

Health Sciences Library

Mental Health

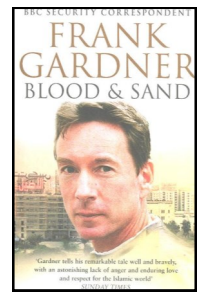
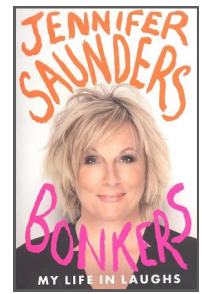
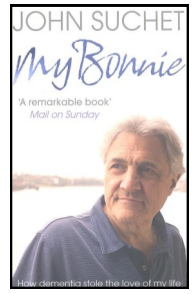
- How to deal with stress
- 1001 ways to relax
- After the war zone: a practical guide for returning troops and their families
- Mood mapping: plot your way to emotional health and happiness

Mood Booster Fiction

- Life with the lid off
- A street cat named Bob
- Meet me at the cupcake cafe
- Thursdays in the park
- Trust me, I'm a (junior) doctor
- Confessions of a GP

Celebrity Stories

Inspirational celebrity stories including:



Just a taster of titles available to borrow, free of charge, from the Health Sciences Library

Frimley Park Hospital
1st Floor (above Post Grad)



Nov 2016



Healthy Living Collection
An exciting range of fitness and lifestyle books and DVD's. Frimley Health staff and students who are registered with the library may borrow these **free of charge**.

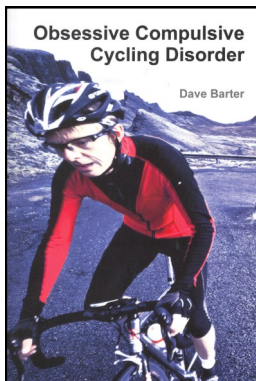
www.frimleyparklibrary.nhs.uk

Exercise & Fitness

- Run your first marathon: everything you need to know to make it to the finish line
- Running well: run smarter, run faster, avoid injury..and enjoy it more!
- Body, breath and being: a new guide to the Alexander Technique
- The Yoga bible: the definitive guide to yoga postures
- Core training: for greater strength and better health
- Wild swimming

DVDs

- Ballet workout: total body toning
- 10 minute solution: blast of belly fat and other titles from series
- Bounce into shape: 3 in 1 gymball workout
- Walk away the pounds
- Home gym workout
- The Salsercise box set
- Strong body, fit body
- The Pilates body: tone, shape and energise your complete body
- Strictly come dancersize with Karen & Erin
- Davina body buff



Men's Health

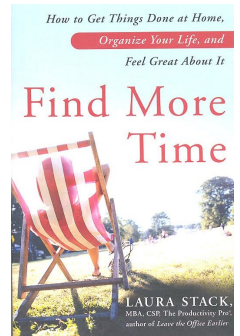
- The body you want in the time you have
- Golf fitness for men
- Haynes man manual
- 1000 tips and traps for the worried well: a guide for men in middle life
- Men's fitness guide to running, cycling and swimming
- Weight loss for men
- Total fitness in 12 minutes a day for men (DVD)

Down at the Gym

- Get fit: 52 brilliant little ideas to win at the gym
- The gym survival guide
- The men's health gym bible
- Strength training anatomy

Lifestyle

- Time management for manic mums
- The good sleep guide
- How to stop smoking and stay stopped for good
- Spent? End exhaustion and feel great again
- 50 things you can do today to manage migraines
- The power of less
- Fit kids: a practical guide to raising active and health children from birth to teens
- Mindfulness guide for the frazzled



Diet & Nutrition

- Cook smart for a healthy heart
- Eating less: say goodbye to over-eating
- Beat the bloat: lose weight, feel great!
- The luscious low-fat cookbook
- The hairy dieters
- The fast diet
- Antony Worrall Thompson's gi diet
- Rosemary Conley's gi hip and thigh diet
- Nutrient content of food portions
- Healthy cooking for busy people

Inspirational

- I am Malala: Malala Yousafzai
- The Winning Mind: Sebastian Coe
- Unbelievable: Jessica Ennis