



National
Multiple Sclerosis
Society
Northern California
Chapter

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Autobiographical, Personal Experiences

A Dream is A Wish Your Heart Makes	Annete Funicello
Blindsided	Richard M. Cohen
Carnal Acts	Nacy Mairs
Climbing Higher	Montel Williams
Courage	Richard Turbo
Crossed Signals	Caroline Courey
Dancing at the River's Edge	Brill & Lockshin
Fall Down Laughing	David L. Lander
Finding the Way Home: Compassionate Approach to Illness	Gayle Heiss
Incidental Heroes: Disabling Myths About MS	Jackie Girsky Popper
It Takes Courage: Coping with Chronic Illness	Thomas Holtackers
Jaqueline DuPre	William Wordsworth
Jokes My Father Never Taught Me	Rain Pryor
Legwork: An Inspiring Story through Chronic Illness	Ellen Burstein MacFarlane
Me and My Shadow: Learning to Live with MS	Carole Mackie
Michelle Obama First Lady of Hope	Elizabeth Lightfoot
Moving Violations	John Hockenberry
My Story: A Photographic Essay on Life with MS	Amelia Davis
Plain Text	Nancy Mairs
Remembering the Bone House	Nancy Mairs
Sarah's Key	De Rosnay
Seeds of Light	Angelina Margaretha
Snow Flower and the Secret Fan	Lisa See
Strong at Broken Places: Voices of Illness, Chorus of Hope	Richard Cohen
Tales of a Female Nomad: Living at Large in the World	Rita Golden Gelman
Treading Waters: A Woman Living with MS	Patricia Phillips
The Brow of Dawn: One Woman's Journey with MS	Catherine Edward
The Diving Bell and the Butterfly	Jean Bauby
The Ragged Edge	Barrett Shaw

The Winning Spirit
Three Cups of Tea
Vignettes: Stories from Lives with Multiple Sclerosis
Waist-High in the World
When the Diagnosis is MS:
(Help, Hope and Insight from an Affected Physician)
When the Road Turns
With the Power of Each Breath
Women Living with MS
Women, Work, and Autoimmune Disease

Zoe Koplowitz
Greg Mortenson
John K. Wolf
Nancy Mairs

Kym Orsetti Furney M.D.
Margot Russell
Susan Brown
Judith Lynn Nicholas
Joffe Friedlander

Emotional Health and Coping

A Delicate Balance: Living Successfully with Chronic Illness
A Different Kind of Health
Accessible Gardening for People with Physical Disabilities
After the Diagnosis
Awaking to Disability
Beyond Chaos
Cripzen: A Manual for Survival
Help Yourself: Problem Solving for the Disabled
Lean On Me
(10 Powerful Steps to Moving Beyond Your Diagnosis)
Life On Cripple Creek
Living Well: 21 Days to Transform Your Life, Supercharge
Your Health and Feel Spectacular
Living Well with a Hidden Disability
Love is Letting Go of Fear
MS and Your Feelings:
(Handling the Ups and Downs of MS)
NOW, Discover Your Strengths
Sick and Tired of Feeling Sick and Tired
Taking Charge:
(Overcoming the Challenges of Long-Term Illness)
The Art of Living with MS
Winning Sure Beats Losing: And here's What You Can
Do About It

Writing Articles from the Heart:
(How to Write & Sell Your Life Experience)
Yes You Can!!
You're Not Alone: 7 Principles for Meeting the Challenge

Susan Wells
Blair Justice
Janeen Adil
JoAnn LeMaistre
Karen Stone
Gregg Piburn
Lorenzo Milam
Douglass Bucy

Nancy Davis
Dean Kramer

Montel Williams
Stacy Taylor
Gerald Jampolsky

Allison Shadday
Buckingham & Clifton
Paul J. Donoghue

Irene Pollin
Len & Cheryl Chatman

Jack M.D. Llewellyn

Majorie Holmes
Janis Dietz
Linda Topf

Employment, Financial & Legal

A Guide to Legal Rights for People with Disabilities

Be Prepared

Beat the Nursing Home TRAP

Disability Workbook for Social Security Applicants

Employment Issues and MS

Free Money for Health Care

Health Insurance Resources:

(A Guide for People with Chronic Disease and Disability)

Health Insurance:

(How to Get It, Keep It or Improve What You've Got)

Insurance Solutions

Job-Hunting Tips for the So-Called Handicapped

Multiple Sclerosis Your Legal Rights, 2nd & 3rd Edition

Tax Options and Strategies for People with Disabilities

Marc Stolman

David S. Landay

Joseph Matthews

Douglass M. Smith

Phillip D. Rumrill

Laurie Blum

Dorothy E. Northrop

Robert Enteen

Laura D. Cooper

Richard Bolles

Lanny Perkins

Steven B. Mendelsohn

Family & Caregiving

Avoiding Attendants from Hell

Bigger than the Sky

Cognitive Coping, Families, & Disabilities

Coping when a Parent has MS

Creative Caregiving

Daily Comfort for Caregivers

Funding the Cure

Grandma's Wheelchair

How to Help Children Through a Parent's Serious Illness

I Try to Take One Day at a Time

Living with MS: A Guide for Patient, Caregiver, and Family

Living with MS: A Handbook for Families

Love, Honor, & Value

Mainstay

Multiple Sclerosis: A Guide for Families

Multiple Sclerosis: New Hope & Practical Advice

for People with MS & their Families

Multiple Sclerosis: The Nursing Perspective

My Grampy Can't Walk

People with MS with the Courage to Give

Positive Caregiver Attitudes

Preventing Caregiver Burnout

Share the Care: How to Organize a Group

to Care for Someone Who is Seriously Ill

Stay Close and Do Nothing: A Spiritual and Practical Guide

to Caring for the Dying at Home

June Price

Michele Wates

Turnball; Patterson; Behr

Barbara Cristal

James R. Sherman

Pat Samples

Martin Shenkman

Lorraine Henroid

Kathleen McCue

Ashleigh Brilliant

David L. Carroll

Robert Shuman

Suzanne Geffen Mintz

Maggie Strong

Rosalinda Kalb Ph.D.

Louis J. Rosner

Kalb

Vanita Oelschlager

Jackie Waldman

James R. Sherman

James R. Sherman

Cappy Capossela

Merrill Collett

Surviving Your Spouse's Chronic Illness
The Comfort of Home, MS Edition
The Disabled Women's Guide to Pregnancy and Birth
The Resourceful Caregiver
Association
Universal Interiors, Gracious Spaces

Chris McGonigle
Maria Meyer
Judith Rogers
National Family

Irma Dobkin

History & Politics of Disability

Disability Watch, Volume 2

Advocates

Living in the State of Stuck: How Technology Impacts the
Lives of People with Disabilities

Multiple Sclerosis: The History of the Disease

No Pity: People with Disabilities Gorging a New Civil
Rights Movement

Restricted Access: Lesbians on Disability

Staring Back: The Disability Experience from the Inside Out

The Health Robbers: A Close Look at Quackery in America

The New Disability History

Women with Physical Disabilities

Disability Rights

Marcia J. Shriver

Jock T. Murray M.D.

Joseph P. Shapiro

Victoria A. Brownsford

Kenny Fries

Stephen Barret

Longmore & Umansky

Danuta M. Krotoski

Medicine & Science

Clinical Trials: What You Should Know Before Volunteering
to be a Research Subject

Complementary Medicine for Dummies

Curing MS: How Science is Solving the Mysteries of MS

Human Trials

Multiple Sclerosis: Clinical and Laboratory Research

Multiple Sclerosis: Current Status/Strategies for the Future

Multiple Sclerosis in Clinical Practice

Resource Guide for Clinicians

The Clues of Epidemiology

EduProgram

The Man Who Mistook His Wife for a Hat: And other

Clinical Trials

Joseph J. Griffels

Jacqueline Young

Howard L. Weiner

Susan Quinn

N/A

Institute of Medicine

Stanley Van Den Noort

National MS Society

North American

Oliver Stacks

Symptom & Healthcare Management

A Guide to Independence for the Visually Impaired

Absolutely Healthy Fun Fast Foods

Choosing A Wheelchair

Coping with Vision Loss

Dressing Tips/Clothing Resources for Making Life Easier

Easy Things to Make Things Easy

Younger; Sardenga

Joy Lasseter

Gary Karp

Bill Chapman

Shelly Peterman Schwartz

Doreen Greenstein

Easy Elegant Dining	Gratia Greene Alkire
Facing the Cognitive Challenges of Multiple Sclerosis	Jeffrey N. Gingold
Fighting Fatigue in Multiple Sclerosis	Nancy A. Lowenstein
Glorious One-Pot Meals	Elizabeth Yarnell
Health, Illness and the Social Body	Freud & McGuire
I Can't Chew Cookbook	Randy Wilson
Living Beyond Multiple Sclerosis	Judith Lynn Nichols
Living Well: A Twelve-Step Response to Chronic Illness And Disability	Martha Cleveland
Living with Multiple Sclerosis: A Wellness Approach	George Kraft
Living with Progressive Multiple Sclerosis	Patricia K. Coyle
Managing the Symptoms of Multiple Sclerosis, 4 th Ed.	Randall Schapiro
Mayo Clinic on Chronic Pain	Mayo Clinic
Mealtime Manual for People with Disabilities and Aging	Judith Lannefeld Klinger
Meeting the Challenges of Progressive Multiple Sclerosis	Patricia K. Coyle
Mental Sharpening Stones: Manage the Cognitive Challenges Multiple Sclerosis	Jeffrey N. Gingold
Microsoft Accessibility Features	The National MS Society
Multiple Sclerosis: 300 Tips for Making Life Easier	Shelley Peterman Swarz
Multiple Sclerosis: A Self-Help Guide to Its Management	Judy Graham
Multiple Sclerosis and Having a Baby	Judy Graham
Multiple Sclerosis: Diagnosis, Medical Management, and Rehabilitation	Burks & Johnson
Multiple Sclerosis Fact Book	Richard Lechtenberg
Multiple Sclerosis for Dummies	Rosalinda Kalb Ph.D.
Multiple Sclerosis Handbook	Chastane
Multiple Sclerosis Q&A: Reassuring Answers to FAQs	Beth Ann Hill
Multiple Sclerosis: A Guide for the Newly Diagnosed	Nancy J. Holland
Multiple Sclerosis: Rehabilitation Approach to Management	Randall Schapiro
Multiple Sclerosis: A Self-Care Guide to Wellness	Nancy J. Holland
Multiple Sclerosis: The Questions You Have-The Answers You Need	Rosalinda Kalb, Ph.D.
Multiple Sclerosis Therapeutics	Rudick & Goodkin
Multiple Sclerosis: Through History and Human Life	Richard M. Swiderski
Multiple Sclerosis: Understanding the Cognitive Challenges	Nicholas LaRocca
Primary Progressive Multiple Sclerosis	Holland, Burks, &
Schnieder	
The Chronic Pain Control Workbook, 2 nd Edition	Ellen Mohr Catalano
The Complete Product Guide for People with Disabilities	N/A
The First Year: Multiple Sclerosis	Margaret Blackstone
The Illustrated Guide to Assistive technology and Devices: Tools and Gadgets for Living Independently	Suzanne Robitaille
The Immune Support Cookbook	Mary Hale
The Self-Help Sourcebook	American Self-Help
When Walking Fails: Mobility Problems of Adults with Chronic Conditions	Lisa Lezzoni

Working with Your Doctor

Nancy Keene

Travel

A Wheelchair Riders Guide

Barrier Free Travel

Disabled Driver's Mobility Guide

Easy Access Europe

Great American Vacations for Travelers with Disabilities

Safety Travel/Etiquette Tips for Pedestrians with Disabilities

Survival Strategies for Going Abroad: A Guide for People with Disabilities

Bonnie Lewkowicz

Candy Harrington

AAA

Rick Steves

Fodors Travel Publication

Marjorie Rodgers

Laura Hershey

Wellness & Alternative Therapies

Alternative Medicine and Multiple Sclerosis

Alternative Medicine for Dummies

Being Bodies

Chi Gong: The Ancient Chinese Way to Health

Complementary and Alternative Medicine and MS

Dietary Supplements and Multiple Sclerosis

Honest Herbal

Love, Medicine & Miracles

Multiple sclerosis: Meditation Management

Multiple Sclerosis: The Guide to Treatment/Management

Peace, Love and Healing

Qigong for Multiple Sclerosis: Finding Your Feet Again

Recovery Yoga

The Alternative Medicine Handbook

The Art of Getting Well

The Big Book of Relaxation

The Multiple Sclerosis Diet Book: A low-fat Diet for the Treatment of MS

The Relaxation & Stress Reduction Workbook

The Web That Has no Weaver: Understanding Chinese Medicine

Wellness: Small Changes to Make a Big Difference

Yoga for Your Life

Yoga Over 50: The Way to Vitality, Health and Energy in the Prime of Life

Allen C. Bowling

Dillard & Ziporyn

Lenore Friendman

Paul Dong & Esser

Allen C. Bowling

Allen C. Bowling

Varro E. Tyler

Chris H. Polman

Kalk & Goodkin

Chris H. Polman

Bernie S. Siegel

Nigel Mills

Sam Dworkis

Barrie R. Cassileth

David Spero

Larry Blumenfeld

Roy L. Swank

Martha Davis

Ted J. Kaptchuk

Regina Ryan; John Travis

Margaret D. Price

Mary Stewart

Spanish/Español

Esclerosis Multiple

La Comida Del Hogar

Demos

Maria Meyer

Video List

An Introduction to Multiple Sclerosis ; (Intoduccion a la Esclerosis Multiple Sclerosis)	DVD
Anandi's Gentle Yoga: Options for Every Need	DVD
Aanandi's Living Yoga: Level 1 Hatha	DVD
Annual Meeting, MS Society: 2005	DVD
Annual Meeting, MS Society: 2006	DVD
Annual Meeting 2007: New Genetic Discoveries in MS	DVD
Bed Top Yoga	DVD
But You Look So Well...	DVD
But You Still Look So Well.... Living with Multiple Sclerosis	DVD
Dahn Yoga for MS and Similar Conditions	VHS
DCN TV-Get the Word Out: June 2, 2005	DVD
Getting There: Staying Mobile with MS	DVD
Hacia Un Mejor	DVD
Hold that Thought! Cognition and MS	DVD
MS & Pregnancy: Kara's Story	DVD
MS in the Workplace: A Guide for Employees	DVD
MS: The Genetic Connection: 2006 North American Education Conference	DVD
Multiple Sclerosis: A Patient's Guide	DVD
My Life, My MS, My Decisions	DVD
NMSS Stem Cell Education Materials	DVD
Poles for Balance and Mobility	DVD
Regional MS Summit: The Use of MRI in Long-Term Management of Multiple Sclerosis	DVD
Seated Yoga	DVD
Talking with Your Child; (Habla Con Tus Hijos Sobre la EM)	DVD
The Clues of Epidemiology	DVD
Timmy's Journey to Understanding MS, 2004	DVD
Who? Why? How?: Searching for the Cause of Multiple Sclerosis, 2010	DVD
Yoga with Eric Small	VHS & DVD
Yoga 4MS: Bear the Fruit of Wellness	DVD
You Can Do It Yoga for MS: Volume 2	DVD

Audio

Diet & MS: Nutrition Connection	Denise Nowack; CD
Dynamic Chair Sitting	Denise Casey; CD
Epidemiology Conference, 8/9/2007	Denise Casey; CD
Fall Down Laughing	Jivana Heyman; CD
Option D: The Ins & Outs of Medicare Part D, 11/4/09	CD

NMSS: 8/09/07	Audio Tape
NMSS: Caring for the Caregiver	CD
NMSS: Hiring Help in the Home, 06/15/10	CD
NMSS: Taking Control of Your Money, 04/22/10	CD
Sarah's Key Parts: 8 CD's	CD
Three Cups of Tea: 11 CDs	CD
Transitioning for Work: Getting the Most/ Social Security	Brenda Saucer; CD
Tysarbi Teleconference, 07/26/06	CD
What's New in MS Research and Treatment, June 30, 2010	NMSS; CD