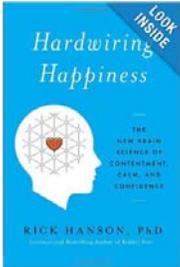


Recent Nonfiction Additions to the Library

October 24, 2013

Hanson, Rick, Ph.D. *Hardwiring Happiness: The New Brain Science of Contentment, Calm, and Confidence.* Harmony, 2013. BF 204.6 .H36 2013

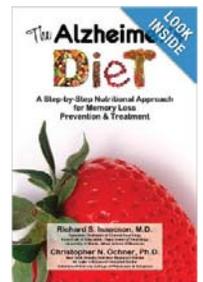


"Hardwiring Happiness lays out a simple method that uses the hidden power of everyday experiences to build new neural structures full of happiness, love, confidence, and peace. Dr. Hanson's four steps build strengths into your brain— balancing its ancient negativity bias— making contentment and a powerful sense of resilience the new normal. In mere minutes each day, we can transform our brains into refuges and power centers of calm and happiness."

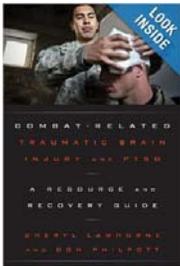
~Amazon

Isaacson, Richard S. *The Alzheimer's Diet: A Step-by-Step Nutritional Approach for memory Loss Prevention & Treatment.* AD Education Consultants, 2013. RC 523.2 I83 2013

"This book outlines a comprehensive and scientifically-based approach that includes the detailed 9-Week Diet Plan, recipes, and an example brain-healthy weekly menu. Also included are lists of the best and worst brain foods, instructions on how to read and what to look for on nutrition labels, and a food terminology guide. In addition, the available medications, supplements, vitamins, and medical foods that have been shown to help in Alzheimer's prevention and treatment are discussed." ~Amazon



Lawhorne, Cheryl and Don Philpott. *Combat-Related Traumatic Brain Injury and PTSD: A Resource and Recovery Guide.* Government Institutes, 2010. RC 550 .L37 2010



"The authors begin discussions of TBI and PTSD by offering definitions of each, outlining the risk factors, and exploring the relationship between the two. They then move on to provide explanations of diagnostic criteria, treatment options, prevention techniques, and barriers to seeking care. Sections on the important role that insurance and health care plays, and on the support of family and friends, round out this useful and accessible volume. This is an essential guide for returning veterans, their families, and all who work with veterans suffering from

PTSD and TBI." ~ Amazon

O'Regan, Ruth, MD. *Breast Cancer Journey: The Essential Guide to Treatment and Recovery.* American Cancer Society, 2013. RC 280 .B6 B6876 2013

"Offering encouragement and support, this updated guide is the authority on coping with breast cancer. Highlighting all the latest medical developments, from diagnosis through treatment and recovery, this essential book guides newly diagnosed patients every step of the way. Including practical tips on managing the emotions, reactions, and side effects of breast cancer and its treatment, detailed questions to ask a medical team for empowerment, and wellness plans for recovery and life after cancer, this comprehensive manual is packed with information to best manage the breast cancer experience." ~Amazon

