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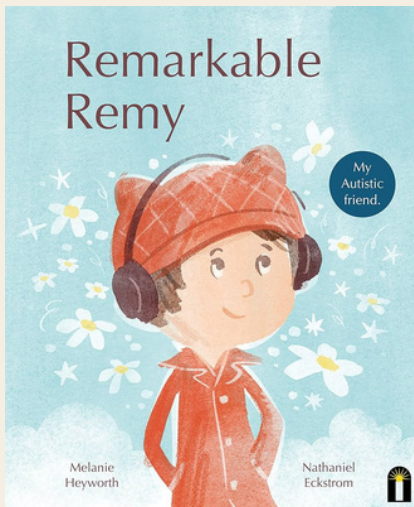
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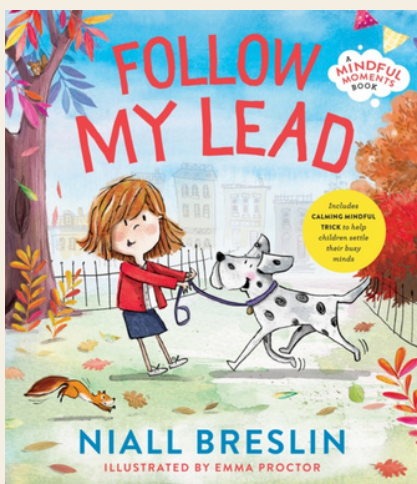
ADULT



# Children's Titles



'Remarkable Remy' is a warm and optimistic story that introduces an autistic character to a young audience. The story helps explain the autistic brain - how it works a little differently and how unique it is - and how our neurodivergent friends make the world remarkable!



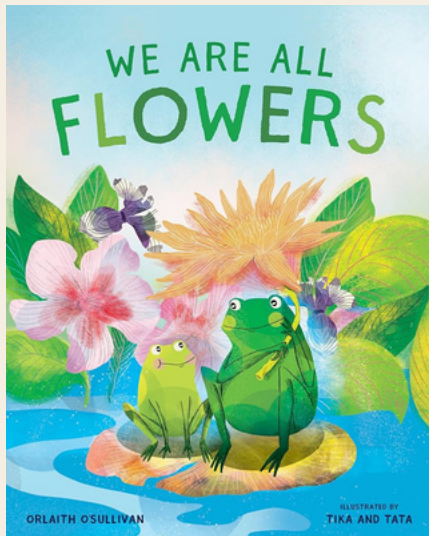
'Follow My Lead' will help children calm their busy minds. Dad and Sam are walking her dog Frank in the park after school. She tells Dad about feeling busy and a bit overwhelmed and he explains that she needs to calm her mind down. He explains that her brain is a bit like her dog.



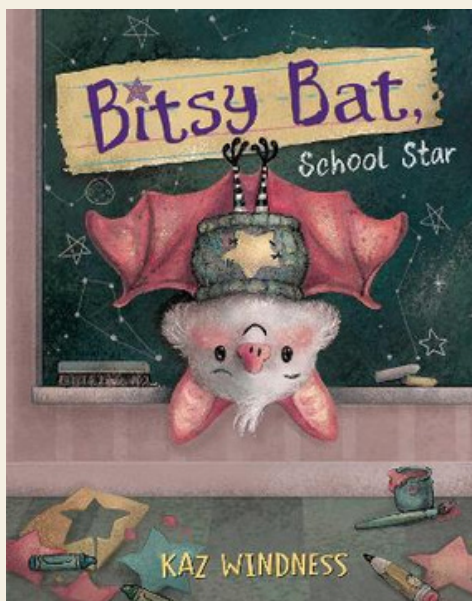
One day, Colour Monster wakes up feeling very confused. His emotions are all over the place; he feels angry, happy, calm, sad and scared all at once! To help him, a little girl shows him what each feeling means through colour. What is the Colour Monster feeling? And can you help him feel a little less mixed up? A gentle exploration of feelings for young and old alike.



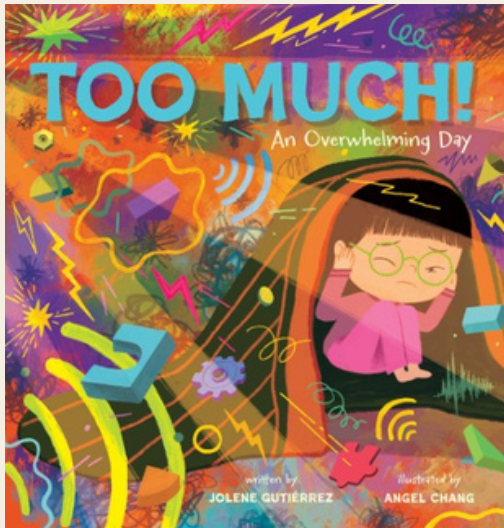
When Liza and Jeremy run to their mother during a scary storm, she comforts them by telling them about the Invisible String, which connects people who love each other no matter where they are and means that they are never alone.



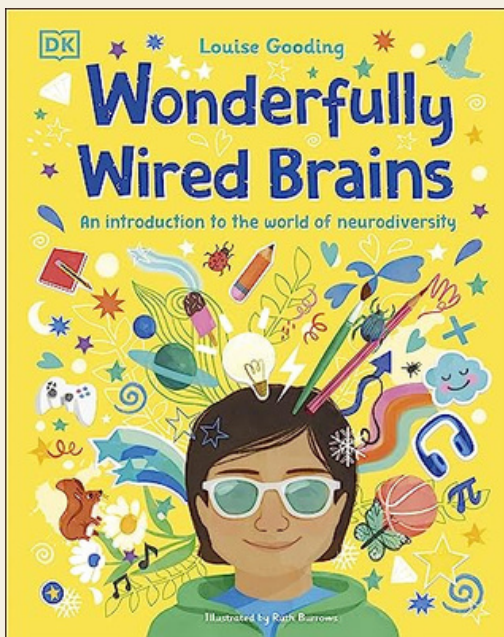
We are all flowers! We all need compliments and appreciation to be our best selves, just like flowers need water. This fun and sweet book introduces children to the practice of flower-watering: the much needed art of recognizing and appreciating good qualities in the people around you, which brightens and lifts everyone's spirits.



A little bat struggles to fit in only to learn to celebrate differences in this heartfelt picture book from an autistic perspective about starting school, making friends, and seeing what makes each person special.

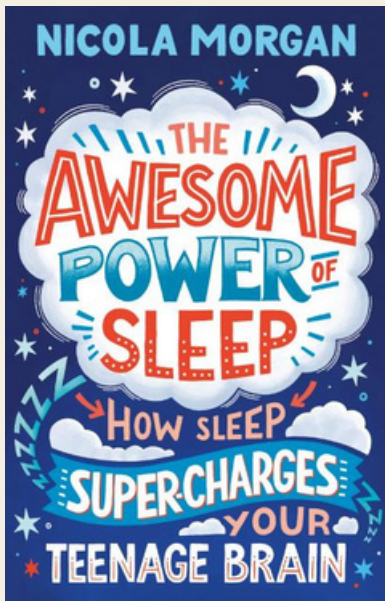


A reassuring rhyming picture book about sensory overload and what you can do when everything is too much. Writing from her own experience with sensory processing disorder, Jolene Gutierrez's compassionate picture book explores the struggles of a sensorily sensitive child and how they settle themselves.

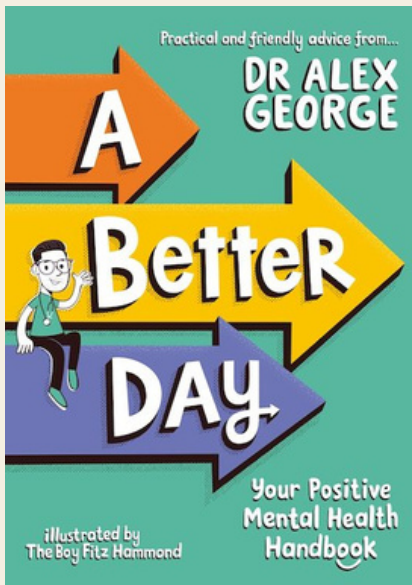


Neurodiverse author Louise Gooding, challenges misconceptions and shows how neurodivergent brains work a little differently. This book teaches children aged 7-9 all about the awesome abilities that neurodiverse individuals have, introduces them to advocates who are challenging neurodiversity stereotypes, and most importantly gives them a safe space to feel accepted.

# Young Adult Titles

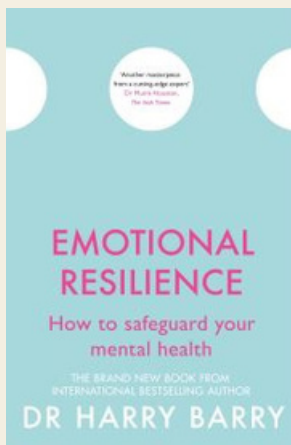


Late nights, addictive technology and minds racing with exam stress and friendship worries: its no wonder the teenage stereotype is tired eyes and sleeping through the weekend. Just like adults, teenagers are sleeping less now than ever before, yet sleep is crucial to our health and well-being. Internationally renowned expert on the teenage brain, Nicola Morgan, tackles this essential subject - asking why teenagers so desperately need a good nights sleep, exploring what a lack of sleep does to their developing brains, and explaining how to have the best sleep possible. A fascinating and helpful guide for both teenagers and adults alike.

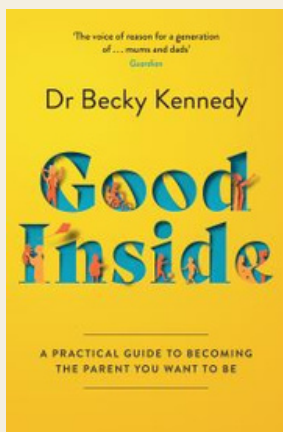


What if we could think of mental health in a positive way? From peer pressure and exam stress to online trolls and anxiety, life can be mentally draining. But though life is full of ups and downs, there are ways you can stay on top of your mental health - including overcoming stigma, talking about your feelings, developing resilience and switching your mindset. This book provides all the scaffolding and practical techniques to help you do this, so though you might be having a hard time right now, you can look toward your future with optimism and positivity. Because no matter what, there is always hope for a better day.

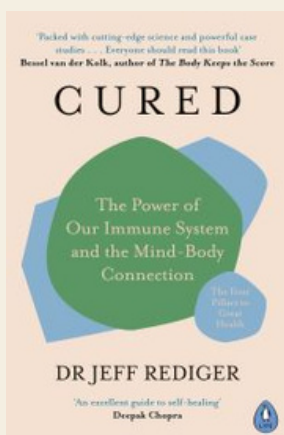
# Adult Titles



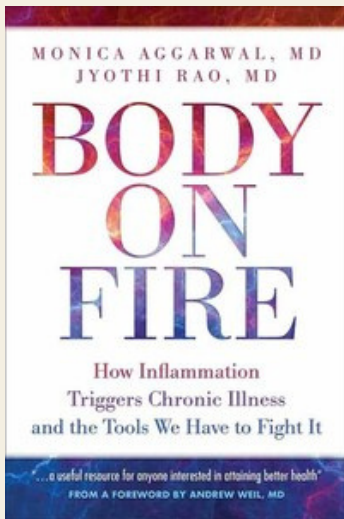
GP Dr Harry Barry reveals how you can unlock your inner emotional resilience reserves, deal with the challenges of life, and protect your mental health. He explores the key skills needed to transform your emotional capacity and reach your full potential.



Dr. Becky Kennedy, wildly popular parenting expert and creator of @drbeckyatgoodinside, shares her groundbreaking approach to raising kids and offers practical strategies for parenting in a way that feels good.

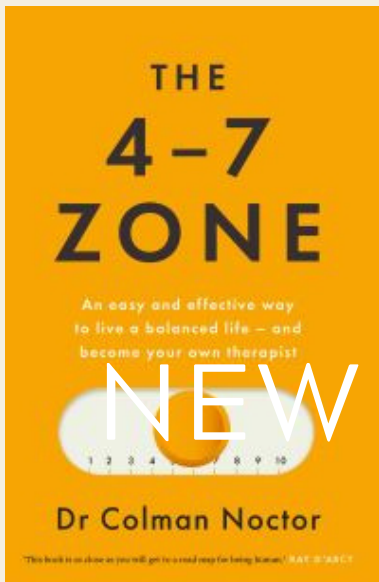


Dr Rediger reveals the immense power of our immune system and unlocks the secrets of the mind-body connection. He explains the vital role that nutrition plays in boosting our immunity and fighting off disease, and he also outlines how stress, trauma and identity affect our physical health.

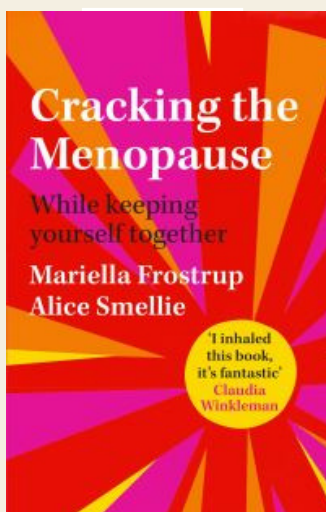


Health professionals worldwide agree that chronic inflammation is the root of most illnesses. Here, the authors present an in-depth evaluation of the impact inflammation has on chronic disease, along with a revolutionary approach for restoring balance and healing.

Specific plant-based foods in one's diet that reduce harmful inflammation and nurture healthy digestive organisms, together with quality sleep, stress reduction techniques (such as yoga and meditation), and intermittent fasting are recommended to work together to help the body repair and heal.

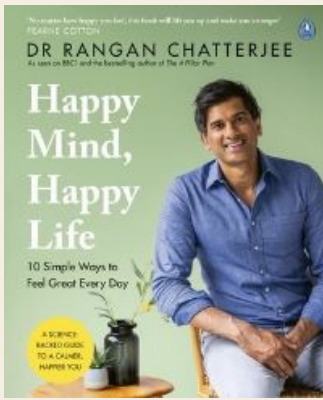


Colman Noctor has developed The 4-7 Zone to help you find the sweet spot between too much and too little to help you achieve balance and harmony. This life-changing method can be applied to every area of your life, helping you to become your own therapist and achieve a practical, sustainable rhythm.

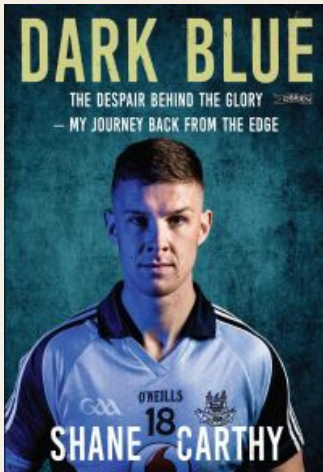


It's time for us to start talking about the menopause. 'Cracking the Menopause', from straight-talking broadcaster Mariella Frostrup and award-winning health journalist Alice Smellie, has all the information you need - with a generous side order of humour. Designed to equip you with the knowledge you need to manage your symptoms from perimenopause onwards, this book separates the myths from the reality and offers expertise, hope and advice.

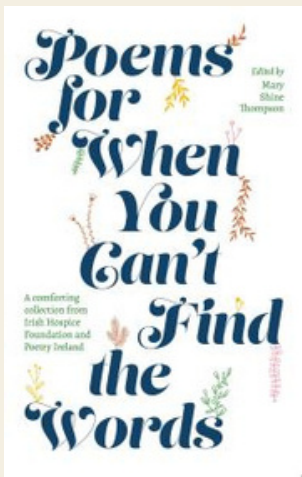




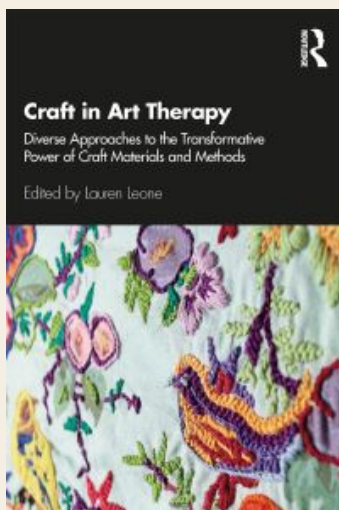
During his 20 years as a GP, Dr Rangan Chatterjee has seen firsthand how motivation isn't always enough for us to maintain a healthy lifestyle. It's only when we learn how to support our own mental wellbeing and cultivate core happiness that these choices become easy. In this book, Dr Chatterjee reveals 10 simple ways to put you back in control of your health.



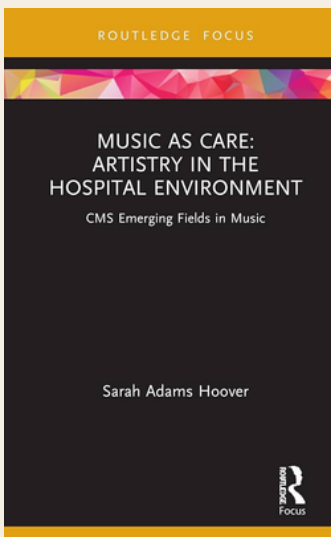
Shane writes frankly and eloquently about his journey over the last five years. He details, without overdramatising, the downward spiral which, days after producing a man-of-the-match display in Dublin's 2014 Leinster under-21 final win over Meath, saw him wake up in St Patrick's Mental Hospital. He hopes that through his words and actions he can show people that there is a way out of the suffering they may be experiencing and the path, although difficult, is worth travelling



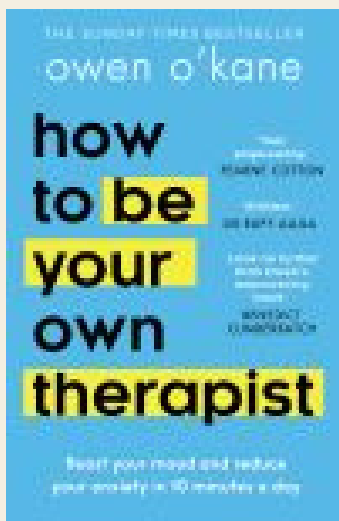
Instigated by the Irish Hospice Foundation,, this collection provides the gift of words at a time when words can be hard to find and is designed to speak to the fears and concerns that illness and approaching death awaken. . Whether you are facing the end of life, are the family, friend or carer of someone who is, or if you are grieving, you will find solace and refuge here.



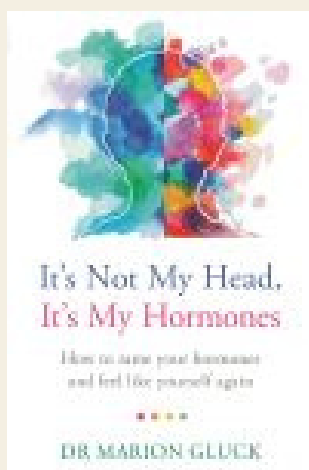
Craft in Art Therapy is the first book dedicated to illustrating the incorporation of craft materials and methods into art therapy theory and practice. The book explores the therapeutic benefits of a range of craft materials and media, as well as craft's potential to build community, to support individuals in caring for themselves and each other, and to play a valuable role in art therapy practice.



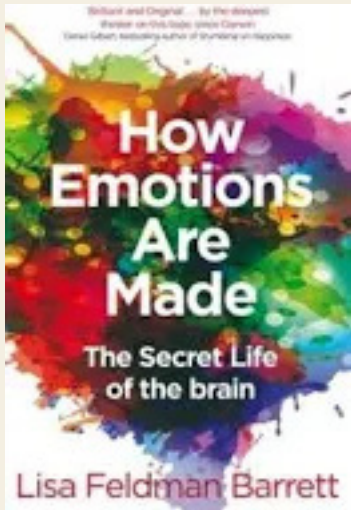
Far from being onstage, musicians in the hospital provide musical engagement for patients and healthcare providers focused on life-and-death issues. Music in healthcare offers a new and growing area for musical careers, distinct from the field of music therapy in which music is engaged to advance defined clinical goals. Rather, this volume considers what happens when musicians interact with the clinical environment as artists, and how musical careers and artistic practices can develop through work in a hospital setting. It outlines the specialised skills and training required to navigate safely and effectively within the healthcare context. The contributors draw on their experiences with collaborations between the performing arts and medicine at Boston University/Boston Medical Center, University of Florida/Shands HealthCare, and the Peabody Institute/Johns Hopkins Medicine.



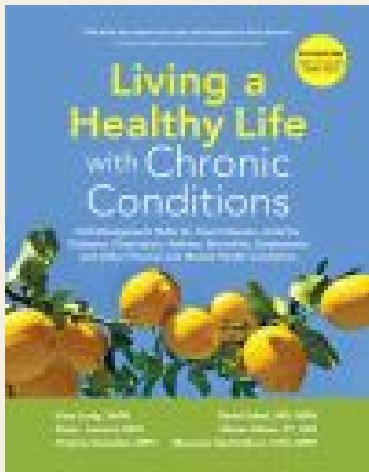
Modern life is a minefield for stress. Whether it's juggling work, relationships or money, we often struggle to make time for ourselves and can find ourselves stuck in a rut with bad habits or worries. Owen O'Kane reveals how smart, short techniques throughout the day can form a healthier perspective and let you ditch harmful thought patterns. Using the latest evidence-based tools and techniques from across a range of therapies including CBT, mindfulness and interpersonal therapy, Owen provides empowering solutions to managing what keeps you stuck so you can move forward.



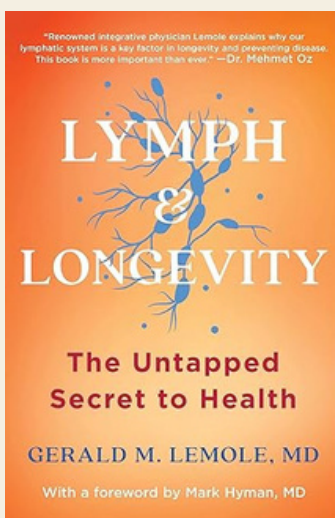
"Knowledge is power! We can't all be doctors, but we can all understand our hormone health. This is a practical and inspirational book dedicated to helping women be their mental and physical best at any age." Jeanette Winterson. With her expert advice from puberty to post-menopause, let Dr Gluck show you how hormones can become your allies in optimising your mental health and physical wellbeing. It's time to feel like yourself again.



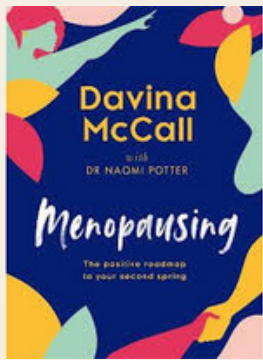
Most scientists would agree that emotions come from specific parts of the brain, and that we feel them whenever they're triggered by the world around us. This understanding has been around since Aristotle - but what if it's wrong? In 'How Your Emotions Are Made', pioneering psychologist Lisa Feldman Barrett draws on the latest scientific evidence to reveal that our ideas about emotion are dramatically, even dangerously, out of date - and that we have been paying the price for our mislaid beliefs



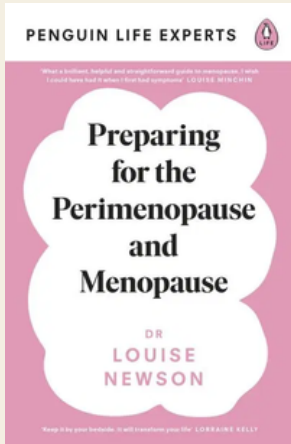
"This book teaches reader how to become active self-managers through problem solving, goal setting, and action planning, while also presenting the basics of healthy eating, exercise, relaxation, communication, and emotional empowerment. This offers readers a unique and exciting opportunity - the chance to take control of their health and enjoy their lives to the fullest extent possible with chronic illness"



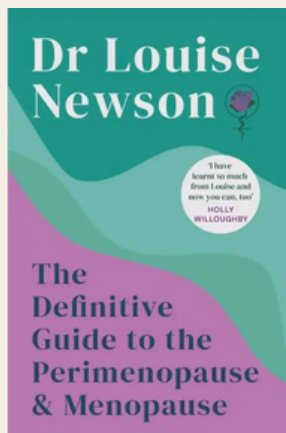
The lymphatic system serves as our body's maintenance department and has a direct effect on our cardiovascular, neurological and immune systems. It has also been one of the most misunderstood systems. Until now. At last, renowned cardiothoracic surgeon and pioneer in the study of lymph Gerald Lemole explains in straightforward language why the lymphatic system is the key factor in longevity and disease prevention and how improving lymphatic flow can help our bodies eliminate the toxins and waste products that contribute to injury, inflammation and disease.



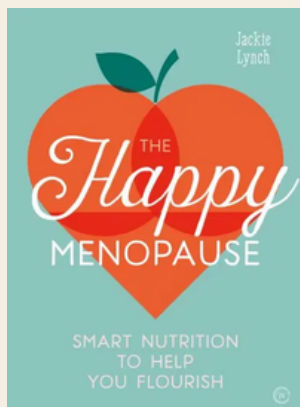
Menopause affects all women, yet many face it with shame and misinformation. This book aims to address the silence surrounding menopause by providing accurate information and fostering an empowered community. It will explore the science, debunk myths, and break taboos about perimenopause and menopause, empowering women to make informed health decisions.



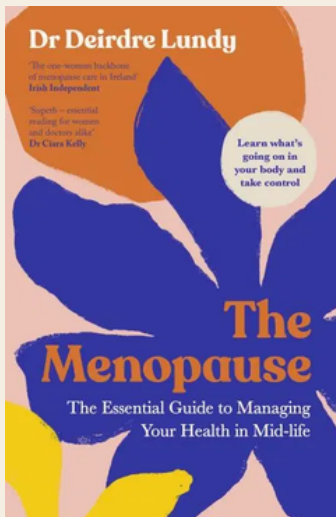
Dr Louise Newson is the UK's leading menopause specialist, and she's determined to help women thrive during the menopause. Despite being something that almost every woman will experience at some point in their lives, misdiagnosis, misinformation and stigma are commonplace. Dr Newson will demystify the menopause and show why every woman should be perimenopause aware, regardless of their age.



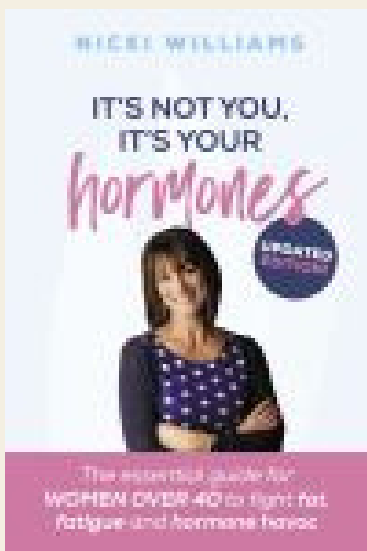
Menopause impacts 51% of the population. This resource combines new research, case studies, and Dr. Newson's experience to provide insights on hormones, HRT, early menopause, exercise, nutrition, mental health, and expert opinions. It aims to enhance understanding of perimenopause and menopause, helping women navigate relationships and careers while thriving during this critical life phase.



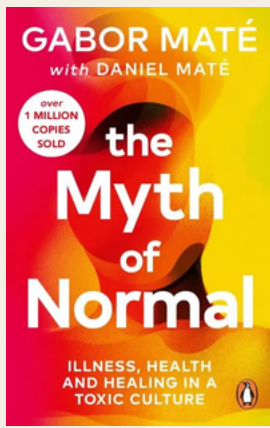
This practical guide helps women create a personalized menopause diet targeting their specific symptoms. Recognizing that each woman's menopausal experience is unique, Jackie explains how menopause and perimenopause affect the body and how diet can improve well-being, with or without HRT. Each symptom section offers targeted nutritional solutions, lifestyle advice, and easy recipes. As an experienced clinician, Jackie provides accessible guidance for busy women, making this book a comprehensive resource for managing menopause alongside a hectic lifestyle.



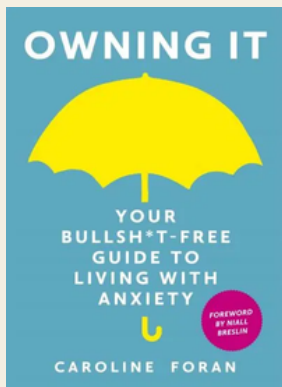
Having our bodies and minds change rapidly as we approach mid-life can be bewildering and even upsetting. 'The Menopause' is the handbook of everything you need to know from Ireland's leading menopause expert, Dr Deirdre Lundy. -Explains what's going on in your body - the key hormones that run your life, how they are changing and the impact of that-Helps you figure out where you are on the menopause spectrum and empowers you to have informed conversations with your doctor-Sets out approaches to dealing with symptoms - from nutrition, exercise, counselling and medication, to using hormone replacement therapies (HRT)-Explores every aspect of HRT - debunking the myths and explaining why it is helpful for many women-Addresses key areas of concern - from early onset menopause, to preserving vaginal, heart, breast and bone health, to managing your menopause if you have pre-existing health challenges.



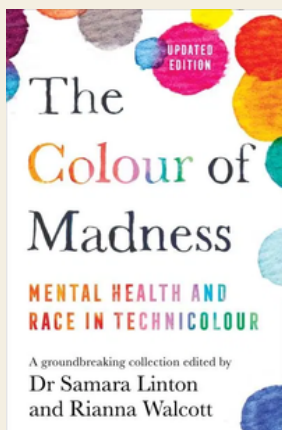
This is a guide for every woman over 40, providing natural and practical solutions to fight fat, fatigue and hormone havoc - to help you sail through menopause and emerge feeling better than ever. Stressed out and exhausted, struggling to lose weight, suffering mood swings and PMS, or hot flushes and night sweats, life can seem like one big struggle. You'll discover how you can easily regain control of your hormones naturally so that you can get back to your best - without having to go on any fad diets, crazy exercise programmes or search for that elusive magic pill. The book is a culmination of years of study, research, clinical work, and practical experience, where Nicki shares the most effective natural solutions that help to support your hormones.



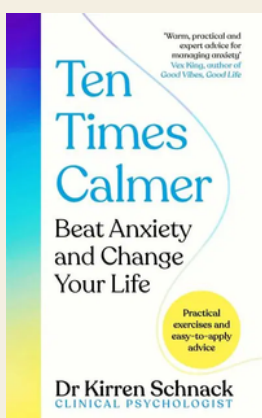
Mental illness is on an unstoppable rise. Some 45% of Europeans suffer high blood pressure, and nearly 70% of Americans take at least one prescription drug. Illness and trauma are defining how we live. In this book, renowned physician, addiction expert and author Gabor Maté dissects the underlying causes of this malaise - physical and emotional, and connects the dots between our personal suffering and the pressures of modern-day living.



Through the filtered lens of social media, it may seem like life's a peach, but for lots of people - journalist and author Caroline Foran included - anxiety is always bubbling beneath the surface. Here, she chronicles her experiences. From being unable to cope with the thought of venturing outside, to walking away from her fast-paced job, to the different, and sometimes controversial, treatments available - from Cognitive Behavioural Therapy to acupuncture to medication - Caroline shows us how she eventually found a way of owning her anxiety so that it doesn't own her.



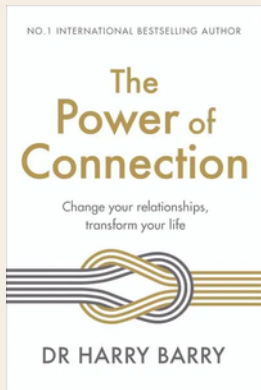
Over seventy contributors share their stories, essays, poetry, and artwork in this book, which highlights the experiences of marginalized voices and the impact of racism. First published in 2018, it was reissued in collaboration with a new publisher after editors Dr. Samara Linton and Dr. Rianna Walcott ended ties with their previous publisher linked to a far-right group. The refined edition includes revised contributions, new contributors, and powerful artwork.



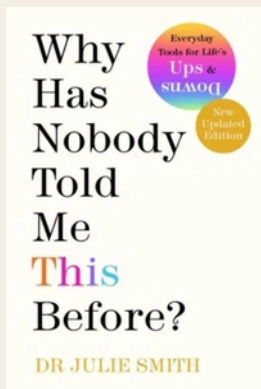
Kirren, an Oxford-trained NHS clinical psychologist, provides support for those struggling with anxiety and stress. Her resource includes ten chapters addressing various topics, such as managing anxious thoughts, uncertainty, and trauma. The guide features impactful exercises and clinically proven tips to help readers achieve a calmer, anxiety-free life.



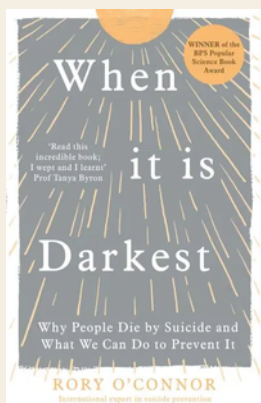
In an era where self-esteem is deemed crucial for mental health, rising issues like depression and anxiety raise questions about its true value. Bestselling author Harry Barry challenges the notion of self-esteem, arguing that terms like self-acceptance, self-respect, and self-actualization are more beneficial for positive mental health. The book includes practical advice for building confidence and realizing potential, structured in four parts: the myth of self-esteem, debunking low and high self-esteem myths, and the idea that others can dictate one's self-esteem.



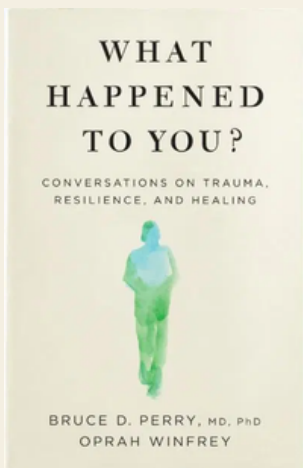
In this expert-led guide, Dr Harry Barry draws on his wealth of experience as a doctor to show readers the many ways we can improve our connections with others. From the science behind our existing behaviours and moving on to how we can improve our skills - looking at the neuroscience behind communication, the role of verbal language, the importance of setting, and more - this is a must for anyone who struggles in networking or social situations. Including case studies and practical exercises, this is a comprehensive evidence-backed exploration of the importance of emotional connection.



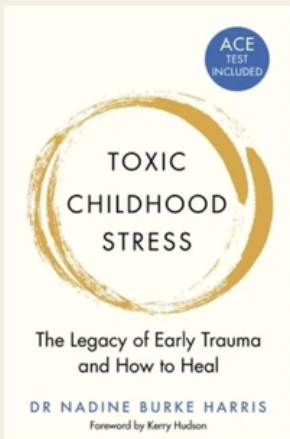
Filled with secrets from a therapist's toolkit, Dr Julie's simple but expert advice and powerful coping techniques will help you stay resilient no matter what life throws your way. Written in short, bite-sized entries, you can turn straight to the section you need depending on the challenge you're facing - and immediately find the appropriate tools to help with . . . Managing anxiety; Dealing with criticism; Battling low mood; Building self-confidence; Finding motivation; Learning to forgive yourself.



When you are faced with the unthinkable, this is the book you can turn to. Suicide is baffling and devastating in equal measures, and it can affect any one of us: one person dies by suicide every 40 seconds. Yet despite the scale of the devastation, for family members and friends, suicide is still poorly understood. Drawing on decades of work in the field of suicide prevention and research, and having been bereaved by suicide twice, Professor O'Connor is here to help. This book will untangle the complex reasons behind suicide and dispel any unhelpful myths. For those trying to help someone vulnerable, it will provide indispensable advice on communication, stressing the importance of listening to fears and anxieties without judgment.



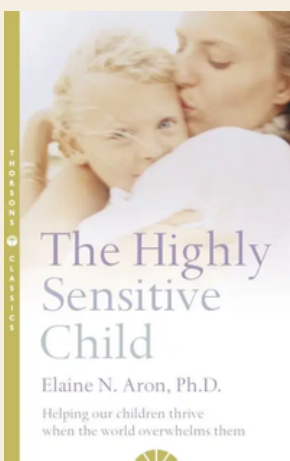
Oprah Winfrey and renowned brain development and trauma expert, Dr Bruce Perry, discuss the impact of trauma and adverse experiences and how healing must begin with a shift to asking, 'what happened to you?' rather than 'what's wrong with you?'. Through wide-ranging, and often deeply personal conversation, they explore how what happens to us in early childhood - both good and bad - influences the people we become.



A survey of more than 17,000 adult patients' Adverse Childhood Experiences, or ACEs, like divorce, substance abuse, or neglect, had proved that the higher a person's ACE score the worse their health - and now led Dr Burke Harris to an astonishing breakthrough. For anyone who has faced a difficult childhood, or who cares about the millions of children who do, the innovative and acclaimed health interventions outlined in this book represents vitally important hope for change.



We have entered a new 'age of eating' where most of our calories come from an entirely novel set of substances called ultra-processed food - food which is industrially processed and designed and marketed to be addictive. But do we really know what it's doing to our bodies? Join Dr. Chris van Tulleken in his travels through the world of food science and a UPF diet to discover what's really going on.



15-20% of children are Highly Sensitive - and they are often labelled shy, introverted, fussy or faddy. The real story is very different though and this intelligent, practical book helps parents know what to do, when to back off, and how to ensure their child is given the right sort of treatment at school. It is important for these children to be understood so they can be helped to avoid the common traps of shyness and withdrawal that many highly sensitive fall into as they develop. This book discusses HSC's at different ages - infant, toddler, school-age and adolescent....



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