

The MULTIPLE SCLEROSIS ASSOCIATION of AMERICA

# Lending Library

To Order, Check Box	Stock ID	Qty	<b>Understanding MS and its Symptoms</b>
<input type="checkbox"/>	315	15	<i>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. COPYRIGHT: 2007</i>
<input type="checkbox"/>	316	28	<i>MULTIPLE SCLEROSIS: A GUIDE FOR THE NEWLY DIAGNOSED 3RD EDITION. Written by Nancy Holland RN, EdD A guide to learning about the disease and the medical treatments now available. COPYRIGHT: 2007</i>
<input type="checkbox"/>	317	5	<i>UNDERSTANDING MULIPLE SCLEROSIS. Written by Melissa Stauffer, PhD This book covers information about MS from diagnosis and symptoms to basic biology and new advances in treatment. COPYRIGHT: 2006</i>
<input type="checkbox"/>	318	5	<i>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. COPYRIGHT: 2005</i>
<input type="checkbox"/>	319	4	<i>100 QUESTIONS &amp; ANSWERS ABOUT MULTIPLE SCLEROSIS. Written by William A. Sheremata, MD Authoritative, practical answers to your questions about the cause, treatment, sources of support, and much more. Written by a leading specialist in the treatment of MS. COPYRIGHT: 2006</i>
<input type="checkbox"/>	320	4	<i>THE EVERYTHING HEALTH GUIDE TO MULTIPLE SCLEROSIS. Written by Margot Russell with Allen C. Bowling, MD, PhD An authoritative guide to help you understand symptoms, decide on treatment, and enhance your well-being. COPYRIGHT: 2009</i>
<input type="checkbox"/>	321	10	<i>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. COPYRIGHT: 2009</i>
<input type="checkbox"/>	322	14	<i>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. COPYRIGHT: 2007</i>
<input type="checkbox"/>	323	18	<i>MULTIPLE SCLEROSIS - THE GUIDE TO TREATMENT AND MANAGEMENT. Written by Chris H. Polman, MD, PhD A complete guide to drugs and other treatments used in MS. COPYRIGHT: 2006</i>
<input type="checkbox"/>	324	5	<i>MS TOOLKIT: THE PATIENTS' &amp; CAREGIVERS' GUIDE TO MULTIPLE SCLEROSIS. Written by Cary J. Polevoy with Chris Bogard-Reynolds A how-to kit for understanding and dealing with one of the most commonly diagnosed diseases of the central nervous system. COPYRIGHT: 2006</i>

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<input type="checkbox"/>	325	10	<b>Understanding MS and its Symptoms</b> <i>MULTIPLE SCLEROSIS: UNDERSTANDING THE COGNITIVE CHALLENGES. Written by Nicholas LaRocca, PhD and Rosalind Kalb, PhD 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. COPYRIGHT: 2006</i>
<input type="checkbox"/>	326	10	<i>FIGHTING FATIGUE IN MULTIPLE SCLEROSIS. Written by Nancy Lowenstein, MS, CTR, BCPR Practical ways to create new habits and increase your energy. COPYRIGHT: 2009</i>
<input type="checkbox"/>	327	5	<i>OCCUPATIONAL THERAPY &amp; MULTIPLE SCLEROSIS. Written by Lesley Silcox, MPH, DIP, COT Describes and discusses the assessment and treatment techniques applied by occupational therapists. COPYRIGHT: 2003</i>
<input type="checkbox"/>	328	21	<i>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. COPYRIGHT: 2010</i>
<input type="checkbox"/>	329	7	<i>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. COPYRIGHT: 2008</i>
<input type="checkbox"/>	330	8	<i>MULTIPLE SCLEROSIS: THE HISTORY OF A DISEASE. Written by Jock T. Murray, OC, MD Assessment of claims about the existence of MS and accounts from those who live with the disease. COPYRIGHT: 2005</i>
<input type="checkbox"/>	331	10	<i>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. COPYRIGHT: 2015</i>

To Order, Check Box	Stock ID	Qty	
<input type="checkbox"/>	341	3	<b>Diet/Exercise/Alternative Therapy</b> <i>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. COPYRIGHT: 2009</i>

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To Order, Check Box	Stock ID	Qty	<b>Diet/Exercise/Alternative Therapy</b>
<input type="checkbox"/>	342	5	<i>PRESCRIPTION FOR NUTRITIONAL HEALING (4TH EDITION). Written by James F. Balch, MD and Phyllis A. Balch, CNC A comprehensive and up-to-date approach to good health. COPYRIGHT: 2006</i>
<input type="checkbox"/>	343	4	<i>HEALING MULTIPLE SCLEROSIS: DIET, DETOX &amp; NUTRITIONAL MAKEOVER FOR TOTAL RECOVERY. Written by Ann Boroch, CNC As a naturopath and certified nutritional consultant, Ann Boroch 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. COPYRIGHT: 2007</i>
<input type="checkbox"/>	344	9	<i>DIETARY SUPPLEMENTS AND MULTIPLE SCLEROSIS. Written by Allen C. Bowling, MD, PhD and Thomas Stewart, JD, PA-C, MS 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. COPYRIGHT: 2004</i>
<input type="checkbox"/>	345	9	<i>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. More than 100 recipes included, plus strategies to improve digestion, balance the immune system, and repair the body's myelin--crucial steps toward healing. COPYRIGHT: 2007</i>
<input type="checkbox"/>	346	5	<i>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 Over 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. COPYRIGHT: 2002</i>
<input type="checkbox"/>	347	6	<i>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. COPYRIGHT: 2003</i>
<input type="checkbox"/>	348	5	<i>CHALLENGED CHEF. Written by Pamela Rosinia Ideas and recipes for continuing to cook despite waning physical skills. COPYRIGHT: 2008</i>
<input type="checkbox"/>	349	4	<i>THE ANTI-INFLAMMATION DIET AND RECIPE BOOK. Written by Jessica K. Black, RD Research shows that poor nutrition 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. COPYRIGHT: 2006</i>
<input type="checkbox"/>	350	5	<i>THE REAL VITAMIN AND MINERAL BOOK. Written by Shari Lieberman, PhD, CNS, FACN and Nancy Bruning, MHP A guide to the nutritional supplements you really need, and their most effective dosages. COPYRIGHT: 2003</i>
<input type="checkbox"/>	351	26	<i>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. COPYRIGHT: 2006</i>
<input type="checkbox"/>	352	12	<i>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 management. Includes photographs and descriptions of each exercise. COPYRIGHT: 2007</i>

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To Order, Check Box	Stock ID	Qty	<b>Diet/Exercise/Alternative Therapy</b>
<input type="checkbox"/>	353	4	<i>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. COPYRIGHT: 2005</i>
<input type="checkbox"/>	354	5	<i>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. COPYRIGHT: 2014</i>
<input type="checkbox"/>	355	5	<i>TAI CHI: MIND AND BODY. Written by Tricia Yu A basic introduction to non-impact, flowing movement that builds strength and endurance, enhances flexibility, improves coordination, and helps reduce stress. COPYRIGHT: 2003</i>
<input type="checkbox"/>	356	10	<i>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. COPYRIGHT: 2010</i>
<input type="checkbox"/>	357	1	<i>BALANCED HEALING. Written by Larry Altshuler, MD A reference for combining modern medicine with safe and effective alternative therapies. COPYRIGHT: 2004</i>
<input type="checkbox"/>	358	8	<i>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. COPYRIGHT: 2001</i>
<input type="checkbox"/>	359	10	<i>COMPLEMENTARY AND ALTERNATIVE MEDICINE AND MULTIPLE SCLEROSIS. Written by Allen C. Bowling, MD, PhD Information on a wide range of alternative approaches that can aid both in managing symptoms and promoting general health and wellness. COPYRIGHT: 2007</i>
<input type="checkbox"/>	360	5	<i>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. COPYRIGHT: 2007</i>
<input type="checkbox"/>	361	10	<i>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.</i>

*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. COPYRIGHT: 2015*



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To Order, Check Box	Stock ID	Qty	
<input type="checkbox"/>	362	10	<b>Diet/Exercise/Alternative Therapy</b> <i>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. COPYRIGHT: 2016</i>

To Order, Check Box	Stock ID	Qty	
<input type="checkbox"/>	370	13	<b>Emotional Wellness/Family/Relationships</b> <i>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. COPYRIGHT: 2007</i>
<input type="checkbox"/>	371	5	<i>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. COPYRIGHT: 2006</i>
<input type="checkbox"/>	372	15	<i>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. COPYRIGHT: 2006</i>
<input type="checkbox"/>	373	10	<i>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. COPYRIGHT: 2005</i>
<input type="checkbox"/>	374	10	<i>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. COPYRIGHT: 2006</i>
<input type="checkbox"/>	375	10	<i>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. COPYRIGHT: 2010</i>
<input type="checkbox"/>	376	7	<i>SOMETIMES MS IS YUCKY. Written by Kimberly Harrold A book 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. COPYRIGHT: 2005</i>
<input type="checkbox"/>	377	7	<i>MULTIPLE SCLEROSIS: A GUIDE FOR FAMILIES. Written by Rosalind Kalb, PhD A useful and usable book for both families living with MS and the professionals who assist them. COPYRIGHT: 2006</i>

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# Lending Library

## Emotional Wellness/Family/Relationships

To Order, Check Box	Stock ID	Qty	
<input type="checkbox"/>	378	10	<i>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. COPYRIGHT: 2013</i>
<input type="checkbox"/>	379	10	<i>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. COPYRIGHT: 2010</i>
<input type="checkbox"/>	380	5	<i>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. COPYRIGHT: 2006</i>
<input type="checkbox"/>	381	5	<i>MENTAL SHARPENING STONES: MANAGE THE COGNITIVE CHALLENGES OF MULTIPLE SCLEROSIS. Written by Jeffrey N. Gingold A book that offers tools to overcome the cognitive dysfunction of MS. COPYRIGHT: 2010</i>
<input type="checkbox"/>	382	10	<i>WHEN ANGER HURTS: QUIETING THE STORM WITHIN. Written by Matthew McKay, PhD; Peter D. Rogers, PhD; and Judith McKay, RN A step-by-step guide to changing habitual anger-generating thoughts while developing healthier, more effective ways of meeting your needs. New chapters on the interpersonal and physiological costs of anger, road rage, and parental anger. COPYRIGHT: 2003</i>
<input type="checkbox"/>	383	4	<i>THE ULTIMATE GUIDE TO SEX AND DISABILITY. Written by Miriam Kaufman, MD; Cory Silverberg; and Fran Odette Pulls together the available information on sex and disability that isn't aimed at a particular disability. COPYRIGHT: 2003</i>
<input type="checkbox"/>	384	5	<i>APPLES &amp; PEARS. Written by Marie Savard, MD with Carol Svec Describes the powerful physiological effects of being either "apple" or "pear" shaped. COPYRIGHT: 2005</i>
<input type="checkbox"/>	385	4	<i>HUMOR AS THERAPY. Written by Dan Keller, PhD Laughter has been known to have a therapeutic effect in the treatment of physical ailments. COPYRIGHT: 1984</i>
<input type="checkbox"/>	386	5	<i>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. COPYRIGHT: 2011</i>

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To Order, Check Box	Stock ID	Qty	
<input type="checkbox"/>	387	10	<b>Emotional Wellness/Family/Relationships</b>  <i>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.</i>

*Through wisdom, insight, and inspiration, the authors hope to reduce the high number of marriages that end after a diagnosis of MS. COPYRIGHT: 2015*

<input type="checkbox"/>	388	10	<i>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. COPYRIGHT: 2016</i>
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To Order, Check Box	Stock ID	Qty	
<input type="checkbox"/>	390	13	<b>Caregiving</b>  <i>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 A must have resource for anyone assuming or considering the caregiver role. An easy-to-understand guide and workbook. COPYRIGHT: 2006</i>

<input type="checkbox"/>	391	6	<i>CAREGIVERS AND PERSONAL ASSISTANTS. Written by Alfred H. DeGraff, MA, SEA This books serves as a helpful guide on how to find, hire and manage the people who assist you. COPYRIGHT: 2002</i>
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<input type="checkbox"/>	392	9	<i>HEALING CONVERSATIONS. Written by Nance Guilmartin A practical guide to help you step into someone else's shoes so that you can offer, ask for or receive comfort. COPYRIGHT: 2002</i>
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<input type="checkbox"/>	393	8	<i>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. COPYRIGHT: 2007</i>
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<input type="checkbox"/>	394	8	<i>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. COPYRIGHT: 2008</i>
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<input type="checkbox"/>	395	8	<i>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. COPYRIGHT: 2007</i>
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<input type="checkbox"/>	400	8	<i>THE FIRST YEAR MULTIPLE SCLEROSIS, AN ESSENTIAL GUIDE.</i> Written by Margaret Blackstone An MS patient learns and teaches a return to health. COPYRIGHT: 2007
<input type="checkbox"/>	401	10	<i>WHEN THE DIAGNOSIS IS MULTIPLE SCLEROSIS.</i> Written by Kim Orsetti Furney, MD Help, hope, and insights from an affected physician. COPYRIGHT: 2009
<input type="checkbox"/>	402	3	<i>VOICES OF MULTIPLE SCLEROSIS: THE HEALING COMPANION: STORIES FOR COURAGE, COMFORT AND STRENGTH.</i> 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. COPYRIGHT: 2010
<input type="checkbox"/>	403	13	<i>A PATIENTS PERSPECTIVE.</i> 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. COPYRIGHT: 2012
<input type="checkbox"/>	404	16	<i>FACING THE COGNITIVE CHALLENGES OF MULTIPLE SCLEROSIS.</i> Written by Jeffrey N. Gingold A courageous and compelling personal account of one man's struggle with cognitive difficulties caused by MS. COPYRIGHT: 2006
<input type="checkbox"/>	405	11	<i>MULTIPLE SCLEROSIS SELF-HELP: A PATIENT'S VIEW.</i> Written by Edward Lash This book is the result of my personal experiences as well as others with MS. COPYRIGHT: 2001
<input type="checkbox"/>	406	5	<i>PHONE IN THE FRIDGE.</i> 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. COPYRIGHT: 2006
<input type="checkbox"/>	407	9	<i>MULTIPLE SCLEROSIS-UNCOVERING IT'S HIDDEN BLESSINGS.</i> Written by Wendy Peck A personal journal chronicling the life of a patient with MS. A must read for the newly diagnosed. COPYRIGHT: 2005
<input type="checkbox"/>	408	10	<i>LIFE LESSONS AND REFLECTIONS.</i> 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. COPYRIGHT: 2000
<input type="checkbox"/>	409	5	<i>MULTIPLE SCLEROSIS MANIFESTO: ACTION TO TAKE, PRINCIPLES TO LIVE BY.</i> 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. COPYRIGHT: 2010



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To Order, Check Box	Stock ID	Qty	Personal Stories
<input type="checkbox"/>	410	5	<b>NO MORE SECS!: LIVING, LAUGHING, &amp; LOVING DESPITE MULTIPLE SCLEROSIS.</b> 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." COPYRIGHT: 2011
<input type="checkbox"/>	411	4	<b>MS MADNESS - A GIGGLE MORE, CRY LESS STORY OF MULTIPLE SCLEROSIS.</b> 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. COPYRIGHT: 2014
<input type="checkbox"/>	412	21	<b>MY STORY: A PHOTOGRAPHIC ESSAY.</b> 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. COPYRIGHT: 2004
<input type="checkbox"/>	413	5	<b>ALMOST HOME: EMBRACING THE MAGICAL CONNECTION BETWEEN POSITIVE HUMOR AND SPIRITUALITY.</b> Written by Jacki Kwan, LCSW-C 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. COPYRIGHT: 2002
<input type="checkbox"/>	414	15	<b>SPEEDBUMPS, FLOORING IT THROUGH HOLLYWOOD.</b> 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. COPYRIGHT: 2005
<input type="checkbox"/>	415	12	<b>FALL DOWN LAUGHING.</b> Written by David Lander (Squiggy) An often poignant, always humorous account of his courageous struggle with MS, from his search for a cure to his decision in 1999 to go public about his illness. COPYRIGHT: 2000
<input type="checkbox"/>	416	6	<b>LIVING WELL EMOTIONALLY: BREAK THROUGH TO A LIFE OF HAPPINESS.</b> Written by Montel Williams Montel shares his practical advice for living well emotionally--and reveals how you too can find the happiness you deserve. COPYRIGHT: 2009
<input type="checkbox"/>	417	10	<b>LIVING WELL: 21 DAYS TO TRANSFORM YOUR LIFE, SUPERCHARGE YOUR HEALTH, AND FEEL SPECTACULAR.</b> Written by Montel Williams Actor Montel Williams offers tips on diet, exercise, and attitude for those with MS. COPYRIGHT: 2008
<input type="checkbox"/>	418	9	<b>A DREAM IS A WISH YOUR HEART MAKES: MY STORY.</b> Written by Annette Funicello The famous actress offers personal insights and accounts into her life with MS. COPYRIGHT: 1994
<input type="checkbox"/>	419	9	<b>LEAN ON ME.</b> 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. COPYRIGHT: 2006

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To Order, Check Box	Stock ID	Qty	Personal Stories
<input type="checkbox"/>	420	3	<i>REFLECTIONS FROM A DIFFERENT JOURNEY: WHAT ADULTS WITH DISABILITIES WISH ALL PARENTS KNEW.</i> 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. COPYRIGHT: 2004
<input type="checkbox"/>	421	6	<i>PEOPLE WITH MS WITH THE COURAGE TO GIVE.</i> 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. COPYRIGHT: 2003
<input type="checkbox"/>	422	3	<i>THE COURAGE TO GIVE.</i> Written by Jackie Waldman Inspiring stories of people who triumphed over tragedy to make a difference in the world. COPYRIGHT: 2000
<input type="checkbox"/>	423	8	<i>THE ROAD LESS TRAVELED.</i> Written by Scott Peck, MD A new psychology of love, traditional values, and spiritual growth. COPYRIGHT: 1998
<input type="checkbox"/>	424	1	<i>BODY HATE - A GAY MAN'S STRUGGLE WITH MULTIPLE SCLEROSIS.</i> 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. COPYRIGHT: 2012
<input type="checkbox"/>	425	7	<i>CHICKEN SOUP FOR THE SURVIVING SOUL.</i> A collection of 101 healing stories of courage and inspiration from best-selling authors. COPYRIGHT: 1996
<input type="checkbox"/>	426	5	<i>WRITING BOOKS FOR FUN, FAME &amp; FORTUNE.</i> 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. COPYRIGHT: 2011
<input type="checkbox"/>	427	1	<i>EVEREST: CLIMBING BEYOND OUR LIMITS.</i> 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. COPYRIGHT: 2009

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To Order, Check Box	Stock ID	Qty	Personal Stories
<input type="checkbox"/>	428	10	<i>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. COPYRIGHT: 2016</i>
<input type="checkbox"/>	429	10	<i>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. COPYRIGHT: 2016</i>
<input type="checkbox"/>	430	5	<i>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. COPYRIGHT: 2017</i>

To Order, Check Box	Stock ID	Qty	Employment/Disability/Legal
<input type="checkbox"/>	440	8	<i>MULTIPLE SCLEROSIS: YOUR LEGAL RIGHTS. Written by Lanny E. Perkins, Esq. and Sara Perkins A comprehensive look at dealing and working with doctors and lawyers on your rights on job discrimination, property and personal choice. COPYRIGHT: 2008</i>
<input type="checkbox"/>	441	14	<i>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. COPYRIGHT: 2008</i>
<input type="checkbox"/>	442	8	<i>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 resouce 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. COPYRIGHT: 2007</i>

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To Order, Check Box	Stock ID	Qty	<b>Employment/Disability/Legal</b>
<input type="checkbox"/>	443	8	<i>EMPLOYMENT ISSUES AND MULTIPLE SCLEROSIS. Written by Philip D. Rumrill, Jr., PhD, CRC A thorough discussion of employment issues facing those with MS. COPYRIGHT: 2008</i>
<input type="checkbox"/>	444	10	<i>ESTATE PLANNING FOR PEOPLE WITH A CHRONIC CONDITION OR DISABILITY. Written by Martin M. Shenkman, 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. COPYRIGHT: 2009</i>

To Order, Check Box	Stock ID	Qty	<b>Accessibility</b>
<input type="checkbox"/>	450	1	<i>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). COPYRIGHT: 2007</i>
<input type="checkbox"/>	451	5	<i>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. COPYRIGHT: 2006</i>
<input type="checkbox"/>	452	21	<i>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. COPYRIGHT: 2006</i>
<input type="checkbox"/>	453	9	<i>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. COPYRIGHT: 2010</i>
<input type="checkbox"/>	454	9	<i>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. COPYRIGHT: 1994</i>
<input type="checkbox"/>	455	5	<i>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." COPYRIGHT: 2008</i>



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To Order, Check Box	Stock ID	Qty	Accessibility
<input type="checkbox"/>	456	10	<i>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. COPYRIGHT: 2012</i>
<input type="checkbox"/>	457	10	<i>BARRIER-FREE TRAVEL: A NUTS AND BOLTS GUIDE FOR WHEELERS AND SLOW WALKERS, 3RD EDITION. Written by Candy B. Harrington 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. COPYRIGHT: 2009</i>
<input type="checkbox"/>	458	3	<i>THERE IS ROOM AT THE INN: INNS AND B&amp;BS FOR WHEELERS AND SLOW WALKERS. Written by Candy B. Harrington A guide to accessible inns and B&amp;Bs throughout the US. Detailed reviews of 117 properties in 40 states. COPYRIGHT: 2006</i>

To Order, Check Box	Stock ID	Qty	Foreign Language Books
<input type="checkbox"/>	465	8	<i>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. COPYRIGHT: 2002</i>
<input type="checkbox"/>	466	1	<i>GUIDA PRACTICA PARA EL PACIENTE CON ESCLEROSIS MULTIPLE. Escrito por Manuel Velasco Suarez Este manual pretende responder sus preguntas y orientario en como enfrenar su enfermedad. En el mundo existen muchos pacientes con esta enfermedad y la mayoria de ellos llevan una vida productiva y satisfactoria COPYRIGHT: 2000</i>
<input type="checkbox"/>	467	2	<i>ESCLEROSIS MULTIPLE: GUIA PRACTICA PARA EL RECIEN DIAGNOSTICADO. Written by Nancy J. Holland, Ed.D; T. Jock Murray, MD; and Stephen C. Reingold, PhD A guide in Spanish for the newly diagnosed. COPYRIGHT: 2002</i>
<input type="checkbox"/>	468	5	<i>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. COPYRIGHT: 2002</i>
<input type="checkbox"/>	469	2	<i>ESCLEROSIS MULTIPLE. Escrito por Dr. Pablo de la Iglesia Su tratamiento segun una vision fisica, psicologic u espiritual. COPYRIGHT: 2004</i>

To Order, Check Box	Stock ID	Qty	Related Health Issues
<input type="checkbox"/>	475	9	<i>THE DISABLED WOMAN'S GUIDE TO PREGNANCY AND BIRTH. Written by Judith Rogers, OTR, ACCE A comprehensive guide based on the real-life experiences of disabled women. The book answers critical questions and provides guidance for the woman with a disability facing one of the biggest challenges of her life. COPYRIGHT: 2006</i>

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To Order, Check Box	Stock ID	Qty	<b>Related Health Issues</b>
<input type="checkbox"/>	476	3	<i>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. COPYRIGHT: 2005</i>
<input type="checkbox"/>	477	6	<i>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. COPYRIGHT: 2000</i>
<input type="checkbox"/>	478	4	<i>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 A comprehensive guide to the diagnosis and treatment of chronic fatigue syndrome and fibromyalgia. COPYRIGHT: 2004</i>

To Order, Check Box	Stock ID	Qty	<b>DVDs on MS</b>
<input type="checkbox"/>	480	4	<i>A CLOSER LOOK AT CLINICALLY ISOLATED SYNDROME AND MS. MSAA developed this DVD for our website and it can be viewed online by accessing <a href="http://www.mymsaa.org">www.mymsaa.org</a>. 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. COPYRIGHT: 2008</i>
<input type="checkbox"/>	481	10	<i>A CLOSER LOOK AT EMPLOYMENT AND MULTIPLE SCLEROSIS. MSAA developed this video for our website and it can be viewed at <a href="http://www.mymsaa.org">www.mymsaa.org</a>. 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. COPYRIGHT: 2009</i>
<input type="checkbox"/>	482	3	<i>A CLOSER LOOK AT MANAGING STRESS AND MS. MSAA developed this video for our website and it can be viewed online by accessing <a href="http://www.mymsaa.org">www.mymsaa.org</a>. 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. COPYRIGHT: 2008</i>
<input type="checkbox"/>	483	8	<i>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, <a href="http://www.mymsaa.org">www.mymsaa.org</a>. 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. COPYRIGHT: 2008</i>

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To Order, Check Box	Stock ID	Qty	DVDs on MS
<input type="checkbox"/>	484	12	<i>A CLOSER LOOK AT MULTIPLE SCLEROSIS SYMPTOMS: PART 1. MSAA developed this video for our website and it can be viewed online by accessing <a href="http://www.mymsaa.org">www.mymsaa.org</a>. 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. COPYRIGHT: 2007</i>
<input type="checkbox"/>	485	6	<i>A CLOSER LOOK AT THE EMOTIONAL IMPACT OF MS. MSAA developed this video for our website and it can be viewed online by accessing <a href="http://www.mymsaa.org">www.mymsaa.org</a>. 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. COPYRIGHT: 2008</i>
<input type="checkbox"/>	486	8	<i>A CLOSER LOOK AT THE VALUE OF MRI'S. MSAA developed this DVD for our website and it can be viewed online by accessing, <a href="http://www.mymsaa.org">www.mymsaa.org</a>. 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. COPYRIGHT: 2008</i>
<input type="checkbox"/>	487	9	<i>A CLOSER LOOK AT UNDERSTANDING DISABILITY BENEFITS. MSAA developed this video for our website and it can be viewed at <a href="http://www.mymsaa.org">www.mymsaa.org</a>. 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. COPYRIGHT: 2009</i>
<input type="checkbox"/>	488	9	<i>MAKING YOUR HOME WORK FOR YOU.. MSAA developed this DVD for our website and it can be viewed online by accessing <a href="http://www.mymsaa.org">www.mymsaa.org</a>. 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. COPYRIGHT: 2008</i>
<input type="checkbox"/>	489	9	<i>A CLOSER LOOK AT THE FUTURE OF MS RESEARCH. MSAA developed this DVD for our website and it can be viewed online by accessing <a href="http://www.mymsaa.org">www.mymsaa.org</a>. 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. COPYRIGHT: 2007</i>
<input type="checkbox"/>	490	12	<i>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 <a href="http://www.mymsaa.org">www.mymsaa.org</a>. 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. COPYRIGHT: 2007</i>

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## DVDs on MS

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*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](http://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. COPYRIGHT: 2008*