

## HELPFUL BOOKS

<b>Title:</b> But You LOOK Good!
<b>Author:</b> Sherri Connell
<b>Comments:</b> This 52-page booklet gives those of us who are living with a chronic illness and pain (but don't look sick) a voice about how we feel, what we need and how others can help.
<b>Website for more information:</b> <a href="http://www.myida.org/booklet.htm">http://www.myida.org/booklet.htm</a>

<b>Title</b> Nana Needs A Nap
<b>Author:</b> Beryl K. Baker
<b>Comments:</b> Here's a book that's written in "Plain English" about PPS but can be used for any life-altering illness. If you find your family and friends are having a difficult time understanding your illness because to them, nothing looks wrong with you as you still look the same, this is the book for you.
<b>Website for more information:</b> <a href="http://www.nananeedsanap.com">http://www.nananeedsanap.com</a>

<b>Title</b> The Post-Polio Experience: Psychological Insights and Coping Strategies for Polio Survivors and Their Families
<b>Author:</b> Margaret E. Backman, Ph.D
<b>Comments:</b> Guidelines for coping with the emotional and interpersonal aspects of PPS, for managing stress and depression, for negotiating relationships with family and friends, for developing a positive self-concept and for improving doctor-patient communication are covered.
<b>Website for more information:</b>

<b>Title</b> The Polio Paradox: What You Need to Know
<b>Author:</b> Richard L. Bruno, H.D., PhD
<b>Comments:</b> Uncovering the hidden history of polio to understand and treat PPS and Chronic Fatigue
<b>Website for more information:</b>

<b>Title</b> Managing Post-Polio
<b>Author:</b> Lauro S. Halstead, M.D.
<b>Comments:</b> A Guide to Living Well with PPS
<b>Website for more information:</b>

<b>Title</b> Polio: An American Story
<b>Author:</b> David M. Oshinsky
<b>Comments:</b> The Crusade that mobilized the nation against the 20 <sup>Th</sup> Century's most feared disease. Winner of the 2006 Pulitzer Prize in History.
<b>Website for more information:</b>

<b>Title</b> O2XYGEN THERAPIES: A New Way of Approaching a Disease and Flood Your Body with Oxygen
<b>Author:</b> Ed McCabe
<b>Comments:</b> Therapy for Our Polluted World.
<b>Website for more information:</b>

<b>Title</b> Postpolio Syndrome
<b>Author:</b> Dr. Silver
<b>Comments:</b> It is a handbook for all those who had made the trip from polio to post polio syndrome. It is complete with all types of analysis about identification, specific symptoms, "treatment," and recommendations for PPS patients. This book is a compilation of the research from the top researchers in the field of PPS. It is much easier to read than Halstead's book, has many photos to assist the lay person, and is filled with definitions to help the non-medical person understand what is being said.
<b>Website for more information:</b>

**Title** Traveling Without A Spare

**Author:** Dr. Wenzel Leff

**Comments:**

**Following is a book description from Amazon:**

Decades after recovering from polio, many aging Americans are grappling with an emergence of new pain, weakness, and fatigue. This unforeseen symphony of symptoms is a central fact of many polio survivors' lives. Wenzel A. Leff, MD, explains how polio's initial attack depleted the body's neuromuscular reserves, so that when former polio patients begin to lose cells to the natural process of aging, they find they are truly "traveling without a spare." In *Traveling Without A Spare: A Survivor's Guide to Navigating the Post-Polio Journey*, the author draws from his own polio experience and his forty-plus-year career in Internal Medicine, to provide polio survivors - and their families, caregivers, and healthcare team - a clearer understanding of the stages and complexities of polio. This informative book will help survivors evaluate their own bodies and condition, and empower them to make the most of their remaining strength and mobility.

**Website for more information:**