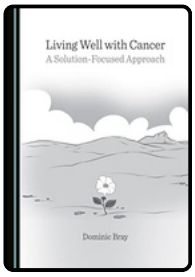
Library & Knowledge Service

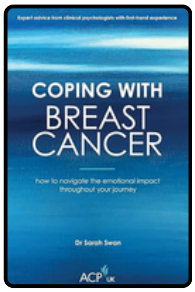
Resource Guide
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Books - Cancer

Living well with cancer : A solution-focused approach (2022) by Dominic Bray. ISBN: 9781527587212



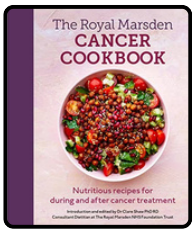
This book offers a compassionate and practical guide to navigating life with cancer. Drawing on solution-focused approaches the author explores how people can find hope, resilience and meaning alongside the challenges of diagnosis and treatment. Written in a warm, conversational style, this inspiring book is valuable for anyone affected by cancer, as well as families, friends and healthcare professionals supporting them.



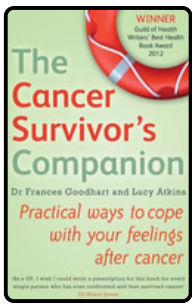
Coping with Breast Cancer : How to navigate the emotional impact throughout your journey (2023) by Dr Sarah Swan. ISBN: 9781914110221

This book is a compassionate guide to managing the emotional challenges of breast cancer, from diagnosis through treatment and recovery. Written by clinical psychologist Dr Sarah Swan, who has experienced breast cancer herself, this practical book draws on Acceptance and Commitment Therapy (ACT) to help readers navigate difficult thoughts and feelings with greater resilience. Packed with evidence-based coping strategies, it empowers readers to focus on what matters most and live well throughout their cancer journey.

Royal Marsden Cancer Cookbook: Nutritious recipes for during and after cancer treatment, to share with friends and family (2022) by Catherine Phipps. ISBN: 9781804190654



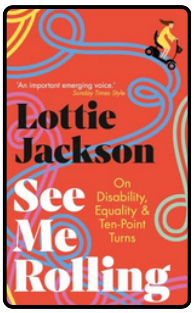
This book is an inspiring collection of over 150 nutritious recipes designed to support people during and after cancer treatment. Created with expert input from The Royal Marsden and reviewed by consultant dietitian Dr Clare Shaw, it offers practical guidance for managing changes in appetite, taste and digestion, alongside delicious, family-friendly meals. Packed with helpful tips and ideas, this cookbook makes healthy eating both achievable and enjoyable throughout the cancer journey.

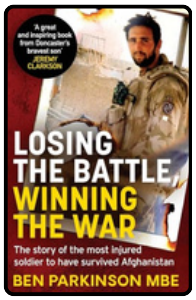


The cancer survivor's companion : practical ways to cope with your feelings after cancer (2013) by Dr Frances Goodhart and Lucy Atkins. ISBN: 9780749954901
This book offers compassionate support for navigating life after cancer treatment. Written by Dr Frances Goodhart and Lucy Atkins, this practical guide explores the emotional challenges many survivors face, including anxiety, low mood, fatigue, body image concerns and relationship changes. Combining expert insight with accessible self-help techniques, it provides reassurance, understanding and effective strategies to help readers rebuild confidence and move forward with life beyond cancer.

Books - Physical disability

See me rolling: on disability, equality and ten-point turns (2023) by Lottie Jackson. ISBN: 9781529156058
Through a mix of humour, personal stories and sharp social commentary, Lottie Jackson shines a light on the everyday frustrations, unexpected challenges and great joys of disabled life. Heartfelt and empowering, this engaging book celebrates resilience, individuality and the importance of challenging assumptions about disability.

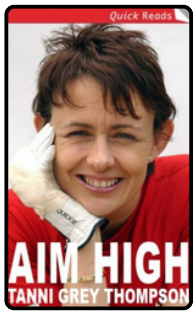




Losing the battle, winning the war (2021) by Ben Parkinson. ISBN: 9780751580259
A remarkable story of courage, determination and resilience from Ben Parkinson MBE, one of the most severely injured soldiers to survive the conflict in Afghanistan. Against overwhelming odds, Ben defied medical expectations to rebuild his life after losing both legs and sustaining life-changing injuries. Inspiring and uplifting, this powerful memoir chronicles his extraordinary journey from the battlefield to becoming a symbol of perseverance and hope.

Kika & me : how one extraordinary guide dog changed my world (2020) by Amite Patel. ISBN: 9781529021233
A moving and inspiring memoir by Amit Patel, a trauma doctor whose life changed forever when he suddenly lost his sight. Charting his journey from despair and isolation to renewed confidence and independence, the book explores the challenges of adapting to blindness and the transformative bond he forms with his guide dog, Kika. Heartfelt, uplifting and often humorous, it is a powerful story of resilience, friendship and hope.

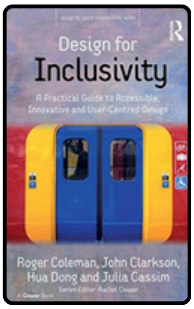


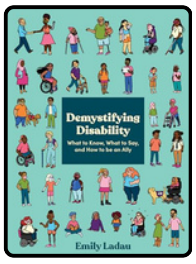


Aim high (2007) by Tammi Grey Thompson. ISBN: 9781905170890
Aim High is an inspiring account of determination, ambition and success from Dame Tanni Grey-Thompson, one of Britain's greatest Paralympians. Reflecting on her journey to winning multiple gold medals, breaking world records and becoming a sporting icon, she shares the experiences, challenges and motivations that shaped her remarkable career. Uplifting and motivational, this book encourages readers to pursue their goals and reach their full potential.

Books - Disability and inclusivity

Design for inclusivity : a practical guide to accessible, innovative and user-centred design (2007) by Roger Coleman et al. ISBN: 9781317152460 [E-Book]
Written by leading pioneers in inclusive design, this practical guide explores the social and technological developments shaping accessible design and showcases innovative approaches from around the world. Insightful and thought-provoking, it demonstrates how designing for inclusion can improve usability, innovation and user experience for all.



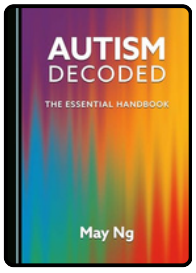


Demystifying disability: what to know, what to say, and how to be an ally (2021) by Emily Ladau. ISBN: 9781984858979
An accessible and engaging guide to understanding disability and becoming a stronger ally. Written by disability rights advocate Emily Ladau, it tackles common questions, misconceptions and barriers with honesty, warmth and practical advice. Insightful and empowering, this book encourages readers to build greater awareness, confidence and inclusion in everyday life.

Positively purple : build an inclusive world where people with disabilities can flourish (2022) by Kate Nash ISBN: 9781398608474
Drawing on her personal experiences and expertise, Kate Nash offers valuable advice for disabled people, employers and allies on challenging stigma, building confidence and driving meaningful change. Empowering and thought-provoking, this book provides the tools to foster environments where people with disabilities feel valued, supported and able to thrive.



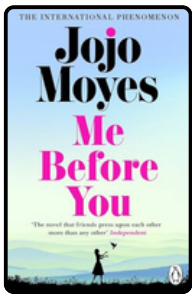
Books - Neurodiversity



Autism decoded : the essential handbook (2024) by Dr May Ng. ISBN: 9781036415044
An informative and compassionate guide to understanding autism and neurodiversity. Written by award-winning paediatrician Professor May Ng, this accessible, jargon-free handbook combines expert knowledge with practical insights to help parents, carers, educators, healthcare professionals and autistic individuals navigate the autistic spectrum. Empowering and enlightening, it celebrates neurodiversity while promoting greater understanding, acceptance and inclusion.

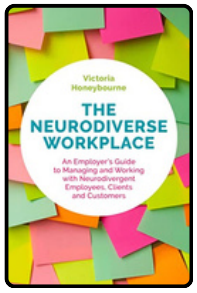
Working with girls and young women with an autism spectrum condition: A practical guide for clinicians (2018) by Fiona Fisher Bullivant. ISBN: 9781785924200
This guide offers valuable insights into supporting autistic girls and young women through more personalised, relationship-based care. Drawing on both professional expertise and the lived experiences of autistic young women, the author explores why autism in females is often misunderstood and how clinical approaches can be improved. Practical and thought-provoking, this guide promotes greater understanding and more effective support to help autistic girls and young women reach their full potential.

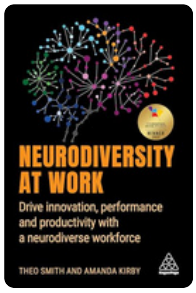




Me before you (2012) by JoJo Moyes. ISBN: 9780718157838
This book is a moving and unforgettable novel about love, loss and the life-changing power of human connection. When cheerful and unassuming Lou Clark becomes carer to Will Traynor, whose life was transformed by a devastating accident, their worlds collide in unexpected ways. Heartwarming, thought-provoking and emotionally powerful, Jojo Moyes' bestselling story explores hope, choice and what it truly means to live life to the fullest.

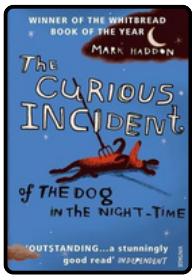
The neurodiverse workplace (2019) by Victoria Honeybourne. ISBN: 9781787750333
This practical, authoritative business guide will help managers and employers support neurodiverse staff, and gives advice on how to ensure workplaces are neuro-friendly. The book demonstrates that neurodiversity is a natural aspect of human variation to be expected and accepted, rather than a deficit to be accommodated.



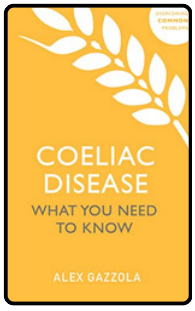


Neurodiversity at work: drive innovation, performance and productivity with a neurodiverse workforce (2021) by Amanda Kirby & Theo Smith. ISBN: 9781398600249
This is a practical guide to unlocking the strengths of a neurodiverse workforce. Written by Amanda Kirby and Theo Smith, it explores the benefits of neurodiversity and provides actionable advice on attracting, recruiting and supporting neurodivergent talent. Insightful and solution-focused, this book helps organisations create inclusive workplaces where all employees can thrive, driving greater innovation, productivity and success.

The curious incident of the dog in the night-time (2004) by Mark Haddon. ISBN: 9780099450252
The Curious Incident of the Dog in the Night-Time is an award-winning and thought-provoking novel told through the eyes of Christopher Boone, a fifteen-year-old boy with autism who sees the world in his own unique way. When he investigates the mysterious death of a neighbour's dog, Christopher embarks on an unexpected journey that challenges everything he thought he knew about his family and himself. Warm, compelling and deeply moving, Mark Haddon's bestselling novel offers a memorable exploration of truth, courage and human connection.

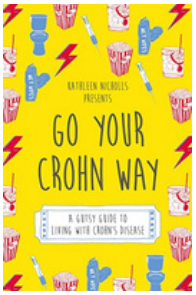


Books - Chronic conditions



Coeliac Disease: What You Need To Know (Overcoming Common Problems) (2020) by Alex Gazzola ISBN: 9781529381085
A comprehensive and reassuring guide for anyone affected by coeliac disease or gluten intolerance. Written by Alex Gazzola, it offers expert advice on diagnosis, gluten-free living, food labelling, shopping, eating out and managing everyday challenges with confidence. Practical, accessible and supportive, this book combines the latest research with real-world guidance to help readers make informed choices and live well with coeliac disease.

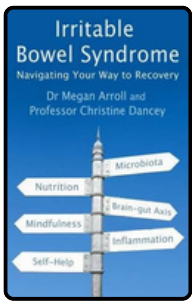
Go your Crohn way : a gutsy guide to living with Crohn's disease (2016) by Kathleen Nicholls. ISBN: 9781848193161
A warm, practical and uplifting guide to life with Crohn's disease. Drawing on personal experience, Kathleen Nicholls shares advice, coping strategies and positive insights to help readers adapt, build confidence and thrive despite the challenges of the condition. Encouraging and relatable, this book shows that with the right tools and mindset, a full and adventurous life, including travel and new experiences, remains firmly within reach.

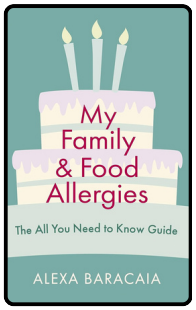




IBS answers at your fingertips (2017) by Ehoud Schmueli. ISBN: 9781859596449
If you suffer from IBS , this book will answer the questions that you were too embarrassed to ask. Based on his long experience as a consultant gastroenterologist. Dr Shmueli provides detailed guidance on all aspects of the condition, answering over 430 questions from people with IBS.

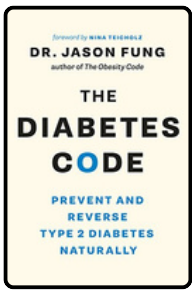
Irritable bowel syndrome: navigating your way to recovery (2016) by Megan Arroll & Christine Dancey. ISBN: 9781781610695
This book is a supportive and practical guide for anyone living with IBS. Drawing on both professional expertise and personal experience, Dr Megan Arroll and Professor Christine Dancey explore the causes, diagnosis and treatment of IBS, including the important role of stress in managing symptoms. Accessible and reassuring, this book offers evidence-based advice and strategies to help readers regain confidence, improve wellbeing and take control of life with IBS.



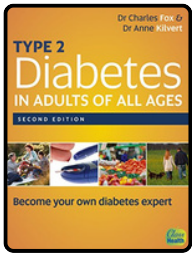


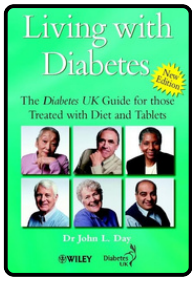
My family and food allergies: the all you need to know guide (2021) by Alexa Baracaia ISBN: 9781529349887
This book is a comprehensive and reassuring resource for families navigating childhood food allergies. Written by Alexa Baracaia, it offers expert advice, practical tips and real-world guidance on everything from diagnosis and school life to social events, travel and growing independence. Packed with allergy-friendly recipes and supportive insights, this accessible guide helps parents, carers and loved ones confidently manage the challenges of food allergies while enabling children to thrive.

The diabetes code: prevent and reverse type 2 diabetes naturally (2018) by Jason Fung. ISBN: 9781771642651
This book challenges conventional thinking about type 2 diabetes and offers a fresh perspective on managing the condition. Dr Jason Fung explores the role of diet, insulin and fasting in the development and treatment of type 2 diabetes, presenting practical strategies aimed at improving metabolic health. Accessible and engaging, it provides readers with insights to help them better understand and take an active role in managing their condition.



Type 2 diabetes in adults of all ages (2013) by Charles Fox & Anne Kilvert. ISBN: 9781859593745
A practical and comprehensive guide to understanding and managing type 2 diabetes. Written by Charles Fox and Anne Kilvert, it provides clear advice on healthy eating, weight management, medications and long-term diabetes care. Accessible and empowering, this book equips readers with the knowledge and confidence to take control of their condition and maintain their health and wellbeing for years to come.

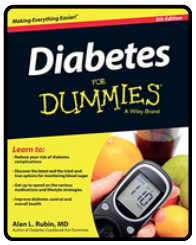




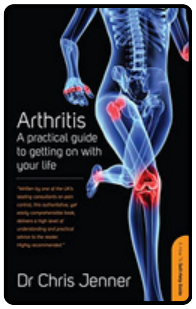
Living with diabetes : the diabetes UK guide for those treated with diet and tablets (2001) by Dr John L Day ISBN: 0471487139

In Diabetes UK's Guide for those treated with diet and tablets you will find all the answers you need to understand and take control of your diabetes. Written by leading diabetes expert Dr John L. Day, it explains healthy eating, exercise, medications and everyday diabetes care in clear, straightforward language. Packed with realistic advice and practical solutions, this trusted guide empowers readers to take control of their condition, maintain their wellbeing and live life with confidence.

Diabetes for dummies (2015) by Alan L Rubin. ISBN: 9781119090724



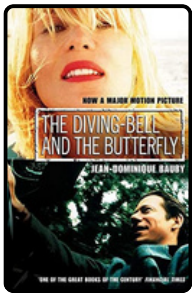
This book is an easy-to-understand guide to living well with diabetes in a rapidly changing healthcare landscape. Written by Dr Alan L. Rubin, it explains the latest developments in diabetes diagnosis, treatment, medications, monitoring technologies and nutrition in a clear and accessible way. Practical and informative, this trusted resource helps readers confidently manage their condition, reduce complications and take control of their long-term health.



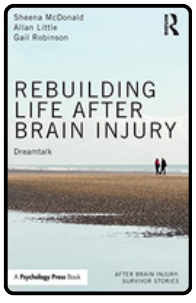
Arthritis: a practical guide to getting on with your life (2011) by Chris Jenner. ISBN: 9781845284718

A clear and reassuring guide to living well with arthritis. Written by Dr Chris Jenner, it explains the condition in an accessible way and offers practical advice on managing symptoms, maintaining independence and improving quality of life. Packed with realistic guidance and coping strategies, this informative book helps readers take control of their condition and continue enjoying an active and fulfilling life.

The diving-bell and the butterfly (2008) by Jean-Dominique Bauby. ISBN: 9780007139842



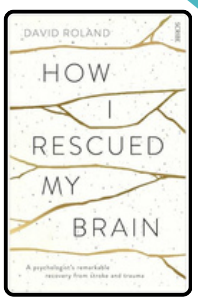
A remarkable and deeply moving memoir of resilience, courage and the power of the human spirit. After a devastating stroke left him with locked-in syndrome, Jean-Dominique Bauby found himself unable to move or speak, communicating only by blinking one eyelid. Dictated letter by letter, this extraordinary account offers a poignant glimpse into life within the confines of a paralysed body, while celebrating imagination, determination and the enduring strength of the mind.



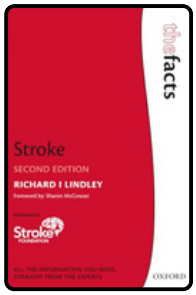
Rebuilding life after brain injury: dreamtalk (2019) by Sheena McDonald. ISBN: 9781138600737

A powerful and inspiring account of recovery, resilience and hope following a life-changing brain injury. In this unique memoir, Sheena McDonald shares her personal journey after a devastating accident, alongside reflections from BBC journalist Allan Little and rehabilitation specialist Gail Robinson. Combining lived experience with professional insight, this compelling book offers a moving exploration of the challenges of brain injury and the remarkable possibilities of recovery and renewal.

How I rescued my brain: a psychologist's remarkable recovery from stroke and trauma (2015) by David Roland. ISBN: 9781922247421



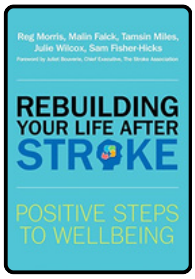
An inspiring memoir of recovery, resilience and personal transformation. After suffering a severe stroke and traumatic brain injury, psychologist David Roland faced the terrifying prospect of losing his cognitive abilities. Blending personal experience with psychological insight, this powerful account charts his journey back to mental and emotional wellbeing, offering a compelling testament to the brain's capacity for recovery and the strength of the human spirit.



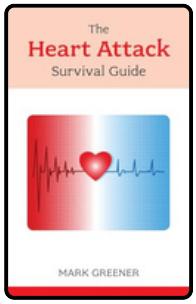
Stroke: the facts (2017) by Richard I Lindley. ISBN: 9780198778189

A clear and authoritative guide to understanding stroke, from emergency treatment through to rehabilitation and long-term recovery. Written by stroke specialist Richard I. Lindley, it explains the latest advances in stroke care and provides practical information for stroke survivors, their families and carers. Accessible and informative, this book helps readers navigate recovery with confidence and make informed decisions about their health.

Rebuilding your life after stroke: positive steps to wellbeing (2017) by Sam Fisher-Hicks et al. ISBN: 9781785923562



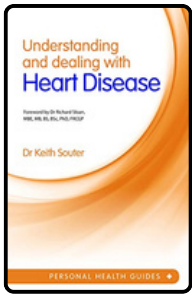
This book offers an encouraging and practical approach to life after stroke. Drawing on the experiences of stroke survivors, this uplifting guide focuses on building resilience, adapting to change and improving wellbeing through positive, evidence-based strategies. Packed with practical exercises and insights, it helps readers regain confidence and embrace life beyond stroke.



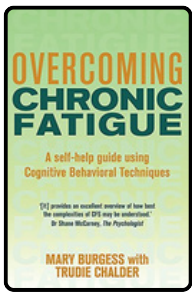
The heart attack survival guide (2012) by Mark Greener. ISBN: 9781847092021

A practical resource for preventing and recovering from heart attacks. Written by Mark Greener, it explains how lifestyle changes, risk management and medical treatments can work together to improve heart health and reduce the risk of future cardiac events. Clear and accessible, this guide supports readers in taking positive steps towards a healthier future.

Understanding and dealing with heart disease (2014) by Keith Souter. ISBN: 9781849535571

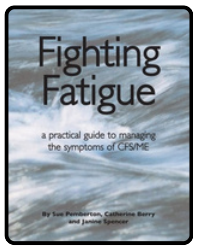


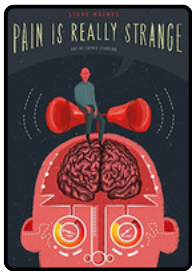
This book is an informative and reassuring guide to living with coronary heart disease. Keith Souter explains common conditions such as angina, heart failure and heart attacks in clear, straightforward language, helping readers and their families better understand diagnosis, treatment and ongoing care. Practical and accessible, this book offers valuable support for managing heart disease with confidence.



Overcoming chronic fatigue : a self-help guide using cognitive behavioral techniques (2009) by Mary Burgess ISBN: 9781849011327
A practical and supportive guide for people living with Chronic Fatigue Syndrome (CFS). Written by Mary Burgess, it uses cognitive behavioural techniques to help readers improve sleep, balance activity and rest, manage stress and overcome barriers to recovery. Accessible and encouraging, this book provides valuable tools for both individuals with CFS and those supporting them.

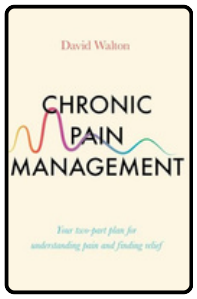
Fighting fatigue: managing the symptoms of CFS/ME (2009) by Sue Pemberton. ISBN: 9781905140282
Easy-to-follow, practical guide to living with chronic fatigue syndrome and ME. Developed by healthcare professionals and people with lived experience, it offers expert advice, real-life stories and manageable strategies for conserving energy and coping with daily challenges. Supportive and accessible, it empowers readers to take positive steps towards improving their quality of life.

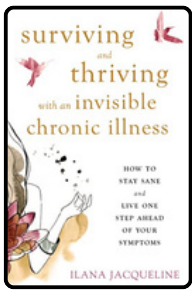




Pain is really strange (2015) by Steve Haines. ISBN: 9781848192645
An engaging and highly original graphic guide to understanding pain. Using humour, illustrations and the latest research, Steve Haines explains how pain works and how our thoughts, emotions and behaviours can influence our experience of it. Accessible and thought-provoking, this book offers fresh insights into pain management and recovery.

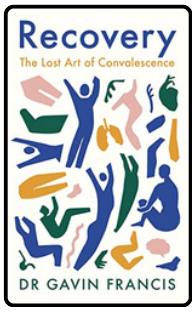
Chronic pain management: your two-part plan for understanding pain and finding relief (2021) by David Walton. ISBN: 9781785786983
A practical guide to living well with chronic pain. Drawing on both professional expertise and personal experience, David Walton explores the science of pain and provides evidence-based strategies for managing symptoms, choosing treatments and improving wellbeing. Informative and empowering, it helps readers develop a personalised approach to pain relief and recovery.

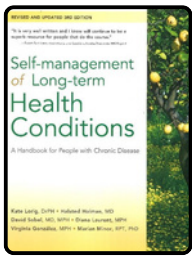




Surviving and thriving with an invisible chronic illness: how to stay sane and Live one step ahead of your symptoms (2018) by Dave Pulsford and Rachel Thompson. ISBN: 9781626255999
An encouraging and compassionate guide for anyone living with a long-term health condition that may not be visible to others. Written by Dave Pulsford and Rachel Thompson, it combines lived experience with practical advice on self-advocacy, emotional wellbeing and symptom management. Inspiring and relatable, this book helps readers build resilience, regain confidence and lead a fulfilling life despite the challenges of chronic illness.

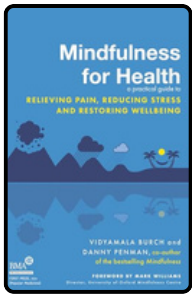
Recovery: the lost art of convalescence (2022) by Gavin Francis. ISBN: 9781800810488
A thoughtful and enlightening exploration of what it truly means to recover from illness. Drawing on history, medicine and personal stories, Gavin Francis examines the often-overlooked process of healing and the role that rest, time and support play in recovery. Insightful and compassionate, this book offers a fresh perspective on recovery in a fast-paced modern world.

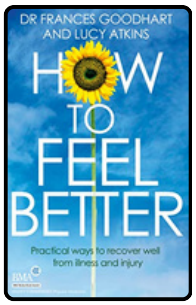




Self-management of long-term health conditions: a handbook for people with chronic disease (2014) by Kate Lorig. ISBN: 9781936693627
A practical guide to living well with chronic illness. Written by Kate Lorig, it provides proven strategies for managing symptoms such as pain, fatigue and depression, while helping readers build confidence, set goals and make informed decisions about their health. Empowering and accessible, it encourages greater independence and self-management.

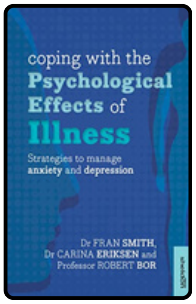
Mindfulness for health: a practical guide to relieving pain, reducing stress and restoring wellbeing (2013) by Vidyamala Burch. ISBN: 9780749959241
This book offers a gentle and effective approach to managing the challenges of chronic pain and illness. Vidyamala Burch combines mindfulness techniques with practical exercises to help readers reduce stress, improve emotional wellbeing and develop a healthier relationship with pain. Accessible and encouraging, this book provides valuable tools for enhancing resilience and quality of life.





How to feel better: practical ways to recover well from illness and injury (2015) by Ilana Jacqueline. ISBN: 9780749958206
Supportive guide to the physical and emotional aspects of recovery. Drawing on research and real-world experience, Ilana Jacqueline explores how factors such as mindset, confidence, relationships and self-care can influence healing. Practical and reassuring, this book offers advice and strategies to help readers navigate recovery and regain their wellbeing.

Coping with the psychological effects of illness: strategies to manage anxiety and depression (2015) by Fran Smith. ISBN: 9781847093431
A compassionate guide to maintaining emotional wellbeing during times of ill health. Fran Smith explores the psychological impact of sudden and long-term illness, offering practical techniques for managing anxiety, depression and loss of confidence. Insightful and supportive, this book helps readers build resilience and adapt positively to the challenges of illness.



All the books listed above are available from the library. Scan the QR code to search the library catalogue and reserve them, or ring/email the library.
You will need an NHS OpenAthens account to read the e-books

Online Resources

Disability Rights UK
https://www.disabilityrightsuk.org/
Disability Rights UK is the UK's leading organisation led by, run by, and working for Disabled people.

Scope
https://www.scope.org.uk/
Disability equality charity in England and Wales.

GOV.UK: Benefits and financial support if you're disabled or have a health condition
https://www.gov.uk/browse/benefits/disability

NHS: Supporting disabled staff in the workplace
https://www.nhsemployers.org/articles/supporting-disabled-staff-workplace

ADHD UK
https://adhduk.co.uk/

MIND - ADHD and Mental Health
https://www.mind.org.uk/information-support/tips-for-everyday-living/adhd-and-mental-health/

British Dyslexia Association
https://www.bdadyslexia.org.uk/

British Pain Society: People Living with Pain
https://www.britishpainsociety.org/people-with-pain/

Pain UK
https://painuk.org/

The ME Association
https://meassociation.org.uk/

For books and resources on stress, anxiety, depression and other mental health conditions, please see our Wellbeing Resources page at https://library.merseywestlancs.nhs.uk/wellbeing-resources

Find out more about the Abilities@MWL Staff Network on the Trust Extranet, or email: BuildingAbilities.staffnetwork@sthk.nhs.uk

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