbook: Living Fully with Multiple Sclerosis

Robert T. Fraser, PhD;
George H. Kraft, MD, MS;
Dawn M. Ehde, PhD; and
Kurt L. Johnson, PhD

A comprehensive guide to self-management, **The MS Workbook** offers concrete practical tools for handling a raft of essential topics. From optimizing your medical team to maintaining sexual intimacy to considering alternative and complementary medicine, this workbook leads users to a greater sense of empowerment. Each of the 14 chapters provides a clear introduction to a topic, outlines the obstacles a person living with MS may encounter, and supplies problem-solving checklists, worksheets, exercises, and self-assessment tools. While the information was all up-to-date at publication, the authors handily include resources for locating more current data on every topic.

The workbook format allows readers to concentrate on the chapters that

are currently most relevant to their lives. Because of this, there is some redundancy in the materials covered, especially in the chapters addressing psychotherapy, behaviors to promote health, and managing emotional challenges. Nevertheless, the information is always consistent and the stand-alone chapters, when read together, reinforce each other.

As a whole, **The MS Workbook** is well-written, honest, and empowering. I will recommend it to my clients and keep it on my own library shelf. Many of the

exercises may be as useful in my practice as they would be for someone using them for self-help.

New Harbinger Publications, Inc. (2006), 237 pp., \$19.95. 5674 Shattuck Avenue, Oakland, CA 94609; fax: 510-652-5472; www.newharbinger.com.

About the authors

Drs. Fraser, Kraft, Ehde, and Johnson are on the

faculty of the University of Washington Multiple Sclerosis Rehabilitation Research and Training Center (MSRRTC). The MSRRTC is an interdisciplinary center focusing on rehabilitation medicine, neurology, rehabilitation psychology, rehabilitation counseling, and speech and language pathology.

Reviewed by Deborah Miller, PhD, director of Comprehensive Care at the Mellen Center for Multiple Sclerosis, Cleveland Clinic, Cleveland, Ohio.

