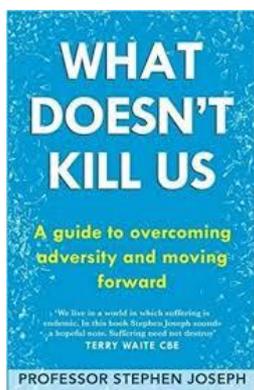


New Additions – January/February 2018

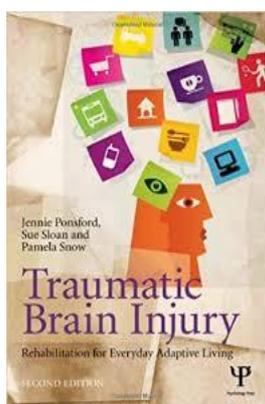
Check out this month's new resources!



What doesn't kill us: a guide to overcoming adversity and moving forward by Stephen Joseph, 2011.

In his ground breaking book, Steven Joseph boldly challenges the notion that trauma and its aftermath devastate and destroy the lives. His studies have shown that a wide range of traumatic events - from illness, separation, assault and bereavement to accidents, natural disasters and terrorism - can act as catalysts for positive change, strengthening relationships, changing one's perspective and revealing inner strengths.

In *What Doesn't Kill Us*, Stephen Joseph shares the six steps we can all use to manage our emotions and navigate adversity to find new meaning, purpose and direction in our lives.



Traumatic brain injury: rehabilitation for everyday living 2nd edition by Jennie Ponsford, 2013.

Research into the rehabilitation of individuals following Traumatic Brain Injury (TBI) in the past 15 years has resulted in greater understanding of the condition. The second edition of this book provides an updated guide for health professionals working with individuals recovering from TBI.

Its uniquely clinical focus provides both comprehensive background information, and practical strategies for dealing with common problems with thinking, memory, communication, behaviour and emotional adjustment in both adults and children. The book will be of use to practising clinicians, students in health disciplines relevant to neurorehabilitation, and also to the families of individuals with traumatic brain injury.

The Art of Recovery

SIX PERSONAL JOURNEYS



The Art of Recovery edited by Bernadette Cassidy and Carolyn Beaver, 2017.

Whether recovering from a spinal cord or brain injury, drug/alcohol addiction or congenital condition, each of the six personal accounts in the book is an opportunity to step into the rehabilitation process through the eyes of those who have lived it.

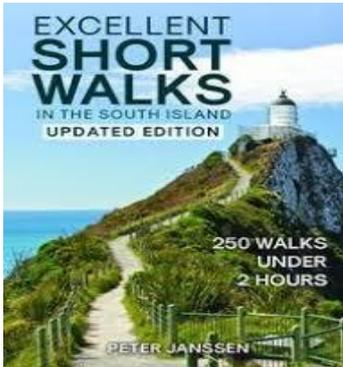
Among those whose stories feature is Shane Thrower who survived testicular cancer and a traumatic brain injury; Ken Hird who was paralysed in the aftermath of the Christchurch earthquake, and Roydon Gibbs who's battled addiction and depression.

10 years in the compilation, 'The Art of Recovery' was commissioned by the late professor Alan Clarke, former executive director of the New Zealand Spinal Trust who sadly passed away days after writing the introduction for the book in 2007.

Excellent short walks in the south island, updated edition by Peter Janssen, 2017.

As a follow-up to his North Island volume, inveterate trumper Peter Janssen presents more than 250 short walks in the South Island and Stewart Island that are ideal for those people who like to stretch their legs without having to tackle a full tramp.

All of the walks include a memorable highlight, whether it's a spectacular landscape feature, an historic site or just a great view. The walks are grouped by region, and each can be accomplished within the span of a couple of hours (and some much less), putting them well within the grasps of most walkers.



Other New Books

A long way to come to die by Bill Wicks, 2017.

Different shadows by Bill Wicks, 2017

Journals

Dynamics in Human Health: http://journalofhealth.co.nz/	vol. 4 no. 4 November 2017
Physical Medicine and Rehabilitation Clinics of North America This issue: Promoting health and wellness in the geriatric patient	vol. 28 no. 4 November 2017
Topics in Spinal Cord Injury Rehabilitation This issue: Non-traumatic Spinal Cord Dysfunction and Injury	vol. 24 issue 4 Fall 2017

Magazines

Forward magazine	no. 142 December 2017
New Mobility This issue: Redefining independence	vol. 28 no. 288 Oct 2017
Nadia: NZ lifestyle magazine	October/November 2017 December/January 2017
Spinal Network News	vol. 20 no. 3 December 2017
Sports n' Spokes	vol. 43 no. 6 November 2017

All the above items are available from the Allan Bean Centre Temporary Library, Room 7, Portacom A, Burwood Hospital.

Opening Hours: 1.00 pm - 4.30 pm (Monday-Friday).

**Membership is free. Contact Bernadette Cassidy for information,
bernadette.cassidy@nzspinaltrust.org.nz; 99484/ 03 383 9484.**