

Gail P. Gill Community Health Library

a joint initiative of



DELAWARE
ACADEMY of
MEDICINE

Library Location

The Gail P. Community Health Library is located on the Christiana Hospital Campus in the John H. Ammon Medical Education Center, Suite 1E58.

Fall/Winter 2013

Hours & Contact

Monday through Friday
8:30 AM - 5:00 PM
302-733-1122

e-mail: medlibcon@christianacare.org

web site: www.christianacare.org/libraries

Want to borrow books, CDs, DVDs?

Stop in today!

Join the library for free with your picture ID

New Books

Breastfeeding: a parent's guide

Coming out, coming home:

helping families adjust to a gay or lesbian child

Disaster preparedness handbook: a guide for families (2nd ed.)

Emergency preparedness: a practical guide for preparing your family

Feeding your child with autism: a family centered guide

More anti-inflammation diet tips and recipes

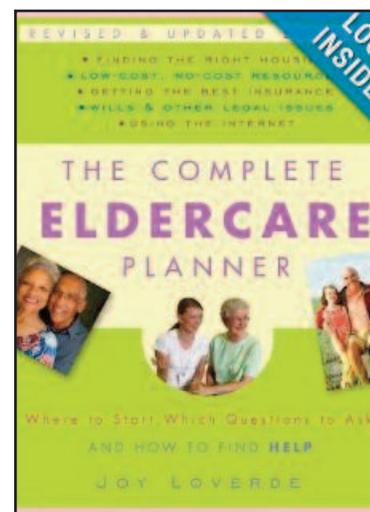
SAS Urban survival handbook

Tell me the truth doctor: easy to understand answers

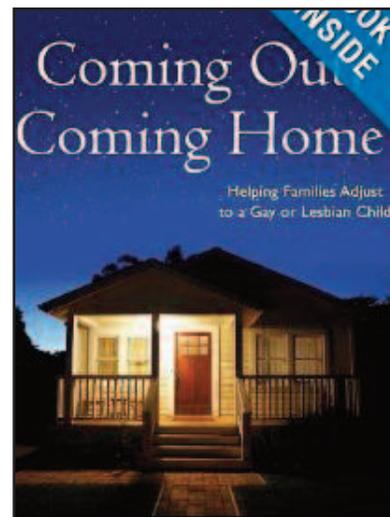
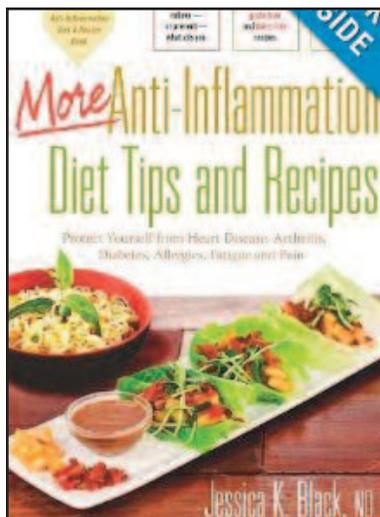
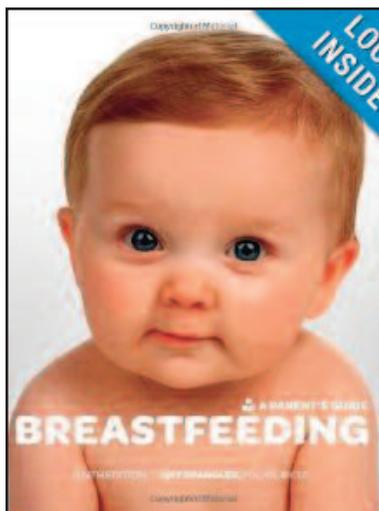
The complete eldercare planner: where to start

The everything guide to pregnancy, nutrition, and health

The Tao of bipolar: using meditation and mindfulness teaching*

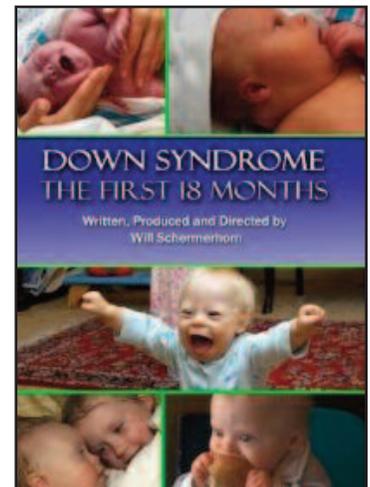
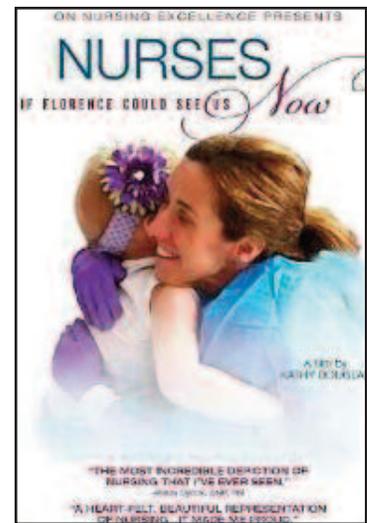


*Book review on page 3



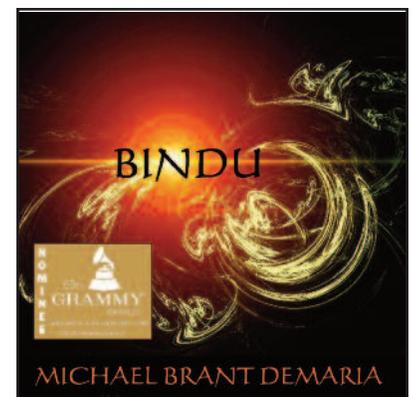
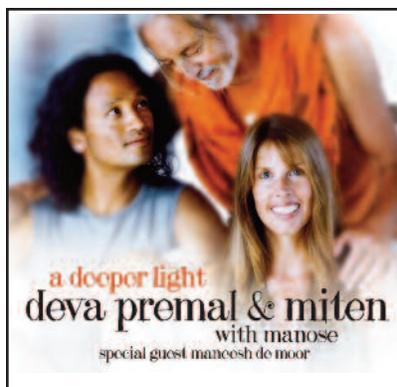
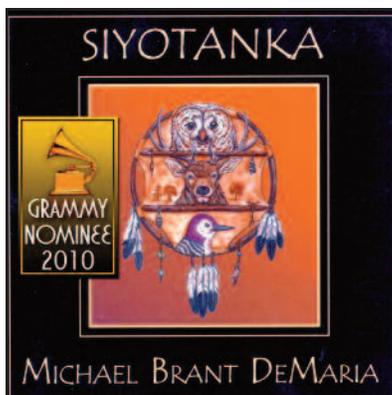
New DVDs

54321+8 countdown to your health
Biggest loser: the workout at home challenge
Biggest loser: the workout, power walk
Biggest loser: the workout, weight loss yoga
Bill Moyers On addiction: close to home
But you look so well: living with multiple sclerosis
Consider the conversation: a documentary on a taboo subject
Darius goes West: the roll of his life
Desk yoga essentials: 15 stretches
Down syndrome: the first 18 months
Gunther von Hagens body worlds: the anatomical exhibition
The misunderstood epidemic: depression
Nurses: if Florence could see us now
Over 90 & loving it
The power of two
Protect your memory with Dr. Neal Barnard
Rodney Yee's A.M. & P.M. yoga for beginners
Rodney Yee's daily yoga
Saving baby's life...every second counts: a step-by-step instructional video
The Samba Reggae workout
Seeds of resiliency
Somewhere between
Walking for weight loss with Debbie Rocker: burn calories
Yoga complete for weight loss: interactive personal trainer

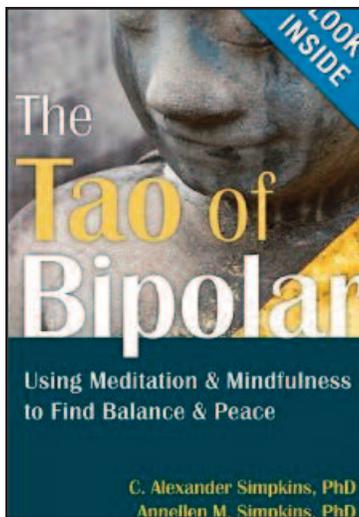


New CDs

Bindu
Chakra suite: music for meditation, healing and inner peace
A deeper light
The heart of healing: messages & music for the human journey
Siyotanka



Book Review



The Tao of bipolar: Using meditation and mindfulness to find balance and peace by C. Alexander and Annelen M. Simpkins.
Call number: WM207 S612t 2013 CON

The authors present, with examples from research and experience with clients, their belief that meditation can help people with bipolar disorder. There are reliable print and online resources that recommend meditation as one of a number of stress reduction techniques for people with emotional illness. The authors of this book go farther, suggesting that readers will change how they look at their disorder and will achieve “feelings of well-being, balance and happiness.”

This book is for people new to meditation and the authors introduce the practice of meditation with easy and short exercises. There are also exercises for building awareness of the individual's bipolar experience.

The strongest parts are the two-thirds on learning meditation and easing moods. The book's weaknesses include uneven style (alternating between encouraging messages and a challenging presentation of scientific material) and a recommended reading list that contains only books by these authors. A readability calculator found the book fairly difficult to read and written at the eleventh grade level.

Adapted from a July 2013 book review in CAPHIS Consumer Connections by Diane Wolf, librarian at the Gail P. Gill Community Health Library.

*If we are facing in the right direction,
all we have to do is keep walking.*

Buddhist Proverb

Parenting Resource Highlight

The Dr. Harvey Karp Collection

Dr. Karp is a nationally renowned pediatrician, child development specialist and Assistant Professor of Pediatrics at the USC School of Medicine. Dr. Karp has taught thousands of parents, from working moms to superstars like Madonna, Michelle Pfeiffer and Pierce Brosnan his secrets for soothing colic, boosting infant sleep, reducing tantrums, promoting patience and making parents and children happy.

Materials available at the Gail P. Gill Community Health Library include:

Books

The happiest baby guide to great sleep: simple solutions for kids from birth to 5 years
The happiest toddler on the block: how to eliminate tantrums and raise a patient, respectful and cooperative one-to four-year-old

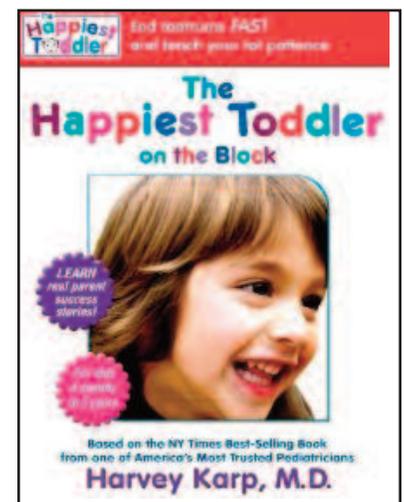
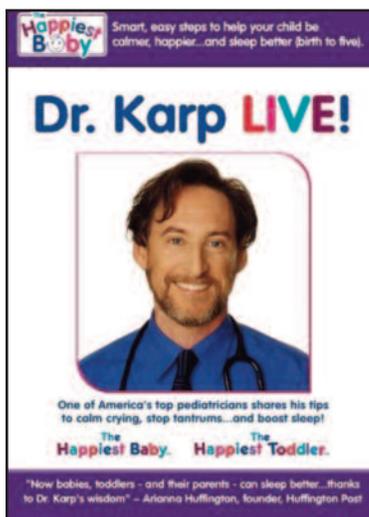
DVDs & CDs

Dr. Karp live! one of America's top pediatricians shares his tips to calm crying, stop tantrums...and boost sleep DVD

The happiest baby: specially-engineered sounds add 1-3 hours of sleep! CD

The happiest baby on the block: calm crying fast...help your baby sleep longer DVD

The happiest toddler on the block: how to stop tantrums and raise a happy, secure child DVD



More parenting resources available: Look for the Parenting sticker on books, DVDs, and CDs.

Selected Books & Web Sites

Smoking Cessation

Books

100 questions & answers about how to quit smoking
Never smoke again: the top 10 ways to stop smoking now and forever
Quit: read this book and stop smoking

Web Sites

Guide to quit smoking from American Cancer Society

<http://www.cancer.org/acs/groups/cid/documents/webcontent/002971-pdf.pdf>

Quit smoking from Healthfinder.gov (Also in Spanish)

<http://www.healthfinder.gov/HealthTopics/Category/health-conditions-and-diseases/diabetes/quit-smoking>

Kick the smoking habit from Healthy Roads Media (includes video, audio, and handout)

<http://www.healthyroadsmedia.org/titles/EngSmoking/EngSmoking.htm>

Quitting Smoking from NIH Senior Health (video)

http://nihseniorhealth.gov/lungcancer/causesandriskfactors/video/lc3_na.html?intro=yes

You can quit smoking: Here's how from NIH MedlinePlus Magazine

<http://www.nlm.nih.gov/medlineplus/magazine/issues/winter11/articles/winter11pg4.html>

See the Smoking Cessation pathfinder for more materials available at the Junior Board Cancer Resource Library.

Let us Save You Time!

Expert Searches of the
clinical & consumer health literature
to support health, fitness
and patient education

Contact your
Community Health Librarian
302-733-1122
medlibcon@christianacare.org

Search the Library catalog

Also available via the web site
<http://www.christianacare.org/cancerlibrary>

CURRENT HALL DISPLAY

HEALTHY HOLIDAYS

