

Lending Library Category	Product Name	Product Description
About MS and its Symptoms	Book 315: Multiple Sclerosis for Dummies	Written by Rosalind Kalb, PhD and Nancy Holland, EdD, RN, MSCN. This friendly, authoritative guide gives you expert advice on making personal treatment choices, managing symptoms, staying healthy, and maximizing your health insurance options--as well as how to deal with relapses and complications so you can keep your life on track.
About MS and its Symptoms	Book 316: Multiple Sclerosis: A Guide for the Newly Diagnosed 5th Edition	Written by T. Jock Murray, MD. Now in its fifth edition, Multiple Sclerosis: A Guide for the Newly Diagnosed is the best-selling guide to MS for newly diagnosed patients and their families. Written in plain language by renowned MS expert physician T. Jock Murry, this book guides patients at any stage who want to know more about the disease, its potential impact on their lives, and the medical treatments now available for managing it successfully. The fifth edition is updated to reflect recent advances in understanding the underlying mechanisms and disease progression, the diagnostic criteria and classification of MS, and new drugs and therapies.
About MS and its Symptoms	Book 317: MS Made Simple: The Essential Guide to Understanding Your Multiple Sclerosis Diagnosis	In MS Made Simple, Dr. Mitzi J. Williams, a neurologist and MS specialist, shares her expert knowledge of the disease. She explains basic concepts including what MS does to the body, how it's diagnosed, treatment options, and what to expect over the course of the disease. She also covers topics including MS in African Americans, the importance of research participation, and the need for collaboration with one's healthcare team.
About MS and its Symptoms	Book 318: The A to Z of Multiple Sclerosis	Written by Carol Turkington and Kaye D. Hooper, RN, MPH, MSCN. The A to Z of Multiple Sclerosis is a handy reference guide sure to be of use to anyone coping with MS as well as to their families and friends. More than 500 entries discuss the etiology, research, treatment, symptoms, possible causes, and lifestyle issues related to the disease.
About MS and its Symptoms	Book 319: 100 Questions & Answers About Multiple Sclerosis	Written by William A. Sheremata, MD. This book provides authoritative, practical answers to your questions about the cause, treatment, sources of support, and much more.

Lending Library Category	Product Name	Product Description
About MS and its Symptoms	Book 320: The Everything Health Guide to Multiple Sclerosis	Written by Margot Russell with Allen C. Bowling, MD, PhD. This book is an authoritative guide to help you understand symptoms, decide on treatment, and enhance your well-being.
About MS and its Symptoms	Book 321: Multiple Sclerosis The Questions You Have, The Answers You Need - 4th edition	Written by Rosalind C. Kalb, Ph. D. This classic guide to multiple sclerosis continues to be the definitive guide for everyone concerned with this disease. It covers a wide range of topics in a format that is familiar, accessible, and easily understood.
About MS and its Symptoms	Book 322: Managing the Symptoms of Multiple Sclerosis, 5th edition	Written by Randall T. Schapiro, MD. This book explores symptoms of MS and the clinically tested and proven methods for proper and effective management of the symptoms.
About MS and its Symptoms	Book 323: Multiple Sclerosis - The Guide to Treatment And Management	Written by Chris H. Polman, MD, PhD. This book is a complete guide to drugs and other treatments used in MS.
About MS and its Symptoms	Book 324: MS Toolkit: The Patients' & Caregivers' Guide to Multiple Sclerosis	Written by Cary J. Poleyov with Chris Bogard-Reynolds. This book is a how-to kit for understanding and dealing with one of the most commonly diagnosed diseases of the central nervous system.
About MS and its Symptoms	Book 325: Multiple Sclerosis: Understanding the Cognitive Challenges	Written by Nicholas LaRocca, PhD and Rosalind Kalb, PhD. This book is the first comprehensive discussion of MS-related cognitive dysfunction, including the changes that can occur, their assessment and treatment, and strategies for dealing with their impact in daily life.
About MS and its Symptoms	Book 326: Fighting Fatigue in Multiple Sclerosis	Written by Nancy Lowenstein, MS, CTR, BCPR. This book offers practical ways to create new habits and increase your energy.
About MS and its Symptoms	Book 327: Occupational Therapy & Multiple Sclerosis	Written by Lesley Silcox, MPHI, DIP, COT. This book describes and discusses the assessment and treatment techniques applied by occupational therapists.

Lending Library Category	Product Name	Product Description
About MS and its Symptoms	Book 328: Primary Progressive Multiple Sclerosis: What you Need To Know	Created as a joint project between the Multiple Sclerosis Association of America and the National Multiple Sclerosis Society, this is the first published book dedicated entirely to the Primary Progressive Multiple Sclerosis (PPMS) population. Written by top experts in the field, initial chapters address how PPMS differs from other types of MS, how it is diagnosed, and ongoing research into possible treatments for this form of the disease. Later chapters provide detailed explanations on topics such as: the benefits of rehabilitation; symptom management treatment options; technology and adaptations; maintaining wellness; emotional and quality of life issues; family and social issues; carepartner support; and economic issues. A glossary and an extensive resource listing are included. This is a valuable and informative publication for everyone in the PPMS community.
About MS and its Symptoms	Book 329: Living With Progressive Multiple Sclerosis: Overcoming the Challenges	Written by Patricia K. Coyle, MD and June Halper, SSCN, ANP, FAAN. This book focuses on the latest advances in managing worsening symptoms and provides encouragement to individuals with progressive forms of MS. Topics include diagnosis, disease-modifying therapies, managing difficult symptoms, coping strategies, as well as vocational and legal issues.
About MS and its Symptoms	Book 330: Multiple Sclerosis: The History of a Disease	Written by Jock T. Murray, OC, MD. This book is an assessment of claims about the existence of MS and accounts from those who live with the disease.
About MS and its Symptoms	Book 331: Navigating Life with Multiple Sclerosis	Written by Kathleen Costello, MS, ANP-BC, MSCN; Ben W. Thrower, MD; and Barbara S. Geisser, MD. Written by three top experts in the field, this book is designed to be a practical guide for meeting the challenges of this life-long disease. Chapters cover such topics as what MS is and how it affects the nerves, how MS is diagnosed and the symptoms it causes, as well as treatments, lifestyle, pregnancy and children, research, and planning for the future.

Lending Library Category	Product Name	Product Description
About MS and its Symptoms	Book 332: Multiple Sclerosis: Questions and Answers for Patients and Loved Ones, 1st Edition	Written in easy-to-understand language by an MS specialist, this guide explores the questions that patients and their families typically ask—from disease basics, to treatment options, managing relapses, and lifestyle concerns, including diet and working. Designed to be a thorough, yet concise summary of all aspects of MS, this book simplifies complex medical topics as well as offers useful advice about symptom management and lifestyle changes to meet the physical and emotional challenges MS brings.
Accessibility	Book 450: Pocket Guide to the ADA	Edited by Evan Terry Associates, P.C. This book helps readers understand the facilities requirements of the Americans with Disabilities Act Accessibility Guidelines (ADAAG).
Accessibility	Book 451: Accessible Home Design: Architectural Solutions for the Wheelchair User	Written by Thomas D. Davies Jr. and Carol Peredo Lopez. The architecture staff of the Paralyzed Veterans of America (PVA) discuss accessible home projects in the areas of: building entrances, residential elevators and lifts, kitchen design, bath and toilet room plans, plumbing fixtures, grab bars, doors, windows and outdoor rooms, and garden paths.
Accessibility	Book 452: 300 Tips for Making Life with Multiple Sclerosis Easier	Written by Shelley Peterman Schwarz. This book is filled with tips, techniques, and shortcuts to help better manage the challenges of MS.
Accessibility	Book 453: The Illustrated Guide to Assistive Technology and Devices	Written by Suzanne Robitaille The illustrated book highlights a wide range of devices designed to enable individuals with disabilities to live and function independently. Separate chapters are devoted first to the history of assistive technology, and then on to technologies to help individuals with visual, hearing, physical, cognitive/learning, and communications disabilities. Information is also included on the Americans with Disabilities Act (ADA), how to pay for assistive technology, the future of assistive technology, and a long list of resources.

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Accessibility	Book 454: Accessible Gardening for People with Physical Disabilities	Written by Janeen R. Adil. It is possible to garden when you have a disability. This is a guide to methods, tools, and plants.
Accessibility	Book 455: 101 Accessible Vacations: Travel Ideas for Wheelers and Slow Walkers	Written by Candy B. Harrington. This book offers information on more than 101 cities, lodging options, national parks, tourist attractions, and recreational activities around the country. The author specifically describes the degree of accessibility for each of the attractions and lodging options listed. She also organizes the destinations according to specific interests or travel styles, ranging from "Road Trips" and "The Great Outdoors" to "Historic Haunts."
Accessibility	Book 456: 22 Accessible Road Trips: Driving Vacations for Wheelers and Slow Walkers	Written by Candy B. Harrington. With a wealth of experience with accessible travel and having completed several books on the topic, author Candy Harrington writes about the advantages of road travel and provides numerous road trips and resources. The chapters cover road travel within different regions of the United States, highlighted by helpful details and many beautiful photos.
Accessibility	Book 457: Barrier-Free Travel: A Nuts And Bolts Guide For Wheelers And Slow Walkers, 3rd Edition	Written by Candy B. Harrington. This book is a valuable reference for anyone who is planning a trip and concerned with mobility limitations. Highlighted by more than 100 photos, this book includes information on air-travel logistics, accessible accommodations, cruises, travel rules and regulations and more.
Accessibility	Book 458: There is Room at the Inn: Inns and B&Bs for Wheelers and Slow Walkers	Written by Candy B. Harrington. This book serves as a guide to accessible inns and B&Bs throughout the US. It includes detailed reviews of 117 properties in 40 states.

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Accessibility	Book 459: Home Accessibility: 300 Tips for Making Life Easier	Written by Shelly Peterman Schwarz. In living with multiple sclerosis for more than 30 years, author Shelly Peterman Schwarz shares her vast knowledge of affordable solutions to make your home safer and more accessible without costly remodeling. Shelly takes you on a room-by-room tour offering simple, practical, and affordable solutions that address everyday challenges and help improve your safety and independence.
Caregiving	Book 390: The Comfort of Home: an illustrated step-by-step guide for Multiple Sclerosis Caregivers	Written by Paula Derr, RN, BSN, CEN, CCRN and Maria Meyer. This book is a must have resource for anyone assuming or considering the caregiver role. It is an easy-to-understand guide and workbook.
Caregiving	Book 391: Caregivers And Personal Assistants	Written by Alfred H. DeGraff, MA, SEA. This book serves as a helpful guide on how to find, hire and manage the people who assist you.
Caregiving	Book 392: Healing Conversations	Written by Nance Guilmartin. This books is a practical guide to help you step into someone else's shoes so that you can offer, ask for or receive comfort.
Caregiving	Book 393: Caring for Loved Ones with Advanced MS: A Guide for Families	Written by Dorothy E. Northrop, MSW, ACSW; and Debra Frankel, MS OTR. The purpose of this booklet is to provide information, caregiving tips, and support to families providing significant daily care to a family member with MS.
Caregiving	Book 394: A Family Caregiver Speaks Up: It Doesn't Have to Be This Hard	Written by Suzanne Geffen Mintz, President and Co-Founder of the National Family Caregivers Association. Full of advice for family caregivers, this one of a kind book written by a family caregiver provides lessons from family caregivers across the country, tips for interacting with the healthcare system to better meet the needs of families dealing with chronic illness, and a cogent presentation of how public policy has a profound effect on even the most intimate details of life in caregiving families.

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Caregiving	Book 395: The Personal Care Attendant Guide: The Art of Finding, Keeping, or Being One	Written by Katie Rodriguez Banister. This invaluable book guides people with disabilities and their families through a challenging, but by no means impossible, task: finding a qualified caregiver.
Diet/Exercise/Alternative Therapy	Book 341: Cooking Well: Multiple Sclerosis	Written by Marie-Annick Courtier. This book contains over 75 easy and delicious recipes for nutritional healing. In particular, are recipes rich in protein and Omega-3 fatty acids which help reduce inflammation and decrease pain.
Diet/Exercise/Alternative Therapy	Book 342: Prescription for Nutritional Healing (4th edition)	Written by James F. Balch, MD and Phyllis A. Balch, CNC. This book provides a comprehensive and up-to-date approach to good health.
Diet/Exercise/Alternative Therapy	Book 343: Healing Multiple Sclerosis: Diet, Detox & Nutritional Makeover for Total Recovery	Written by Ann Boroach, CNC. As a naturopath and certified nutritional consultant, Ann Boroach describes how she cured herself of MS using complementary medicine. Her book describes her own quest for a cure, case histories of those who have triumphed over MS, the real causes of MS, and a comprehensive how-to section that will show you how to develop your own treatment plan.
Diet/Exercise/Alternative Therapy	Book 344: Dietary Supplements and Multiple Sclerosis	Written by Allen C. Bowling, MD, PhD and Thomas Stewart, JD, PA-C, MS. This book is a health professional guide to dietary supplements to be used to ask questions about a particular dietary supplement. The supplements are for those with particular MS relevance.
Diet/Exercise/Alternative Therapy	Book 345: The MS Recovery Diet	Written by Ann D. Sawyer and Judith E. Bachrach. This book targets five common food triggers that can set off the symptoms of MS. It includes more than 100 recipes included, plus strategies to improve digestion, balance the immune system, and repair the body's myelin--crucial steps toward healing.

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Diet/Exercise/Alternative Therapy	Book 346: Easy-to Swallow, Easy-to Chew Cookbook	Written by Donna L. Weihofen, RD, MS; JoAnne Robbins, PhD, CCC-SLP; and Paula A. Sullivan, MS, CCC-SLP. This books includes more than 150 tasty and nutritious recipes for people who have difficulty swallowing. Also numerous tips and strategies to improve swallowing function and help you enjoy eating again.
Diet/Exercise/Alternative Therapy	Book 347: I-Can't-Chew Cookbook	Written by J. Randy Wilson. This book is for people who love and enjoy tasty food, but suffer from chewing disorders that make eating less than the pleasure it should be. These are soft food recipes, not liquid or blender foods.
Diet/Exercise/Alternative Therapy	Book 348: Challenged Chef	Written by Pamela Rosinia. This book offers ideas and recipes for continuing to cook despite waning physical skills.
Diet/Exercise/Alternative Therapy	Book 349: The Anti-Inflammation Diet and Recipe Book	Written by Jessica K. Black, RD. Research shows that poor nutrion choices and hidden food allergies can cause inflammation in the body. This book explains how the diet works, and includes 125 simple, and tasty recipes.
Diet/Exercise/Alternative Therapy	Book 350: The Real Vitamin and Mineral Book	Written by Shari Lieberman, PhD, CNS, FACN and Nancy Bruning, MHP. This is a practical guide to the nutritional supplements you really need, and their most effective dosages.
Diet/Exercise/Alternative Therapy	Book 351: Exercises for Multiple Sclerosis	Written by Brad Hamler. As a post-rehabilitation specialist who understands MS, the author highlights easy-to-follow exercises to improve common symptoms, especially fatigue and mobility.
Diet/Exercise/Alternative Therapy	Book 352: Yoga and Multiple Sclerosis	Written by Loren M. Fishman, MD and Eric L. Small. This book is a comprehensive and user-friendly guide to applying the principles of yoga to MS

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Diet/Exercise/Alternative Therapy	Book 353: The Book of Exercise and Yoga for Those with Multiple Sclerosis: Using Movement and Meditation to Improve Balance and Manage Symptoms of Pain and Fatigue	Written by Lori Newell, MA. This book covers a wide variety of movement therapies such as range of motion exercises, low-to-no impact aerobics, strength training, and yoga.
Diet/Exercise/Alternative Therapy	Book 354: Optimal Health with Multiple Sclerosis	Written by Allen C. Bowling, MD, PhD. In his latest book, Dr. Bowling provides a seven-step guide to integrating lifestyle, alternative, and conventional medicine. Every major symptom of MS is addressed, along with various types of harmful health habits and countless forms of alternative therapies.
Diet/Exercise/Alternative Therapy	Book 355: Tai Chi: Mind and Body	Written by Tricia Yu. This books offers a basic introduction to non-impact, flowing movement that builds strength and endurance, enhances flexibility, improves coordination, and helps reduce stress.
Diet/Exercise/Alternative Therapy	Book 356: Qigong for Multiple Sclerosis: Finding Your Feet Again	Written by Nigel Mills. This book provides a practical guide to using Qigong as a means of improving the physical abilities of people with MS, such as balance and walking, thereby significantly improving the quality of life possible.
Diet/Exercise/Alternative Therapy	Book 357: Balanced Healing	Written by Larry Altshuler, MD. This books serves as a reference for combining modern medicine with safe and effective alternative therapies.
Diet/Exercise/Alternative Therapy	Book 358: Alternative Medicine and Multiple Sclerosis	Written by Allen C. Bowling, MD, PhD. This book was written to provide helpful information about complementary and alternative medicine such as acupuncture and herbal medicine to help those with multiple sclerosis.
Diet/Exercise/Alternative Therapy	Book 359: Complementary and Alternative Medicine and Multiple Sclerosis	Written by Allen C. Bowling, MD, PhD. This books offers information on a wide range of alternative approaches that can aid both in managing symptoms and promoting general health and wellness.

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Diet/Exercise/Alternative Therapy	Book 360: The Harvard Medical School Guide to a Good Night's Sleep	Written by Lawrence J. Epstein, MD. In this book, Dr. Epstein of Harvard Medical School reveals his proven six-step plan to maximize your nights and energize your days. He explains the health benefits of sleep and identifies signs of sleep problems as he gives in-depth advice.
Diet/Exercise/Alternative Therapy	Book 361: Adaptive Yoga Moves Any Body	Written by Mindy Eisenberg, MHSA. This user-friendly instructional guide was written for people with MS and neuromuscular conditions, as well as for students, yoga instructors, and therapists. Chapters cover such topics as basic yoga principles, breathing and posture, warm up, adaptive poses, and even yoga through hand gestures. The author's uplifting messages, along with photos and descriptions of the poses, are all very helpful for people looking to improve their body and mind through yoga, regardless of their level of physical ability or experience.
Diet/Exercise/Alternative Therapy	Book 362: The LDN Book	Edited by Linda Elsegood. For many years, low-dose naltrexone (LDN) has been used "off-label" to reduce symptom severity in people with autoimmune or inflammatory conditions such as multiple sclerosis, fibromyalgia, Crohn's disease, and chronic pain. Available by prescription, LDN is an inexpensive anti-inflammatory medication with a low incidence of side effects. The LDN Book provides a detailed history of the development of LDN along with brief descriptions of various disorders that may be helped by this treatment. Each written by different medical professionals, the chapters explain how the medication works and provide current information on its effectiveness. This book serves as a good introduction to anyone looking for learn more about LDN.

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Diet/Exercise/Alternative Therapy	Book 363: Effortless Journaling: How to start a Journal, make it a habit, and find endless writing topics	Written by S.J Scott and Barrie Davenport. "Journaling can change your life...and will make you a healthier, happier, smarter, and more self-aware person," according to these two Wall Street Journal bestselling authors. In their new book, Scott and Davenport describe the power of journaling and how it can become your companion, therapist, best friend, teacher, punching bag, and personal historian all rolled up into one. Topics covered include the 15 benefits of journaling, ways to combine journaling with the practice of mindfulness, helpful strategies to get started and stay committed to a daily routine, and more. COPYRIGHT : 2018
Diet/Exercise/Alternative Therapy	Book 364: Overcoming Multiple Sclerosis Cookbook	Medical research suggests that a diet very low in saturated fat may help to slow the progression and severity of MS. Written by Ingrid Adelsberger, this cookbook gathers more than 200 favorite recipes from people with MS from around the world. The recipes include quick and easy lunches and dinners, a variety of seafood dishes, luxurious weekend breakfasts, special occasion cakes, and holiday baking. Recipes include wholefood, meat-free, dairy-free, vegan, and gluten-free options, along with a menu plan created by a nutritionist.
Diet/Exercise/Alternative Therapy	Book 365: Stop Carrying the Weight of Your MS	Written by Andrea Wildenthal Hanson who has been living with MS since 2000, this book moves beyond diet recommendations and offers practical strategies for developing behaviors toward eating and exercise. Andrea helps readers create a plan for consistency and sustainability, which play critical roles in avoiding the all-too-common starting and stopping cycle of dieting and exercise.
DVDs on MS	DVD 480: A Closer Look at Clinically Isolated Syndrome and MS	MSAA developed this DVD for our website and it can be viewed online by accessing www.mymsaa.org . In this DVD, MSAA's Chief Medical Officer Dr. Jack Burks discusses the importance of understanding clinically isolated syndrome (CIS), how it differs from RRMS and other forms of the disease, and the benefits of early treatment.

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DVDs on MS	DVD 481: A Closer Look at Employment and Multiple Sclerosis	MSAA developed this video for our website and it can be viewed at www.mymsaa.org . In this DVD, attorneys Lanny and Sara Perkins discuss the issues of MS in the workplace, the question of disclosure, how to use ADA guidelines and technology to stay employed, and the process of applying for disability income. They are the authors of Multiple Sclerosis: Your Legal Rights, book #440. in the Lending Library.
DVDs on MS	DVD 482: A Closer Look at Managing Stress and MS	MSAA developed this video for our website and it can be viewed online by accessing www.mymsaa.org . In this DVD, Allison Shadday, a licensed clinical social worker and a person with MS, offers strategies on how to manage stress, tips for internal stress reduction, and ways to evaluate your stress management techniques.
DVDs on MS	DVD 483: A Closer Look at MS and Complementary and Alternative Medicine	MSAA developed this DVD for our website and it can be viewed online by accessing, www.mymsaa.org . This two-part DVD explores the worlds of Western and Eastern medicine and includes discussions and demonstrations on acupuncture, massage therapy, and other popular unconventional therapies. Featured in this program are Dr. Allen Bowling, Director of the Complementary and Alternative Medicine Program at the Rocky Mountain MS Center; and Dr. Jingduan Yang, Medical Director of the Tao Institute of Mind and Body Medicine.
DVDs on MS	DVD 484: A Closer Look at Multiple Sclerosis Symptoms: Part 1	MSAA developed this video for our website and it can be viewed online by accessing www.mymsaa.org . This DVD contains interviews with the leading health care professionals on the topics of effective MS symptom management, understanding depression, learning about involuntary emotional expression disorder (IEED), and managing spasticity.
DVDs on MS	DVD 485: A Closer Look at The Emotional Impact of MS	MSAA developed this video for our website and it can be viewed online by accessing www.mymsaa.org . In this DVD, Allison Shadday, a licensed clinical social worker and a person with MS, offers suggestions on how to cope with emotional challenges of MS, tips for managing fears and depression, and strategies to combat loneliness and isolation.

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DVDs on MS	DVD 486: A Closer Look at The Value of MRI's	MSAA developed this DVD for our website and it can be viewed online by accessing, www.mymsaa.org . This three-part video features a MS client giving a first-hand account of her experiences in receiving a diagnostic and follow-up MRI; neurologist Dr. Diego Cadavid of the University of Medicine and Dentistry of NJ exploring the science behind MRIs and the benefits of follow-up MRI's; and MSAA Vice President of Programs and Evaluation Mr. Bob Rapp reviewing the easy process of receiving assistance from MSAA through the MRI Diagnostic and MRI Institute programs.
DVDs on MS	DVD 487: A Closer Look at Understanding Disability Benefits	MSAA developed this video for our website and it can be viewed at www.mymsaa.org . In this DVD, attorneys Lanny and Sara Perkins discuss the issues of MS in the workplace, the question of disclosure, how to apply for SSI and SSDI, the appeal process, and other helpful guidance in this complicated process. They are the authors of Multiple Sclerosis: Your Legal Rights, book #440, in the Lending Library.
DVDs on MS	DVD 488: Making Your Home Work For You	MSAA developed this DVD for our website and it can be viewed online by accessing www.mymsaa.org . This three-part video discusses and demonstrates ways to improve home safety and accessibility. In this program, you'll hear from a leading expert on the important connection between occupational therapy and home modification; and take a personally-guided tour of an MS client's house that blends subtle features of safety and accessibility into a warm, comfortable place that truly feels like home.
DVDs on MS	DVD 489: A Closer Look at the Future of MS Research	MSAA developed this DVD for our website and it can be viewed online by accessing www.mymsaa.org . In this DVD, Dr. Stephen Newman discusses current FDA-approved therapies, new research with these therapies, oral medications, and promising new treatments on the horizon.

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DVDs on MS	DVD 490: A Closer Look At The Importance of MS Treatment Adherence	MSAA developed this video for our website and it can be viewed online by accessing www.mymsaa.org . In this DVD, MSAA's Chief Medical Officer Dr. Jack Burks discusses FDA-approved treatments for MS and explains why it is critical for MS patients to get on, and stay on, one of these medications. Dr. Burks also offers practical advice and useful tips for managing these medications while working closely with your doctor.
DVDs on MS	DVD 491: A Closer Look At Managing MS Fatigue	MSAA developed this DVD for our website and it can be viewed online by accessing www.mymsaa.org . In this DVD, Allison Shadday, a licensed clinical social worker and a person with MS, provides information on how to recognize, treat, and control MS fatigue.
Emotional Wellness/Family/Relationships	Book 370: MS and Your Feelings	Written by Allison Shadday, LCSW. Psychotherapist and MS patient Allison Shadday offers readers effective coping strategies in dealing with frustration, fear, guilt, anger, loss, etc. There is also a chapter for caregivers.
Emotional Wellness/Family/Relationships	Book 371: The MS Workbook: Living Fully with Multiple Sclerosis	Written by Robert T. Fraser, PhD; George H. Kraft, MD; and Dawn M. Ehde, PhD. In this book you'll find clear, practical tips for taking care of your health, your livelihood, and your relationships--step-by-step advice for creating real change in your life.
Emotional Wellness/Family/Relationships	Book 372: The Art of Living with Multiple Sclerosis: Six Secrets for Managing MS as a Team	Written by Len and Cheryl Chatma. This book provides strategies to help develop better coping skills for managing MS.
Emotional Wellness/Family/Relationships	Book 373: Multiple Sclerosis: A Self-Care Guide to Wellness	Written by Nancy Holland, EdD, RN. This book focuses on staying well in the presence of MS. Chapters include disease management, general health issues, managing financial resources, community living options, and the promise of research.
Emotional Wellness/Family/Relationships	Book 374: Mommy's Story: An introduction for younger children to learn about a parent's MS	Written by MSAA. This publication, for ages three to seven, is written to encourage parents with MS to begin the conversation about the diagnosis and ongoing implications of MS with young children.

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Emotional Wellness/Family/Relationships	Book 375: Daddy's Story: An introduction for younger children to learn about a parent's MS	Written by MSAA. This publication, for ages three to seven, encourages parents with multiple sclerosis to begin the conversation about the diagnosis and ongoing implications of MS with young children.
Emotional Wellness/Family/Relationships	Book 376: Sometimes MS is Yucky	Written by Kimberly Harrold. This book is for children ages three to eight who have a parent or loved one with MS. It is written with two main goals: to validate feelings and to educated on basic MS symptoms.
Emotional Wellness/Family/Relationships	Book 377: Multiple Sclerosis: A Guide for Families	Written by Rosalind Kalb, PhD. This is a useful and usable book for both families living with MS and the professionals who assist them.
Emotional Wellness/Family/Relationships	Book 378: The Can Do Multiple Sclerosis Guide to Lifestyle Empowerment	Written by Patricia Kennedy, RN, CNP, MSCN. The staff at Can Do Multiple Sclerosis has put together this wonderful book to empower individuals with their organization's message of "You are more than your MS." Each chapter, written by experts in the field of MS, addresses a different aspect of the whole person, whole health and whole community approach to living with MS. With topics such as motivating and goal setting, symptom management, physical activity, eating well, and caring for total health, this book provides a foundation to determine what you can do to maximize your health and quality of life.
Emotional Wellness/Family/Relationships	Book 379: It's Not All In Your Head:Anxiety, Depression, Mood Swings, and Multiple Sclerosis	Written by Patricia Farrell, PhD. This book covers some of the basics about multiple sclerosis and then ties them in with the emotional issues involved with the disease. The mind-body connection is discussed, along with "Riding the Rollercoaster" of MS. The writing is comfortable to read and incorporates many patient stories as well as research findings. It also offers self-help techniques and coping strategies to give readers the tools they need to help them regain self-esteem. hope. and happiness.
Emotional Wellness/Family/Relationships	Book 380: Memory Tips for Making Life Easier	Written by Shelley Peterman Schwarz. This book includes hundreds of tips and techniques, plus information on unique products, services, and resources for the aging.

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Emotional Wellness/Family/Relationships	Book 381: Mental Sharpening Stones: Manage the Cognitive Challenges of Multiple Sclerosis	Written by Jeffrey N. Gingold. This book offers tools to overcome the cognitive dysfunction of MS.
Emotional Wellness/Family/Relationships	Book 382: When Anger Hurts: Quietening the Storm Within	Written by Matthew McKay, PhD; Peter D. Rogers, PhD; and Judith McKay, RN. This books offers a step-by-step guide to changing habitual anger-generating thoughts while developing healthier, more effective ways of meeting your needs. New chapters discuss the interpersonal and physiological costs of anger, road rage, and parental anger.
Emotional Wellness/Family/Relationships	Book 383: The Ultimate Guide To Sex and Disability	Written by Miriam Kaufman, MD; Cory Silverberg; and Fran Odette. This books pulls together the available information on sex and disability that isn't aimed at a particular disability.
Emotional Wellness/Family/Relationships	Book 384: Apples & Pears	Written by Marie Savard, MD with Carol Svec. This book discribes the powerful physiological effects of being either "apple" or "pear" shaped.
Emotional Wellness/Family/Relationships	Book 385: Humor as Therapy	Written by Dan Keller, PhD. This books explores the therapeutic effects of laughter in the treatment of physical ailments.
Emotional Wellness/Family/Relationships	Book 386: The Power of Wagging Tails:A Doctor's Guide To Dog Therapy And Healing	Written by Dawn A. Marcus, MD. Research has consistently shown that dogs have both therapeutic and healing influences on individuals with a wide range of health issues. Although aimed at medical professionals, this book is appropriate for anyone looking for more information on how a dog may be able to help someone with a chronic condition such as MS, and includes many personal stories of healing from dog owners throughout North America.
Emotional Wellness/Family/Relationships	Book 387: A Dose of Devotion: How Couples Living with Multiple Sclerosis Keep Their Love Strong	Written by Ronda Giangreco and Jeanne Lassard. Twelve couples who have confronted the challenges of MS with grace, humor, and courage are featured. However, the book goes beyond these heartwarming stories; it is a blueprint for how all marriages can thrive in the face of adversity. Through wisdom, insight, and inspiration, the authors hope to reduce the high number of marriages that end after a diaenosis of MS.

Lending Library Category	Product Name	Product Description
Emotional Wellness/Family/Relationships	Book 388: Live Your Life Not Your Diagnosis	Written by Andrea Wildenthal Hanson. Written by a master certified life coach who was diagnosed with MS in 2000, this book combines stories of bravery (and tantrums), support and detailed steps on how you can live your life - not your diagnosis. Covering such topics as stress management, diet, and exercise, the author helps readers learn about self-awareness, self-healing, and ways to strengthen relationships.
Emotional Wellness/Family/Relationships	Book 389: Soulful Simplicity: How Living with Less Can Lead to so Much More	Written by Courtney Carver. As a person living with multiple sclerosis, author Courtney Carver shows how the power of simplicity can help improve one's health, build more meaningful relationships, and relieve stress in professional and personal lives. Stress was like gasoline on the fire of symptoms, and it became clear that she needed to root out the physical and psychological clutter that were the source of her debt and discontent. In this book, Courtney shows us how to pursue practical minimalism so we can create more with less—more space, more time, and even more love. She also invites us to look at the big picture, discover what's most important to us, and reclaim lightness and ease by getting rid of all the excess things. Courtney's Project 333 was recently featured in O, The Oprah Magazine.
Employment/Disability/Legal	Book 440: Multiple Sclerosis: Your Legal Rights	Written by Lanny E. Perkins, Esq. and Sara Perkins. This book provides a comprehensive look at dealing and working with doctors and lawyers on your rights on job discrimination, property and personal choice.
Employment/Disability/Legal	Book 441: Women, Work, and Autoimmune Disease: Keep Working, Girlfriend!	Written by Rosalind Joffe, M.Ed and Joan Friedlander. The authors discuss ways to be successful at work while managing chronic illness, including developing strategies and tactics, evaluating communication skills, building a support system, and considerations for self-employment.

Lending Library Category	Product Name	Product Description
Employment/Disability/Legal	Book 442: Health Insurance Resources: A Guide for People with Chronic Disease and Disability	Written by Dorothy E. Northrop, MSW, ACSW; Stephen E. Cooper; and Kimberly Calder, MPS. This resource guide was developed to assist people with disabilities and chronic health conditions, as well as health care professionals, in understanding the health care system and maximizing their rights and entitlements within the system.
Employment/Disability/Legal	Book 443: Employment Issues and Multiple Sclerosis	Written by Philip D. Rumrill, Jr., PhD, CRC. This book offers a thorough discussion of employment issues facing those with MS.
Employment/Disability/Legal	Book 444: ESTATE PLANNING FOR PEOPLE WITH A CHRONIC CONDITION OR DISABILITY	Written by Martin M. Sherkman, CPA, MBA, JD. Estate planning helps protect you and your loved ones from legal and financial problems and provides you with peace of mind. This informative book covers topics such as: how to write your will; naming a power of attorney; determining how much life insurance your family needs; learning about a living trust; knowing when to work with a lawyer: and much more.
Employment/Disability/Legal	Book 445: Long-Term Care: How to Plan and Pay for It, 12th Edition	Finding the right type of long-term care may require difficult personal, medical, and financial decisions, often during emotionally challenging times. Written by attorney Joseph L. Matthews, this resource helps individuals and their family members to understand the range of available choices. Written by an experienced attorney, topics include: options for home care, assisted living, and nursing homes; getting the most from Medicaid, Medicare, and veterans' programs; and evaluating the cost versus benefit of long-term care insurance.
Foreign Language Books	Book 465: Esclerosis Multiple: Guia Practica para el Recien Diagnosticado	Escrito por Dra. Teresa Corona Vazquez Estelibro es para ayudar a las personas hispanohablantes que han sido diagnosticadas con Esclerosis Multiple, asi como a los miembros de su familia. Servira como guia para aprender a conocer la enfermedad, sus sintomas,el impacto sobre sus vidas.

Lending Library Category	Product Name	Product Description
Foreign Language Books	Book 466: Guida practica para el paciente con Esclerosis Multiple	Escrito por Manuel Velasco Suarez Este manual pretende responder sus preguntas y orientario en como enfrentar su enfermedad. En el mundo existen muchos pacientes con esta enfermedad y la mayoria de ellos llevan una vida productiva y satisfactoria
Foreign Language Books	Book 467: Esclerosis Multiple: Guia Practica para el Recien Diagnosticado	Written by Nancy J. Holland, Ed.D; T. Jock Murray, MD; and Stephen C. Reingold, PhD. This book is a guide in Spanish for people newly diagnosed with MS.
Foreign Language Books	Book 468: La Comodidad del Hogar	Escrito por Maria Meyer Esta edicion del libro ha sido creada como una guia tanto para quienes estan pensando elegir comom carrera el cuidado de ancianos o personas deshabilitadas, como para quienes quieren encargarse del cuidado en casa de un ser querido.
Foreign Language Books	Book 469: Esclerosis Multiple	Escrito por Dr. Pablo de la Iglesia Su tratamiento segun una vision fisica, psicologic u espiritual.
Personal Stories	Book 400: The First Year Multiple Sclerosis, An Essential Guide	Written by Margaret Blackstone. This books features an MS patient learning and teaching a return to health.
Personal Stories	Book 401: When the Diagnosis is Multiple Sclerosis	Written by Kim Orsetti Furney, MD. This books offers help, hope, and insights from a physician diagnosed with MS.
Personal Stories	Book 402: Voices of Multiple Sclerosis: The Healing Companion: Stories For Courage, Comfort and Strength	Edited by the Healing Project. This book is filled with dozens of revealing, inspiring and informative true stories by people with MS, their family members, caregivers and friends.

Lending Library Category	Product Name	Product Description
Personal Stories	Book 403: A Patients Perspective	Written by Patricia Cyr. The author of this valuable resource has coped with her own chronic illnesses for more than 25 years. Over the years she kept notes about each of her medical appointments and procedures, and these notes eventually grew into a book on how to get the most from your doctor visits. Cyr covers such important topics as appointment issues and obstacles upon arrival, meeting with the doctor, taking tests, clerical errors, having surgeries performed, physical therapy, legal issues, and more. Her first-person accounts and conversational tone add to this informative publication.
Personal Stories	Book 404: Facing the Cognitive Challenges of Multiple Sclerosis	Written by Jeffrey N. Gingold. This book offers a courageous and compelling personal account of one man's struggle with cognitive difficulties caused by MS.
Personal Stories	Book 405: Multiple Sclerosis Self-Help: A Patient's View	Written by Edward Lash. This book is the result of the author's personal experiences as well as others with MS.
Personal Stories	Book 406: Phone in the Fridge	Written by Lorna J. Moorhead. The author recounts the experiences of her first five years with MS. She offers the best of her personal insights into life with MS in this compilation of essays on everything from fighting depression to being an effective parent.
Personal Stories	Book 407: Multiple Sclerosis-Uncovering It's Hidden Blessings	Written by Wendy Peck. This book provides a personal journal chronicling the life of a patient with MS. A must read for the newly diagnosed.
Personal Stories	Book 408: Life Lessons and Reflections	Written by Montel Williams. Montel offers life lessons and reflections based on his own experiences, as well as those of prominent individuals from the past and present. The text is enhanced with beautiful realized photographs that bring to light the insights, sentiments and depth of emotion that these words evoke.

Lending Library Category	Product Name	Product Description
Personal Stories	Book 409: Multiple Sclerosis Manifesto: Action to Take, Principles to Live By	Written by Julie Stachowiak, PhD. As an epidemiologist who also has MS, Dr. Stachowiak covers such diverse topics as learning about meds, how to evaluate your doctor, tips to disclosing your MS status, finding support groups, and adding your voice to the fight against MS.
Personal Stories	Book 410: No More Secs!: Living, Laughing, & Loving Despite Multiple Sclerosis	Written by Ann Pietrangelo. As a freelance writer who was diagnosed with MS at the age of 44, the author presents an entertaining as well as insightful look at the many facets involved with learning about and coping with the changes associated with MS. Some of her amusing chapter titles include, "Discombobulation Sums It Up Rather Nicely," "I've Never Seen That Before," and "Hitchcock Could Have Written This." The author concludes, "...that good health and life are fleeting, but love and humor can triumph over all."
Personal Stories	Book 411: MS Madness - A Giggle More, Cry Less Story of Multiple Sclerosis	Written by Yvonne deSousa. Life with multiple sclerosis can be daunting, but this author shares her giggles at the bizarre world she has unwittingly entered and the new perspectives it has given her on life.
Personal Stories	Book 412: My Story: A Photographic Essay	Written by Amelia Davis. This book is a collection of pictures and essays written by people with MS. It shows the many different faces of people, caregivers, and families affected by MS.
Personal Stories	Book 413: Almost Home: Embracing the Magical Connection Between Positive Humor and Spirituality	Written by Jacki Kwan, LCSW-C. In this book you will discover the journey one woman took to bring laughter into her life and the lives of others, and how she embraced the intricate connection between positive humor and spirituality.
Personal Stories	Book 414: Speedbumps, Flooring it through Hollywood	Written by Teri Garr with Henriette Mantel. In her laugh-out-loud funny and inspiring autobiography, Teri Garr, one of Hollywood's best-loved comedians, muses about movies, men, motherhood, and MS.
Personal Stories	Book 415: Fall Down Laughing	Written by David Lander (Squiggy). An often poignant, always humorous account of his courageous struggle with MS, David writes about his search for a cure to his decision in 1999 to go public about his illness.

Lending Library Category	Product Name	Product Description
Personal Stories	Book 416: Living Well Emotionally: Break Through to a Life of Happiness	Written by Montel Williams. Montel shares his practical advice for living well emotionally--and reveals how you too can find the happiness you deserve.
Personal Stories	Book 417: Living Well: 21 Days to Transform Your Life, Supercharge Your Health, and Feel Spectacular	Written by Montel Williams. Actor Montel Williams offers tips on diet, exercise, and attitude for those with MS.
Personal Stories	Book 418: Dream Is a Wish Your Heart Makes: My Story	Written by Annette Funicello. The famous actress offers personal insights and accounts into her life with MS.
Personal Stories	Book 419: Lean On Me	Written by Nancy Davis. Ms. Davis was diagnosed with MS at the age of 33. This is her personal account of learning to navigate the health care waters, finding hope, taking positive action, and celebrating progress.
Personal Stories	Book 420: Reflections from a Different Journey: What Adults with Disabilities Wish All Parents Knew	Written by Stanley D. Klein, PhD and John D. Kemp. This book offers 40 eloquent essays offering wisdom, inspiration, and emotional support as well as a rare glimpse inside the lives and minds of people with many different disabilities.
Personal Stories	Book 421: People With MS with the Courage to Give	Written by Jackie Waldman. This book is a heartwarming collection of 24 inspiring stories of people people who have refused to be defined by their illness. These men and women have found the courage to do old things in new ways and new things that improve the lives of those around them.
Personal Stories	Book 422: The Courage to Give	Written by Jackie Waldman. This book features inspiring stories of people who triumphed over tragedy to make a difference in the world.
Personal Stories	Book 423: The Road Less Traveled	Written by Scott Peck, MD. This books discusses a new psychology of love, traditional values, and spiritual growth.

Lending Library Category	Product Name	Product Description
Personal Stories	Book 424: Body Hate - A Gay Man's Struggle with Multiple Sclerosis	Written by William Cate. William Cate was a punk rocker from Boston on the verge becoming a star when suddenly he was diagnosed with MS. This book recounts Bill's story in his own words, showing the world of a young gay musician who suffers torments he never anticipated.
Personal Stories	Book 425: Chicken Soup for the Surviving Soul	This book offers a collection of 101 healing stories of courage and inspiration from best-selling authors.
Personal Stories	Book 426: Writing Books for Fun, Fame & Fortune	Written by Rik Feeney. This book provides inspiration and instruction for writing your own nonfiction book-whether the topic is business expertise, personal experience, or anything you are passionate about that may be of interest to others. Well-written and sometimes humorous, this resource gives "sure-fire methods" to guide readers through the steps required to publish and market a book of their own.
Personal Stories	Book 427: Everest: Climbing Beyond our Limits	Written by Lori Schneider. Ms. Schneider is the first person in the world with MS to complete the Seven Summits, as recognized by the World MS Federation. Lori's book includes spectacular photos from her Everest climb, as well as journal entries that will inspire you, and awaken the adventurer inside all of us.
Personal Stories	Book 428: Walk of Hope: One Woman's Journey with Multiple Sclerosis	Written by Christine Ganger. Active in softball, cheerleading and other sports, Kristine trusted her young, lean body to carry her through exciting and wonderful adventures. But when her body turned on her, it would force her to make a critical decision: give up or else. Christine chose "or else," and shares her story of a journey into Multiple Sclerosis and her daily decision to survive. Giving up was always a temptation, because living with MS is a battle that never ends; and a body just gets tired. Christine shares some very raw and personal moments throughout this book and how she manages to work through them, all the while keeping her focus on God's plan for her life and the hope and peace that can be found in Him. Walk of Hope reveals the mind and heart of a Multiple Sclerosis survivor, and how hope can make the mind and heart overcome the physical body for anyone experiencing similar physical disabilities.

Lending Library Category	Product Name	Product Description
Personal Stories	Book 429: Multiple Sclerosis . . Why Not Me?	Written by Vincent Spoto. After his diagnosis in 2006 and in the beginning stages of the disease, Vincent often wondered "why me?" and did not think it was fair that he was amongst the chosen individuals destined to endure the journey called MS. However, after living with MS for many years and speaking with others who courageously battle all types of life challenges, Vincent's outlook began to change. In his book, Vincent recounts the many daily life adjustments he has made to better cope with MS, all while maintaining a positive attitude and keeping an optimistic outlook for the future, He hopes his personal journey of living with MS will provide positive inspiration to others the way others have inspired him.
Personal Stories	Book 430: A Quiet Roar - living with multiple sclerosis	Written by Heidi Redl. Growing up on a pioneer ranch in the rough and dusty days of the late 1960s and the 1970s, Heidi learned at a young age to be self-reliant and tenacious. Life as a rancher had given her the courage she would need to bravely and persistently fight back against her diagnosis of MS in 2004. This compelling and honest memoir is a record of her struggle against the physical challenges of living with a progressive disease but also of the support and incredible friendships she found along the way.
Personal Stories	Book 431: But You Look So Good and Other Lies: A Memoir	In her debut book, author Cher Finver tells her personal story of abandonment, her family history of addictions and mental illness, as well as the realization that her life has been a lie. In spite of these virtually insurmountable challenges, not to mention the diagnosis of MS, Cher manages to land on her feet – becoming a devoted mother, loving wife, award-winning volunteer, and ultimately, a survivor. While engaging and well-written, please note that this book uses adult themes and language.

Lending Library Category	Product Name	Product Description
Personal Stories	Book 432: Love Me Now	Love Me Now is a stunning, often humorous, multicultural memoir, presented as a series of stories, gleaned from letters, notes, and the memory of the author Joanne Amorosa. Angela, Joanne's daughter, 16, begins traveling from the USA, to Peru, Alaska, Australia, New Guinea, India, and beguiling New Zealand. She is diagnosed with multiple sclerosis, but is determined to live life to the fullest, for as long as possible. Joanne, a nurse, and her physician husband, Chris, join Angela/Yarra, and her stalwart husband, Kris Kolff in New Zealand. Joanne gives voice to Yarra's indomitable spirit to live an amazing life and have a peaceful death. This profound caregiving, family story, with poetry and deep remembrances, will touch your heart. It embraces the wonder, mystery, intimacy and love of our human connections.
Personal Stories	Book 433: The Inward Empire: Mapping the Wilds of Mortality and Fatherhood	This wonderful and heartfelt book provides fascinating insight into the symptoms and changes that occur with MS, as told by the award-winning journalist Christian Donlan. The Inward Empire features “exquisite observations” of how the author’s world is evolving, the processes taking place within his body, and how his neurological decline contrasts with the neurological development of his young daughter, whom he cherishes. Described by reviewers as poetic and powerful... riveting and remarkable... this story is not only thought-provoking, but heartwarming, humorous, and meaningful.
Personal Stories	Book 434: Stumble to Rise: My Life Surviving and Thriving With MS	Written by Gina Whitlock Fletcher. This book tells the story of how author Gina Fletcher has struggled, taken control, and maintained a mostly joyful perspective in spite of the daily challenges she faces since being diagnosed with multiple sclerosis 23 years ago. For all those who are struggling to overcome what may be devastating realities in their lives, Gina hopes to inspire them to keep moving forward. Within just a few days of launching her book in March 2019, Stumble to Rise hit the Amazon bestseller list in the MS category. Examples of chapter titles include, “The Adventure Begins,” “Building a Toolbox,” “Getting Behind the Wheel,” and “Time to Rise.”

Lending Library Category	Product Name	Product Description
Related Health Issues	Book 475: The Disabled Woman's Guide to Pregnancy and Birth	Written by Judith Rogers, OTR, ACCE. This book answers critical questions and provides guidance for the woman with a disability facing one of the biggest challenges of her life.
Related Health Issues	Book 476: You Don't Look Sick! Living Well With Invisible Chronic Disease	Written by Joy H. Selak and Steven S. Overman, MD, MPH. This book chronicles a patient's true-life stories and her physician's compassionate commentary as they take a journey through the three stages of a chronic illness-Getting Sick, Being Sick, and Living Well.
Related Health Issues	Book 477: Sick and Tired of Feeling Sick and Tired: Living with Invisible Chronic Illness	Written by Paul J. Donoghue, PhD and Mary E. Siegel, PhD. This book offers hope and coping strategies to the thousands of people who suffer from invisible chronic illness.
Related Health Issues	Book 478: Living Well With Chronic Fatigue Syndrome and Fibromyalgia: What Your Doctor Doesn't Tell You...that You Need to Know	Written by Mary J. Shomon. This books is a comprehensive guide to the diagnosis and treatment of chronic fatigue syndrome and fibromyalgia.