

Resource Room Materials Available for Loan

Children's Leukemia Foundation of Michigan (CLF) firmly believes that knowledge is power. Through our Resource Room, we provide access to a wide variety of print and audio/visual materials that can empower patients and those who care about them with the information they need to make informed decisions.

The following list describes materials that are available for loan from CLF's Resource Room. Materials are arranged alphabetically by subject. These resources are not intended to substitute for advice from your health care team. Materials may be signed out for a two-week period. No more than two items may be borrowed at one time. To sign out materials, simply put an 'X' next to the resource you would like to borrow, and then mail this completed form to CLF at **5455 Corporate Drive, Suite 306, Troy, MI 48098**, or fax it to **(248) 530-3042**. You may also sign out materials by phone at **(800) 825-2536**, or by e-mail at **info@leukemiamichigan.org**. You're also welcome to visit the office weekdays between 8:30 a.m. and 4:30 p.m.

Name _____

Phone _____

Street Address _____

City, State & Zip _____

BODY, MIND & SPIRIT/INSPIRATIONAL

X	Title	Media Type	Author	Publisher/Distributor	Description
	<i>Chicken Soup for the Surviving Soul</i>	Book	Jack Canfield, Mark Victor Hansen, Patty Aubrey, and Nancy Mitchell, RN	Health Communications, Inc., 1996	This inspirational book shares over 100 stories of courage from cancer survivors.
	<i>Chicken Soup for the Unsinkable Soul</i>	Book	Jack Canfield, Mark Victor Hansen, and Heather McNamara	Health Communications, Inc., 1999	This book offers encouragement to anyone confronting challenging times.
	<i>Happiness In A Storm</i>	Book	Wendy Schlessel Harpham, MD	Wendy Schlessel Harpham, 2005	Wendy writes this book from the perspective of a doctor and a cancer survivor encouraging people to live life to the fullest and letting them know they can overcome disease through knowledge, action, and hope.
	<i>Health Journeys: For People with Cancer</i>	Audio Tape	Belleruth Naparstek	Rothschild Design, 1993	This tape leads listeners through guided imagery exercises designed to engage the imagination in the healing process.
	<i>Health Journeys: For People Undergoing Chemotherapy</i>	Audio Tape	Belleruth Naparstek	Rothschild Design, 1993	This tape leads listeners through guided imagery exercises designed to help patients cope with chemotherapy treatment.
	<i>How to Live Between Office Visits</i>	Book or Video: Choose One	Bernie Siegel, MD	HarperCollins Publisher, Inc., 1996 (book); Mystic Fire Video, Inc., 1994 (video)	This inspirational book shows readers how to find the strength they need to face life-threatening illness.
	<i>I Want to Grow Hair, I Want to Grow Up, I Want to Go to Boise</i>	Book	Erma Bombeck	Harper & Row, 1989	The author asks children to share their insights about beating cancer odds. Even though the children in this book have serious illnesses, they still have laughter and optimism.
	<i>I Will Sing Life: Voices from the Hole in the Wall Gang Camp</i>	Book	Larry Berger, Dahlia Lithwick, and campers	Little, Brown & Company, 1992	Campers from Paul Newman's camp for children with life-threatening illnesses share their stories.

BODY, MIND & SPIRIT/INSPIRATIONAL - Continued

X	Title	Media Type	Author	Publisher/Distributor	Description
	<i>Living Well with Cancer</i>	Audio Tape	Petrea King, ND, DRM, IYTA, Dip.Hyp.	Petrea King, 1994	This tape discusses practical guidelines for coping with the diagnosis, treatment, and emotional issues surrounding cancer. It also contains guided relaxation exercises.
	<i>Love, Medicine & Miracles</i>	Book or Video: Choose One	Bernie Siegel, MD	HarperPerennial, 1998 (book); 1991 (video)	The author shares stories about self-healing to show how attitude and awareness affect recovery.
	<i>Peace, Love & Healing</i>	Book	Bernie Siegel, MD	HaperPerennial, 1998	This inspirational book deals with our innate ability to heal ourselves through attitude and psychosocial factors.
	<i>Working with Pain</i>	Audio Tape	Petrea King, ND, DRM, IYTA, Dip.Hyp.	Petrea King, 1988	This tape includes two techniques for alleviating pain. One side guides listeners through a practice of yoga nidra (rotation of awareness around the body), while the other helps listeners actually focus on the pain and use the breath to “dissolve” it.

CAREGIVING

X	Title	Media Type	Author	Publisher/Distributor	Description
	<i>Cancer Etiquette – What to Say, What to Do When Someone you Know or Love Has Cancer</i>	Book	Rosanne Kalick	Lions Book Publisher, 2004	Written by a two time cancer survivor, Rosanne shares suggestions and stories on how to talk to cancer patients in a sensitive and caring approach. This book guides family and friends who have the desire to be helpful.
	<i>Caring for the Caregiver</i>	Audio Tape	National Coalition for Cancer Survivorship, Oncology Nursing Society, and Association of Oncology Social Work	National Coalition for Cancer Survivorship, 2000	This tape is part of the Cancer Survival Toolbox. Topics like communicating with others, finding information, decision making, problem solving, and standing up for one’s rights are discussed in order to help caregivers care for the person with cancer and themselves.
	<i>Caring for the Caregiver</i>	Audio Tape	Vital Options	Vital Options, 1998	From “The Group Room” (a nationally syndicated radio talk show for people facing cancer), this facilitated group conversation focuses on caregiving issues.
	<i>The Complete Bedside Companion</i>	Book	Rodger McFarlane and Philip Bashe	Simon & Schuster, 1998	Written by someone who has been through this situation, this book gives practical advice on how to care for a loved one who is ill.
	<i>Home Care Guide for Cancer</i>	Book	American College of Physicians	American College of Physicians, 1994	This book assists caregivers with many important issues, like helping the patient deal with side effects, getting information from medical staff, coping with anxiety, and more.

CAREGIVING - Continued

X	Title	Media Type	Author	Publisher/Distributor	Description
	<i>Overextended and Undernourished</i>	Book	Dennis Portnoy, MFCC	Johnson Institute, 1996	Filled with ideas and exercises, this book reminds “helpers” to take time for themselves. It’s designed to help caregivers understand their roles and to help them make sure they aren’t taking on too much.
	<i>The Resourceful Caregiver</i>	Book	National Family Caregivers Association	Mosby Lifeline, 1996	Created by family caregivers, this book lists over 500 resources for helping caregivers.
	<i>Share the Care</i>	Book	Cappy Capossela and Shelia Warnock	Fireside - Simon & Schuster, 1995	Instead of having one person as the caregiver for a patient, the authors discuss the importance of having family, friends, and others pull together to become a supportive caregiving group. This book provides tips for getting this group started.
	<i>When Someone You Love Has Cancer</i>	Book	Suzanne LeVert	Dell Publishing, 1995	This book gives compassionate advice for caregivers who have just been told their loved one has cancer. Discusses what caregivers can do for the patient while still taking care of themselves.
	<i>Where the Buffaloes Roam</i>	Book	Bob Stone and Jenny Stone Humphries	Addison-Wesley Publishing Company, 1993	This is a story of a man who was diagnosed with cancer and was determined to beat it by assembling a team of caregivers to help him through the process.

CHILDREN & TEENS DEALING WITH CANCER
Resources for Children & Teens who have Cancer

X	Title	Media Type	Author	Publisher/Distributor	Description
	<i>Back to School: Teens Prepare for School Re-Entry</i>	Video	Starbright Foundation	Starbright Foundation, 2000	Teens discuss how they dealt with peers, teachers, and homework when they returned to school after being treated for cancer and other chronic illnesses.
	<i>The C-Word: Teenagers and Their Families Living with Cancer</i>	Book	Elena Dorfman	NewSage Press, 1994	The author (a childhood cancer survivor) spent four years interviewing, photographing, and sharing the daily lives of five teenagers with cancer and their families.
	<i>Chemo, Crazyness & Comfort: My book about Childhood Cancer</i>	Book	Nancy Keene	Candlelighters Childhood Cancer Foundation, 2002	The author (whose daughter is a leukemia survivor) provides explanations and practical advice for children ages 6 to 12.
	<i>Chemo Girl</i>	Book	Christina Richmond	Jones and Bartlett Publishers International, 1997	Written and illustrated by a 12-year old with cancer. This book follows the adventures of Chemo Girl - a super hero who helps patients beat the disease. This story helps pre-school to elementary school aged children understand how chemotherapy works.

Resources for Children & Teens who have Cancer - Continued

X		Media Type	Author	Publisher/Distributor	Description
	<i>Dear Bruno</i>	Book	Alice Trillin	The New Press, 1996	This book is actually a letter that was written to a 12-year old lung cancer patient by a young woman who survived a similar diagnosis. The author discusses some of the difficulties and some of the “rewards” that accompany cancer and its treatment. While illustrated like a storybook for young children, this book is appropriate for late-elementary school to middle-school aged children.
	<i>Discovery to Recovery – A Child’s Guide to Bone Marrow Transplant for Children Ages 5-9</i>	DVD	National Marrow Donor Program	National Marrow Donor Program, 2005	Helps your family understand the transplant journey ahead. The DVD walks your child through the transplant process using puppets, animations, and interviews to answer questions.
	<i>Kathy’s Hats</i>	Book	Trudy Krisher	Albert Whitman & Company, 1992	When young Kathy is diagnosed with cancer, she receives chemotherapy, which makes her hair fall out. Pre-school to lower-elementary school aged children will learn how Kathy, her family, and her classmates deal with this sensitive issue.
	<i>Kids Healing Kids</i>	Videos: Choose One	West Ottawa Public Schools	West Ottawa Public Schools, 1997	An elementary school music teacher and her students use music and movement to motivate and lift the spirits of young children facing cancer and its treatment. There are several tapes in this series, including: Fun & Nonsense; Rainbows, Stars, Hopes, and Dreams; and A Year with Kids Healing Kids.
	<i>Kids and Teens in The Group Room</i>	Audio Tape	Vital Options	Vital Options, 1997	From “The Group Room” (a nationally syndicated radio talk show for people facing cancer), this is a facilitated group conversation with kids and teens that have cancer.
	<i>Kidz with Leukemia: A Space Adventure</i>	CD-ROM (Windows Only)	The Degge Group, Ltd.	The Degge Group, Ltd., 2000	This interactive CD-ROM uses video, animation, puzzles, and games to help children understand the medical and emotional issues that surround leukemia. Three user pathways allow younger children, older children, and adults to participate.
	<i>Me and My Marrow</i>	Book	Karen Crowe, Fujisawa Healthcare, Inc.	Fujisawa Healthcare, Inc., 1999	This book was inspired by a young girl who underwent a bone marrow transplant for leukemia. She realized that there were hardly any resources about BMTs for kids. The book provides educational information and quotes from BMT survivors to help children and pre-teens cope before, during and after transplant.
	<i>My ABC Book of Cancer</i>	Book	Shannin Chamberlain	Synergistic Press, 1990	A 10 year-old U of M cancer patient shares her thoughts about cancer from A to Z. This book is appropriate for elementary school aged children.

Resources for Children & Teens who have Cancer - Continued

X	Title	Media Type	Author	Publisher/Distributor	Description
	<i>Oncology, Stupology...</i>	Book	Marilyn K. Hershey	Butterfly Press, 1999	The author (whose son is a leukemia survivor) wrote a book from a child's point of view of what hospital life is like.
	<i>Plastic Eggs or Something? Cracking Hospital Life</i>	Video	Starbright Foundation	Starbright Foundation, 1998	Teenagers share their opinions of what hospital life is like. Get an inside look at teens' views on checking into the hospital, hospital food, and treatment procedures.
	<i>Scott Hamilton & Kids in The Group Room</i>	Audio Tape	Vital Options	Vital Options, 1997	From "The Group Room" (a nationally syndicated radio talk show for people facing cancer), this is a facilitated group conversation with Scott Hamilton (champion figure skater and cancer survivor) and kids and teens who have cancer.
	<i>The Amazing Hannah: Look at Everything I can Do! *English & Spanish Copies*</i>	Book	Candlelighters Childhood Cancer Foundation	Candlelighters Childhood Cancer Foundation, 2002	This book is written through the eyes of Hannah, a child cancer patient, as she walks through her experience of cancer.
	<i>Through and Beyond: 13 Teenagers Share Their Battles with Cancer</i>	Book	13 teenagers who have/had cancer (edited by Molly Field)	Molly Field, 1998	13 teenagers share how they felt about and coped with cancer. In their own words, they discuss topics like the initial diagnosis, self-esteem, dealing with side effects, and returning to school.
	<i>We Can Do It: Children Cope with Cancer</i>	Video	American Journal of Nursing Company and MD Anderson Cancer Center	Lippincott Williams & Wilkins Publishers, 1991	Children and pre-teens share tips that have helped them cope (both physically and emotionally) with cancer and the hospital procedures they have faced.
	<i>What am I, Chopped Liver? Communicating with Your Doctor</i>	Video	Starbright Foundation	Starbright Foundation, 1998	Teens discuss the importance of open communication with health professionals during treatment.
	<i>Why Charlie Brown, Why?</i>	Book or Video: Choose One	Charles M. Schulz	United Feature Syndicate, Inc., 1990 (book); American Cancer Society, 1990 (video)	The Peanuts gang reacts when a classmate is diagnosed with leukemia. This video teaches pre-school to elementary school aged children about cancer, its treatment, and what a patient and his/her family might experience when facing a serious illness.

Resources for Parents of Children & Teens with Cancer

X	Title	Media Type	Author	Publisher/Distributor	Description
	<i>Childhood Leukemia</i>	Book	Nancy Keene	O'Reilly & Associates, Inc., 1997	A parent of a daughter who survived childhood leukemia shares her personal experiences and those of other families who have children with this disease. This book provides basic information about the diagnosis and practical information on issues like coping, schooling, nutrition, emotional issues, and more.
	<i>Educating the Child with Cancer - A Guide for parents and Teachers</i>	Book	Candlelighters Childhood Cancer Foundation and edited by Nancy Keene	Candlelighters Childhood Cancer Foundation, 2003	This guide is to help parents and teachers cope with all aspects of educating the child with cancer.
	<i>Standing Together, Standing Strong</i>	Video	Cancer Cured Kids	Cancer Cured Kids, 1997	This informative video discusses school reintegration after the diagnosis and treatment of cancer. Students, parents, school staff, and health professionals give helpful hints to make the transition back into school go smoothly. Viewing would benefit educators as well as families.
	<i>Your Child in the Hospital</i>	Book	Nancy Keene and Rachel Prentice	O'Reilly & Associates, Inc., 1999	This book of tips and wisdom from parents who have been there includes information about preparing your child, packing for the hospital, common procedures, feelings and behavior, keeping family life going, and the basics of hospital records, billing, insurance, and seeking financial assistance.
	<i>Your Child's Recovery</i>	Book	Barbara A. Dailey	Facts on File, 1991	Written by a pediatric oncology nurse, this book provides parents with practical tips on issues like communicating about the illness, sibling relationships, discipline, and more.

Resources for Parents with Cancer - Helping Children Cope with a Parent's Diagnosis

X	Title	Media Type	Author	Publisher/Distributor	Description
	<i>Once Upon a Hopeful Night</i>	Book	Risa S. Yaffe	Oncology Nursing Press, Inc., 1998	Written in verse, this story touches on many of the issues facing young children who have a parent with cancer (like anger, sadness, fear, and hope), and encourages parents and children to talk about these issues. This book is appropriate for parents and pre-school to elementary school aged children to share.
	<i>Our Family Has Cancer, Too!</i>	Book	Christine Clifford	Pfeifer-Hamilton Publishers, 1998	When the author was diagnosed with cancer, she wanted to make sure her family communicated about the disease. She wrote this children's book from her son's perspective to help children and parents learn and share feelings together.

Resources for Parents with Cancer - Helping Children Cope with a Parent's Diagnosis - Continued

X	Title	Media Type	Author	Publisher/Distributor	Description
	<i>The Paper Chain</i>	Book	Clair Blake, Eliza Blanchard, and Kathy Parkinson	Health Press, 1998	After her cancer diagnosis, the author tried to help her young sons understand her illness, but found there were few helpful children's books available. This storybook helps children understand what a parent and the rest of the family might go through when a loved one has cancer. This book is appropriate for parents and pre-school to elementary school aged children to share.
	<i>Promises</i>	Book	Elizabeth Winthrop	Clarion Books, 2000	Young Sarah remembers when her mom wasn't sick and sometimes misses the way things used to be. But together, they find ways to cope. When Sarah's mom starts feeling better, she can't promise that she'll never get sick again, but there are other promises she can make.
	<i>Talking About Your Cancer: A Parent's Guide to Helping Children Cope</i>	Video	Fox Chase Cancer Center	Fox Chase Cancer Center, 1996	Parents, children, and health professionals share the importance of telling children about a parent's cancer diagnosis. This video discusses the common concerns and questions that children may have and provides tips for addressing them.
	<i>When a Parent Has Cancer: A Guide to Caring for Your Children and Becky and the Worry Cup</i>	2 Books	Wendy Schlessel Harpham, MD	HarperCollins Publisher, Inc., 1997	From her experience as a mother, a physician, and a lymphoma survivor, the author offers advice for parents challenged with raising children while struggling with their own cancer. The companion storybook discusses the concerns that a young girl faces when her family learns that her mother has cancer. This book is appropriate for pre-school to elementary school aged children.

GENERAL FACTS & REFERENCE

X	Title	Media Type	Author	Publisher/Distributor	Description
	<i>After Shock – What to Do When the Doctor Gives You – or Someone You Love – a Devastating Diagnosis</i>	Book	Jessie Gruman, Ph.D.	Jessie Gruman, Ph.D., 2007	This book offers a practical, ten-stage approach to making informed decisions about how to get a second opinion, finding the right doctor and hospital, where to turn for support and comfort –those and many more topics are focused on in this book.
	<i>Adult Leukemia</i>	Book	Barbara Lackritz	O'Reilly & Associates, Inc., 2001	A long-term leukemia survivor who is an advocate in the leukemia community wrote a book sharing her knowledge that she has received from her personal experiences and from others who have shared their experiences.

GENERAL FACTS & REFERENCE - Continued

X	Title	Media Type	Author	Publisher/Distributor	Description
	<i>Bone Marrow Transplants</i>	Book	Marianne L. Shaffer, R.N.	Taylor Publishing Company, 1994	A comprehensive guide that walks you through the procedure of a bone marrow transplant. It contains information on what to expect during treatment and recovery, possible side effects and complications, how to cope, and the donor's role.
	<i>Cancer: What Causes It, What Doesn't</i>	Book	American Cancer Society	American Cancer Society, 2003	The experts discuss myths, explain risks and explore the ins and outs of cancer to clarify what causes cancer and what doesn't.
	<i>Choices</i>	Book	Marion Morra and Eve Potts	Avon Books, 1994	This book aims to eliminate confusion and highlights options for cancer patients and their families. It contains helpful information about cancer stages, health care, medication, nutrition, treatment, and more.
	<i>Diagnosis Cancer</i>	Book	Wendy Schlessel Harpham, M.D.	W.W. Norton & Company, Inc., 1992	A physician who is also a cancer survivor wrote this book giving you both perspectives to help you get through the first few months of a cancer diagnosis.
	<i>Everyone's Guide to Cancer Therapy</i>	Book	Malin Dollinger, MD, Ernest H. Rosenbaum, MD, and Greg Cable	Somerville House Books Limited, 1991	This book helps readers understand how cancer is diagnosed, treated, and managed day to day. The second half of the book discusses issues specific to certain types of cancer.
	<i>Fanconi Anemia: A Handbook for Families and Their Physicians</i>	Book	Lynn and Dave Frohnmayer	Fanconi Anemia Research Fund, Inc., 2000	Provides basic information about understanding and coping with Fanconi anemia.
	<i>Fanconi Anemia: Standards for Clinical Care</i>	Book	Fanconi Anemia Research Fund, Inc.	Fanconi Anemia Research Fund, Inc., 2003	Provides basic information about understanding and coping with Fanconi anemia.
	<i>Help Me Live – 20 things people with cancer want you to know</i>	Book	Lori Hope	Celestial Arts, 2005	Have you ever not known what to say when you hear that a friend or family member was just diagnosed? Well, this book helps to provide words of hope, support and love in a sensitive way. There are also stories from survivors (they share their stories of what people have said to them) to add humor.
	<i>Leukemia and Blood Related Cancers</i>	Audio Tape	Vital Options	Vital Options, 1997	From "The Group Room" (a nationally syndicated radio talk show for people facing cancer), this facilitated group conversation focuses on leukemia and its surrounding issues.
	<i>Living with Lymphoma</i>	Book	Elizabeth M. Adler, Ph.D.	The John Hopkins University Press, 2005	Elizabeth, the author who is also a non-Hodgkin's lymphoma survivor shares her personal journey as well as her empathy, passion, and humor.
	<i>Non-Hodgkin's Lymphoma</i>	Audio Tape	Vital Options	Vital Options, 1996	From "The Group Room" (a nationally syndicated radio talk show for people facing cancer), this facilitated group conversation focuses on non-Hodgkin's lymphoma and its surrounding issues.

	<i>Non-Hodgkin's Lymphomas</i>	Book	Lorraine Johnston	O'Reilly & Associates, Inc., 1999	This book helps families affected by non-Hodgkin's lymphoma better understand the diagnosis and its treatment. It also discusses how to find a good oncologist, side effects, emotional responses, and getting support from others.
	<i>The Human Side of Cancer</i>	Book	Jimmie C. Holland, M.D. and Sheldon Lewis	HarperCollins Publishers, 2000	The author shares what she has learned from "the real experts" about facing life-threatening illness and what truly helps along the cancer journey.
	<i>Open Group: Lymphoma Advances & Advocacy</i>	Audio Tape	Vital Options	Vital Options, 1996	From "The Group Room" (a nationally syndicated radio talk show for people facing cancer), this facilitated group conversation focuses on lymphoma and its surrounding issues.

GRIEF & LOSS

X	Title	Media Type	Author	Publisher/Distributor	Description
	<i>Badger's Parting Gifts</i>	Book	Susan Varley	Lothrop, Lee & Shepard Books, 1984	When Badger dies, his woodland friends miss him very much. But remembering all of the happy times they had together helps them cope. This book will be helpful for parents and young children to share.
	<i>Common Threads of Teenage Grief</i>	Book	Teens Who Know & Janet N. Tyson, Licensed Professional Counselor	Helm Publishing, 1998	A middle school counselor and nine teenagers wrote this book. They use their own words and experiences to illustrate their struggles with grief and how they overcame it.
	<i>The Courage To Grieve</i>	Book	Judy Tatelbaum	Harper & Row, Publishers, Inc., 1980	This book addresses the different phases of grief and the recovery process. Issues like self-help, finishing unfinished business, and letting go are compassionately discussed.

	<i>The Fall of Freddie the Leaf</i>	Book	Leo Buscaglia, PhD	Henry Hold ant Company, 1982	Freddie is a leaf. He and his companion leaves change with the passing seasons, finally falling to the ground when winter comes. This story illustrates the delicate balance between life and death, and will be helpful for parents and young children to share.
	<i>Grief in America</i>	Video	Fanlight Productions	Fanlight Productions, 1997	Nationally recognized authorities on the grieving process examine some common myths about grieving, the importance of social support, and the costs of unresolved grieving. Seven individuals who have faced the grieving process also share their stories.
	<i>Guiding Your Child Through Grief</i>	Book	Mary Ann Emswiler, MA, MPS, and James P. Emswiler MA, MED	Bantam Books, 2000	Based on their experience as counselors and as parents of grieving children, the authors sensitively discuss how children grieve, changes in family dynamics, ways to communicate with children about death and grief, coping with holidays, and identifying warning signs of depression.

	<i>How to Go On Living When Someone You Love Dies</i>	Book	Therese A. Rando, PhD	Lexington Books, 1988	The author, a bereavement specialist, helps people to understand and resolve grief, talk to children about death, resolve unfinished business, accept the support of others, get through holidays and other difficult times of the year, and plan funerals and personal bereavement rituals.
	<i>The Healing Path</i>	Video	The Compassionate Friends	The Compassionate Friends, 1992	This video is designed for bereaved siblings. In a support group-like setting, several teenagers share their experiences with losing a sibling and dealing with the grief process. This may be a helpful discussion tool for teen support groups.
	<i>What's Heaven?</i>	Book	Maria Shriver	Golden Books, 1999	Parents often have a hard time discussing death and dying with their children. This storybook shares how journalist Maria Shriver sensitively approached questions about the soul, heaven, and funerals with her own young children when her grandmother, Rose Fitzgerald Kennedy, passed away.
	<i>When Bad Things Happen to Good People</i>	Book	Harold S. Kushner	Avon Books, 1981	This classic self-help guide, written by a respected rabbi, explains how to find comfort and strength in the face of tragedy, and helps readers understand the role of faith in recovery.

HUMOR

X	Title	Media Type	Author	Publisher/Distributor	Description
	<i>The Courage to Laugh</i>	Book	Allen Klein	Tarcher/Putnam, 1998	Written for people dealing with serious or terminal illness, this book discusses the importance of laughter in facing end of life issues and the grieving process.
	<i>The Healing Power of Humor</i>	Book	Allen Klein	Tarcher/Putnam, 1989	This book discusses how to turn negatives into positives and reminds readers that the ability to laugh at annoyances, crises, and even outright disasters can be invaluable.
	<i>I'd Rather Do CHEMO Than Clean Out the Garage</i>	Book	Fran Di Giacomo	Brown Books Publishing Group, 2003	From personal experience, Fran tries to find the positive side of receiving chemo by adding humor.
	<i>A Lighter Look at the "C" Word</i>	Book	Steve Gould	Mondays, 1997	This book of cartoons about cancer highlights the positive effect that humor has on the healing process.
	<i>No More Bad-Hair Days</i>	Book	Susan Sturges Hyde	Longstreet Press, Inc., 1996	Written by a cancer survivor, this book is filled with snippets that will provide hope and laughter to women dealing with cancer and its treatment.
	<i>Open Group: Humor in Healing</i>	Audio Tape	Vital Options	Vital Options	From "The Group Room" (a nationally syndicated radio talk show for people facing cancer), this facilitated group conversation focuses on humor and its role in the healing process.
	<i>Thank God It's Only Cancer</i>	Book	Steve Gould	Mondays, 1995	This is another book of cancer-related cartoons aimed to uplift patients, survivors, families, and friends.

NUTRITION

X	Title	Media Type	Author	Publisher/Distributor	Description
	<i>Cancer Survivor's Nutrition & Health Guide</i>	Book	Gene Spiller and Bonnie Bruce	Prima Publishing, 1997	Written by two nutritionists, this book provides information about the role of nutrition in all stages of recovery. It also includes menu plans for the days before and after treatment, recipes, and ideas for incorporating protective foods into the regular diet.
	<i>Eating Well Through Cancer</i>	Book	Holly Clegg & Gerald Miletello, M.D.	Holly Berkowitz Clegg, 2001	Provides recipes that are essential to a healthy lifestyle and that can be tolerated during and after cancer treatment.
	<i>Nutrition: For Prevention and Adjuvant Therapy of Cancer</i>	Video	Health Science Institute	Health Science Institute, 1997	This video explains how nutrients might lower cancer risk, and discusses nutritional care for cancer patients. Tips for dealing with taste changes, dry mouth, food aversions, and swallowing difficulties are also included.
	<i>SuperFoods RX</i>	Book	Steven Pratt, M.D., and Kathy Matthews	HarperCollins Publishers Inc., 2004	This book provides information about fourteen of the most nutrient-dense foods that give you more energy and have been known to be a greater protection against disease.

PATIENT EMPOWERMENT

X	Title	Media Type	Author	Publisher/Distributor	Description
	<i>The Activist Cancer Patient</i>	Book	Beverly Zakarian	John Wiley & Sons, Inc., 1996	This practical book offers step-by-step guidelines to help patients and families work more effectively with the medical system. It covers issues like talking with your doctor, researching treatments, understanding medications, and reaching out for help.
	<i>After Shock: From Cancer Diagnosis to healing</i>	Book	Paula A.J. Thomson	Paula A.J. Thomson, 2007	A practical guide that empowers patients and families. Offers practical suggestions and organizational tools and shares stories to inspire and offer encouragement.
	<i>Advance Directives: The Decision is Yours</i>	Video	Channing L. Bete Co.	Channing L. Bete Co., 1992	This informative video looks at reasons and methods for creating advance medical directives. It considers issues like personal values, durable power of attorney, living wills, and life sustaining treatment.
	<i>Beyond Miracles: Living with Cancer</i>	Book	Stephen P. Hersh, MD	Contemporary Publishing Co., 1998	This book combines the latest information about traditional and alternative treatments and promotes a sense of personal control. It touches on a variety of issues like dealing with the medical system, sexuality, living with uncertainty, and spirituality in a time of crisis.
	<i>Cancer and the Law</i>	Audio Tape	Vital Options	Vital Options, 1997	From "The Group Room" (a nationally syndicated radio talk show for people facing cancer), this

					facilitated group conversation focuses on cancer and legal issues.
	<i>Cancer Happens</i>	Book	Rebecca Gifford	Capital Books, Inc., 2003	This book is written by Rebecca, a non-Hodgkin's survivor. Rebecca shares her journey after being diagnosed at 22 years old. This is her story of diagnosis, treatment and recovery.
	<i>Cancer Survival Toolbox - Basic Skills</i>	Audio Tape Set	National Coalition for Cancer Survivorship, Oncology Nursing Society, and Association of Oncology Social Work	National Coalition for Cancer Survivorship, 1998	This set of three audio cassettes is designed to help people with cancer meet challenges like communicating with others, finding information, decision making, problem solving, negotiating, and standing up for one's rights.
	<i>A Cancer Survivor's Almanac</i>	Book	National Coalition for Cancer Survivorship	National Coalition for Cancer Survivorship, 1996	This informative guide for patients, caregivers, families, and friends discusses the survivorship journey. Many issues are covered including advocating for yourself, communicating with health professionals, health insurance, pain control, side effects, and more.
	<i>Financial Management During Crisis</i>	Video	The Nemours Foundation	The Nemours Foundation and Kelly Anne Dolan Memorial Fund, 2000	Health care providers, utility and credit companies, and affected families share tips on how to successfully manage insurance, work with creditors, establish a workable budget, and find outside assistance. Although originally intended for families coping with seriously ill children, the information in this video is useful for families dealing with illness at any age.
	<i>Finding the Money: A Guide to Paying Your Medical Bills</i>	Book	Diane Pammenter Tolley	Diane pammenter Tolley, 2001	The author (whose daughter had non-Hodgkin's lymphoma) uses a street level approach to raising funds to pay for the cost of medical care. Information, inspiration, resources, and step-by-step instructions are provided in order to guide families, friends, and caregivers through the process.
	<i>Finding Ways to Pay for Care</i>	Audio Tape	National Coalition for Cancer Survivorship, Oncology Nursing Society and Association of Oncology Social Work	National Coalition for Cancer Survivorship, 1999	This tape is part of the <i>Cancer Survival Toolbox</i> . It helps people find ways to pay for cancer care, medicine, and supplies. Topics like insurance, benefits, community resources, and health care rights and regulations are discussed.
	<i>Getting On with It</i>	Video	Centocor, Inc.	Centocor, Inc., 1992	Linda Elerbee hosts this video, which features 12 women who have had cancer themselves. IN an intimate and warm atmosphere, these survivors share tips for dealing with treatment and side effects, getting emotional support, returning to work, keeping one's sense of humor, sexuality, and more.
	<i>I Can Cope: Staying Healthy with Cancer</i>	Book	Judi Johnson and Linda Klein	Chronimed Publishing, 1994	Through a combination of true stories of cancer survivors and factual information, this book explores the feelings, problems, and obstacles that cancer patients face. Topics discussed include treatment options, managing side effects, communication issues, self-esteem/intimacy, and more.
	<i>Love is a Journey: Couples Facing</i>	Book	Jan Latona, Ph.D. & Gary	Greyrock Publishing, 1999	Through a combination of personal experiences of

	<i>Cancer</i>		J. Stricklin, Ph.D.		the authors and many others, this book offers a compassionate guide for the journey.
	<i>Perspectives on Survival</i>	Audio Tape	Vital Options	Vital Options, 1998	From “The Group Room” (a nationally syndicated radio talk show for people facing cancer), this facilitated group conversation focuses on coping with cancer survivorship.
	<i>Survivor</i>	Book	Laura Landro	Simon & Schuster, 1998	At the age of 37, Wall Street Journal reporter, Laura Landro, was diagnosed with CML. This book chronicles how she coped with her leukemia and how she used her journalistic skills to research her disease, communicate with her health care team, and seek out the treatment (in this case, a bone marrow transplant) that would help her become a survivor.

PATIENT EMPOWERMENT - Continued

X	Title	Media Type	Author	Publisher/Distributor	Description
	<i>Topics for Older Persons</i>	Audio Tape	National Coalition for Cancer Survivorship, Oncology Nursing Society, and Association of Oncology Social Work	National Coalition for Cancer Survivorship, 1999	This tape is part of the <i>Cancer Survival Toolbox</i> . It’s designed to address the special concerns of older cancer patients. Topics like communicating with others, finding information, decision making, problem solving, negotiating, and standing up for one’s rights are discussed.
	<i>Triumph: Getting Back to Normal When You Have Cancer</i>	Book	Marion Morra and Eve Potts	Avon Books, 1990	The authors of this book describe the pattern of behavior it takes to be a “triumpher” over cancer. Answers are provided to important medical, emotional, and sexual questions. The book also provides guidance for families and friends of cancer patients, including specific advice on what to say and what to do.
	<i>We Carry Each Other</i>	Book	Eric and Sharon Langshur, with Mary Beth Sammons	Conari Press, 2007	A handbook for giving and getting support when you or a loved one are living with illness or loss.
	<i>When Life Becomes Precious</i>	Book	Elise Needell Babcock	Bantam Books, 1997	A guide for patients, loved ones, and friends of those facing serious illnesses. Ideas are given on what to say, how to deal with anger, anxiety, and stress, and many other topics.
	<i>Working with Your Doctor</i>	Book	Nancy Keene	O’Reilly & Associates, 1998	This book is designed to teach readers to be their own advocates in order to get the best health care. Issues discussed include finding the right doctor, effective communication, patient and physician rights and responsibilities, managed care, and more.
	<i>You’ve Just Been Told You Have Cancer</i>	Video	Life Care Concepts, Inc.	Life Care Concepts, Inc., 1998	Cancer Survivors, caregivers, and medical experts provide information on topics like the effects of cancer on the body, treatment options, nutrition, working with healthcare teams, and keeping a strong body and mind.

SEXUALITY/FERTILITY/MARRIAGE

X	Title	Media Type	Author	Publisher/Distributor	Description
	<i>Cancer and Marriage</i>	Audio Tape	Vital Options	Vital Options, 1996	From “The Group Room” (a nationally syndicated radio talk show for people facing cancer), this facilitated group conversation focuses on how cancer affects married life.
	<i>Fertility and Cancer</i>	Audio Tape	Vital Options	Vital Options, 1996	This facilitated group conversation focuses on cancer and fertility issues.
	<i>Sexuality and Fertility After Cancer</i>	Book	Leslie R. Schover, PhD	John Wiley & Sons, Inc., 1997	This book offers information to help cancer patients and their partners enjoy sex and make informed choices about pregnancy in the face of treatment.

SIDE EFFECTS

X	Title	Media Type	Author	Publisher/Distributor	Description
	<i>Fatigue and Cancer</i>	Audio Tape	Vital Options	Vital Options, 1997	From “The Group Room” (a nationally syndicated radio talk show for people facing cancer), this facilitated group conversation focuses on managing cancer & treatment related fatigue.
	<i>Easing Cancer Pain Fireside Retreat</i>	CD-ROM (Macintosh and Windows)	Michigan State University	Communication Technology Laboratory - Michigan State University, 1998	Patients and caregivers can choose their own paths on this computer-guided tour of cancer pain issues. Listen to personal stories of people who are living with cancer pain, or learn about the myths and facts associated with cancer pain assessment and treatment.
	<i>Living Well with Cancer</i>	Book	Katen Moore, MSN, RN, NP-C, AOCN, and Libby Schmais, MFA, MLS	The Berkley Publishing Group, 2001	A nurse gives you information on managing the side effects of treatment.
	<i>Managing Cancer Pain</i>	Audio Tape	Vital Options	Vital Options, 1998	From “The Group Room” (a nationally syndicated radio talk show for people facing cancer), this facilitated group conversation focuses on managing cancer & treatment related pain.

SURVIVORSHIP - AFTER CANCER TREATMENT

X	Title	Media Type	Author	Publisher/Distributor	Description
	<i>After Cancer: A Guide to Your New Life</i>	Book	Wendy Schlessel Harpham, MD	HaperPerennial, 1995	Dr. Harpham, a lymphoma survivor herself, uses a question and answer format to address a wide range of issues including follow-up care, reevaluation, prevention after treatment, dealing with physical aftereffects of treatment, making decisions about work and school, relating to friends and family, dealing with living wills and insurance, and more.
	<i>Childhood Cancer Survivors: A Practical Guide to Your Future</i>	Book	Nancy Keene, Wendy Hobbie, and Kathy Ruccione	O'Reilly & Associates, Inc., 2000	The authors and over 100 survivors of childhood cancer (some still children, some well into adulthood) provide information and stories to help readers understand medical late effects from treatment, emotional aspects of surviving cancer, follow-up care, challenges in the healthcare system, healthy lifestyle choices, discrimination in employment or insurance, and more.
	<i>The New Normal: Life After Bone Marrow/Stem Cell Transplant</i>	Video	National Bone Marrow Transplant Link	National Bone Marrow Transplant Link, 2001	Six transplant survivors and their caregivers give words of encouragement, inspiration, and hope.
	<i>When Some You Love is a Cancer Survivor</i>	Video	Channing L. Bete Co., Inc.	Channing L. Bete Co., Inc., 1995	This video helps family members and friends understand the concerns and anxiety that cancer patients often face upon completing treatment. It discusses changes in lifestyle, emotional and physical challenges, the pressures of returning to work, financial issues, and more.

TREATMENT

X	Title	Media Type	Author	Publisher/Distributor	Description
	<i>Autologous Stem Cell Transplants</i>	Book	Susan K. Stewart	Blood & Marrow Transplant Information Network, 2000	This book describes all aspects of autologous (using the patient's own stem cells) transplantation, including choosing a transplant center, preparation and treatment, emotional and psychological considerations, caregiving, possible complications, long-term survivorship, and more.
	<i>Bone Marrow Transplants</i>	Audio Tape	Vital Options	Vital Options, 1998	From "The Group Room" (a nationally syndicated radio talk show for people facing cancer), this facilitated group conversation focuses on issues surrounding bone marrow transplants (BMTs).
	<i>The Chemotherapy & Radiation Therapy Survival Guide</i>	Book	Judith McKay, RN, OCN and Nancee Hirano, RN, MS, AOCN	New Harbinger Publications, Inc., 1998	This book explains what chemotherapy and radiation therapy are, how they work, and how they may affect patients. Offers practical suggestions about what patients can do to help themselves while receiving treatment.
	<i>Choices in Healing</i>	Book	Michael Lerner	The MIT Press, 1994	This book is designed for people who seek a comprehensive overview of the available choices in cancer treatment and recovery.
	<i>Complementary & Alternative Therapies: Empty Promises or Solid Therapies</i>	Audio Tape	Vital Options	Vital Options, 1998	This facilitated group conversation focuses on complementary/alternative medicine and surrounding issues.
	<i>Patient to Patient: Cancer Clinical Trials and You</i>	Video	National Cancer Institute	National Cancer Institute	Patients who have participated in clinical trials talk about their experiences. Together with health professionals, they address the risks, benefits, eligibility requirements, enrollment procedures, and costs of clinical trials.

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