

<b>ENGLISH BOOKS</b>	<b>#</b>	<b>AUTHOR(S)</b>
<b>A Decade of Lupus</b>	1	Henrietta Aladjem
<b>Are You Tired Again.....</b> Children's workbook	1	Marilyn Weiberg Deutsch
<b>Arthritis Helpbook</b>	1	Kate Lorig, RN/ Dr James Fries, MD
<b>"Butterflies and Sunshine" for You</b> Teenager with S.L.E.	1	Raquel Hicks
<b>Chronic Illness Experience (The)</b>	1	Cheri Register
<b>Chronic Illness &amp; The Twelve Steps</b> A practical approach to spiritual resilience	1	Martha Cleveland PhD
<b>Chronic Muscle Pain Syndrome</b> How to recognize & treat it	1	Paul Davidson, M.D.
<b>Chronic Pain Control Workbook 2nd Edition</b>	1	Ellen Mohr Catalano MA & Kimeron N. Hardin PhD
<b>Control Your Pain</b> 144 Sure Fire Strategies for Reducing Pain	2	Sean Hogan-Downey ACSW
<b>Coping with Fibromyalgia</b>	1	Beth Ediger
<b>Coping with Lupus</b>	2	Robert H. Phillips PhD
<b>Digestive Wellness 2nd Edition</b>	1	Elizabeth Lipski
<b>Dancing on the Rivers Edge</b>	1	Alida Brill & Dr M Lockshin
<b>Easy Does It</b> A Stretching Guide for Lupus Patients	1	Jean Anderson
<b>Embracing the Wolf</b> A Lupus victim & her family learn to live with a chronic disease	1	Bev Spinder

<b>Fibromyalgia - Your personal Guide to living well</b>	1 Arthritis Foundation, Atlanta GA
<b>Foods that Fight Pain</b>	1 Neal Barnard M.D.
<b>Get to Sleep (How to Sleep Well)</b>	1 Robert H Phillip PhD
<b>Healing with Humour</b>	1 Catherine Ripplinger Fenwick
<b>Heartsearch Toward Healing Lupus</b>	1 Donna Hamil Talman
<b>How to Run a Meeting</b> Step by Step Guide	1 Mary A DeVries
<b>In Search of the Sun</b> A womans courageous victory over lupus	1 Henrietta Aladjem & Peter Schur M.
<b>Language of Water (The)</b> A woman's struggle with S.L.E.	1 Jude Clark
<b>Learning About Lupus 2nd Edition</b>	1 Mary E. Moore M.D.
<b>Living with Lupus</b> All the knowledge you need to help yourself	1 Sheldon Paul Blau & Dodi Schultz
<b>Living Well Despite Lupus!</b> 204 sure fire techniques for taking charge of your life	2 Robert H. Phillips PhD
<b>Living with Lupus</b> Guide to understanding & controlling lupus	1 Mark & Brill Horowitz, Marietta Adra
<b>Lupus Alternative Therapies that Work</b>	1 Sharon Moore
<b>LUPUS Everything You Need to Know</b>	1 Robert G Lahita MD Robert H. Phillip PhD
<b>Lupus:</b> <b>A Patient guide for nurses &amp; health professionals</b>	National Institute of Health, 1 National Institute of Arthritis & Musculoskeletal & Skin Diseases
<b>Lupus and You</b>	1 Park Nicolett
<b>Lupus Book (The) 1995</b>	1 Daniel J. Wallace

<b>Lupus Book (The) 2000</b>	1 Daniel J. Wallace
<b>Lupus - Disease of 1000 Faces (The) 2nd Edition</b>	1 Jean-Luc Senecal MD FRCPC
<b>Lupus - Disease of 1000 Faces (The) 3rd Edition</b>	1 *****
<b>Lupus a GP Guide to Diagnosis</b>	1 Lupus UK
<b>Lupus: Living with It</b> Why You Don't have To Be Healthy to Be Happy	1 Stacy Szasz
<b>Lupus Now Magazine</b> Several Issues	*****
<b>Lupus: What's It All About?</b>	1 Claudia Pagano R.N. Mary McClure Goulding
<b>Monster Under the Bed (The)</b> Child rearing when a parent is chronically ill	2 Barbara Butter
<b>Moving Meetings</b>	1 Jana M.Kemp
<b>Power Nutrition for your Chronic Illness</b> A guide to shopping, cooking & eating To get the Nutrition Edge	2 Kristine Napier
<b>Question &amp; Answer Booklets:</b> Raynauds Phenomenon Sjogren's Syndrome Arthritis Pain Heritable Disorders of Connective Tissue Autoummunity Alopecia Areata	1
<b>Sick &amp; Tired of Feeling Sick and Tired</b>	1 P. Donoghue & M. Siegel PH.D
<b>Silver Linings</b> Triumphs of the Chronically Ill & Physically Challenged	2 Shaena Engle
<b>Understanding Lupus</b> What it is, How to treat it, How to cope with it	2 Henrietta Aladjem

**We are Not Alone :** 1 Sefra Kobrin Pitzele  
Learning to live with a Chronic Illness

---

**When Mom Gets Sick** 2 Rebecca Samuels

---

**Young as You Look** 1 Don Groot MD & Patricia Johnston

---

**FRENCH BOOKS:**

**Les Epreuves d'un medecin qui est s'est** 1 Howard S. Shapiro MD  
retrouve dans la peau d'un patient

---

**VHS TAPES**

**Stories of Lupus** 1

---

**Target Awareness** 1

---