

POSTAL LIBRARY LIST OF BOOKS v. July 2015

Author	Title
Action for ME	Pacing (booklet)
Agombar, Fiona	Beat Fatigue With Yoga
Agombar, Fiona	Endless Energy
Ali, Dr.	The Nutrition Bible
Ali & Brar	Therapeutic Yoga
Ali, Majid M.D.	The Canary and Chronic Fatigue
Allen, Darina	Healthy Gluten-free Eating
Amand, R. Paul & Marek, Claudia Craig	What Your Doctor May Not Tell You About Fibromyalgia
Arber	The Joke's On M.E. (cartoons)
Babbs, Elizabeth	Can God Help M.E.?
Bacci, Ingrid (Ph.D.)	The Art of Effortless Living
Bailey, Gina	The Menopause and M.E. (C.F.S)
Ball, Pamela	The Complete Book Of Dreams
Bamforth, Nick	ME (CFS) And The Healer Within
Barnard, Neal (M.D.)	Foods that fight pain
Barr, Lynne	Knitting New Scarves
Barton, Alexandra	Recovery From CFS – 50 stories
Bauby, Jean-Dominique	The Diving-Bell And The Butterfly
Bell, David S	A Parents' Guide To CFIDS
Bell, David S	The Disease of 1000 Names
Berne, Katrina	Running on Empty
British Medical Association BMA	Concise Guide To Medicines & Drugs
Briggs, Margaret	Beetroot: The Vitality Plant & It's Medicinal Benefits
Brostoff, Prof J & Gamlin, L	Food Allergy & Intolerance
Brumfitt, Jan	The Final Surrender (a journey to wellness) (Booklet)
Bruno, Richard L	The Polio Paradox
Burch, Vidyamala	Living Well with Pain and Illness
Campbell, D.O & Giraud, W.	A Doctor's Proven New Home Cure for Arthritis
Campling, Frankie	CFS/PVS/ME - Questions Answered (Booklet)
Campling, Frankie & Sharpe, Michael	Chronic Fatigue Syndrome (CFS/ME) The Facts
Castro, Miranda	The Complete Homeopathy Handbook
Chadler, Trudie	Coping with Chronic Fatigue
Chaitow, Leon	Candida Albicans
Chaitow, Leon	Fibromyalgia & Muscle Pain
Chopra, Deepak	Perfect Health
Chopra, Deepak	Boundless Energy
Clark, Hulda Regehr	The Cure For All Diseases
Clark, Susan	What Really Works In Natural Health
Clarke, Rachel	Falling Through The World
Coghill, R	Magnet Healing
Cohen, Aliza Baron	The Energy Plan
Colby, Jane	Zoe's Win
Collinge, William	Recovering From M.E.
Connelly, D M (P.H.D.)	Traditional Acupuncture
Courmel, Katie	Betrayal by The Brain

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Author	Title
Courteney, H	What's The Alternative?
Cousin, Pierre Jean	Food is Medicine
Cousins, B	Vegetarian/Cooking Without
Craggs-Hinton, Christine	The Chronic Fatigue Healing Diet
Craig, Gary	The EFT Manual
D'Adamo, Dr. Peter	The Eat Right Diet
Davidson, Jeff	The Idiot's Guide to Managing Stress
Dawes, Dr B & Downing, Dr D	Why M.E? A Guide Combating Post-Viral Illnesses
Desmaisons, Kathleen	Potatoes Not Prozac
Diamond, John	Snake Oil
Dibb, S & Lobstein, Dr Tim	GM Free - Shopper's Guide
Dickson, Anne	A Woman In Your Own Right
Dunbar, Jo	How to Cope Successfully with Candida The Drug Free Way
Durrant-Peatfield, Dr Barry	The Great Thyroid Scandle and How To Survive It
Duff, Kat	The Alchemy of Illness
Eaton, John	Me, CFS, and Fibromyalgia - Reverse Therapy Approach
Eden, Donna, Feinstein & Craig	The Promise of Energy Psychology
Eden, Donna with David Feinstein	Energy Medicine
Eden, Donna; Feinstein & Craig	The Healing Power of EFT & Energy Psychology
Faber, Lee	Healthy Oils
Fisher, Greg Charles	Chronic Fatigue Syndrome
Fitzgibbon, Dr Joe	Feeling Tired All The Time
Fox, Joyce	Surviving ME, Practical Strategies
Franklin, M & Sullivan, J	The New Mystery Fatigue Epidemic ME
Friedeberg, Julie	The Healing Power of Yoga
Geary, Amanda	The Food and Mood Handbook
Gilpin, Adrian	Unstoppable People
Goldberg and Trivieri, Jr	Chronic Fatigue, Fibromyalgia & Lyme Disease
Goldhawk, Tessa	A Rose to a Sick Friend
Goldstein, Jay A	Betrayal by the Brain
Graham, J / Odent, Dr M	The Zinc Factor
Green, Hayley	Understanding ME – A Guide for Friends, Family & Carers
Green, Hayley	101 Tips for coping with ME
Greer, R	Gluten Free - Cooking
Habgood, Jackie	The Hay Diet Made Easy
Hanson, Maurice	E for Additives
Harries, Jane	Eat to Beat Fatigue
Harrison, Eric	The 5-Minute Meditator
Hartmann, Silvia	Energy EFT
Hattenstone, Simon	Out of It
Hay, Louise L.	The Power is Within You
Hills, Margaret SRN	Curing Arthritis The Drug Free Way
Holford, Patrick	Optimum Nutrition
Holford, Patrick	The Optimum Nutrition Bible
Holmes, Diana	Tears Behind Closed Doors

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Author	Title
Hooper, Malcolm	Engaging with Myalgic Encephalomyelitis (ME)
Howard, et al	Secrets to Recovery
Howard, Alex	Why ME?
Howard, Linda J	ME and My Ducks
Ho-Yen, Darrel Dr	Better Recovery from Viral Illnesses
Ho-Yen, Darrel Dr	Climbing out of the Pit of Life
Ho-Yen, Darrel Dr	Unwind! Understand and control life
Huggins, Hal A, & Huggins, S.A	It's All In Your Head – Mercury Fillings
Hurrel, Janet	A Helping Hand Through M.E.
Jacobs, Gill	The Natural Way: Guide for CFS
Jacobs, Richard	What's Your Purpose
Jafry, Nasim Marie	The State of ME
Jeffreys, Toni	The Mile-High Staircase
Kenton, Leslie	10 Steps to Energy
Kenton, L & S	Raw Energy
Kushner, Harild S	When Bad Things Happen to Good People
Lapotaire, Jane	Time Out Of Mind
Lee, Sophie	Sophie's Story – My 20yr battle with IBS
MacIntyre, Dr Anne	ME/CFS A Practical Guide
MacIntyre, Dr Anne	Post Viral Syndrome: How To Live With It
MacLarnon, Katie	ME and me
Marek, Claudia Craig	The First Year Fibromyalgia – A patient-expert guide for the newly diagnosed
Mann, Maria	Verity Red's Diary
March, Caeia	Knowing ME
Marshall, Peter	Shattered
Massey, Alexandra	Beat Depression and Reclaim your Life
Mayne, Michael	A Year Lost And Found
McKeith, Dr Gillian	You Are What You Eat
McKenna, DR J	Natural Alternatives to Antibiotics
McKenna, Paul	Control Stress
McKully, K & M	The Heart Revolution
McTaggart, Lynn	Allergy Handbook
Mehta, Mira	How To Use Yoga
Michell, Lynn	Shattered - Life With M.E.
Midgley, Dr Michael	A Life Worth Living
Miller, A	Alternatives 2000 – What Your Drs Don't Tell You
Miller, Dr Richard	Yoga Nidra
Mindell, Arnold	The Shaman's Body
Mindell, E	Secret Remedies
Moss, Jill	Somebody Help ME
Myhill, Dr Sarah	Diagnosis and Treatment of Chronic Fatigue Syndrome
Nagendra, Dr et al	Yoga For A Healthy Lifestyle
National Pure Water Association	Cathy's Horses-Deformed by Fluoridated Water (Booklet)
Nature's Best	Guide To Natural Healthcare

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Author	Title
Nikolic, Seka	You Can Heal Yourself
Norden, Michael J. MD	Beyond Prozac
OT Dept Norfolk & Suffolk	CFS Information Pack (Booklet)
Parker, Phil	An Introduction to the Lightning Process
Parish, Peter	Medicines: A Guide For Everyone
Paterson, Barbara	The Allergy Connection
Pemberton, Sue & Berry, Catherine	Fighting Fatigue
Perrin, Dr Raymond	The Perrin Technique
Prince of Wales Foundation	Complementary Healthcare: a guide for patients (Booklet)
Puri, Professor Basant K.	C.F.S, A Natural Way To Treat M.E.
Puri, Professor Basant K.& Boyd, Hilary	The Natural Way to Beat Depression
Ramsay, A. Melvin	M.E. and PostViral Fatigue States - 2nd Edition
Rayner, Jacqueline	Can I tell you about ME/Chronic Fatigue Syndrome?
Read, Dr.Nick	Sick and Tired
Richardson, John	Enteroviral And Toxin Mediated M.E/C.F.S.
Rogers, Sherry A	Chemical Sensitivity
Rose, Adrian	Love Never Fails
Savill, A & Hamilton, D	Lose Wheat Lose Weight
Schneider, Meir & Larkin, Maureen	The Handbook of Self-Healing
Sheffield City Council	Easy Going Trails- Local Short Walk Guides
Shepherd, Dr Charles	Living With M.E.
Shepherd, Dr Charles	ME/CFS (A4 booklet)
Shomon, Mary J.	Living Well With C.F.S.and Fibromyalgia
Siebert, A.	The Survivor Personality
Simone, Catherine M.	To Wake in Tears (Understanding Interstitial Cystitis)
Stapleton, Hazel	On Eagle's Wings
Starlanyl, Devin & Copeland, Mary Ellen	Fibromyalgia & Chronic Myofascial Pain
Steincamp, Jacqueline	Overload: Beating M.E.
Stewart, Alan	Tired All The Time
Strand, Pathik	All This Is That
Straten, M. V	Good Mood Food
Suttle, Gill	Jailbreak: A Slow Journey round Eastern Europe
Teitelbaum, Jacob MD	From Fatigued to Fantastic
Teitelbaum, Jacob MD	From Fatigued to Fantastic (new edition)
The Body Shop	Mind Body Soul, Book Of Wellbeing
The Optimum Health Clinic	M.E. in the 21st Century (Booklet)
Tolle, Eckhart	The Power of Now
Tucker, Liz	Understanding Food Intolerance
Tucker, Liz	When You Want To Say Yes But Your Body Says No
Turp, Elizabeth	Chronic Fatigue Syndrome / ME
Vasey, Sian	Managing Personal Assistants
Verrillo E F & Gellman	CFS A Treatment Guide
Wade, Claire	Surviving Severe M.E. (Booklet)
Walker, Martin J	Skewed
Warden, Alison	Damage & Repair

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Author	Title
Westcott, Patsy	Overcoming Stress
Wheater, Caroline	Juicing for Health
White, A	Tinnitus & Catarrhal Deafness
White, Erica	Erica White's Beat Candida Cookbook
White, Erica	Erica White's Beat Fatigue Handbook
White, Susan	CBT and M.E. (Booklet)
White, Susan	Losses and M.E. (Booklet)
Wickerson, Norah	The Combination Approach-Fibromyalgia (Booklet)
Wilding, Christine and Palmer, Stephen	Zero to Hero
Wilkinson, Steve	M.E. and You: A Survivor's Guide
Wilson, James	Adrenal Fatigue, The 21 st Century Stress Syndrome
Williams, Xandria	Fatigue
Wing, Natalie	Sugar Free
Wood, Dave	Dave's Post Viral Site (A4 booklet)
Wookey, Celia	ME, PVS And How To Cope With It
Wormwood, V A	Aromatherapy & Essential Oils
Wright, Dr Andrew	CFS Update 2005 (re borreliosis) (Booklet)

POSTAL LIBRARY AUDIO LIST

Author/Origin	Title	CD / DVDs
Agombar, Fiona & Delf, Sue	Beat Fatigue With Yoga	DVD
A.Y.M.E.	Rainbow (guided relaxation)	CD
Babbs, Liz	A Quiet Place (Christian meditations)	CD
Blackie, Kathryn	Yoga Nidra - The Blissful Relaxation	CD
Bodhipaksa	Guided Meditations for busy people	CD
Bodhipaksa	Guided Meditations for calmness & love	CD
Bodhipaksa	Guided Meditations for stress reduction	CD
Body & Soul	Relaxation	CD
Body & Soul	Meditation	CD
Breathworks	Body Scan	CD
Breathworks	Kindly Awareness	CD
Breathworks	Mindfulness of Breathing	CD
Chopra, Deepak	The Soul of Healing Meditations	CD
College of Natural Nutrition	Natural Nutrition Approach/ M.E. (practitioners)	CD
Collinge, William	Healing Sleep	CD
Collinge, William	Recovering from CFS: Home Self-Empowerment	CD-4disc set
Cooper, Judy	Seashore Sunset – Travels in the Mind	CD
Frances & Pravahi	Meditations for Healing	CD
Friedeberger, Julie	Breathe and Relax: A Way To Healing	CD
Futcher, Stephanie	De-stress & Refresh	CD
Global Journey	The Sea	CD
Goodall, Frances	Secrets to Recovery	CD
Harrold, Glenn	Complete Relaxation	CD

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Author/Origin	Title	CD / DVDs
Harrold, Glenn	Learn to Think Positively	CD
Harrold, Glenn	Deep Sleep Every Night	CD
Hill, F	Rest, Relax and Recharge	CD
Horn, Pamela	Yoga Nidra by Pamela Horn	CD
Howard, Alex	Healing ME The Holistic Way	CD -6disc set
Howard, Alex	Lessons in Healing M.E. (+Booklet)	CD
Inner Talk	Accelerated Healing and Wellbeing	CD
Inner Talk	Forgiving and Letting Go	CD
Inner Talk	Natural Pain Relief	CD
Inner Talk	Natural Pain Relief	CD
Inner Talk	Sleep Soundly	CD
Irish M.E. Trust	Relaxation CD	CD
Johnson, Andrew	Body Healing Visualisation	CD
Johnson, Andrew	Learn how to relax and beat stress	CD
Johnson, Andrew	Training Toolbox - Deep Relaxation	CD
Kemp, Nick	Adventures of Well Being Now	CD
Lama, Dalai	The Healing Chant	CD
Lampen, Diana	Yoga Nidra, Meditation, Relaxation and Pranayama4	CD
Liu Jun, Dr Jian & Hammadi, Akli	Discover The Ancient Art of Qi Gung	DVD
Mankoo (Frame), Joy	Yoga for M.E.	CD
Manning, Matthew	Deep Healing	CD
Manning, Matthew	Deep Relaxation	CD
McCarthy, Merle	Inner Light	CD
Meditainment	Rest+ Sleep	CD
Meditainment	Stress Relief (guided visualisations)	CD
Nazari, Dr Mehrad	Yoga Nidra:The Inner Practices of Yoga Vol III	CD
NHS Derbyshire PCT	Relaxation (with notes)	CD
NHS & Job Centre Plus	Condition Management Programme	CD
O'Callaghan, Mary	Oscailt - Body Scan Sitting Meditation	CD
O'Leary, Jo	Relaxation	CD
	Practical Meditation Wellbeing Program	DVD & Cards
Raphael, George	Reiki	CD
Roney, Dr Serena	Progressive Relaxation, Yoga Nidra 1	CD
Roney, Dr Serena	Yoga Nidra II & Breath Meditation	CD
Sadler, Jan	A Good Night's Sleep	CD
Sadler, Jan	Pain Relief without Drugs	CD
Sadler, Jan	Perfect Relaxation	CD
Sadler, Jan	Relax & Release your Pain	CD
Sarah	Healed of M.E. (Christian)	CD
Scott, Ben & Michell, Christa	Tibetan Chakra Meditations (music only)	CD
Stein, Inez	Yoga Nidra 1 "Light Particles"	CD
Stevens, Angela	Yoga The Gentle Way No.2	CD
Stevens, Angela	Breathe to Live No.4	CD -2disc set
Stevens, Angela	Energise and Relax with Yoga No.6	CD
Stryker, Rod	Relax into Greatness	CD
Swami Bhakti Saraswati	Yoga Nidra For Spinal & General Health	CD

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Swami Janeshvara Bharati	Yoga Nidra -Extreme Relaxation of Conscious Deep Sleep	CD
Swami P. Saraswati	Deep Relaxation & Yoga Nidra Vol 1	CD
Swami P. Saraswati	Yoga Nidra Volume 2	CD
Swami P. Saraswati	Deep Relaxation & Yoga Nidra-volume1	CD
Swami P. Saraswati	Yoga Nidra-volume 2	CD
Swami P. Saraswati	Yoga Nidra-volume 3	CD
Swami Satyananda Saraswati.	Breathe and Relax	CD
The Mind Body Soul Series	Guided Meditation for Sleep with Simonette Vaja	CD
The Mind Body Soul Series	Meditation & Visualisation with Cornelia Glynn	
The Optimum Health Clinic	Learn to Relax	CD -4disc set
The Optimum Health Clinic	The Sleep Inducer	CD -4disc set
Thorne, Derek	An Introduction to Yoga Nidra	CD
Travels in the Mind	Beach of Tranquillity	CD
Webb, Jo	Gentle Yoga	CD
Whiteley, Karen	Yogafusion – The Ultimate Relaxation Guide	CD
Wang, Zhixing	Hua Gong for Healing Disc1 Intro & Relaxation	CD
	Secrets to Recovery	CD -4disc set
INFORMATION:		
BBC Radio Sheffield	Studio discussion on M.E. 2006 with Rony Robinson	CD
Cheney, Paul R.	CFS: The Heart of the Matter	DVD -2discs
Gupta, Ashok	The Gupta Programme - Introductory DVD	DVD
Gupta, Ashok	The Advanced CFS/ME recovery Programme	12DVD& book
Hooper, Malcolm	Engaging with M.E.	DVD
Invest in ME	2006 M.E. Conference	DVD(4)
Invest in M.E.	2007 International Conference	DVD
Invest in ME	2008 Conference, Sub Grouping & Treatments	DVD (4)
Invest in M.E.	2009 4th International Conference	DVD
ME Research UK	2007 International Biomedical Research Conference	DVD
ME Research UK	2008 International Research Conference	DVD
MERGE	Energising Biomedical Research in ME/CFS	CD
Pinching, Professor AJ	2005 Presentation to Sheffield Conference	DVD
Rantzen, Esther	Esther Rantzen on M.E.	CD
Sheffield ME Group	2007 Conference Malcolm Hooper	CD -2disc set
Sheffield ME Group	2006 M.E. Question Time	CD -2disc set
The Optimum Health Clinic	ME/CFC Conscious TV Interviews	DVD
Young, Paul	Freedom from M.E.	DVD