

# Physical Health Book List

A selection of books for physical wellbeing recommended by health professionals available at local libraries



Words for  
Wellbeing

## Arthritis

- Living with rheumatoid arthritis (Shlotzhauer, T.)
- Rheumatoid arthritis: how to protect your joints, reduce pain, and improve mobility (Harvard Medical School special health reports) (Harvard Health Publications)

## Fibromyalgia

- Understanding fibromyalgia: an introduction for patients and caregivers (Ali, N.)

## Diabetes

- Understanding type 2 diabetes (Thomas, M.)
- Dr Dawn's guide to weight and diabetes (Harper, D.)
- The Johns Hopkins guide to diabetes (Saudek, C.)

## Obesity

- 60 ways to lose 10 pounds (or more): quick and easy ways to get your weight under control (Lesslie, R.)
- Living with obesity (living with health challenges) for teens (Carmichael, L.)
- Managing your weight with nutrition (Crockett, K.)

## Chronic Conditions

- Living a healthy life with chronic conditions – self management of heart disease, arthritis, diabetes, depression, asthma, bronchitis, emphysema and other physical and mental health conditions (Lorig, K.)

## Get Fit

- Powerful living – mindset, exercise and recipes (Bridges, M.)
- Fitness – steps to success (Naternicola, N.)
- The pop-up gym – how to keep fit wherever you are (Denoris, J.)

## Heart Disease

- Understanding and dealing with heart disease (Souter, K.)
- Dr Dawn's guide to heart health (Harper, D.)
- The heart health bible – the 5 step plan to prevent and reverse heart disease (Kennedy, J.)

## Blood Pressure

- 60 ways to lower your blood pressure: what you need to know to save your life (Leslie, R.)

Can books really help?  
There is good evidence from the  
National Institute for Health and Clinical Excellence  
that self-help books can help people understand and  
manage common conditions. Self-help works best with  
the support of a health professional.

## Kidney Disease

- The doctor's kidney diet: a nutritional guide to managing and slowing the progression of chronic kidney disease (Kang, M.)

## Food and Nutrition

- The CSIRO total wellbeing diet – complete recipe collection (CSIRO)
- Family nutrition – boosted energy, happy, healthy kids, balanced diet, healthy weight, optimal brain power (Clarke, J.)

## Dementia

- The dementia caregiver: a guide to caring for someone with alzheimer's disease and other neurocognitive disorders (guides to caregiving) (Agronin, M.)

## Pain

- Understanding pain: an introduction for patients and caregivers (Ali, N. and Lewis, M.)

## Palliative Care

- The palliative care handbook (Macleod, R.)

## Sleep

- Sleep and you: sleep better, live better (your health) (Boivin, D. M.D.)

## Hepatitis C

- Hepatitis C: a complete guide for patients and families (Johns Hopkins Press Health Book) (Thuluvath, P.)

## Prostate Health

- The whole life prostate book (Carter, H.)

## Parkinson's Disease

- Understanding parkinson's disease: an introduction for patients and caregivers (Ali, N.)

This initiative does NOT replace professional care or advice provided by your doctor. If you are worried about your own or someone else's health or wellbeing you can get help from:

- Your local GP doctor
- 13Health - 13 43 25 84 (24 hours)
- Lifeline 131 114 (24 hours)
- Kids Helpline 1800 551 800 (24 hours)
- Suicide call back service 1300 659 467 (24 hours)

In an emergency please call Triple Zero (000)

### For more information visit:

[library.ipswich.qld.gov.au/words-for-wellbeing](http://library.ipswich.qld.gov.au/words-for-wellbeing)

[library.lockyer valley.qld.gov.au](http://library.lockyer valley.qld.gov.au)

[scenicrim.qld.gov.au/libraries](http://scenicrim.qld.gov.au/libraries)

[somersest.qld.gov.au/library](http://somersest.qld.gov.au/library)

Joining the Library:  
It's easy! Library book loans and borrower details are strictly confidential.  
If you are not a library member, just visit the local library and the friendly staff will help you join.

