

# Horsham FMS Group Library

List supplied by Ray Ham-Longman 28.02.2010

- 001 Pain Free 1 2 3
- 002 Glucose Revolution Guide to living well with PCOS
- 003 How to Lighten the load of Fibro
- 004 Complete Idiots Guide to Fibro
- 005 Chronic Illness Workbook
- 006 Arthritis Handbook
- 007 My Daughter & M.E.
- 008 What do you do when the Medications don't work
- 009 Fibro & Chronic Fatigue Syndrome
- 010 Fibro Coach
- 011 Somebody Help Me
- 012 (Video) Fibro Waterwork
- 013 (DVD) Chronic Fatigue Syndrome Heart of the Matter
- 014 (DVD) Understanding M.E.
- 015 (DVD) I Remember Me
- 016 (DVD) Pain: Molecules to Community
- 017 (DVD) Sex Relationships & Chronic Illness
- 018 (DVD) Positive Living Workshop Materials
- 019 (DVD) Move Beyond Pain
- 020 (CD) Move Beyond Pain
- 021 (CD) Move Beyond Insomnia
- 022 (CD) Move Beyond Tension
- 023 (CD) Move Beyond Stress
- 024 (CD) Meditation
- 025 (CD) Relaxability
- 026 Living With Fibromyalgia
- 027 (CD) Tranquil Sleep
- 028 (CD) Positive Health
- 029 (CD) Perfect Weight
- 030 (CD) A Guided Meditation into a Magical Garden
- 031 (CD) Fibro Manual Tender Point Examination
- 032 (CD) To Light a Candle
- 033 Fibromyalgia & Muscle Pain. Your Self Help Treatment Guide
- 034 (Computer) Social Inclusion Programme 2007
- 035 (Computer) Social Inclusion Programme 2007
- 036 (Audio Tape) Yoga Linda Su Arnold
- 037 (Audio Tape 2) Facing the Future
- 038 (Audio Tape 3) Facing the Future
- 039 (Audio Tape 4) Facing the Future
- 040 (Computer) Abstracts of the 12th World Congress on Pain
- 045 New Integrative Approach to Fibro How to combine the Traditional and Alternative Therapies
- 049 Fibromyalgia & Muscle Pain, What Causes it, How It feels and what to do about it
- 050 Supplements For Fibromyalgia
- 057 Why am I so tired
- 070 Living Well with Hypothyroidism
- 073 Chicken Soup for the Soul
- 078 Self Help Exercise Guide for Fibromyalgia
- 081 (CD) Complete Relaxation
- 083 (CD) Living with Chronic Pain
- 086 Healing Sports Injuries Naturally
- 092 Toxic Tooth Talk

095 (Video) Aerobic Exercise  
096 (Video) Stretch & Relax  
102 Managing Pain before it Manages you  
108 (CD) The Self Confidence CD  
110 Women living with Fibromyalgia  
112 Taking Control of TMJ  
113 Dear World Fibro People Speak out  
120 Fibro Simple Relief through Movement  
124 What your Doctor may not tell you  
140 (Audio Tape) Creating inner peace & Calm  
141 The Natural Health Bible  
145 Fit for Life  
146 (Audio Tape) Relaxation Kit  
148 (Audio Tape) Relaxation Kit  
151 (Audio Tape) Relaxation Kit  
159 (Audio Tape) Coping with Depression  
161 (Audio Tape) Coping with Anxiety  
164 (Audio Tape) Coping with Pain  
168 (Audio Tape) Coping with Headaches & Migraine  
170 (Audio Tape) Coping with Tranquiliser Addiction  
172 (Audio Tape) Feeling Good  
175 (Audio Tape) Coping with Stress at Work  
177 (Audio Tape) Coping with Bereavement  
179 (Audio Tape) Coping with Children's Sleep Problems  
180 (Audio Tape) Meditation made Simple  
183 (CD) Meditation made Simple  
185 (Audio Tape) How to put an end to Yo-Yo Dieting  
186 Depression The way out of your Prison  
189 Pain Relief Handbook  
192 Molly & Monet  
205 (CD) New Beginnings Meditation  
207 (Audio Tape) The Diagnosis & Current Treatment of Fibro (Tape 2)  
219 (CD) FM Update 2001  
222 (Audio Tape) Breath to Live  
224 Listen to your Voice  
226 Managing Stress Survival Guide for Today  
230 Meditation Doctor Healing Aliments through Meditation  
232 Meditation for Wimps  
234 (CD) Pure Meditation  
242 (CD) Classics for Healing  
250 (CD) Crystals  
266 (CD) Eternal Spirit  
270 (CD) Bliss Music for Bath time Relaxation  
272 (Video) Aerobic Exercise  
274 Fibro Fatigue and You  
279 (CD) Relaxation  
281 (CD) Massage  
283 (CD) Chakra Flow  
291 Living Well with CFS & Fibro  
294 Fibro & the Mind Body Spirit Connection  
296 The Interstitial Cystitis  
300 The Fibro Relief Handbook  
301 The Trigger Point Therapy Workbook  
308 Fibro & Female Sexuality  
312 Conquering Chronic Fatigue  
327 Sugars that Heal

- 330 Pacing for People with M.E.
- 341 (DVD) Sweet Misery A Poisoned World
- 342 Thyroid Power
- 345 Fibro A Journey Toward Healing
- 354 Can't Lose Weight, You could have Syndrome X
- 360 Complete Idiots Guide to Fibro
- 362 (CD) Five Feel Good Factors
- 363 Feel Good Factor
- 366 Fibro Understanding & getting relief from pain that won't go away
- 370 The Monster within Fibro
- 372 Crazy World of Fibro
- 378 Nothing Short of a Miracle one Woman's journey
- 380 Stand like a Mountain Flow like Water
- 382 Celebrate your Life Everyday
- 384 People & Pain How to deal with Fibro
- 386 Healing Pain To overcome Physical & Emotional Suffering
- 390 (DVD) Fibroga 1, The Grove Approach
- 391 (DVD) Fibroga 2, The Grove Approach
- 392 Coping with Fibro
- 394 Treating Fibro
- 398 I'm not Crazy I'm just a little unwell
- 400 Inside the Traumatized Brain
- 402 Mastering Leptin, Leptin Diet
- 406 Get to the Core of Health, Fibro Cooking
- 407 (DVD) The Grove Approach - Healthier living with Fibro
- 408 How to Lighten the Load of Fibro
- 409 The Truth about Chronic Pain
- 410 Invest with a Genius
- 411 Minds of Blue Souls of Gold
- 412 Enjoy Yourself its later than you think
- 413 Encounters with the Invisible
- 414 Betrayal by the Brain
- 415 Myalgic encephalomyelitis post Viral Fatigue
- 416 Hope & Help for Chronic Fatigue Syndrome & Fibro
- 417 Pain Free 1 2 3
- 418 Journal of Chronic Fatigue Syndrome Vol 12 N0 3
- 419 Journal of Chronic Fatigue Syndrome Vol 11 N0 4
- 420 Minds of Blue Souls of Gold
- 433 Chronic Fatigue Syndrome, A Natural way to treat M.E.
- 434 Fibro The Complete Guide from Medical Experts & Patients
- 439 (DVD) Fibro Show me where it Hurts