



Resource Centre – Books & Card Decks

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All available on loan through BC Professional Fire Fighters' Burn Fund Adult Burn Survivor Program *The Future Is Mine* Library. Contact nola@burnfund.org to order.

Inspiration

Everyday Positive Thinking (by Louise Hay and friends)

Wonderful little book that includes the inspiring thoughts of many well-known authors. Open this book randomly and be inspired by a positive thought or read it cover to cover and notice how your outlook on life becomes brighter.

Angel Answers (by Juan Namamori)

The first English translation of this Japanese bestseller. The 87 messages in this magical book are full of comfort, wisdom and inspiration.

Spiritual Cinema (by Stephen Simon and Gay Hendricks)

This is a guide to movies that inspire, heal, and empower your life.

Healing

Healing Cards: A Daily Practice for Maintaining Spiritual Balance (by Carolyn Myss and Peter Occhiogrosso)

This is a 50-card deck and includes a Guidebook, which explains the sources of the healing wisdom on the cards, which have been taken from the world's sacred scriptures and mystical writings, and represents the basic principles inherent in those traditions.

Writing as a Way of Healing: How Telling Our Stories Transforms Our Lives (by Louise A. DeSalvo)

How writing can be used to recover from trauma and as a tool for personal growth. Writing links feelings of pain, grief, and loss to an event and speeds healing. The author presents seven stages of writing, from preparation/germination to completion/going public. (See Using Journaling to Heal from Trauma, Page 5).

The Soul's Palette (by Cathy A. Malchiodi)

Drawing on art's transformative powers for health and well-being.

The Twelve Gifts for Healing (by Charlene Costanzo)

Offers words of encouragement in a beautifully illustrated book that provides readers with renewed faith in themselves to help them through difficult time.

Waking The Tiger: Healing Trauma (by P. Levine)

A great resource for those dealing with any sort of trauma which provides a clear understanding of the impact of trauma as well as ways to deal positively with the effects of trauma.

The Path to Phenomenal Health (by Sam Graci)

Top recommendation goes to this health book! Provides solutions for all your personal health improvements

(mental, physical, spiritual, and emotional). Gives the 10 best energy-boosting foods, 21 ways to tweak your lifestyle and many more.

Family Support and Information

Severe Burns: A Family Guide to Medical and Emotional Recovery (by Andrew M. Munster)

Illustrated and bolstered by first-person accounts of four burn patients...Covers early treatment, rehabilitation, reconstructive surgery and support groups.

Coping Strategies for Burn Survivors and Their Families (by Norman R. Bernstein, Alan Jeffry Breslau and Jean Ann Graham)

Provides guidance and encouragement to burn survivors and the burn-care community.

Trust After Trauma (by Aphrodite Matsakis)

A guide to relationships for survivors and those who love them.

Caregiver Support Program (by Vancouver Coastal Health)

Provides education and support services to family and friend caregivers. Services include: education series and workshops (topics include: Stress and Well-being; Community Health Services and Facility Placement, Estate Planning, Family Dynamics and Communications Skills; Caregiving – The Emotional Journey; and Anticipatory Grief); drop-in support groups, telephone support, information and referral. For more information, please contact 604-877-4699 or caregiversupport@vch.ca

Self-Esteem

Self-Esteem (by Matthew McKay and Patrick Fanning)

This book helps build a healthy self-esteem. The techniques, exercises and activities that can be found in this package allows you to personalize your own self-esteem improvement program.

The Self-Esteem Companion (by Matthew McKay, Patrick Fanning, Carole Honeychurch and Catharine Sutker)

Bestselling step-by-step guide is filled with straightforward, effective techniques to improve how you think and feel about yourself.

Get Out of Your Mind & Into Your Life (by Steven Hayes and Spencer Smith)

The New Acceptance and Commitment Therapy. The book's self-help program is proven to be effective for coping with a range of problems, from anxiety to depression to poor self-esteem.

Body Image

The Body Image Workbook (by Thomas F. Cash)

An 8-step program for learning to like your looks.

Autobiography of a Face (by Lucy Crealy)

Inspiring book about facial disfiguration and inner strength to persevere through the stares.

Changing Faces: The Challenge of Facial Disfigurement (by James Partridge)

A practical guide to acceptance and living with facial disfigurement from both an emotional and social perspective.

Depression

The Interpersonal Solution to Depression (by Jeremy W. Pettit and Thomas Ellis Joiner, Jr)

This is the first trade book to adapt interpersonal therapy to treating depression, and offers practical steps to improve social skills and confront inhibitions. See Dealing With Depression, Page 117 for more Resources.

Exercise

The Complete Guide to Exercising Away Stress (by Debbie Lawrence)

Contains all the information on how to combat stress through exercise. It covers the causes of and responses to stress; ways to recognize symptoms of stress and practical strategies for managing stress.

Fit in 15 (by Steven Stiefel)

15-minute morning workouts that balance cardio, strength and flexibility.

Exercise Ball for Weight Loss (by Lucy Knight)

This is a great book that shows how to isolate, stretch and strengthen every muscle group in your body. Fully illustrated steps. Resource Centre - Books & Card Decks



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