

M.E./C.F.S. (General)

Dr Joe Fitzgibbon
Jane Colby
Dr Charles Sheperd
Raymond Perrin (2 copies)
Lisman and Dougherty
NetDoctor (2 copies)
Virrillo & Gellman
Trudy Chalder

Feeling Tired All The Time
M.E. the New Plague
Living with M.E.
The Perrin Technique: How to Beat CFS/M.E.
CFS for Dummies
CFS, M.E. and P.V.F.S.
CFS A Treatment Guide
Coping with C.F.S.

Personal Stories

Derick Longden
Michell, Lynn
Jacki Schrimmer
Maria Mann

Diana's Story
Shattered: Life with M.E.
When I am Weak
Verity Reds Diary

Alternative Therapies

Patricia Davies
Laura Norman
Gill Jacobs
Neville Shone
Dr Penny Stanway
Simon Singh and Edward Ernst

Aromatherapy A-Z
The Reflexology Handbook
C.F.S. & Complementary Therapies
Coping Successfully with Pain
LifeLight Light and Colour for Health and Healing
Trick or Treatment – Alternative Medicine on Trial
The Reverse Therapy Approach
Why Kindness is Good for You
How Your Mind Can Heal Your Body

John Eaton
Dr David Hamilton
Dr David Hamilton

Increasing Energy

Martin Budd
Holford and Cass

Low Blood Sugar
Natural Highs

M.E./C.F.S. Causes and Connections

Heather Stott

A. Melvin Ramsay
Darell Ho-Yen

Active Again: Clearing the C.F. and Coeliac Minefield
M.E. and Post Viral States (2nd Edition)
Better Recovery from Viral Illness (3rd Edition)

Fibromyalgia

Mark Pellegrino
Mark Pellegrino

The Fibromyalgia Supporter
Understanding Post-Traumatic Fibromyalgia

Thyroid and Adrenals

Hanley and Deville
Martin Budd

Mary Shomon
Langer and Scheer
Gordon Skinner
Ridha Arem

Tired of Being Tired : Adrenal Burnout?
Why am I so Tired – Is Your Thyroid Making You Ill?
Living Well with Hyperthyroidism
Solved the Riddle of Illness
Diagnosis and Management of Hypothyroidism
The Thyroid Solution – A Revolutionary Mind Body Programme

Diet and Nutrition

Honor J Campbell
Cyndi O'Meara
Mosaraf Ali
Coeliac 2010 Food and Drink Dictionary

The Food Watch Alternative Cook Book
Changing Habits, Changing Lives
Dr Ali's Nutrition Bible
Coeliac 2010 Food and Drink Dictionary

Allergies

Rita Geer
Brostoff and Gamlin

Wheat, Milk and Egg Free Cooking
Complete Guide to Food Allergy

Dealing with Depression and Stress

Norman Rosenthal
Diana Holmes
Dorothy Rowe
Angela Smith
Michael Murray
Brigid McConville
Dr Paul Hauck
Windy Dryden and Jack Gordon

Winter Blues
Tears Behind Closed Doors
Depression
Seasonal Affective Disorder
Stress, Anxiety and Insomnia
Beating the Blues
Hold your Head up High
How to Cope when the Going Gets Tough

Meditation

Various Authors
Jon Kabat-Zinn
Jack Kornfield

Joyful Mind (book and 2CDs)
Wherever You Go There You Are
Meditation for Beginners (+CD)

Miscellaneous

Motability
Gina Bailey

The Rough Guide to Accessible Britain
The Menopause and M.E. (C.F.S.)

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janisbee@talktalk.net

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