



Derbyshire Carers Association Recommended Reading List

Derbyshire county Library service have online ebooks, emagazines and newspapers which are accessible if you have access to the internet through:

<https://www.derbyshire.gov.uk/leisure/libraries/ebooks/ebooks-emagazines-and-eaudiobooks.aspx>

For Carers and Relatives

The Carers handbook: Essential information and support for all those in a caring role - Jane Mathews

The Selfish pigs guide to caring: How to cope with Emotional and practical aspects of caring for someone - Hugh Marriott

Essential Carer's Guide - Mary Jordan

The Essential Carer's Guide to Dementia - Mary Jordan

The Conscious Care Giver: A Mindful Approach to Caring for your Loved One without Losing Yourself - Linda Abbit

10 Helpful Hints for Carers - June Andrews

How To Get Back To Life: A Self Care Resource designed for unpaid Carers (and busy people in general): How to take control in your life and find more time in your life and fulfill your own needs! - Angela Newell

Paying the Price: Carers, Poverty and Social Exclusion (Poverty publication) Paperback – Marilyn Howard.

The Unexpected Journey of Caring: The Transformation from Loved One to Caregiver – Donna Thomson

Dementia care

When Caring Takes Courage: A Compassionate, Interactive Guide for Alzheimer's and Dementia Caregivers – Mara Botonis

Front Line Alzheimer's: Caring for Margaret at Home - Wearden, Tom.

But then something happened: a story of everyday Dementia - Carling, Chris.

Keeping mum: caring for someone with dementia - Talbot, Marianne.

Telling tales about dementia: experiences of caring - Whitman, Luc

Long term conditions

Self-management of long-term health conditions - Lorig, Kate.



Taking charge : a practical guide to living with a disability or health condition - Fletcher, Agnes.

Body moves: how exercise can improve your health and prevent illness, from asthma and arthritis to depression, diabetes and high blood pressure - Daley, Debra.

Arthritis

Arthritis: A practical Guide to getting on with your life -Chris Jenner

Arthritis: Exercise your way to health - Paula Coates

Arthritis: exercise plans to improve your life - Coates, Paula.

Chronic Fatigue/ ME

Overcoming Chronic Fatigue 2nd Edition: A self-help guide using cognitive behavioural techniques -Mary Burgess

Fighting Fatigue: Managing the Symptoms of CFS/ME - Sue Pemberton

Pain Management

Overcoming Chronic Pain 2nd Edition: A self-help guide using cognitive behavioural techniques - Frances Cole, Helen Macdonald, Catherine Carus

Manage Your Pain: Practical and Positive Ways of Adapting to Chronic Pain - Nicholas Michael, Allan Molloy, Lee Beeston

Pain is Really Strange -Steve Haines, Sophie Standing

Bowel conditions

Irritable Bowel Syndrome: Answers at your fingertips - Udi Shmueli

Irritable Bowel Syndrome: Navigating your way to recovery - Megan arroll & Christine Dancey

Go your Crohn way: A gutsy guide to living with crohns disease - Kathleen Nicolls

Autism

Understanding autism spectrum disorder - Duhig, Holly.

Breathing difficulties

Chronic Obstructive Pulmonary Disease: The Facts - Graeme P. Currie

Asthma: Answers at Your Fingertips - Mark Levy, Monica Fletcher, Soren Pederson

Diabetes

Diabetes For Dummies - Alan L. Rubin



Diabetes: The Facts - David Matthews

Type 2 Diabetes in Adults of All Ages: How to Become an Expert on Your Own Diabetes - Charles Fox, Anne Kilvert,

Heart Disease

Living with Angina - Dr. Tom Smith

The Heart Attack Survival Guide - Mark Greener

Understanding and Dealing with Heart Disease -Dr. Keith Souter

Stroke

How I Rescued My Brain: A Psychologist's Remarkable Recovery from Stroke and Trauma - David Roland

Rebuilding Your Life After Stroke: Positive Steps to Wellbeing - Reg Morris, Malin Falck

Stroke: The Facts - Richard I. Lindley

Mental health and wellbeing

Coping with the Psychological Effects of Illness: Strategies to Manage Anxiety and Depression - Fran Smith, Dr Robert Bor, Dr. Carina Eriksen

Mindfulness for Health: A Practical Guide to Relieving Pain, Reducing Stress and Restoring Wellbeing - Dr. Danny Penman, Vidyamala Burch

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