



SemiColons' Resource List

All copies currently available to borrow from Jan Boot CNS RBCH Bournemouth

	Scored by Patients so far out of 10
Video: for Patients - Having a Colonoscopy	9
CD: A Journey Within - Guided meditations by Kim Vincent	7
DVD: It takes just 5 minutes to find out how you could add 30 years to your life - Beating Bowel Cancer Awareness	
Books:	
You can't afford the luxury of a negative thought. A guide to positive thinking: John Roger and Peter McWilliams (2 Copies)	6
The Creative Power of Imagery: Dr Ian Gawler (2 Copies)	9
Healing Words The Power of Prayer and the Practice of Medicine: Larry Dossey M.D.	6
Getting Well Again. Simonton lifesaving self awareness techniques	Not yet reviewed
What Can I Do To Help? A guide for friends and family: Deborah Hutton, Macmillan,	9
Hello How Are You? A guide for carers by carers: Macmillan	Not yet reviewed
The Healthy Gut Cookbook: Marguerite Patten and Jeanette Ewin	10
Self Management of Long Term Health Conditions - A handbook for people with chronic disease: NHS Expert Patients Programme	Not yet reviewed