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# THOMLEY ACTIVITY CENTRE BOOKLIST

## NUTRITION

<i>TITLE AND BRIEF DESCRIPTION</i>	<i>AUTHOR</i>	<i>CATALOGUE COLOUR &amp; NUMBER</i> 
<b>CAN'T EAT, WON'T EAT</b>  Parent's view of practical methods of dealing with dietary difficulties of child with ASD	Brenda Legge	101
<b>EAT RIGHT, DON'T FIGHT</b>  Practical Guide to feeding children from birth to preschool years	Jan O'Connell, Rosy Cummings and Gina Ralston	102
<b>FOODS FOR MIND AND BODY</b>  Complete guide to positive foods	Michael Van Straten	103
<b>THE EVERYDAY WHEAT-FREE &amp; GLUTEN-FREE COOKBOOK</b>	Michelle Berriedale-Johnson	104
<b>THE ALLERGY FREE COOKBOOK</b>	Michelle Berriedale-Johnson	105
<b>GLUTEN FREE COOKING</b>	Women's Weekly	106
<b>THE FOOD ADDICT'S DIET</b>	Tish Hayton	107
<b>E FOR ADDITIVES</b>	Maurice Hanssen	108
<b>THE GLUTEN, WHEAT &amp; DAIRY FREE COOKBOOK</b>	Antoinette Savill	109
<b>WHEAT-FREE COOKBOOK</b>	Dr Sheila Gibson et al	110
<b>THE SUPERFOODS COOKBOOK</b>	Michael Van Straten	111
<b>THE STAMP COLLECTION</b>  Wheat-Free & Dairy Free Cookbook	Terence Stamp Elixabeth Buxten	112
<b>LET'S GET WELL</b>  Explains how a well-chosen diet which provides the most needed nutrients can repair and rebuild a sick body	Adelle Davis	113
<b>SPECIAL DIETS FOR SPECIAL KIDS</b>  Understanding and Implementing a Gluten and Casein Free Diet to aid in the treatment of autism and related developmental disorders	Lisa Lewis	114
<b>JUST TAKE A BITE</b>  Easy, Effective Answers to Food Aversions and Eating challenges	Lori Ernspurger Tania Stegen- Hanson	115


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## GENERAL PARENTING SKILLS

<i>TITLE AND BRIEF DESCRIPTION</i>	<i>AUTHOR</i>	<i>CATALOGUE COLOUR &amp; NUMBER</i> 
<b>THE CREATIVE JOURNAL FOR PARENTS</b>  44 Simple Exercises in writing, drawing and collage to bring out your unique parenting style	Lucia Capacchione	201
<b>WHAT WORRIES PARENTS</b>  Most common concerns of parents explored and explained	Kristina Murphy Paul Martin	202
<b>SLEEP RIGHT, SLEEP TIGHT</b>  Guide to solving sleeping problems in babies and young children - birth to three years	Rosey Cummings, Karen Houghton Le Ann Williams	203
<b>WILL MY RABBIT GO TO HEAVEN?</b>  Answers to a wide range of questions children ask - about death and suffering, God, sex, heaven and hell	Jeremie Hughes	204
<b>BEYOND TODDLERDOM</b>  Parenting advice for the 5-12 age group	Dr Christopher Green	205
<b>THREE SHOES, ONE SOCK &amp; NO HAIRBRUSH</b>  Everything you need to know about having your second child	Rebecca Abrams	206
<b>STEPFAMILIES</b>  Practical help to build a stable, happy stepfamily	Merrilyn William	207
<b>365 AFTER-SCHOOL ACTIVITIES YOU CAN DO WITH YOUR CHILD</b>	Cynthia MacGregor	208
<b>THE DIFFICULT CHILD</b>  Parenting advice for hard to raise children	Stanley Turecki	209


# THOMLEY ACTIVITY CENTRE BOOKLIST

## MEDICAL CONDITIONS

<b>TITLE AND BRIEF DESCRIPTION</b>	<b>AUTHOR</b>	<b>CATALOGUE COLOUR &amp; NUMBER</b> 
<b>ALZHEIMER'S</b>  A personal experience offering advice in caring for an elderly parent with Alzheimer's disease	Sharon Fish	301
<b>ALL ABOUT DEMENTIA</b>	The Mental Health Foundation	302
<b>UNDERSTANDING YOUR BOWELS</b>	Dr Ken Heaton (BMA)	303
<b>CANDIDA ALBICANS</b>  Non-Drug approach to the treatment of Candida Infection	Leon Chaitow	304
<b>AIDS</b>  Visual information about this disease	Ian Williams Adrian Mindel Ian V D Weller	305
<b>ANOREXIA &amp; BULIMIA</b>  Clear practical advice on psychological and emotional states to bring help and guidance to sufferers and their families	Julia Buckroyd	306
<b>COPING WITH COELIAC DISEASE</b>  Coeliac Disease is a digestive problem caused by gluten intolerance This book gives the whole picture for anyone who has or feels they might have the disease.	Karen Brody	307
<b>DEPRESSION. THE WAY OUT OF YOUR PRISON</b>  Best selling self-help guide. Gives a way of understanding depression.	Dorothy Rowe	308
<b>FAMILY GUIDE TO EPILEPSY</b>  Clear, concise illustrated guide giving expert advice on understanding and living with epilepsy	Dr Matthew Walker Professor Simon Shorvon	309
<b>EPILEPSY THE FACTS</b>  Clear explanation of different types of epileptic seizure and epilepsy syndromes in childhood and adult life.	Richard Appleton Anthony Hopkins	310


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## MEDICAL CONDITIONS


<i>TITLE AND BRIEF DESCRIPTION</i>	<i>AUTHOR</i>	<i>CATALOGUE COLOUR &amp; NUMBER</i> 
<p><b>HEAD INJURY</b></p> <p>Practical guide to help understand and cope with the psychological, social behavioural and emotional problems created by head injury</p>	Trevor Powell	311
<p><b>IRRITABLE BOWEL SYNDROME A PRACTICAL GUIDE</b></p> <p>Handbook offering a clear assessment of both orthodox and alternative treatments as well as giving invaluable advice about all aspects of the problem</p>	Geoff Watts	312
<p><b>IRRITABLE BOWEL SYNDROME &amp; DIVERTICULOSIS</b></p> <p>This guide details self-help therapies, which focus on listening to the body.</p>	Shirley Trickett	313
<p><b>COPING SUCCESSFULLY WITH YOUR IRRITABLE BOWEL</b></p> <p>Self-help guide to Irritable Bowel Syndrome</p>	Rosemary Nicol	314
<p><b>MOTOR NEURONE DISEASE- A FAMILY AFFAIR</b></p> <p>Explores the needs of the whole family as adjustments are made to living with MND</p>	Dr D Oliver	315
<p><b>SEASONAL AFFECTIVE DISORDER</b></p> <p>Detailed study of SAD. Treatment methods including increased exposure to light</p>	Angela Smyth	316
<p><b>THORSONS COMPLETE GUIDE TO VITAMINS &amp; MINERALS</b></p>	Leonard Mervyn	317

# THOMLEY ACTIVITY CENTRE BOOKLIST

## GENERAL MEDICAL INFORMATION


<i>TITLE AND BRIEF DESCRIPTION</i>	<i>AUTHOR</i>	<i>CATALOGUE COLOUR &amp; NUMBER</i> 
<b>FIRST AID MANUAL</b>	St John Ambulance/ Red Cross	401
<b>CONCISE GUIDE TO MEDICINES AND DRUGS</b>	British Medical Association	402

## ALTERNATIVE MEDICINE/SELF HELP INFORMATION

<i>TITLE AND BRIEF DESCRIPTION</i>	<i>AUTHOR</i>	<i>CATALOGUE COLOUR &amp; NUMBER</i> 
<b>ESSENTIAL AROMATHERAPY</b>  Beginner's guide to choosing and using essential oils for beauty treatments, massage and health remedies	Jenny Plucknett	501
<b>DOLPHIN HEALING</b>  Dolphin Expert explores the healing power of dolphins	Horace Dobbs	502
<b>HEAL YOUR BODY</b>  The author shows us how we can balance the body, mind and spirit and take good care of our bodies.	Louise L Hay	503
<b>500 OF THE MOST IMPORTANT HEALTH TIPS YOU'LL EVER NEED</b>  An A-Z of alternative health hints over 200 conditions	Hazel Courteney	504
<b>HANDBOOK OF HERBS</b>  Growing, Cooking, Health etc. A chapter devoted to each important herb	Margot McLeod	505
<b>HEALTH SECRETS OF PLANTS AND HERBS</b>  Complete guide to herbs and plants for health and healing	Maurice Messegue	506


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## ALTERNATIVE MEDICINE/ SELF HELP INFORMATION

<i>TITLE AND BRIEF DESCRIPTION</i>	<i>AUTHOR</i>	<i>CATALOGUE COLOUR &amp; NUMBER</i> 
<b>HOMOEOPATHY</b>  Introduction to the use of classical homoeopathic medicines in the treatment of common ailments and conditions	Wigmore Publications Ltd	507
<b>IN OUR OWN HANDS</b>  Describes all kinds of therapy from bodywork to psychoanalytically based therapies.	Sheila Ernst & Lucy Goddison	508
<b>LEARN TO RELAX</b>  Fully illustrated practical guide to relaxing mind and body through easily learned exercises and techniques	Mike George	509
<b>THE MEDITATION PACK</b>  Illustrated book, visualisation cards and CD	Eddie and Debbie Shapiro	510
<b>SELF HEALING</b>  Shows you how to use the power of your mind to heal your body, improve the quality of your life and enjoy a greater sense of wellbeing	Louis Proto	511
<b>SIMPLE TECHNIQUES FOR PAIN RELIEF</b>  Comprehensive guide to many types of pain relief including acupressure, massage, exercise and hypnosis	Chris McLauhglin	512
<b>YOGA MIND &amp; BODY</b>  Positive guide to improved health, happiness and spiritual wellbeing	Sivananda Yoga Vedanta Centre	513
<b>HOW TO DEAL WITH DIFFICULT PEOPLE</b>  Helps understand and handle difficult people effectively	Ursula Markham	514


# THOMLEY ACTIVITY CENTRE BOOKLIST

## DISABILITY ISSUES

<b><i>TITLE AND BRIEF DESCRIPTION</i></b>	<b><i>AUTHOR</i></b>	<b><i>CATALOGUE COLOUR &amp; NUMBER</i></b> 
<b>THE CONTACT A FAMILY DIRECTORY OF SPECIFIC CONDITIONS AND RARE DISORDERS</b>	Contact a Family Charity	601
<b>THE CHILD WITH A DISABILITY</b>  Medical textbook discussing the care of a child with disability and the liaison between doctors and families	David M B Hall Peter D Hill	602
<b>SURVIVING THE SPECIAL EDUCATIONAL NEEDS SYSTEM</b>  Personal testimony illustrating how the special educational needs system works and helps to empower other parents to demand help for their children	Sandy Row	603
<b>CONTEMPORARY ISSUES IN THE EARLY YEARS</b>  Reflects the work of the Childhood Unit at the National Children's Bureau. Central themes are the equality of opportunity for all children and access to good quality services that meet their individual needs	Gillian Pugh	604
<b>CHILDREN'S COGNITIVE AND LANGUAGE DEVELOPMENT</b>  Detailed introduction to developmental psychology. Coverage of the period from middle childhood to adolescence.	Victor Lee Prajna Das Gupta	605
<b>UNDERSTANDING CHILDHOOD DEAFNESS</b>  About babies and young children and what it is like not of be able to hear when no one realises or understands	Wilhma Rae Quin	606


# THOMLEY ACTIVITY CENTRE BOOKLIST

## DISABILITY ISSUES

<i>TITLE AND BRIEF DESCRIPTION</i>	<i>AUTHOR</i>	<i>CATALOGUE COLOUR &amp; NUMBER</i> 
<b>TAKE TIME</b>  Movement exercises for children with difficulties in speaking, reading writing and spelling	Mary Nash-Wortham Jean Hunt	607
<b>LET ME SPEAK</b>  Complete teaching programme for children who are slow in acquiring language	Dorothy Jeffree Roy McConkey	608
<b>DEVELOPMENTAL DYSPRAXIA</b>  Manual to diagnose and assess dyspraxia. Also an intervention programme to improve the cognitive functioning of the dyspraxic child and teenager	Madeleine Portwood	609
<b>CEREBRAL PALSY</b>  Practical help and advice on all aspects of the condition	Marion Stanton	610
<b>HANDLING THE YOUNG CEREBRAL PALSIED CHILD AT HOME</b>  Deals with problems commonly met and offers means by which these can be modified in everyday activities	Nancie R Finnie	611
<b>CYSTIC FIBROSIS - A FAMILY AFFAIR</b>  Practical guide for parents of children	Jane Chumbley	612
<b>DOWN SYNDROME - THE FACTS</b>  Practical positive advice written by a leading authority	Mark Selikowitz	613
<b>OVERCOMING DYSLEXIA</b>  Guide for families and teachers	Dr Beve Hornsby	615
<b>HELP CHILDREN COPE WITH DYSLEXIA</b>  Guide for parents	Sally Raymond	616


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## DISABILITY ISSUES

<i>TITLE AND BRIEF DESCRIPTION</i>	<i>AUTHOR</i>	<i>CATALOGUE COLOUR &amp; NUMBER</i> 
<b>THE OTHER CHILD</b>  Looks at the impact on the healthy siblings of the arrival of a child with disability in the case of a child with head injury	Linda Scotson	617
<b>DIFFERENT DADS</b>  Fathers' Stories of Parenting Disabled Children	Edited Jill Harrison Matthew Henderson Rob Leonard	618
<b>STEPHEN HARRIS IN TROUBLE</b>  Story about 11 year old boy who is dyspraxic	Tim Nichol	619
<b>MAKING MUSIC WITH THE YOUNG CHILD WITH SPECIAL NEEDS</b>  A Guide for Parents	Elaine Streeter	620


# THOMLEY ACTIVITY CENTRE BOOKLIST

## ATTENTION DEFICIT HYPERACTIVITY DISORDER

<i>TITLE AND BRIEF DESCRIPTION</i>	<i>AUTHOR</i>	<i>CATALOGUE COLOUR &amp; NUMBER</i> 
<b>THE AD/HD HANDBOOK</b>  Practical guide for parents and professionals on ADHD	Alison Munden and Jon Arcelus	701
<b>UNDERSTANDING ATTENTION DEFICIT DISORDER</b>  A parent's guide to ADD in children, including a well proven, practical approach to its management	Dr Christopher Green Dr Kit Chen	702
<b>PARENTING THE ADD CHILD CAN'T DO? WON'T DO?</b>  Practical Strategies for managing behaviour problems in children with ADD and ADHD using the ADD alternative parenting techniques' 'ADDapt'	David Pentecot	703
<b>HYPERACTIVITY WHAT'S THE ALTERNATIVE</b>  Information on conventional and alternative treatments	Maggie Jones	704


# THOMLEY ACTIVITY CENTRE BOOKLIST

## AUTISTIC SPECTRUM DISORDERS

<b>TITLE AND BRIEF DESCRIPTION</b>	<b>AUTHOR</b>	<b>CATALOGUE COLOUR &amp; NUMBER</b> 
<p><b>TAKING CARE OF MYSELF</b></p> <p>Addresses the health and safety needs of students aged five and up with autism spectrum disorders. Will help reduce the fear and confusion surrounding health, hygiene, puberty and more.</p>	Mary Wrobel	801
<p><b>I AM SPECIAL</b></p> <p>A workbook to inform children they have autism including a series of exercises that present autism positively</p>	Peter Vermeulen	802
<p><b>CARING FOR A CHILD WITH AUTISM</b></p> <p>Practical guide for parents. Emphasis on home and family life and everyday difficulties encountered by families of autistic children</p>	Martine Ives Nell Munro	803
<p><b>DANGEROUS ENCOUNTERS</b> <b>Avoiding perilous situations with autism</b></p> <p>Helpful hints on how to handle emergency and safety situations and how to prepare for such events</p>	Bill Davis Wendy Goldband Schunick	804
<p><b>ACCESS AND INCLUSION FOR CHILDREN WITH AUTISTIC SPECTRUM DISORDERS</b></p> <p><b>'LET ME IN'</b></p> <p>Based on pioneering work at school in Sheffield, the authors explore the issues of access and inclusion in employment and education for children and young people with ASD</p>	Matthew Hesmondhalgh Christine Breakey	805


# THOMLEY ACTIVITY CENTRE BOOKLIST

## **AUTISTIC SPECTRUM DISORDERS**

<i>TITLE AND BRIEF DESCRIPTION</i>	<i>AUTHOR</i>	<i>CATALOGUE COLOUR &amp; NUMBER</i> 
<p><b>HOME EDUCATING OUR AUTISTIC SPECTRUM CHILDREN 'PATHS ARE MADE FOR WALKING'</b></p> <p>Personal stories from parents who home educate their children with autism or Asperger's syndrome</p>	Terri Dowty Kit Cowlshaw	806
<p><b>AUTISM &amp; PLAY</b></p> <p>This handbook describes different play sequences which encourage the integration of social, emotional and cognitive development in autistic children</p>	Jannik Beyer Lone Gammeltoft	807
<p><b>EARLY CHILDHOOD AUTISM</b></p> <p>Medical handbook covering clinical educational and social aspects of autism as seen in the 1980s</p>	Lorna Wing	808
<p><b>AUTISTIC CHILDREN</b></p> <p>General guide to autistic children</p>	Lorna Wing	809
<p><b>DIET INTERVENTION AND AUTISM</b></p> <p>Parent's experience on implementing the Gluten Free and Casein Free Diet for Autistic Children and Adults</p>	Marilyn Le Breton	810
<p><b>A USER GUIDE TO THE GF/CF DIET FOR AUTISM, ASPERGER SYNDROME AND AD/HD</b></p> <p>Written by a 12-year-old boy with Asperger's syndrome. Offers encouragement and practical advice on what to expect when beginning the diet, and how to live with the diet.</p>	Luke Jackson	811
<p><b>GIGGLE TIME ESTABLISHING THE SOCIAL CONNECTION</b></p> <p>Step-by-step programme for parents, teachers and other professional to help develop the non-verbal, verbal and social reciprocity skills of children with autism.</p>	Susan Aud Sonders	812


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## **AUTISTIC SPECTRUM DISORDERS**

<i>TITLE AND BRIEF DESCRIPTION</i>	<i>AUTHOR</i>	<i>CATALOGUE COLOUR &amp; NUMBER</i> 
<p><b>MUSIC THERAPY FOR THE AUTISTIC CHILD</b></p> <p>Analysis of the effects of music therapy on the development of an autistic child including case studies</p>	Juliette Alvin	813
<p><b>AUTISM SPECTRUM DISORDERS</b></p> <p>User-friendly guide of important information and useful advice</p>	Chantal Sicile-Kira	814
<p><b>THE SELF-HELP GUIDE FOR SPECIAL KIDS AND THEIR PARENTS</b></p> <p>Written by mother and son this is a practical humorous book describing the problems facing an autistic person and sharing their solutions</p>	Joan Matthews James Williams	816
<p><b>SPIRITUALITY AND THE AUTISM SPECTRUM 'OF FALLING SPARROWS'</b></p> <p>Focuses on the spirituality of people with autism spectrum disorders</p>	Abe Isanon	817
<p><b>EATING AN ARTICHOKE</b></p> <p>A mother's perspective on Asperger syndrome</p>	Echo R Fling	818
<p><b>LEARNING TO LIVE WITH HIGH FUNCTIONING AUTISM</b></p> <p>Parent's guide for professional. Offers an honest portrayal of what living with autism is actually like for all those involved.</p>	Mike Stanton	819
<p><b>ASPERGER SYNDROME</b></p> <p>Ideal starting point for teachers wishing to learn about Asperger Syndrome and best to work with, help and get the most from a child with AS</p>	Matt Winter	820


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## AUTISTIC SPECTRUM DISORDERS

<i>TITLE AND BRIEF DESCRIPTION</i>	<i>AUTHOR</i>	<i>CATALOGUE COLOUR &amp; NUMBER</i> 
<p><b>MARTIAN IN THE PLAYGROUND</b></p> <p>Understanding the schoolchild with Asperger's syndrome The author has Asperger's syndrome and uses her own and others' experiences of school</p>	Clare Sainsbury	821
<p><b>AUTISM, ADVOCATES AND LAW ENFORCEMENT PROFESSIONALS</b></p> <p>Recognising and reducing risk situations for people with autism spectrum disorders</p> <p>Advice on how to behave with police for people with ASDs</p>	Dennis Debbaudt	822
<p><b>ASPERGER SYNDROME EMPLOYMENT WORKBOOK</b></p> <p>Practical manual to enable people with Asperger syndrome to deepen their self-understanding and appreciate their value as working individuals. Uses practical exercises</p>	Roger N Meyer	823
<p><b>CONGRATULATIONS! IT'S ASPERGER SYNDROME</b></p> <p>Autobiography. Jen diagnosed of Asperger Syndrome at 43.</p>	Jen Birch	824
<p><b>NOBODY NOWHERE</b></p> <p>Autobiography.</p> <p>International bestseller. Extraordinary account of a struggle to come to terms with her condition and the suffering of an unsympathetic and ignorant world</p>	Donna Williams	825
<p><b>SOMEBODY SOMEWHERE</b></p> <p>Sequel to Nobody Nowhere Continues Donna's account of her battle demonstrating her determination</p>	Donna Williams	826

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## AUTISTIC SPECTRUM DISORDERS

<i>TITLE AND BRIEF DESCRIPTION</i>	<i>AUTHOR</i>	<i>CATALOGUE COLOUR &amp; NUMBER</i> 
<b>EMERGENCE: LABELLED AUTISTIC</b>  Autobiography Extraordinary account of coming to terms with her condition	Temple Grandin	827
<b>SUMMER OF HOPE</b>  Account of the interaction between autistic children and Scout carers at Camp Mohawk in Berkshire	Ian Cotton	828
<b>FREAKS, GEEKS &amp; ASPERGER SYNDROME</b>  User Guide for Adolescence written by 13 year old teenager	Luke Jackson	829
<b>ASPERGER'S SYNDROME</b>  A guide for Parents and professionals	Tony Attwood	830
<b>AUTISM</b>  An Inside-Out Approach	Donna Williams	831
<b>GROWING UP SEVERELY AUTISTIC</b>  A mother's personal and intimate study of Gabriel who is severely autistic	Kate Rankin	832