



**New Zealand
Spinal Trust**
Te Taratihi Manaaki Tuanui

Resource
Centre

What's New in the Resource Centre Summer 2022

BOOK OF THE MONTH!

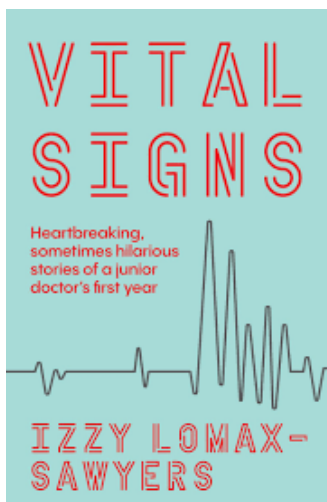


Owning it: pro wakeboarder turned quadriplegic, by Brad Smeele, 2022

Brad Smeele's thrill-seeking, fast-paced life as a professional wakeboarder came to an abrupt halt seven years ago when an accident caused him to become a quadriplegic. Wakeboarding is like water skiing, but on a single board with aerial tricks added in. It's a freestyle sport for super athletic adrenalin junkies. Brad was at the height of his career, winning world championships and perfecting tricks that no one else could achieve.

But in July 2014, while practising his latest trick, he landed on his neck, completely crushing his spinal cord.

Brad has had to work through a great deal, from being an incredibly physical person in all senses of the word to being someone with very limited use of his use of his body. The struggle has been monumental, but he's come to a place of acceptance.

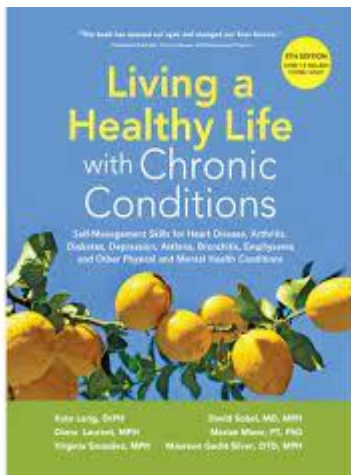


Vital signs: heartbreaking sometimes hilarious stories of a junior doctor's first year, by Izzy Lomax-Sawyers, 2022.

This book is a great insight into what it's like to be a first-year junior doctor - the ups and downs, the drama, and how terrifying it is to finally be making decisions.

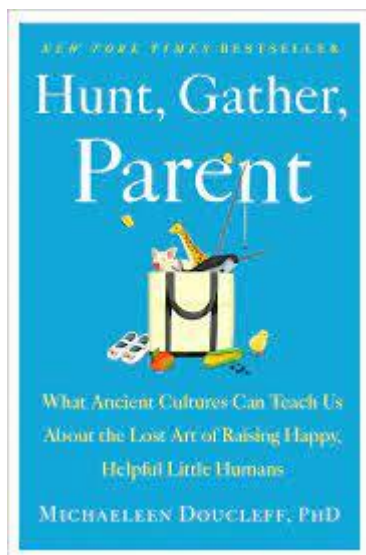
Izzy Lomax-Sawyers chronicles her first year as a tired junior doctor at Auckland's Middlemore Hospital.

How does she uphold dignity and autonomy for people whose liberty has been taken because of severe mental illness? How will she know when what can be done for a critically ill patient is different from what should be done? Izzy grapples with these questions and more as she rotates through psychiatry, orthopaedics, medicine and surgery.



Living a Healthy Life with Chronic Conditions 5th edition: Self-Management Skills for Heart Disease, Arthritis, Diabetes, Depression, Asthma, Bronchitis, Emphysema, by Kate Lorig and Diane Laurent, 2021.

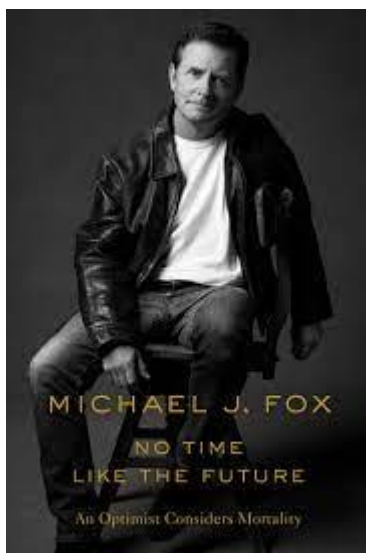
Living a Healthy Life with Chronic Conditions offers readers a unique and exciting opportunity-the chance to take control of their health and enjoy their lives to the fullest extent possible with chronic illness. Originally based on a five-year study at Stanford University, the content in this revised 5th edition includes the feedback of medicine professionals and people with chronic conditions all over the world.



Hunt, Gather, Parent: what ancient cultures can teach us about raising happy, helpful little humans, by Michaela Doucleff, 2021.

Dr. Michaela Doucleff looks back to our ancestors for solutions to our failing modern-day parenting theories.

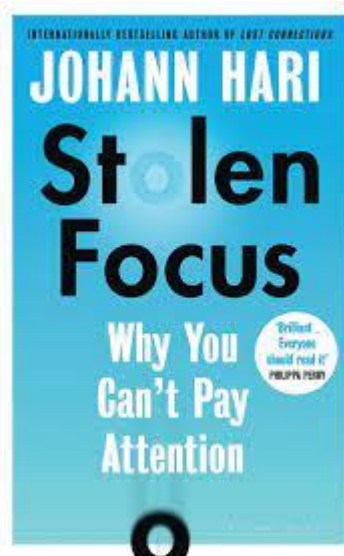
In *Hunt, Gather, Parent*, Doucleff introduces us to families where parents help little ones learn to control their emotions and reduce tantrums by the parents themselves controlling their own frustrations; foster self-sufficiency by safely giving kids the autonomy to manage risks and explore their limits; and motivate children to help with chores without using bribes or threats.



No time like the future: an optimist considers mortality, by Michael J Fox, 2020.

In *No Time Like the Future*, Michael shares personal stories and observations about illness and health, ageing, the strength of family and friends, and how our perceptions about time affect the way we approach mortality. Thoughtful and moving, but with Fox's trademark sense of humour, his book provides a vehicle for reflection about our lives, our loves, and our losses.

Running through the narrative is the drama of the medical madness Fox recently experienced, that included the Parkinson's disease he's had since 1991, and a spinal cord issue that necessitated immediate surgery. His challenge to learn how to walk again, only to suffer a devastating fall, nearly caused him to ditch his trademark optimism.



Stolen Focus: why you can't pay attention, by Johann Hari, 2022.

We think our inability to focus is a personal failing - a flaw in each one of us. It is not. This has been done to all of us by powerful external forces. Our focus has been stolen. Johann Hari discovered there are twelve deep cases of this crisis, all of which have robbed some of our attention. He shows us how in a thrilling journey that ranges from Silicon Valley dissidents to a favela in Rio where attention vanished, to an office in New Zealand that found a remarkable way to restore our attention. Crucially, he learned how - as individuals, and as a society - we can get our focus back, if we are determined to fight for it.

Journals/Magazines

Dynamics of Human Health
Forward UK SCI: Fundraising Challenge
New Mobility
Spinal Network News
Topics in Spinal Cord injury Rehabilitation

Vol 10 issue 1 2023
Issue 169 Winter 2022
Issue 345 Nov/Dec 2022
Vol 23 no. 3 December 2022
Vol 28 no. 4 Fall 2022

Visit our catalogue page – <https://abc.mykoha.co.nz/>

All of the listed items are available to loan from the Resource Centre. We are located on the way to the spinal gym, call in and see us!

Huge thanks to the Burwood Hospital Volunteers Fund for their support of the Resource Centre.

Contact Bernadette Cassidy for more information
bernadette.cassidy@nzspinaltrust.org.nz or phone: 0226006630