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| **Title** | **Author** |
| **Cookery Books** |  |
| Deliciously Ella | Ella Woodward |
| Eat well: Be Well | The Gawler Foundation |
| Low Fat goes Luscious | Lauren Oostingh |
| Overcoming Multiple Sclerosis Cookbook | Ingrid Adelsberger |
| Special Diet Cookbooks: Multiple Sclerosis | Geraldine Fitzgerald & Fenella Briscoe |
| The Great Little Cookbook: Hints and healthy eating on a tight budget | Sally Mackay |
| The Multiple Sclerosis Diet Book: A Low-Fat Diet for Treatment of M.S. | Roy Saver Swank |
| The Revive Café Cookbook | Jeremy Dixon |
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| **Other Books** |   |
| Limbo: A Memoir | A. Manette Ansay |
| 300 Tips for Making Life with Multiple Sclerosis Easier | Shelley Peterman Schwarz |
| A Book of Insight: A Guide for the Advanced Soul | Susan Hayward |
| A cup of sunlight | Juliet Batten |
| A Genius in the Family | Hilary Du Pré |
| A Journey to Peace Through Yoga | Lynette Dickinson |
| A Patient-Expert Walks you Through Everything You Need to Learn and Do | Margaret Blackstone |
| A Recipe for Life | Dorothy Edgelow |
| A Short Guide to a Happy Life | Anna Quindlen |
| Ageless Body, Timeless Mind | Deepak Chopra |
| Anayomy of the Spirit | Caroline Myss |
| Attitudes of Gratitude | M. J. Ryan |
| Being Mortal | Atul Gawande |
| Benessere Well-being | Laurinda Erasmus |
| Benjamin: My Mum is Special | Stefanie Lazain & Stephan Pohl |
| Body Control: The Pilates Way | Lynne Robinson & Gordon Thomson |
| Breaking Free of the Co-dependency Trap | Barry K. Weinhold & Janae B. Weinhold |
| Bring light to the dark | Bayer HealthCare |
| Change Your Thinking | Sarah Edelman |
| Choose to be Happy | Wayne Froggatt |
| Complementary and Alternative Medicine and Multiple Sclerosis | Allen C. Bowling |
| Coping with Multiple Sclerosis | Cynthia Benz & Richard Reynolds |
| Cripin Place | David Ashton |
| Curing the Incurable | Jacque C. Rigg |
| Dealing Daily with Dementia | Angela Caughey  |
| Death and How to Survive it | Kate Boydell |
| Death without warning | Lynne Ewart |
| Don’t Sweat the Small Stuff in Love | Richard Carlson & Kristine Carlson |
| Exercises for Multiple Sclerosis | Brad Hamler |
| Facing Age | Nancy Bourke |
| Fatigue in Multiple Sclerosis: A Guide to Diagnosis and Management | Lauren B. Krupp |
| Finding Harmony | Sally Hyder |
| Full Catastrophe Living | Jon Kabat-Zinn |
| Get some Head Space | Andy Puddicombe |
| Healing Multiple Sclerosis | Ann Boroch |
| Healing Ways: A doctor's guide to healing | Robin Kelly |
| Heart Thoughts | Louise L. Hay |
| Helping Children with Ill or Disabled Parents | Julia Segal & John Simkins |
| How to live off the Smell of an Oily Rag | Frank Newman & Muriel Newman |
| Human Givens | Joe Griffin & Ivan Tyrrell |
| Hyperventilation Syndrome | Dinah Bradley |
| I Always Wanted to be a Tap Dancer | Annee Lawrence |
| It's Not All in Your Head | Patricia Farrell |
| Legacy Fundrasing: The art of seeking bequests | Sebastian Wilberforce |
| Life on Cripple creek: Essays on Living with Multiple Sclerosis | Dean Kramer |
| Limbo: A Memoir | A. Manette Ansay |
| Living Beyond Multiple Sclerosis: A Women's Guide | Judith Lynn Nichols |
| Living Life Out Loud | Kay Douglas |
| Living Well | Montel Williams |
| Living with Progressive Multiple Sclerosis: Overcoming the Challenges | Patricia K. Coyle & June Halper |
| Love, Medicine and Miracles | Bernie Siegel |
| Managing Multiple Sclerosis Naturally | Judy Graham |
| Me and My Shadow | Carole Mackie |
| Meditation Pure & Simple | Ian Gawler |
| Meditations for Women who Do Too Much | Anne Wilson Schaff |
| Meeting the Challenge of Progressive Multiple Sclerosis | Patricia K. Coyle & June Halper |
| Memories | Marvis Urlich |
| Minding My Mitochondria | Terry L. Wahls |
| More Ways to live off the Smell of an Oily Rag | Frank Newman & Muriel Newman |
| MS Children's Book | Zac Raasch |
| Multiple Sclerosis | David Rog |
| Multiple Sclerosis and Having a Baby | Judy Graham |
| Multiple Sclerosis for Dummies | Rosalind Kalb |
| Multiple Sclerosis: 300 tips for Making Life Easier | Shelley Peterman Schwarz |
| Multiple Sclerosis: A Guide for Families | Rosalind C. Kalb |
| Multiple Sclerosis: A Guide for the Newly diagnose | Nancy J. Holland |
| Multiple Sclerosis: A personal Exploration | Alexander Burnfield |
| Multiple Sclerosis: A Self-Care Guide to Wellness | Nancy J. Holland |
| Multiple Sclerosis: A Self-Help Guide | Judy Graham |
| Multiple Sclerosis: Current Status and Strategies for the Future | Janet E. Joy |
| Multiple Sclerosis: The Guide to Treatment and Management | Chris H. Polman |
| Multiple Sclerosis: Understanding the Cognitive Challenges | Nicholas LaRocca & Rosalind Kalb |
| Multiple Stories | Melissa Martin |
| Olive Leaf Extract: Potent Antibacterial, Antiviral and Antifungal Agent | Jack Ritchason |
| Overcoming Multiple Sclerosis: An Evidence Based Guide to Recovery | George Jelinek |
| Peace of mind | Ian Gawler |
| Peace, Love & Healing | Bernie Siegel |
| People with MS with the Courage to Give | Jackie Waldman |
| Practicing the Power of Now | Eckhart Tolle |
| Quantum Healing: Exploring the Frontiers of Mind/Body Medicine | Deepak Chopra |
| Rain, Hail or Shine: Exploring change, loss and grief in a carer's world | Tricia Irving |
| Recovering from Multiple Sclerosis: Real life stories of hope and inspiration | George Jelinek |
| Recovery Yoga | Sam Dworkis |
| Reiki: The Healing Touch | William Lee Rand |
| Relationship Fundraising | Ken Burnett |
| Restful Sleep | Deepak Chopra |
| Revolution from Within: A Book of Self-Esteem | Gloria Steinem |
| Rich Man Road | Ann Glamuzina |
| Sink into Sleep | Judith R. Davidson |
| Speed Bumps: Flooring it Through Hollywood | Teri Garr |
| Taking Control | Jillian Kingsford Smith |
| Taking control of Multiple Sclerosis: Natural and Medical Therapies to Prevent its Progression | George Jelinek |
| The Chemical Maze Shopping Companion | Bill Statham |
| The Clinical Neuropsychiatry of Multiple Sclerosis | Anthony Feinstein |
| The Complete Family Guide to Natural Healing | Paul Bedson |
| The Courage to Give | Jackie Waldman |
| The Creative Power of Imagery | Ian Gawler |
| The Four Agreement  | Don Miguel Ruiz  |
| The Good Gut | Dr Andrew Weil |
| The Good Life: four glorious seasons in my country garden | Sarah O'Neil |
| The Happiness Trap: Stop Struggling, Start Living | Russ Harris |
| The Healing Promise of QI | Roger Jahnke |
| The Image of MS: A photographic exhibition | Joyce Tenneson |
| The Laws of Spirit: A Tale of Transformation | Dan Millman |
| The MS workbook: Living Fully with Multiple Sclerosis | Robert T. Fraser |
| The Multiple Sclerosis guide to Complementary & Alternative Medicine | Lorraine Knightbridge |
| The Pocket Guide to Natural Good Health | Angela haldane |
| The Relaxation & Stress Reduction Workbook | Martha Davis |
| The Ultimate stress buster | Sarah Brewer |
| The Very Essence: A guide to Aromatherapy | Lisa Burke |
| Towards a United Voice… A History of the Multiple Sclerosis Society of New Zealand, Inc. | Ruth Vincent |
| Toxic Oil | David Gillespie |
| Unexpected Rewards | Maureen T Corrigan |
| When the body says No | Gabor Mate, M.D. |
| Wherever You go There You Are | Jon Kabat-Zinn |
| Who Moved My Cheese? An amazing Way to Deal with Change in Your Work and in Your Life | Spencer Johnson |
| Why not My? My Journey with MS | Anna Healey |
| Women Who run With The Wolves | Clarissa Pinkola Estés |
| Yoga and Multiple Sclerosis | Loren Fishman & Eric Small |
| You Are Not Your Illness | Linda noble Topf |
| You Can Be Happy No Matter What | Richard Carlson |
| You Can Heal Your Life | Louise L. Hay |
| You Don't Look Sick! Living with invisible Chronic Illness | Joy H. Selak & Steven S. Overman |