

January
2012

Blackpool, Fylde and Wyre



MONTHLY UPDATE

NEW THIS MONTH!!



Please see below for a list of new books on a variety of topics that are now available to borrow from the library.

New books in the Reading Well, the library's health and wellbeing collection.

A taste of the Phillipines: classic Filipino recipes made easy with 70 authentic traditional dishes shown step-by-step in 400 beautiful photographs

Baosan ,G

Floyd's India

Floyd, K

Depression undercover; a non-clinical self care guide to beat depression

Arora, R

Life's little detours: 50 lessons to find and hold onto happiness

Brett, R

Veggiestan

Butcher, S

Men are from Mars, women are from Venus: the definitive guide to Relationships

Gray, J

Yoga for pain relief: simples practices to calm your mind and heal your chronic pain

McGonigal, K

Drugs in pots: over 40 home-made remedies for everyday ailments

McIntyre, A

Blood, sweat and tea: real life adventures in an inner city ambulance

Reynolds, T

More blood, more sweat and another cup of tea

Reynolds, T

Ayurvedic healing: contemporary Maharishi Ayurveda medicine and science

Sharma, H

Yoga: your home practice companion

Sivananda Yoga, Vedanta Centre

For more information about this and other current awareness services available through the library, please contact us on 01253 303831 or by email to :

library.services@bfwhospitals.nhs.uk

