

## HEALTH in Large Print

**Chasing Life: New Discoveries in the Search for Immortality to help You Age Less Today** by Sanjay Gupta

**Real Life: Preparing for the 7 Most Challenging Days of Your Life** by Phil McGraw

**Entering the Castle: An Inner Path to God and Your Soul** by Caroline Myss

**Tweak: Growing Up on Methamphetamines** by Nic Sheff

**My Stroke of Insight: a Brian Scientist's Personal Journey** by Jill Bolte Taylor

**Healthy Aging for Dummies** by Brent Agin, MD and Sharon Perkins, RN

**Moments of Clarity: Voices for the Front Lines of Addiction and Recovery** by Christopher Kennedy Lawford

**Against Medical Advice: a True Story** by James Patterson and Hal Friedman

**Medical Myths That Can Kill You: and the 101 Truths That will Save, Extend, and Improve Your Life** by Nancy Snyderman, MD (Bestseller)

**You Being Beautiful: the Owners Manual to Inner and Outer Beauty** by Michael ROizen and Mehmet Oz

**A New Earth: Awakening to Your Lifes Purpose** by *Eckhart Tolle*

**The Four Agreements and The Four Agreements Companion Book** by *Don Miguel Ruiz and Janet Mills* (self-help)

**The Geography of Bliss: One Grump's Search for the Happiest Place in the World** by *Eric Weiner* (bestseller)

**Strong at the Broken Places: Five Voices of Illness, a Chorus of Hope** by *Richard M. Cohen*

**50 Plus One Questions to Ask Your Doctor** by *Elizabeth Drake*

**My Mother, Your Mother: Embracing Slow Medicine, the Compassionate Approach to Caring for Your Aging Loved Ones** by *Dennis McCullough, M.D.*

**Multiple Sclerosis for Dummies** by *Rosalind Kalb*

**Prevention's The Sugar Solution: Your Symptoms Are Real and Your Solution is Here** *by the editors of Prevention Magazine*

**Fast and Simple Diabetes Menus** *by Betty Wedman-St.Louis*

**Dr. Neal Barnard's Program for Reversing Diabetes: the scientifically proven system for reversing diabetes without drugs** *by Neal Barnard*

**Stop Being Your Symptoms and Start Being Yourself: a 6-week Mind-Body Program to Ease Your Chronic Symptoms** *by Arthur J. Barsky and Emily C. Deans*

**Arthritis for Dummies** *by Barry Fox*

**Coping With Macular Degeneration** *by Patricia Gilbert*

**You On a Diet: The Owner's Manual for Waist Management** *by Michael Roizen, M.D. and Mehmet Oz, M.D.*

**You: the Smart Patient: an Insider's Handbook for Getting the Best Treatment** *by Michael Roizen and Mehmet Oz [health]*

**I'm Not Slowing Down: Winning My Battle With Osteoporosis** *by Ann Richards with Richard U. Levine, M.D.*

Former Texas governor, known for her saucy talk, and doctor Levine, tell women what they need to know to combat osteoporosis.

**The Healing Power of Humor** *by Allen Klein*

**Parkinson's Disease: a Complete Guide for Patients & Families** *by William Weiner, Lisa Shulman and Anthony Lang*

**The South Beach Diet: the Delicious, Doctor-Designed, Foolproof Plan for Fast and Healthy Weight Loss** *by Arthur Agatston*

**The South Beach Diet Cookbook** *by Arthur Agatston*

**Low-Fat, Low-Cholesterol Cookbook** *by The American Heart Assn.*

**When It Gets Dark: an Enlightened Reflection on Life with Alzheimer's** *by Thomas DeBaggio*

**The Anatomy of Hope: How People Prevail In The Face of Illness** *by Jerome Groopman*

**The Sexy Years: Discover the Hormone Connection: The Secret to Fabulous Sex, Great Health, and Vitality, for Women and Men** *by Suzanne Somers*

**My Stroke of Luck** *by Kirk Douglas*

Funny, inspiring and uplifting, Kirk Douglas, the movie actor, traces how his greatest setback became a source of strength and renewal.

**The Forgetting: Alzheimer's Portrait of an Epidemic** *by David Shenk*

Since 1975 the number of Americans afflicted has risen from 500,000 to 5 million. Shenk offers families a well of empathy and understanding.

**Uplift: Secrets from the Sisterhood of Breast Cancer Survivors** *by Barbara Delinsky*

**10 Golden Rules for Good Health** *by Jan de Vries*

This book provides advice on how to develop good health through diet, exercise and environmental awareness.

**Ice Bound: A Doctor's Incredible Battle for Survival at the South Pole** *by Dr. Jerri Nielsen*

With no way in or out of frozen Antarctica, Dr. Nielsen battled breast cancer until her daring rescue by the Air National Guard.

**Cancer Schmancer** *by Fran Drescher*

After a 2-year and 11-doctor odyssey in search of answers, Drescher was diagnosed with and treated for uterine cancer.

**How to Live to 90 (With a Bit of Luck)** *by James Le Fanu*

Le Fanu is a doctor in South London who is well known for his medical columns in the "Daily" and "Sunday Telegraph."

**The Healthy Kitchen: Recipes For a Better Body, Life and Spirit** *by Andrew Weil and Rosie Daley*

Two of America's most popular authorities on healthy eating join forces.