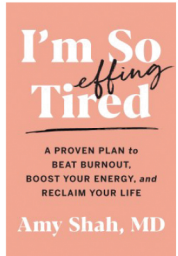


Disease Management

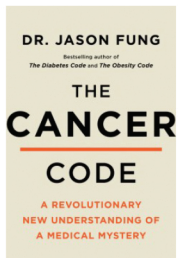
July 18, 2023 at 12:30-1:30 pm



I'm so Effing Tired: A Proven Plan to Beat Burnout, Boost Energy, and Reclaim Your Life

by Amy Shah

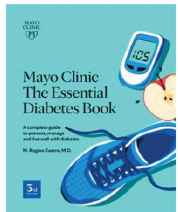
Inspired by the author's personal wellness journey this book is a guide for women struggling with burnout.



The Cancer Code: A Revolutionary New Understanding of a Medical Mystery

by Jason Fung

The best-selling author of The Diabetes Code argues that cancer is a primarily metabolic condition related to obesity and insulin dysregulation.

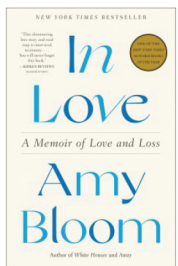


The Essential Diabetes Book: A Complete Guide to Prevent, Manage and Live Well With Diabetes

by Ana L. Creo

This book helps readers understand and manage their diabetes, outlines the most up-

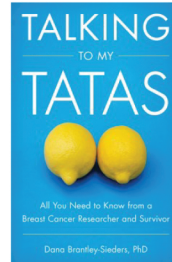
to-date information on new medications, advances in insulin delivery and the latest diabetes technology being used by medical experts.



In Love: A Memoir of Love and Loss

by Amy Bloom

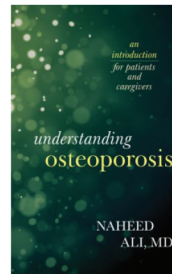
The New York Times best-selling author tells the story of her husband's battle with early onset Alzheimer's, their determination to support one another and his eventual decision to end his own life with dignity.



Talking to My Tatas: All you Need to Know from a Breast Cancer Researcher and Survivor

by Dana Brantley-Sieders

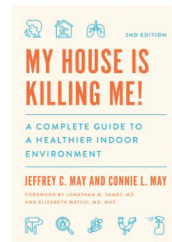
Dana Brantley-Seiders spent twenty years working as a biomedical breast cancer researcher. Then she was diagnosed with breast cancer. She thought she knew breast cancer before it whacked her upside her left boob and left her bleeding on the curb of uncertainty. Turns out, she had a lot to learn.



Understanding Osteoporosis: An Introduction for Patients and Caregivers

by Naheed Ali

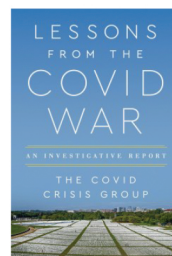
Naheed Ali offers readers insight into symptoms, treatment, risk factors, prevention, and outcomes and provides a one-stop spot for all your questions surrounding osteoporosis.



My House is Killing Me!: A Complete Guide to a Healthier Indoor Environment

by Jeffrey C. May

The authors discuss the potential dangers to health caused by all matter of indoor allergens. New chapters cover environmental hazards, testing and remediation, heating and cooling without ducts, and indoor air issues in a multi-unit building.



Lessons from the Covid war : an investigative report

by Covid Crisis Group

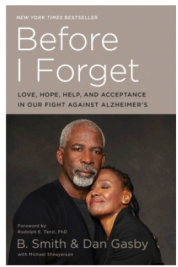
This book describes what went wrong, and right, with America's Covid response and how Americans faced the worst peacetime catastrophe of modern times.



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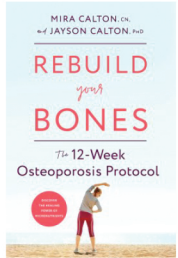
Disease Management



Before I Forget: Love, Hope, Help, and Acceptance in our Fight Against Alzheimer's

by B. Smith

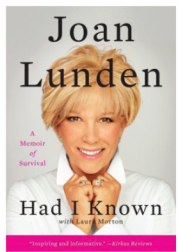
A restaurateur, magazine publisher, celebrity chef and nationally known lifestyle maven shares her experiences with her husband's Alzheimer's, in an uplifting account that doubles as a love story along with helpful advice for dealing with the day-to-day challenges of this disease.



Rebuild Your Bones: The 12-week Osteoporosis Protocol

by Mira Calton

Presents a 12-week outline for safely reversing and preventing the effects of osteoporosis without medications, with recipe plans featuring essential micronutrients, advice on exercise and diet supplements and suggestions for lifestyle changes.



Had I Known: A Memoir of Survival

by Joan Lunden

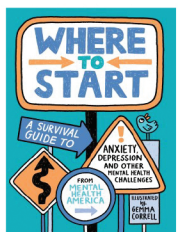
The former Good Morning America host speaks candidly about her battle against breast cancer, sharing insights into how it shaped her perspectives as a woman, family member and awareness advocate.



The Bright Side Running Club: A Novel

by Josie Lloyd

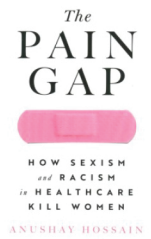
Determined not to be defined by the C-word, Keira, after receiving a breast cancer diagnosis, joins a running group with three other women undergoing treatment who unexpectedly give her the hope she so desperately needs.



Where to Start: A Survival Guide to Anxiety, Depression, and Other Mental Health Challenges

by Gemma Correll

The nation's leading community-based nonprofit dedicated to helping those living with mental illness provides clear, honest, jargon-free information for anyone struggling emotionally and looking for help.



The Pain Gap: How Sexism and Racism in Healthcare Kill Women

by Anushay Hossain

This meticulously researched and deeply reported book explores real women's traumatic experiences with America's healthcare system, including her own.



Healing: When a Nurse Becomes a Patient

by Theresa Brown

A registered nurse and author of the New York Times best-seller The Shift, tells the powerfully personal story of her own fight with breast cancer, including her surprise at the lack of compassion she encountered.

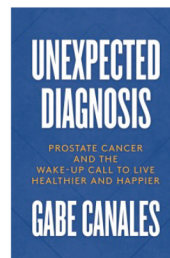


A Mrs. Miracle Christmas: A Novel

by Debbie Macomber

Laurel McCullough and her husband, Zach, have been praying for a baby that seems more and more like an impossible dream, and they've had to move in with her beloved grandmother, Helen, who's having trouble taking care of herself. But when Laurel contacts a local home-care organization for

help, there are no caregivers available. Then Mrs. Miracle appears at the door.



Unexpected Diagnosis : Prostate Cancer and the Wake-up Call to Live Healthier and Happier

by Gabe Canales

Thirty-five-year-old Gabe Canales was diagnosed with prostate cancer. It was a shock -- with no symptoms or family history of the disease, how could a young man receive such a serious diagnosis? This book

follows his journey to uncover the unconscious lifestyle habits that plague the well-being of American men.



Fitter, Calmer, Stronger.: A Mindful Approach to Exercise and Nutrition

by Ellie Goulding

A multiplatinum-selling pop star goes beyond diet and exercise and shares her personal tips to kickstart one's health and well-being through a sustainable approach that

encompasses self-care, flexibility and establishing clear, achievable goals.

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