

5 RYD	Author	Title	Sub Title	Publisher	Publish Date
<b>1. General Health and Medicine</b>					
1 BMA	British Medical Association	Illustrated Medical Dictionary	Essential A-Z quick reference to over 5,000 medical terms		2008
1 CAN	Canfield, Jack	Chicken Soup for the Soul in Menopause		Health Communications Inc.	2006
1 DAV	Davis, Daniel	The Beautiful Cure	The New Science of Human Health	Vintage	2018
1 GLE	Glenville, Marilyn	The New Natural Alternative to HRT	At last a breakthrough approach to the menopause and osteoporosis ...	Kyle Cathie Limited	2002
1 GLE	Glenville, Marilyn	The Natural Health Bible for women	The Complete guide for women of all ages	Duncan Baird	2010
1 MOR	Moran, Diana	Beating Osteoporosis	The Facts, the Treatment, the Exercises	Green Tree	
1 NEW	Newson, Louise	Menopause		Haynes Publishing	2019
1 RAY	Rayner, Sarah	Making Friends with the Menopause		The Creative Pumpkin	2015
1 TUC	Tuck, Max	Love your Bones	The Essential Guide to ending Osteoporosis and Building a Healthy Skeleton	Hammersmith Health Books	2015
<b>2. General Cancer: diagnosis, surgery, treatment</b>					
2 ARN	Amey, Kat	Rebel Cell	Cancer, Evolution and the New Science of Life	Orion Publishing	2021
2 BLO	Block, Keith I.	Life Over Cancer	The Block Center Program for Integrative Cancer Treatment	Bantam Books	2009
2 DAV	Davies, Andrew	Cancer Related Breakthrough Pain		Oxford University Press	2019
2 DEV	DeVita Vincent	The Death of Cancer		Sarah Crichton Books	2015
2 DON	Dong, Haidong	The Basics of Cancer Immunotherapy		Springer.com	2018
2 DRE	Dresser, Rebecca	Malignant	Medical Ethics confront Cancer	Oxford University Press	2012
2 FUN	Fung, Jason	The Cancer Code	A Revolutionary Understanding of a Medical Mystery	Thorson	2020
2 GIL	Gillam, Carey	White Wash	The Story of a Weed Killer, Cancer and the Corruption of Science	Island Press	2017
2 GRA	Graeber Charles	The Breakthrough	Immunotherapy and the Race to cure Cancer	Scribe	2018
2 GRE	Greener, Mark	Your Guide for the Cancer Journey		Sheldon Press	2018
2 JOH	Johnson, George	The Cancer Chronicles	Unlocking medicine's deepest mystery	Bodley Head	2013
2 LAD	Ladhams, Tim	Cancer Treatment Breakthroughs		Wilkinson Publishings	2022
2 LEA	Leaf, Clifton	The Truth in Small Doses	Why we are losing the War on Cancer and How to win It	Simon and Schuster	2013
2 MOR	Mortimer, Peter	Let's Talk Lymphoedema		Elliott and Thompson	2017
2 MUK	Mukherjee, Siddhartha	The Emperor of all Maladies	A biography of cancer	Fourth Estate	2011
2 OLL	Olle David	Treating Cancer with Immunotherapy and Targeted Therapy		Mercury Learning	2022
2 PEC	Pecorino, Lauren	Why Millions Survive Cancer	The Successes of Science	Oxford University Press	2011
2 RAZ	Raza, Azra	The First Cell	and the human costs of pursuing cancer to the last	Basic Books	2020
2 SHE	Shepard, Steven	Vanquishing Cancer	Winning the Fight of your life	Wloverine Rocket Publishing	2020
2 SIK	Sikora Karol	The Streetwise Patient's Guide to Surviving Cancer		EER	2016
2 SIL	Silverman, Dan	Your Brain after Chemo	A Practical Guide to Lifting the Fog.....	Lifelong Books	2009

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2 SKL	Skloot, Rebecca	The Immortal Life of Henrietta Lacks		Broadway Books	2010
2 THI	Thiboldeaux Kim	Your Cancer Road Map	Navigating life with Resilience	BenBella Books	2021
2 WRI	Wright Valena	It's Time You Knew	The power of your choices to prevent womwns' cancer	Irish Moss Press	2020
2.b AND	Anderson, Greg	Breast Cancer	50 Essential things you can do	Conari	2011
2.b AND	Anders, Carey and Lin, Nancy	100 Questions and Answers about Triple Negative Breast Cancer		Jones and Bartlett Learning	2012
2.b ARN	Arnot, Bob	The Breast Cancer Prevention Diet		Little, Brown and Co	1998
2.b BRA	Braddock, Suzanne W. et al.	Straight Talk about Breast Cancer	From diagnosis to recovery	Addicus Books	2002
2.b BUR	Burt, Jeannie and White, Gwen	Lymphedema	A breast cancer patient's guide to prevention and healing	Hunter House	1999
2.b DEL	Delinsky, Barbara	Uplift Secrets from the Sisterhood of Breast Cancer Survivors		Washington Square Press Publication	2001
2.b FAU	Faulkner, Sonia	The Best Friend's Guide to Breast Cancer	What to do if your bosom buddy or loved one is diagnosed		2011
2.b FRI	Friedman, Sue et al	Confronting Hereditary Breast and Ovarian cancer	Identify your risk, understand your options, change your destiny	John Hopkins	2012
2.b GAB	Garbriel, Sarah	Eating Pomegranates	A Memoir of Mothers, Daughters and Genes	Jonathan Cape	2009
2 GRE	Greener, Mark	Your Guide to the Cancer Journey		Sheldon rPress	2018
2.b HES	Hesse-Biber, Sharlene	Waiting for Cancer to Come	Women's Experiences with Genetic Testing and Medical Decision Making for Breast and Ovarian Cancer	University of Michigan Press	2014
2.b HOL	Holman, Adrianna	Love your Scar	Breast Cancer	Lulu	2010
2b KAR	Karole, Arlene M	Just Diagnosed: Breast Cancer		Carpenter's Son Publishing	2021
2.b KNA	Knaul, Felicia Marie	Beauty without the Breast		Harvard University Press	2012
2.b KOL	Kollak,R.N, Utz-Billing,I.	Yoga and Breast Cancer	A journey to Health and Healing	demoshealth	2011
2.b LEI	Leifert, Debbie et al	Just a Lump	Reflections of young breast cancer survivors	Universe Inc	2008
2.b LEW	Lewis, Shelley	Five Lessons I didn't Learn from Breast Cancer	And One Big One I Did	New American Library	2008
2.b LIN	Link, John and Forsthoff, Cynthia and Waisman, James	The Breast Cancer Survival Manual	A step-by-step guide for the woman with newly diagnosed breast cancer	St. Martin's Griffin	2017
2.b LOV	Love, Susan	Dr. Susan Love's Breast Book		Addison-Wesley, USA	2000
2.b MCC	McCormick, Sabrina	No Family history		Rowman & Littlefield	2009
2b MIL	Miller Kenneth, Camp Melissa	The Breast Cancer Book	A trusted guide for you and your loved ones	John Hopkins University Press	2021
2.b OLI	Olivotto, Ivo	The Intelligent Guide to Breast Cancer	All you need to know to take an active part in your treatment	Intelligent Patient Guide	2006
2.b PEL	Peltason, Ruth	I am Not My Breast Cancer		Harper San Francisco	2008
2.b POR	Porter, Alison	Stronger than Before	Take Charge of your Healing tto Survive and Thrive with Breast Cancer	HAY House	2018
2.b SHO	Shockney, Lillie D. & Shapitro, Gary	100 Questions and Answers about Metastatic Breast Cancer		Jones & Bartlett	2022
2.b.SHO	Shockney, Lillie D.	Navigating Breast Cancer		Jones & Bartlett	2011

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2.b SHO	Shockney, Lillie D.	Patients' Guide to Breast Cancer		Johns Hopkins Medical	2010
2b SOL	Solak-Edwards Michele	A survivor's Guide to Triple Negsatie Breast Cancer		Independently Published	2022
2.b WIL	Wilms, Birgitte	Live Well Beyond Breast Cancer	How to get through Treatment and Back to a Life you love	Lifestyle Entrepreneurs Press	2020
2.bi PUL	Pulver, David	Bladder Cancer	A Patient-Friendly Guide to Understanding Your Diagnosis and Treatment Options	Patient Friendly Publishing	2017
2.br BUR	Burrows, Gideon	Glioblastoma	A Guide for Patients and Loved Ones	ngo media	2017
2.br HEN	Henry, Ollette	Get Outta My Head	My Journey living with Brain cancer	ettelloc	2013
2 c ABU	Aburt. Jaimi V	Hope iis Never Lost	Our Journey through Childhood Cancer	Westbrow Press	2021
2 c BER	Berthoud, Melody	We Beat Leukaemia	My family's journey with childhood cancer	I AM PUBLISHING	2015
2.c.KEE	Keene, Nancy	Childhood Cancer Survivors	a Practical Guide to your future	Childhood Cancer Guides	2012
2.c SCH	Schilstra, Clarissa	Riding the Cancer Coaster	A survival guide for teens and young adults	CreateSpace	2015
2.c SCI	Scibilia, Muriel	Cote nuit, cote soleil	Des jeunes racontent leur traversée du cancer	Slatkine	2014
2.c USD	U.S. Dept. of Health	Young People with cancer	a Handbook for Parents		2015
2.c WOZ	Woznick, Leigh A., and Goodheart, Carol D.	Living With Childhood Cancer	A practical guide to help families cope	American Psychological Association	2006
2.c YOU	Young, Linda & Ward, C.J.	Hope for families of Children with Cancer		Kindred Press	2008
2.ce DIZ	Dizon, Don, Krychman, M & DiSilvestro	100 Questions and Answers about Cervical Cancer		Jones & Bartlett	2009
2.co EUS	Eustace, Ian	Bowel Cancer	The essential guide	Need2know	2011
2 co RUS	Russell, Sarah	The Bowel Cancer Recovery Toolkit	Recover faster with activity, exercise and lifestyle	Hammersmith Press Limited	2019
2 NCC	NCCN	Adolescents and Young Adults with Cancer	NCCN Guidelines for Patients		2019
2.bi NCC	NCCN	Bladder Cancer	NCCN Guidelines for Patients		2019
2.co NCC	NCCN	Colon Cancer	NCCN Guidelines for Patients		2018
2.h NCC	NCCN	Oral Cancers	NCCN Guidelines for Patients		2018
2.k NCC	NCCN	Kidney Cancer	NCCN Guidelines for Patients		2020
2.l NCC	NCCN	Lung Cancer, Early and Locally Advanced	NCCN Guidelines for Patients		2019
2.l NCC	NCCN	Lung Cancer, Metastatic	NCCN Guidelines for Patients		2019
2.p NCC	NCCN	Pancreatic Cancer	NCCN Guidelines for Patients		2019
2.s NCC	NCCN	Melanoma	NCCN Guidelines for Patients		2018
2.o NCC	NCCN	Esophageal Cancer	NCCN Guidelines for Patients		2018
2.o NCC	NCCN	Ovarian Cancer	NCCN Guidelines for Patients		2019
2.s NCC	NCCN	Squamous Cell Skin Cancer	NCCN Guidelines for Patients		2018
2.s NCC	NCCN	Stomach Cancer	NCCN Guidelines for Patients		2019
2.co ZBA	Zbar, Andrew	A Patient's Guide to Colorectal and Anal Cancer	empowering your diagnosis and treatment		2018
2.h DUN	Dunstone, Carol & Bennett A	No Time for Cancer	Inspire yourself to survive Mouth, Head and Neck Cancer	Matador	2014
2.k CAM	Campblee, Steven, Rine, B. Uzzo, R.G., Lane, B. Chisolm, S	100 Questions and Answers about Kidney Cancer		Jones & Bartlett	2009

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2.I EIN	Eini, Amy	Breathing Deep		Ma'arechet	2009
2.I SCH	Schiller Joan H. Capau,A	100 Questions and Answers about Lung Cancer		Jones & Bartlett	2014
2.li ABO	Abou-Alfa Ghassen, DeMatteo, Ronald	100 Questions & Answers About Liver Cancer		Jones & Bartlett	2009
2.ly HOL	Holman, Peter, Garrett,Jodi	100 Questions and Answers about Lymphoma		Jones & Bartlett	2011
2.m BAS	Bashey, Asad, Abonour, Rafat & Huston, James	100 Questions and Answers about Myeloma		Jones & Bartlett	2009
2.o BLE	Bledy, Chris	Beating Ovarian Cancer	How to Overcome the Odds and Reclaim your Life	Aviva Pub.	2008
2.o MON	Montz F J	A Guide to survivorship for Women with Ovarian Cancer		John Hopkins	2015
2.o DIZ	Dizon, D,S & Sparacio, D.	100 Questions and Answers about Ovarian Cancer		Jones and Bartlett Learning	2015
2.oe GIN	Ginex, Pamela & Hanson, J	100 Questions and Answers about Esophageal Cancer		Jones and Bartlett	2005
2.p CHA	Chambers Suzanne	Facing the Tiger		Australian Academic Press	2020
2.p ELL (x3)	Ellsworth, Pamela	100 Questions and Answers about Prostate Cancer		Jones and Bartlett Learning	2018
2 p HIG	Hight J and Hight R.D	Prostate Cancer	A couples' intimate journey	Mox-Sun-Ray	2021
2.p KIR	Kirby, Roger	FAST FACTS: Prostate Cancer		S Karger	2020
2.p MUL	Mulhall, John P.	Saving your Sex Life	A guide for men with prostate cancer	Hilton	2008
2.p PLA	Plant, Jane	Prostate Cancer	Understand, prevent and overcome prostate cancer	Virgin Books Ltd	2007
2.p.PYN	Pynn, Craig T.	Navigating the realities of prostate cancer	One man's life-changing diagnosis	demos health	2012
2.p RAY	Rayman, Margaret	Healthy Eating for ProstateCancer		Kyle Books	2020
2.p RIP	Ripoli, E and Saunders, M	Prostate Cancer	A new approach to Treatment and Healing	Vital Health Press	2016
2.p SCA	Scardino, Peter and Kelman, Judith	The Prostate Book	An owner's manual	Penguin Books	2005
2.p SCH	Scholtz Mark and Blum Ralph	Invasion of the Prostate Snatchers	An Essential Guide to Managing Prostate Cancer for Patients and their Carers	Other Press	2021
2.p STA	Standeven Glenda	What Men won't talk about... and women need to know.	A Woman's Perspective on Prostate Cancer	Staneven Publications	2014
2.p WAL	Walsh, Patrick & Worthington, Janet	Guide to Surviving Prostate Cancer		Life & Style	2018
2.p WHE	Whelan, Peter	Prostate Cancer	Why it's different	LR Price	2021
2.pa LIP	Lippe, Michael, Dung,T	Pancreatic Cancer	A Patient and his Doctor Balance Hope and Truth	John Hopkins	2011
<b>3. Food and Nutrition</b>					
3 BAR	Bamard, Neal	The Cancer Survivor's Guide	Foods that help you Fight Back	Healthy Living Publications	2017
3 BEL	Beliveau, Richard and Gingras, D	Foods to Fight Cancer	What to Eat to reduce your risk.	DK Publishing	2017
3 BES	Besser, Jeanne	What to eat during Cancer Treatment	100 great-tasting , family friendly recipes to help you cope	American Cancer Society	2009
3 BRA	Bratton, Susan	The Meals to Heal Cookbook		Lifelong Books	2016
3 GLI	Glickman, Hilda	Take Breast Cancer off the Menu		Foulsham Publishing Ltd	2015

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3 GRE	Green, Tamara	The Living Kitchen		Robinson	2019
3 KAT	Katz, Rebecca	The Cancer Fighting Kitchen		Ten Speed Press	2009
3 KAT	Katz, Rebecca	One Bite at a Time	Nourishing Recipes for Cancer Survivors	Celestial Arts	2008
3 KEA	Keane, Maureen and Chace, Daniella	What to Eat if You Have Cancer	A guide to adding nutritional therapy to your treatment plan	McGraw Hill	2007
3 KES	Keshtgar, Mohammed	The breast cancer cookbook		Quadrille Publishing	2015
3 MARK	Markman, Maurie	Cancer Nutrition & Recipes for Dummies		For dummies	2013
3 MAT	Mathai, Kimberly	The Cancer Wellness Book	Smart nutrition and Delicious Recipes for people living with cancer	Sasquatch books	2014
3 MIL	Mil, Jose van	Healthy Eating during Chemotherapy	Chef and Medical specialists with 100 recipes	Kyle Books	2012
3 MIL	Miller, Bryan and Rama, Marie	Cooking for Dummies		IDG Books	2013
3 MIT	Mitchell, Nathalie	How to Kill Cancer Cells	Make your body healthy now		2013
3 RIL	Riley, Ryan	Life Kitchen	Recipes to revive the joy of taste and flavour	Bloomsbury Publishing	2020
3 SEN	Sen, Jane	The Cancer Life Line Recipes	Thirty recipe cards to delight and heal	Health Creation	
3 SHA	Shaw, Clare	The Royal Marsden Cancer Cookbook	nutritious recipes for during and after cancer treatment to share with friends and family	Kyle Books	2015
3 YOS	Yost, Debra	The Anti-Cancer Food and Supplement Guide		St Martin's Paper	2010
<b>4. Holistic and Complementary Therapies</b>					
4 BAR	Barracough, Jennifer	Enhancing Cancer Care	Complementary therapy and support	Oxford University Press	2007
4 CAB	Cabot, Sandra	Cancer Survival Strategies	A Holistic Approach	SCB International	2019
4 CAR	Carter Ann and Mackereth Peter	Aromatherapy, Massage and Relaxation in Cancer Care		Singing Dragon	2017
4 CAS	Cassileth, Barrie R. et al.	PDQ Pretty Darned Quick	Integrative Oncology	BC Decker Inc	2005
4 CHA	Chamberlain, Jonathan	Cancer Recovery Guide	15 Alternative and complementary strategies for restoring health	Clairview	2008
4 DAN	Daniel Rosy & Panton, A	The Alternative Cancer Treatment Guide		Health Creation	2003
4 FOR	Forsythe James	Take Control of your Cancer	Integrating the best of Alternative treatments	Benbella Books	2012
4 GRE	Greener, Mark	The Holistic Guide for Cancer Survivors		Sheldon Press	2016
4 LOF	Loftis, Deanna K.	Gentle Cures for Tough Cancers	Non-toxic, God given, Natural cures that work		2009
4 MAC	MacDonald, Gayle	Medicine Hands	Massage Therapy for people with Cancer	Findhorn Press	2007
4 MCG	McGrath, Henry	Traditional Chinese Medicine Approaches to Cancer	Harmony in the face of tiger	Singing Dragon	2009
4 MCL	McLelland, Jane	How to starve cancer		Agenor Publishing	2018
4 MIT	Mitsui, Tomeko & Hillyer, K.	Overcoming Cancer and other Diseases in a Holistic Way		Kokoro Publishing	2007
4 PEA	Peat, Patricia	The Cancer Revolution	Integrative Medicine, The Future of Cancer Care	Win-win Health Intelligence Ltd	2016
4 PIL	Pilkington Pat	The Golden Thread	A quiet revolution in holistic cancer care	Jessica Kingsley Publishers	2015

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4 QUE	Quest, Penelope	Self-Healing with Reiki	How to Create Wholeness, Harmony and Balance for Body, Mind and spirit	Piatkus	2003
4 ROB	Roberts, Emma	Even Though I Have Cancer	An energetic Approach to Healing with Tapping and Emotional Freedom Techniques	The iEFT Centre	2009
4 TEM	Templeton James	I Used to Have Cancer	How I found my own way back to health	Square One Publishers	2019
4 USP	Uspenski, Maria	Cancer Hates Tea		Page Street	2016
4 WAL	Walker, Gordon	Way Down inside	The Drive to beat Ovarian Cancer	Amazon	2019
<b>5. Self Help</b>					
5 BAI	Bailey, Alison	One Step at a Time	Getting through Chemotherapy with Breast Cancer	Filament Publishing	2016
5 BAR	Bartley Trish	Mindfulness: A Kindly Approach to being with Cancer		Wiley-Blackwell	2017
5 BAR	Bartley, Trish	Mindfulness-based Cognitive therapy for Cancer		Wiley-Blackwell	2011
5 BOU	Boume, Nicola	The Fabulous Woman's Guide Through Cancer	A Lifestyle Guide to Help You Through	Nicola Boume	2015
5 BRI	Bridges , William	Transitions		Ingram	2019
5 BRO	Brohn, Penny	The Bristol Programme	An Introduction to holistic therapies practised by the Bristol Cancer Help Centre	Century	1987
5 CAR	Carlson Linda	Mindfulness-Based Cancer Recovery		Harbinger Press	2010
5 CAR	Carr Kris	Crazy, Sexy, Cancer Tips		The Lyons Press	2007
5 DAN	Daniel, Rosy	Living With Cancer	A positive, self-help approach for people with Cancer	Constable and Robinson Ltd	2000
5 DJA	Djamgoz, Mustafa and Plant, Jane	Beat Cancer	The 10-step Plan to help you overcome and prevent Cancer	Vermillion	2014
5 FES	Fesen, Mark	Surviving the Cancer System	An empowering guide to taking control of your care	AMACON	2009
5 GAL	Galgut, Comelia	Living with the Long-Term Effects of Cancer		Jessica Kingsley Publishers	2020
5 GAW	Gawler, Ian	You Can Conquer Cancer	The ground-breaking self-help manual including nutrition, meditation and lifestyle management	Harper-Thorsons	2015
5 GER	Germer, Christopher	The Mindful Path to Self-Compassion	Freeing Yourself from Destructive Thoughts and Emotions	The Guildford Press	2009
5 HOD	Hodkinson, Liz	The Bristol Experience	Achieving peace of mind as we face the unknown	Hodder & Stoughton	2003
5 HOL	Holford, Patrick	Say No to Cancer	The drugfree guide to preventing and helping fight cancer	Piatkus	2010
5 KAB	Kabat-Zinn, Jon	Full Catastrophe Living	Using the wisdom of your body and mind ...	Bantam	2013
5 KAB	Kabat-Zinn, Jon	Mindfulness for Beginners		Sounds True	2012
5 KED	Kedy, Linda	Cancer is great for your Health	Avoiding & reversing Chronic disease	MyVoice Publishing	2012
5 KES	Kesler, Shelli	Improving Cognitive Function after Cancer		Creative Independent Publishing Platform	2013
5 KRU	Krucoff, Carol and Krucoff, Mitchell	Healing Moves	How to cure, relieve and prevent common ailments with exercise	Three Rivers Press	2000
5 LEM	Lemole, Gerald et al	After Cancer Care	the definitive self-care guide to getting and staying well for patients after cancer.	Rodale Books	2015
5 LIG	Lightstar, Saskia	The Cancer Misfit	A Guide to navigating Life after Treatment	Hay House	2021
5 MAX	Maxwell, Tracy	Being single with cancer	a solo survivor's guide to life, health and happiness	demoshealth	2014

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5 MOR	Morrison, Sharon	even the eyebrows	A practical guide to managing cancer with your boxing gloves on	Authorhouse	2009
5 NAG	Nagarsheth, Nimesh	Music and Cancer	a prescription for healing	Jones and Bartlett	2010
5 NEF	Neff, Kristen	Self-Compassion	The proven power of being kind to yourself	William Morrow	2015
5 NEP	Nepo, Mark	The Book of Awakening		Quercus Books	2011
5 OWE	Owen, Ray	Living with the Enemy	coping with the stress of chronic illness using CBT, mindfulness and acceptance	Routledge	2014
5 PEC	Peck, Scott	The Road Less Travelled		Rider Books	1978
5 PEL	Peleg, Michael	100 Things to do Besides Chemo		the Little Publisher	2014
5 PRI	Prinster, Tari	Yoga for Cancer	A Guide to Managing Side-Effects, Boosting Immunity and Improving Recovery in Cancer Survivors	Healing Arts Press	2014
5 REZ	Rezak, Cheryl	Managing Cancer Symptoms	The Mindful Way	Sheldon Press	2019
5 ROS	Rosenbaum, Elana	Here For Now	Living with cancer through mindfulness	Satya	2007
5 ROS	Rosenbaum, Elana	Being Well		Shambhala	2012
5 ROS	Rosenberg, Marshall	Nonviolent Communication	A language for Life	Puddledancer	2003
5 ROS	Rossmann, Martin L	Guided Imagery for Self-Healing	An essential resource for anyone seeking wellness	New World Library	2000
5 RYD	Ryder-Richardson Colin	I Beat My Cancer		Quantum 2004	
5 SAB	Sabbage, Sophie	The Cancer Whisperer	How to let cancer heal your life	Coronet	2016
5 SAM	Samuel, Julia	This too Shall Pass	Stories of Change, Crisis and hopeful Beginnings	Penguin Life	2020
5 SCH	Schwartz, Anna L	Cancer Fitness		Fireside book	2004
5 SER	Servan-Schrieber, David	Healing Without Freud or Prozac	Natural Approaches to curing stress, anxiety and depression	Rodale	2005
5 SER	Servan-Schrieber, David	Anti Cancer	A Way of Life	Viking	2009
5 SIE	Siegel, Bernie	Faith, Hope and Healing	Inspiring lessons learned from people living with cancer		
5 SIE 2 copies	Siegel, Bernie	Love, Medicine and Miracles	Lessons learned about self healing ...	Arrow, UK	1998
5 SIE	Siegel, Bernie	Peace, Love & Healing	The Path to self-healing	Arrow Books	1991
5 SIL	Silver, Julie	Before and After Cancer Treatment	Heal Faster, Better, Stronger	John Hopkins	2015
5 SIM	Simonton, O. et al	The Healing Journey		iUniverse	2002
5 YOU	Young Jennifer	Recognise Yourself: Beauty despite Cancer:	A practical guide to maintaining your appearance and well-being	Lotus Publishing	2015
<b>6. Coping with cancer: care and families</b>					
6 AME	American Cancer Society	Cancer Caregiving A to Z	An At-home guide for Patients and Families	American Cancer Society	2008
6 AME	American Cancer Society	Complete guide to Family Caregiving	Essential guide to cancer caregiving at home	American Cancer Society	2011
6 BAB	Babcock, Elise NeeDell	When Life Becomes Precious	The essential guide for patients, loved ones and friends	Bantam Books	2002
6 BAT	Battison, Toni	Caring for someone with cancer	Carers' Handbook series	Age Concern	2004
6 BOL	Bolletrio, Ruth Cohn	How to talk to family caregivers about Cancer		Norton	2009

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6 BOS	Boss, Carson and Cindy	I have cancer, Now What?	12 things, you, your spouse, and your family must know in your battle with cancer.	Familius LLC	2017
6 BRO	Brown, Pamela N	Facing Cancer Together	How to help your friend or loved one	Augsburg	1999
6 DEM	Dempsey, Sharon	Extreme Parenting	Parenting Your Child with a Chronic Illness	Jessica kingsley	2008
6 EIS	Eisenberg, Steven	Love is the Strongest medicine	Notes from a cancer doctor on connection, creativity and compassion	Hay House	2021
6 ERI	Erickson, Heather	Facing Cancer as a Friend	How to support Someone who has Cancer	Connected to the Vine	2016
6 FRA	Frank,Richard C.	Fighting Cancer with knowledge and hope	A guide for Patients, families and Health care providers	Yale Univ.	2009
6 FUL	Coleen Fulbright	How to help your Friend with Cancer		American Cancer Society	2015
6 GRI	Grinyer, Anne	Life After Cancer in Adolescence and Young Adulthood	The experience of Young adulthood	Routledge	2009
6 HAR	Harpham, Schlessel, Wendy	When a Parent Has Cancer	A guide to caring for your children	Perrenial Currents	2004
6 HEI	Heiney, Sue P	Cancer in the Family	Helping children cope with a parent's illness	American Cancer Society	2001
6 HEN	Henley Marissa	Loving your friend through cancer		P&R Publishing	2018
6 HOP	Hope, Lori	Help me live	20 things people with cancer want to know	Celetial arts	2011
6 HOU	Houts, Peter S.	Caregiving	A Step-b-step resource for caring ...	American Cancer Society	2000
6 HUT	Hutton, Deborah	What can I do to help?	75 practical ideas for family and friends from cancer's frontline	Short Books UK	2005
6 JAM	James, John W and Friedman, Russell	When Children Grieve	For adults to help children deal with death, divorce, pet loss, moving ...	First Quill	2002
6 JEN	Jenkins, Briony	How to cope with Breast Cancer when you have children	Parenting for Breast Cancer Mums	BCM Publishing	2014
6 KAT	Katz, Anne	After you ring the bell	10 challenges for the cancer survivor	Hygeia	2012
6 KAT	Katz, Anne	This Should not be Happening	young Adults with Cancer	Hygeia	2014
6 KAT	Katz, Anne	Caring for a Young Person with Cancer		Routledge	2022
9 KAT	Katan, Tania	My one-night Stand with Cancer		alyson books	2005
6 KEL	Kelly,Daniel	Cancer Care for Adolescents and Young Adults		Blackwell	2008
6 KOR	Komblith Alice	Older Survivors of Cancer		Oxford University Press	2020
6 MAC	Macmillan	Cancer in Older People		Macmillan Cancer Support	2010
6 MAL	Mallon, Brenda	Building continuing bonds for grieving and bereaved children		Jessica Kingsley Publishers	2018
6 MARA	Marais, Jenny	Navigating your cancer Joumey	A Handbook for Cancer Patients and Caregivers	Dog Ear Publishing	2016
6 MCC	McCue Kathleen	How to Help Children through a Parent's Serious Illness	Supportive, Practical Advice from a leading Child Life Specialist	St. Martin's Griffin	1996
6 MCC	McCullough, Dennis	My Mother Your Mother	Embracing slow medecine - the compassionate approach to caring for your aging loved ones	Harper	2009
6 MAT	Maté, Gabor	When the Body says No	The Cost of Hidden Stress	Vermilion	2019
6 ODO	O'Donnell, Lucy	Cancer is my Teacher		Quatet Books	2014
6 ORC	Orchard, Anne	Their Cancer, Your Journey	A Traveller's Guide for Cares, Family and Friends	Rainbow Heart	2008
6 PHA	Pharaoh,Gill	How to Manage Family Illness at Home		Bovering Books	2004



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6 RIT	Riter, Bob	When your life is Touched by Cancer	Practical advice and insights for patients, professionals and those who care	Hunter House	2014
6 RUS	Russell, Neil	Can I still Kiss You?	Answering Children's questions about Cancer	Health Communications INC	2001
6 SHA	Shapiro, Dan	And in Health	A guide to couples facing cancer together	tTumpeter	2013
6 SHA	Shapiro, Gary, Browner, Ilene	Cancer in Older Adults		Jones and Bartlett	2012
6 SIL	Silver Marc	Breast Cancer Husband	How to help your wife (and yourself) through diagnosis, treatment and ...	Rodale	2004
6 STO	Stokes, Susannah	Caring through Cancer			2018
6 STO	Stoller, Paul and Mitchell	Climbing the Mountain		Sport Publisher's Association	2015
6 THI	Thiboldeaux, Kim, Golant, Mitch	Reclaiming your life after Diagnosis	The Cancer Support Community Handbook	Benbella	2012
6 THO	Thompson, Barbara, Ed.	Breast Cancer Online: In Our Own Words	How we told our children		2001
6 TRZ	Trzeciak, S & Mazzarelli, A	Compassionomics	The revolutionary scientific evidence that caring makes a difference	Studer	2019
6 WOZ	Woznick, Leigh A., and Goodheart, Carol D.	Living With Childhood Cancer	A practical guide to help families cope	American Psychological Association	2006
<b>7. Coping with Cancer: Psychological Approach</b>					
5 BAR	Barr, Niki	Getting off the Emotional Roller Coaster of Cancer	Toolbox for patients, survivors, family members and caregivers	Anchor Rose	2014
7 BOR	Bor, Robert	Coping with the Psychological Effects of Cancer	Overcoming common problems series	Sheldon Press	2010
7 FIO	Fiore, Neil	Coping with the Emotional Impact of Cancer	Become an active patient and take charge of your treatment	Bay Tree	2009
7 GOO	Goodhart, Frances & Atkins, Lucy	The Cancer Survivor's Companion	Practical Ways to cope with your feelings after Cancer	Piatkus	2011
7 HOL	Holland, Jimmie C. and Lewis, Sheldon	The Human Side of Cancer	Living with hope, coping with uncertainty	First Quill	2001
7 MIL	Miller, Peter Max	Unstoppable Attitude	Facing the challenge of Cancer	Universe Inc	2008
7 MOO	Moorey, Stirling & Greer, Steven	Cognitive behaviour therapy for people with cancer		Oxford	2007
7 MUR	Murphy, Kevin L.	Surviving Cancer after Surviving Cancer	Coping with the emotional side of cancer	Headline books	2012
7 SIK	Sikora, Karol & Thomas, Hilary	Fight Cancer	How to prevent it and fight it	BBC Books	1989
7 TAF	Taft, Tess	Calming the emotional storm of Lung Cancer		Provenir Publishing	2013
<b>8. Grieving, Bereavement, Death</b>					
8 BAR	Barnes, Julian	Levels of Life		Vintage	2014

5 RYD	Author	Title	Sub Title	Publisher	Publish Date
8 BON	Bonanno, George	The Other Side of Sadness	What the new science of bereavement tells us about life after loss	Basic Books	2009
8 BOS	Boss, Pauline	Ambiguous Loss	Learning to live with unresolved grief	Harvard	2000
8 BOU	Boulay du, Shirley	Cicely Saunders, the Founder of the Modern Hospice Movement		Hodder & Stoughton	1984
8 BRA	Brazier, Jeff	The Grief Survival Guide		HODDER	2017
8 BRO	Brown, Janie	Radical Acts of Love		Canongate Books	2020
8 CAL	Callanan, Maggie & Kelley, P	Final Gifts	Understanding the special awareness, needs, ....	Bantam Books	1997
8 CHA	Macmillan	Palliative Care, End of life care, Bereavement	Accessible book.	Macmillan Cancer Support	2010
8 CLA	Clarke Rachel	Dear Life	A doctor's story of Love and Loss	Little, Brown and Co	2020
8 COL	Coles Richard	The Madness of Grief	A Memoir of Love and Loss	Weidenfeld and Nicolson	2021 poor
8 DIC	DiCiacco, Janis	The Colors of Grief	Understanding a Child's journey through loss from birth to adulthood	Jessica Kingsley	2008
8 DON	Donaldson Robin	It's Your loss	Living with grief is hard. We hope this book will help	DK Publishing	2021
8 DUN	Duncan Rogers, Jane	Gifted by Grief	a true story of cancer, loss and rebirth	Wild Wisdom Ltd.	2015
8 DID	Didion, Joan	The Year of Magical Thinking		Harper	2006
8 EIR	Eirew Gaby	Lap of Honor		Self Published	2019
8 FOL	Foley, Kathleen et al.	When the Focus Is On Care	Palliative care and cancer	American Cancer Society	2005
8 GAW	Gawande, Atul	Being Mortal.	Illness, medicine and what matters in the end.	wellcome collection	2014
8 GOL	Golightly, Adam	Being Adam Golightly		Short Books UK	2018
8 HOP	Hopper, Jill	The Mahogany Pod	a memoir of endings and beginnings	Saraband	2021
8 KUB	Kubler-Ross, Elisabeth & Kessler, David	Death	The final stage of growth	Touchstone	1986
8 KUB	Kubler-Ross, Elisabeth & Kessler, David	On Children and Death	How children and their parents can do and cope with death	Touchstone	1997
8 KUB	Kubler-Ross, Elisabeth & Kessler, David	On Death and Dying	What the dying have to teach doctors, nurses, clergy and their own families	Scribner	2003
8 KUB	Kubler-Ross, Elisabeth & Kessler, David	On Grief and Grieving	Finding the meaning of grief through five stages of loss	Scribner	2005
8 KUB	Kubler-Ross, Elisabeth & Kessler, David	To Live until We Say Goodbye		Prentice-Hall,	1978
f l;iumv jj	Lewis CS	A Grief Observed		Faber and Faber	1961
8 MAC	Macmillan	End of life: the facts (3 copies)	A booklet for people in the final stages of life and their carers	Macmillan Cancer Support	2013
8 MAC	Macmillan, Karen et al.	A Caregivers Guide	A handbook about end of life care	The Military and Hospitalier Order of Saint Lazarus of Jerusalem	2004
8 MAN	Mannix, Kathryn	With the End in Mind	Dying, Death and Wisdom in an Age of Denial	William Collins Books	2017
8 MAYER	Mayer Catherine	Good Grief	Embracing life at a time of death	Harper Collins	2020

5 RYD	Author	Title	Sub Title	Publisher	Publish Date
8 NOE	Noel, Brook & Blair, P	I wasn't ready to say Goodbye	Surviving, coping & healing after the sudden death of a loved one	Sourcebooks	2008
8 OMA	O'Mahony Seamus	The Way we die Now		Head of Zeus	2017
8 ONE	O'Neil Gilcrest, Sharon	Sheltering Thoughts about Loss and Grief			2005
8 PRO	Proot, Catherine	Life to be Lived	Challenges and choices for patients and carers in life-threatening illness	Oxford	2014
8 PUR	Puri, Sunita	That Good Night	Life and Medicine in the Eleventh Hour	Constable	2019
8 REN	Rentzenbrink, Cathy	A Manual for Heartache		Picador	2017
8 RIN	Rinpoche, Sogyal	The Tibetan Book of Living and Dying		Rider	2002
8 ROS	Rosenfeld, Juliet	The State of Disbelief		Short Books UK	2020
8 SAN	Sandberg, S and Grant, A	Option B	Facing Adversity, Building Resilience and Finding Joy	Penguin	2017
8 SAM	Samuel, Julia	This too shall Pass		Penguin Books	2020
8 SER	Servan-Schreiber, David	Not the Last Goodbye		Macmillan	2011
8 STO	Stokes, Julie	Then, Now and Always	Supporting Children as they journey through grief	Winston's Wish	2004
8 STO	Stone, Ganga	Start the Conversation	The book about death you were hoping to find	Warner Books	1996
8 TAY	Taylor, Cory	Dying: A Memoir		Canongate	2017
8 WAL	Wallbank, Susan	The Empty Bed	Bereavement and the loss of love	Darton, Longman and Todd Ltd	2005
8 YAL	Yalom, Irving	Staring at the Sun		JOSSEY-BASS	2009
8 YAL	Yalom, Irving and Marilyn	A Matter of Death and Life	Love, Loss and What Matters in the End	PIATKUS BOOKS	2021
<b>9. Life Journeys, Spirituality</b>					
9 ACH	Achatz, Grant, Kokonas, Nick	Life, on the Line	A chef's story of chasing greatness, facing death and redefining the way we eat	Gotham Books	2011
9 ALB	Albom, Mitch	The five people you meet in heaven		Hyperion	2003
9 ALB	Albom, Mitch	Tuesdays with Morrie		Doubleday	1997
9 ALL	Allison, Kimberly	Red Sunshine	A story of strength and inspiration from a doctor who survived stage 3 breast cancer	hatherleigh	2011
9 BEC	Beckerman, Nancy Greyson	Out of Time	One couple's journey through cancer	Signalman	2011
9 BEL	Bellingham, Linda	There's something I've been Dying to Tell You		Coronet	2014
9 BLA	Bland, Rachael	For Freddie	A Mother's Final Gift for her Son	Michael O'Mara Books Ltd	2019
9 BRO	Brokaw, Tom	A Lucky Life Interrupted	A Memoir of Hope	Random House	2015
9 BRU	Brueton, Diana	Dancing with Cancer	and how I learnt a few new steps	O-books	2014
9 BUX	Buston, Jackie	Tea And Chemo	Fighting Cancer, Living Life	Urbane	2015
9 CAM	Campbell, Emma	All That Followed		Mirror Books	2018
9 DER	Derbyshire, Victoria	Dear Cancer, Love Victoria	A Mum's Diary of Hope	Trapeze	2017
9 DIA	Diamond, John	C Because cowards get cancer too ...		Vermilion	1998
9 DIA	Diamond, John	Snake Oil and other preoccupations		Vintage	2001
9 DIL	Dillon Patrick	A Moment of Grace	a Story of Love and Loss	Ebury Press	2018
9 DUB	Dubois, Shelly	I lost my child to Cancer	A Mother's story, from Diagnosis to Healing after Loss	Friesen Press	2016

5 RYD	Author	Title	Sub Title	Publisher	Publish Date
9 EDW	Edwards, Elizabeth	Resilience	Reflections on the Burdens and Gifts of facing life's Adversities	Broadway Books	2009
9 FER	Ferdinand, Rio	Thinking out Loud	Grief and Being Mum and Dad	Hodder & Stoughton	2017
9 FER	Ferris, Paul	The Magic in the Tin	A brutal and poignant account of one man's journey through prostate cancer	Bloomsbury Sport	2022
9 GOO	Goodman, Allegra	Intuition		Atlantic Books	2006
9 GOR	Gorham, Carl	The Owl at the Window	a memoir of loss and hope	Coronet	2017
9 GOU	Gould, Philip	When I Die	Lessons from the death zone	Little Brown	2012
9 GRE	Greene Jayson	Once More We Saw Stars		Hodder & Stoughton	2019
9 GRE	Greene, St John	Mum's List		Penguin	2016
9 GRO	Gross, Kate	Late Fragments	Everything I Want To Tell You (About This Magnificent Life)	William Collins	2014
9 HAL	Hallenga, Kris	Glittering a Turd		Unbound	2021
9 HAQ	Haque, Mo	Choosing to Stay	how cancer gave me my life back.	Rethink Press	2018
9 HES	Hessler, Chris	To Be Alive!		Xlibris	2016
9 HIT	Hitchens, Christopher	Mortality		Atlantic Books	2012
9 HOC	Hockney, Karen	Breathing Out		Urbane Publications	2015
9 HOR	Horn, Betsy	A Little Touch of Cancer and how it made me Well	One Womens travel through Ovarian Cancer	Serenity Publications	2013
9 JAM	James, Deborah	f*** You Cancer	How to face the Big C, live your life and still be yourself	Vermilion	2018
9 HUN	Hunniford, Gloria	Next to You - Caron's Courage	Remembered by her mother	Michael Joseph	2005
9 JAO	Jaouad, Suleika	Between Two Kingdoms	what almost dying taught me about living	Bantam Press	2021
9 JAR	Jarvis, Debra	It's not about the Hair	And other certainties of life and cancer	Sasquatch Books	2008
9 KAL	Kalanithi, Paul	When Breath becomes air	what makes life worth living in the face of death...	Bodley Head	2016
9 KAT	Katan, Tania	My one-night Stand with Cancer		alyson books	2005
6 KAT	Katz, Anne	Caring for a Young Person with Cancer	Professional advice for parents and partners	Routledge	2022
9 KAY	Kaye, Philippa	Doctors get cancer, too	A doctor's diary of life and recovery from cancer	Via Books	2021
9 KON	Koning Cathy	Life Blood	Lessons from one woman who survived serious illness against the odds	Silver Moon Press	2021
9 LIY	Liyanage Sara	Ticking off Bresrt Cancer		Hashtag Press	2019
9 LUB	Lubbock Tom	Until further notice I am alive		Granta	2014
9 LYN	Lynch, Lisa	The C-Word	Just your average 28 year old, friends, family, Facebook, Cancer	Arrow Books	2010
9 MAN	Mandela, Zoleka	When Hope whispers		Jacana	2017
9 MAR	Marchiano, Melinda	Grace	A child's intimate journey through cancer and recovery	Happy Quail	1995
9 MOO	Moorjani, Anita	Dying to be me	My Journey from Cancer to near Death from true healing	Hayhouse	2012
9 MUN	Munro, Fi	Love, Light and Mermaid Tales	Oe Woman's Healing Journey back to wholeness.....	<a href="http://www.fkmunro.com">www.fkmunro.com</a>	2017
9 NIE	Nielson, Jerri	Ice Bound - A Doctor's Incredible Battle ...	for Survival at the South Pole	Hyperion	2001
9 NOL	Nolan, Linda and Anne	Stronger Together	How we're living when we're fighting	Ebury Press	2021
9 PUL	Pullen, Sarah	A Mighty Boy	A Mother's Journey through Grief.	Unbound	2017
9 REM	Remen, Rachel Naomi	Kitchen Table Wisdom (2 copies)	Stories that heal	Riverhead	2006
9 RIC	Richmond, Lewis	Healing Lazarus	A Buddhist's journey from near death to new life	Pocket Books	2002

5 RYD	Author	Title	Sub Title	Publisher	Publish Date
9 RID	Ridley, Ian	The Breath of Sadness	On Love, Grief and Cricket	Floodlit Dreams Ltd	2020
9 RIG	Riggs, Nina	The Bright Hour	A Memoir of Living and Dying	Simon and Schuster	2017
9 ROB	Robinson Nick	Election Notebook	The Inside Story of the battle over Britain's future and my personal battle to report it	Bantam Press	2015
9 ROL 2 COPIES	Rollin, Betty	First, You Cry	The classic, inspiring story of one woman's triumph over breast cancer	Harper Collins	2000
9 ROS	Rosenthal, Jason	my wife said you may want to marry me		Harper	2020
9 SCO	Scowcroft, Henry	Cross Everything	A personal journey into the evolution of cancer	Green Tree	2021
9 SEG	Segal, Lauren	Cancer, A Love Story	Memoir of a four-time Cancer Survivor	MF Books	2017
9 SHI	Shimoff, Marci	Happy for No Reason	7 steps to being happy from the inside out	Simon and Schuster	2008
9 SOT	Soto, Erin	The Mother of All Fights		Firt Pura Vida Press	2021
9 STA	Stanley, David	Melanoma	it started with a freckle	McGann Publishing	2016
9 TEM	Temsi, Carolyn and Handley, Caro	Life Wisdom	Hold a question in your mind and wherever you open this book	Hodder & Stoughton	2000
9 THO	Thomas David	Daniel My Son	A father's powerful account of his son's cancer journey	Splendid Publications Ltdß	2015
9.THO	Thomas Simon	Love, Interrupted	Navigating Grief, One day at a time	Trigger	2019
9 TOL	Tolle, Eckhart	A New Earth	Awakening to your life's purpose	Penguin Books	2005
9 TOL	Tolle, Eckhart	The Power of Now		Hodder & Stoughton	2005
9 TOM	Tomlinson, Jane & Mike	The Luxury of Time		Simonsays	2005
9 WAR	Warren, Rick	The Purpose-driven Life	What on earth am I here for?	Zondervan, US	2002
9 WAX	Waxman,Jonathan	The Elephant in the Room	Stories about cancer patients and their doctors	Springer	2012
9 ZIE	Ziegler, Deborah	Wild and Precious Life		Emiyy Bestler Books	2016
<b>10. Food for Thought</b>					
10 ALM	Alma, Deborah	The Emergency Poet	An Anti-Stress Poetry Anthology	Michael O'Mara Books Ltd	2015
10 AMO	DVD	A Monster Calls	based on the book by Patrick Ness		2017
10 BAT	Bate, Jonathan (editor)	Stressed, Unstressed		William Collins	2016
10 C-W	DVD	The C-Word			2015
10 DUN	Dunn, Nell	Cancer Tales	Communicating in Cancer `care		
10 FAU	DVD	The Fault in our Stars			2014
10 LLO	Lloyd, Josie	The Cancer Ladies' Running Club		HQ	2021
10 MAC	Mackesy, Charlie	The Boy, the Mole, the Fox and the Horse		Harper One	2020
10 MUM	DVD	Mum's List			2017
10 NOR	Norton, Janet	Walking in Provnece East		Cicerone	2014
10 NOR	Norton, Janet	Walking in Provence West		Cicerone	2014
10 SCH	Schmitt Eric-Emmanuel	Oscar and the Lady in Pink		Atlantic Books	2002
10 SON	DVD 2 copies	Song for Marion			2012





























