

The Feminist Bookshop

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HEALTH ISSUES

The Reverse Diabetes Diet

Dr Neal Barnard \$37.95

Guidelines to control blood sugar, repair insulin function, and minimise medication within weeks.

Changing Bodies Changing Lives

Ruth Bell \$45.95

Classic book on teenage health from the group that produced *Our Bodies Ourselves*. Expanded and updated 3rd edition.

Our Bodies Ourselves

Boston Women's Health Collective \$45.95

A new edition for a new era. Famous health book for women, originally written in the early 70s, updated many times and still available, for women of all ages. Covers all aspects of women's health.

Partners In Healing

William Collinge \$32.95

Simple ways to offer support, comfort, and care to a loved one facing illness.

Problem Periods

Kaz Cooke & Ruth Trickey \$19.95

Natural and medical solutions for common complaints such as PMS and painful periods.

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Kaz Cooke & Ruth Trickey \$22.95

Natural and medical solutions, includes diet strategies, side effects from drugs, and pros and cons of surgery.

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Kaz Cooke \$39.95

The sanest and wittiest advice you can find on all aspects of pregnancy, birth, and coping when you first get home.

Living Beyond Your Pain

Joanne Dahl \$35.95

Using acceptance and commitment therapy to ease chronic pain associated with back and neck problems, fibromyalgia, migraines, frozen shoulder and other chronic conditions.

101 Things Your GP Would Tell You If Only There Was Time

Dr Gillian Deakin \$36.95

Essential tool in management of your health, showing how to communicate effectively with your medical professionals.

A New View Of A Woman's Body

Federation Women's Health \$68.95

Vital information about all aspects of women's reproductive health. Combines medical expertise, political courage, and demystification of the female

anatomy. Special order only, may take some time to come in.

Healthy Living With Diabetes

Margot Fromer \$30.75

Living a healthy balanced life after diagnosis. Learn how to control the disease so it does not control you.

Eating Wisely For Hormonal Balance

Sonia Gaemi \$35.95

Woman's guide to good health, high energy, and ideal weight. Looks at PMS, menopause, weight problems, stress, insomnia, low sex-drive, and other hormone-related problems.

Take Your Oxygen First

Leeza Gibbons \$24.95

Protecting your health and happiness while caring for a loved one with memory loss.

You Can Heal Your Life

Louise Hay \$23.95

Looks at strong connection between good health and self-love.

Women's Health

Men's Health

Justin Healey \$18.95 each

Informative overviews from the excellent Issues In Society Series. Great for libraries and for school projects, or for researchers.

Quest For Life

Petrea King \$24.95

Handbook for all people facing cancer and other life-threatening illnesses.

Spirited Women

Petrea King \$24.95

Practical and emotional issues faced by women with breast cancer.

The Chronic Pain Care Workbook

Michael Lewandowski \$37.95

A self-treatment approach to pain relief using behavioural assessment.

The Whole-Body Approach To Osteoporosis

R Keith McCormick \$28.95

How to improve bone strength and reduce your fracture risk.

Living With Fibromyalgia

Dean Mondell \$29.95

Simple steps to manage pain and lead a fulfilling life.

Anatomy of The Spirit

Caroline Myss \$22.95

Seven stages of power and healing from a teacher and healer, looks at spiritual causes of illness.

The Creation Of Health

Caroline Myss \$22.95

Emotional, psychological, and spiritual responses that promote health and healing.

Shape Your Self

Martina Navratilova 432.95

Diet and fitness plan from a champion who is still a marvellous role model of health and energy for women of all ages.

Strong Women And Men Beat Arthritis

Miriam Nelson \$32.95

Ground breaking research into arthritis, and a practical programme to deal with the disease through nutrition, exercise, medication, and complementary therapies.

Strong Women Eat Well

Miriam Nelson \$32.95

Nutritional therapies for a healthy body and mind.

Strong Women Strong Backs

Miriam Nelson \$19.95

How to prevent, treat, and beat back pain.

Women's Bodies Womens Wisdom

Dr Christiane Northrup \$59.95

One of the best books available on women's health issues.

Mother-Daughter Wisdom

Dr Christiane Northrup \$46.00

Showing mothers how to create a legacy of physical and emotional health for their daughters.

The Wisdom Of Menopause

Dr Christiane Northrup \$61.95

Complete guide to women's health and well being in the menopausal years.

Conquering Diabetes

Anne Peters \$26.95

Complete programme for prevention and treatment.

Your Life In Your Hands

Jane Plant \$27.00

Understanding, preventing, and overcoming breast cancer.

The Type 2 Diabetic Woman

M. Sara Rosenthal \$39.95

Everything you need to know about risk factors, symptoms, finding help, right diet, exercise, and medications.

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Sophie Scott \$32.95

Secrets of health and well-being at any age. Focus on nutrition, exercise and stress relief.

Living Well With Chronic Fatigue

Mary Shomon \$27.95

All you need to know about living with chronic fatigue syndrome and fibromyalgia.

Your Miraculous Back

Gerald Silverman \$36.95

Guide for relieving neck and back pain.

The Perimenopause & Menopause Workbook

Kathryn Simpson \$41.95

Comprehensive, personalized guide to hormone health for women.

Woman's Book Of Yoga & Health

Linda Soarowe \$45.95

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Ava Torre-Bueno \$19.95

Comforting words for the small but important group of women who have problems with their feelings aaafter an abortion.

Women's Troubles

Ruth Trickey & Kaz Cooke \$22.95

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Women's Hormones & The Menstrual Cycle

Ruth Trickey \$59.95

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Jo Wainer ed \$23.95

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Terri Warren \$32.95

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Jocelyn White ed \$36.95

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