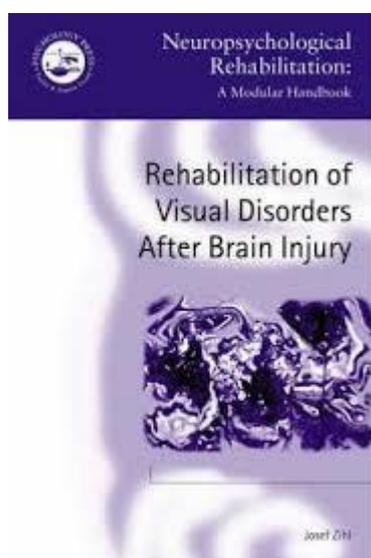


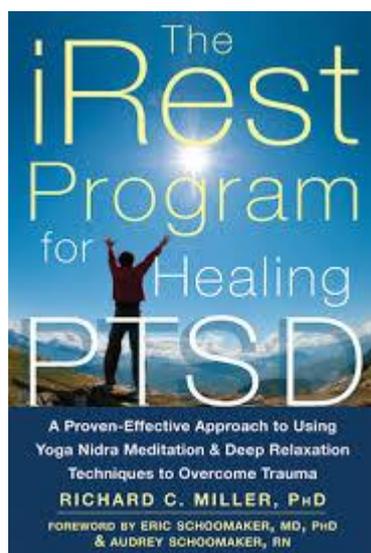
## New Additions – September 2018

Check out this month's new resources!



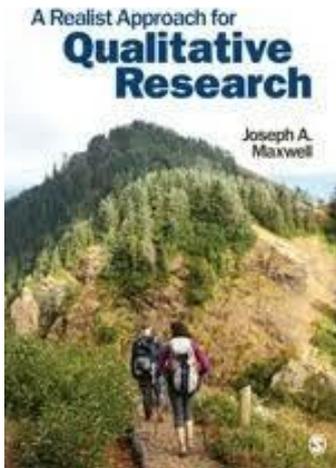
### **Rehabilitation of visual disorders after brain injury by Joseph Zihl (2<sup>nd</sup> ed), 2013.**

This thoroughly updated and extended edition covers the various cerebral visual disorders acquired after brain injury, as well as the rehabilitation techniques used to treat them. These are described within a brain plasticity framework, using data from single and group case studies along with follow up observation data. This original, tailor-made approach also includes the recording of eye movements for assessing scanning performance in scene perception and reading.



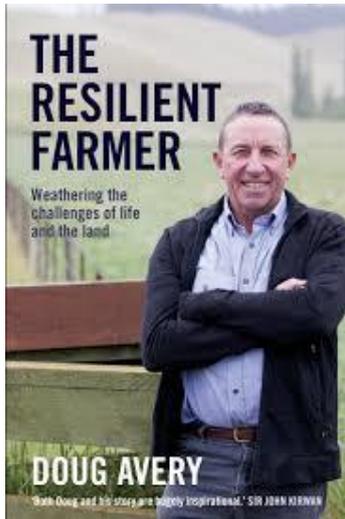
### **The iRest program for healing PTSD: a proven effective approach to using Yoga Nidra meditation & deep relaxation techniques to overcome trauma by Richard C. Miller, 2015.**

The iRest Program for Healing PTSD, developed by clinical psychologist and yogic scholar Richard C. Miller offers an innovative and proven-effective ten-step yoga program for treating post-traumatic stress disorder (PTSD). The deep relaxation meditations in this book will help people to overcome the common symptoms of PTSD, such as anxiety, insomnia, and depression, and maintain emotional stability so that they can return to living a full, meaningful life



**A realist approach for qualitative research by Joseph A. Maxwell, 2012.**

This ground-breaking book makes the case for employing a realist philosophical perspective in qualitative research. Joseph Maxwell argues for critically applying a realist ontology to a number of important theoretical and methodological issues. The book outlines critical realism and considers its implications for how we conceptualize meaning and culture, causation, and diversity. The author applies critical realist ideas and approaches to the design and methods of qualitative research, and presents two in-depth case studies of projects he conducted, describing how realist (and other) perspectives informed the research, the methods, and the conclusions.



**The Resilient Farmer: weathering the challenges of life and the land by Doug Avery, 2017.**

The South Island farmer suffered terribly during eight years of drought. His farm was depleted and so was he. Although he didn't realise it at the time, Doug had severe depression. His story, he says, is common to many in farming who soldier on in isolation, slipping further and further into debt and desperation.

The Resilient Farmer is Doug's powerful story of getting life back on track - for him, his family and livelihood. It's also an incredible tale of Kiwi can-do and how one man overcame heart breaking adversity to live a fruitful life and help others

**Journals**

Dynamics of Human Health <http://journalofhealth.co.nz/>

vol. 5 no. 3 September 2018

Topics in Spinal Cord Injury Rehabilitation

vol. 24 no. 1 Winter 2018

**Magazines**

Forward: the magazine of the Spinal Injuries Association UK

issue no. 146 August 2018

Nadia: Lifestyle magazine

issue 12 Aug/Sept 2018

New Mobility for active wheelchair users

issue 299 August 2018

Spinal Network News

vol. 21 no. 2 August 2018

Sports n Spokes magazine for wheelchair sports

vol. 44 no. 4 July 2018

**All the listed items are available to loan from the Allan Bean Centre Temporary Library, Room 7, Portacom A, Burwood Hospital.  
Opening Hours: 1.00 pm - 4.30 pm (Monday-Friday).**

Just a reminder that the temporary Allan Bean Centre Library is available to everyone: patients, families/whanau, caregivers, and all hospital staff. We have a wide range of information and resources both print and digital; plus audio books, journals, magazines, DVDs etc.

**Contact Bernadette Cassidy for more information**  
[bernadette.cassidy@nzspinaltrust.org.nz](mailto:bernadette.cassidy@nzspinaltrust.org.nz); 99484/ 03 383 9484.