

Title	Author	Year Published	No. Held	Notes	New code	Old Code
<b>Health and Wellbeing</b>						
Ageing with Vitality	Qld Government	2	1	Everyday guide to healthy active living	Q1 EXE	Q1 HW
Back to Basics Handy hints for carers to help prevent back injuries	Veteran's Affairs	2007	1		V1 CAR	V4 HW
Back to Basics Handy hints for carers to help prevent back injuries	Cynthia Collyer	1995	3		C1 CAR C2 CAR C3 CAR	V12-3 HW
Be Active : a suggested exercise program for people with Parkinson's Disease	American Parkinson Disease Ass	1997	2	Small booklet with information on suggested exercise program for people with Parkinson's Disease	W1 EXE W2 EXE	A1-2 HW
Delay the Disease: Exercise and Parkinson's Disease	David Zid		1	Includes DVD at 9 EXE (DVD)	Z1 EXE	Z1 HW
Eat Well, Stay Well with Parkinson's Disease	Linley Boulden	1998	4	A nutritional handbook for people with Parkinson's	H2 NUT H3 NUT H4 NUT	B1-4 HW
Exercise for People Living with Parkinson's	Chinatown Bi-lingual Support Group NSW	2006	1	Exercises for people with Parkinson's, also in Chinese	N1 EXE	C1 HW
How to Stay on your Feet Checklist	Qld Government	2011	1	Information and a checklist / falls	Q2 SEL	Q2 HW
Improving your Memory	David Thomas	2003	1	Tips and Techniques to help improve your		T1 HW
Instant Calm	Paul Wilson	1995	1	Over 100 successful techniques for	W1 REL	W1 HW
Parkinson's Disease 300 Tips For Making Life Easier	Shelley Peterman Schwarz	2006	3	Tips include making your home safe and accessible, looking good, feeling better, communicating, managing mealtimes, handling medical issues, basic concepts for living with Parkinson's, empowering yourself, getting out and about	S2 PAR S3 PAR S4 PAR	P3 HW

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Parkinson's Disease, the Way Forward!	Dr Geoffrey Leader and Lucille Leader	2003	1	Medical facts, including nutritional advice and exercises	L2 PAR	L1 HW
Parkinson's Disease: Nutrition Matters	National Parkinson's Foundation		2	Nutritional information including some recipes	N1 NUT N2 NUT	N1-2 HW
Pilates	Jennifer Pohlman	2003	1	Pilates, a form of exercise with 27 beginner/level exercises in full colour	P1 EXE	P1 HW
Tai Chi	Brian & Sylvia Bent		1	Using Tai Chi to help improve your body, mind and spirit	B5 EXE	B5 HW
The Calm Technique, Meditation without magic of mysticism	Paul Wilson	1985	1	The Calm Technique is a practical, easy/to/follow way to learn meditation	W2 REL	W2 HW
We are not alone, Learning to Live with Chronic Illness	Sefra Kobrin Pitzele	1986	1	The book is about redesigning your life / about how to live better, not just differently. It is about the adjustments needed when chronic illness has been diagnosed	P2 CHR	P2 HW
Yoga and Parkinson's disease, a journey to health and healing	Peggy van Hulsteyn	2013	1		V1 EXE	New book
You Can Heal Your Life	Louise L Hay	1999	1	A book about self help, self esteem, realising your self worth	H1 SEL	H1 HW
<b>GENERAL INFORMATION</b>						
50 Ways Parkinson's could affect you	Abdul Qayyum Rana MD FRCPC	2011	1	As the title suggests information on a variety of ways Parkinson's Disease can affect you	R3 PAR	R3 GI
A Thorn in My Rose Garden	C.Clair Lucka	2012	1	A Woman's Journal living with Parkinson's - Ms Lucka describes her physical challenges, shares her most personal relationship and psychological struggles, emotional ups and downs and role changes she was diagnosed at the age of 46	L2 AUT	L2 GI
Advance Care Planning	Qld Government		1		Q1 CAR	Q1 GI

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Candida and Parkinson's Disease	Lidia Epp	2014	1	Lidia shares her theory of the link between PD and chronic candida infection	E1 PAR	New book
Caring for Yourself and Parkinson's	Jill McLean	1998	6	Includes common problems with Parkinson's, care for the care giver, planning for the future	M1 CAR M2 CAR M3 CAR M4 CAR M5 CAR M6 CAR	M1-6 GI
Carson and his shaky paws Grampa	Kirk Hall	2011	1	Children's book	H1 CHI	New book
Carina and her care partner Gramma	Kirk Hall	2013	1	Children's book	H2 CHI	New book
Communication and Swallowing In Parkinson Disease	Deborah Theodoros, Lorraine Ramig	2011	1	More of an academic book	T2 COM	T2 GI
Day By Day Diary year 2011	Nicole Findlay	2011	1	Diary contains helpful information and accounts.	F3 PAR	F1 GI
Day By Day Diary year 2012	Nicole Findlay	2012	1	Diary contains helpful information and accounts.	F4 PAR	F2 GI
Deep Brain Stimulation	Kelvin L Chou, Susan Grube, Parag Patil	2012	1	Information about DBS and how to prepare	C8 DBS	C8 GI
Deep Brain Stimulation	Edited by William J. Marks, Jr	2011	1	Technical information		M12 GI
Duty of Care, Who's Responsible		1996	1	A guide for carers supporting people with disabilities	P6 CAR	03 GI
Everything to live for	Turia Pitt	2013	1	Turia's amazing story of survival having survived burns to 65% of her body during an ultramarathon run in the Kimberley	P1 AUT	New book
Everything You Need to Know About Parkinson's Disease	Lianna Marie	2006	1	Information, tips, and advice	M7 PAR	M7 GI

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Fast Facts: Parkinson's Disease	Christopher G Clough, K Ray Chaudhuri & Kapil D Sethi	2007	1	Covers diagnosis, drug treatment, neurosurgery, other therapies and support, long-term complications, other parkinsonian syndromes	C9 PAR	C9 GI
Handling it: You and your long-term disease	Susan Molloy	1995	1	Features interviews with over 40 people discussing issues like anger, depression, adjustment and acceptance.	M1 CHR	
Health is between your ears, living with a chronic Disease	Svend Anderson	2002	1	Written by a psychologist and Parkinson's patient. This book is a description of some aspects of life lived with a chronic disease.	A2 CHR	A2 GI
Help for people who care for someone with bladder or bowel problems	Royal District Nursing Service of SA Inc	2002	1	Information, help and advice	H1 CAR	RI GI
I have Parkinson's: What should I do	Ann Andrews	2011	2	Anne Andrews was diagnosed with Parkinson's Disease when she was in her 50s. This is a realistic compassionate guide to living positively with Parkinson's Disease. She explains the many aspects of the condition, most recent medical research and available treatments. It is a mix of personal and factual information	A15 PAR A16 PAR	A15 GI
Individuals, families and New Era of Genetics- Biopsychosocial Perspectives	Miller, McDaniel, Rolland, Feetham	2006	1	Info about genetics in an academia format	M8 GEN	M8 GI
Letting It Go- Attaining Awareness Out of Adversity	Bev Aisbett	1996	1	Advice and tips for self discovery to improve life	A4 SEL	A3 GI
Live it Up - the advanced survivor's guide to Anxiety/Free Living	Bev Aisbett	1994	1	Advice and tips to deal with anxiety	A4 ANX	A4 GI

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Living a Healthy Life with Chronic Conditions		2000	1	Info and advice for self management of heart disease, arthritis, diabetes, asthma, bronchitis, emphysema and others	L3 CHR	01 GI
Living and Laughing with Parkinson's	Anne Atkin	2011	1	General information in an easy to read and understand format	A6 PAR	A6 GI
Living Beyond Loss - Death in the Family 2nd edition	Edited by Froma Walsh & Monica McGoldrick	2004	1	The impact of death on the family system	W1 GRI	W1 GI
Living With It - A survivor's guide to Panic Attacks	Bev Aisbett	1993	1	Advice and tips to deal with panic attacks	A5 ANX	A5 GI
Living with Parkinson's	Parkinson's Disease Society of UK	2009	1	Larger Print, covers medical treatments, emotional and psychological effects, relationships, being a parent, living on your own, communication, diet and exercise, travel and leisure, work and money, self help.	P3 YOU	P3 GI
Living With Parkinson's	Gabriella Rogers	2011	1	Diagnosis, treatment and management	R4 PAR	R2 GI
Living with Parkinson's Disease	Bizierre, E & Kurth MC	1997	1		B1 PAR	B1 GI
Moving Ahead With Parkinson's	Meg Morris, Robert Iansek, Beth Kirkwood	1995	1	General Information regarding Parkinson's Disease, living with Parkinson's Disease, role of the carer, medication and movement	M14 EXE M15 EXE	M14-15 GI
Moving On with Parkinson's Disease	Dr Louis Tan	2005	1	Features stories of encouragement, and hope from doctors, patients and caregivers. Parkinson's Disease Society (Singapore)	T1 EXE	T1 GI
The new Parkinson's treatment: Exercise is medicine	Melissa McConaghy	2014	1	Seven key concepts to help you get the most out of your exercise program and strategies/hints to keep you motivated	M1 EXE	New book
My Grandpa's shaky hands	Dr Soania Mathur	2014	1	Children's book	M1 CHI	New book

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Natural therapies for Parkinson's disease	Abdul Qayyum Rana MD FRCP	2013	1		R1 PAR R2 PAR	New book
Nature Reviews - Neurology	Various	2010	1	Copy of Nature Outlook Vol 466 No 7310 Parkinson's Disease	V1 PAR	M16 GI
Navigating life with Parkinson disease	Sotirios Parashos et al	2013	1		P1 PAR	New book
Normal family processes (3rd Edition)		2003	1	This 3rd Edition updates and expands knowledge and perspectives on well/functioning families as family life and societies become more diverse and complex	W2 FAM	W2 GI
Nursing care of the person with Parkinson's Disease	Parkinson's NSW	2007	2	A brief practical guide to the care of the person with Parkinson's Disease for nurses and interested health practitioners.	P1 CAR P2 CAR	P1 GI
One in Twenty	Parkinsons Disease Society Uk	2002	1	Information for younger people with Parkinson's	P4 YOU	P4 GI
Palliative Caring at Home	Palliative Care Information Service		1	A guide for carers who are caring for a terminally ill person	P5 CAR	P5 GI
Parkinson Disease: Mind, Mood and Memory	National Parkinson Foundation		2	Parkinson's Disease, looking at the emotional side	M1 MEM M2 MEM	N1-2 GI
Parkinson Disease: What you and your family should know	National Parkinson Foundation		2	Understanding Parkinson's Disease	N3 PAR N4 PAR	N3-4 GI
Parkinson's at your Fingertips	Oxtoby, M and Williams, A	1995	4	The authors answer the questions asked by people with PD and their families medication, treatment	O1 PAR O2 PAR O3 PAR O4 PAR	O1-4 GI
Parkinson's Disease	Alvin & Virginia Silverstein	2002	1		A7 PAR	A7 GI
Parkinson's Disease	Australian Medical Association	2000	1	Information contains diagnosis, medical treatments, general management, questions and answers,	A8 PAR	A8 GI

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Parkinson's Disease / A General Practice Approach	Parkinson's WA	2008 (2nd ed.)	1	Covers current concepts and practice of medical management of PD. Assists GP make decisions regarding treatment and care and suggestions as to when to refer to specialists	P2 PAR P3 PAR	P2 GI
Parkinson's Disease - A Complete Guide for Patients and Families	Weiner WJ, Schulman L, Lang AE	2001	1		W3 PAR	W3 GI
Parkinson's Disease - A Complete Guide for Patients and Families	Weiner WJ, Schulman L, Lang AE	2013	1	Third edition	W4 PAR	
Parkinson's Disease - A Self Help Guide	Marjan Jahanshahi M.D. & C David Marsden M.D.	2000	1	Medical facts, living with Parkinson's, coping with Parkinson's, self help strategies for sufferers and families	J1 PAR	J1 GI
Parkinson's Disease - Diagnosis and Clinical Management (2nd Edition)	Stewart A. Factor/William J Weiner	2008	1	Large book designed more for academics	F1 PAR	S1 GI
Parkinson's Disease - The Complete Guide for Patients and Caregivers	Lieberman, A and Williams FL	1993	1	Information from a complete support team doctors and allied health, advice on drug therapy, diet, exercise and an A-Z guide to symptoms and side effects	L1 PAR	L1 GI
Parkinson's Disease / Everything you need to know	Lianna Marie	2006	1	Information, helpful advice in easy to read format includes information about Parkinson's, signs and symptoms, treatment and medication, nutrition and exercise and caregiving		M13 GI
Parkinson's Disease: A Guide to Treatments, Therapies and Controlling Symptoms	Dr David A Grimes	2004	1	Medical facts, information and advice	G2 PAR	G2 GI
Parkinson's Disease and the Art of Moving	Argue, J	2000	1	An exercise program to improve flexibility, strength, balance, coordination, voice and delay progression of PD	A9 EXE A10 EXE	A9-10 GI
Parkinson's Disease and the Family: A New Guide	Nutan Sharma & Elaine Richman	2005	2		S2 FAM S3 FAM	S2-3 GI

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Parkinson's Disease Doctors as Patients Personal Accounts	Williams J	1992	1	Eleven autobiographical accounts	W4 AUT	W4 GI
Parkinson's Disease for Dummies		2007	1	Information, helpful advice in easy to read format includes information about Parkinson's, signs and symptoms, treatment and medication, nutrition and exercise and caregiving	T3 PAR	01 GI
Parkinson's Disease: A complete guide to symptoms, treatment, research and support	Medifocus	2013	1		M1 PAR	
Parkinson's Disease: A Team Approach	Meg Morris Robert Iansek	1997	1	Information and advice for people with Parkinson's Disease	M9 PAR	M9 GI
Parkinson's disease: your questions answered	Foltynie, T	2003	1		F2 PAR	F3 GI
Parkinson's Disease: An Essential Guide for the Newly Diagnosed -The First Year	Jackie Hunt Christensen	2005	2		C1 PAR C2 PAR	C1-2 GI
Parkinson's- One Step at a time, (2nd Edition)	Grimes, Gray, Ohman	1994	1	Problems and answers for patients and health professionals	G1 PAR	G1 GI
Parkinson's disease: reducing symptoms with nutrition and drugs	Dr Geoffrey Leader and Lucille Leader	2009	1		L2 NUT	New book
Parkinson's treatment: 10 secrets to a happier life	Michael S Okun	2013	2		O5 PAR O6 PAR	New book
Patient Perspectives on Parkinson's	Sid and Donna Dorros		1	A collection of essays on different aspects of Parkinson's	D2 PAR	D2 GI
Positively Parkinson's	Anne Andrews	2012	1	This book is informative, practical and uplifting for anyone with Parkinson's and for those who support them. It contains answers to questions you might ask from symptoms and diagnosis to the latest treatments and therapies as well as recent medical research into stem cells and gene therapy.		A16 GI



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Practical Pointers for Parkinson Disease	National Parkinson's Foundation		1	General tips and helpful info	N5 PAR	N5 GI
Saving Your Brain	Dr Jeff Victoroff	2002	1	The revolutionary plan to boost brain power, improve memory and protect yourself against ageing and Alzheimer's	V1 MEM	V1 GI
Shaken but not stirred	Joro Cirkovic		1	Poetry	C1 POE	New book
Silent Body, Vibrant Mind: Living with Motor Neurone Disease	Peter Anderson	2012	1	Peter describes the impact having MND has had on his life.	A1 CHR	New book
Speaking effectively: a strategic guide for speaking and swallowing	American Parkinson Disease Association	2008	1		A1 COM	New book
Spiritual Resources in Family Therapy	Edited by Froma Walsh	2003	1	Exploring the influences of faith beliefs and practices on suffering, healing and health	W5 SPI	W5 GI
Stop Parkin' & Start Livin'	Coleman, JC	2005	2		C10 PAR C11 PAR	C10-11 GI
Stopping Restless Leg Syndrome	Bill Habets		1	Information and advice	H1 CHR	H1 GI
Strengthening Family Resilience Second Edition	Froma Walsh	2006	1	Helpful guidelines and strategies to deal with sudden crisis	W6 FAM	W6 GI
Taking Care of Yourself and Your Family - 10th Edition	John Ashfield	2007	2	A resource book for good mental health covering depression, anxiety, insomnia, conflict, anger, stress, relationship violence, alcohol, grief and more	A1 SEL A2 SEL A3 SEL	A13-14GI
The brain's way of healing	Norman Doige	2015	1	Remarkable discoveries from neuroplasticity	D1 BRA	New book
The Carer Experience - An essential guide for carers of people with dementia	Dept. of Health and Ageing	2002	2	Information and advice	H2 CAR H3 CAR	H2-3 GI
The Parkinson's Disease Treatment Book: Partnering with Your Doctor to Get the Most from Your Medications	J Eric Ahlskog	2005	1	Covers a wealth of information about	A1 PAR	New book

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Understanding Parkinson's Disease A self Help Guide	David L Cram M.D.	1999	3	Medical facts together with advice on coping with Parkinson's	C4 PAR C5 PAR C6 PAR	C4-6 GI
Voices from the Parking Lot	Green D, Kendell C, Snyder J		1		G3 AUT	G3 GI
What Your Doctor May Not Tell - A Holistic Program for Optimal Wellness	Morjama/Lyons J	2003	2	Learn what questions to ask, what kind of therapies to pursue	M10 PAR M11 PAR	M10-11 GI
Who Cares? We Do	Carers Australia		1	Information and advice for young carers (people up to 25 years of age) who help care in families where someone has an illness, disability, or other health related issues	C7 CAR	C7 GI
Why does Aunt Lucy Shake?	Gray, E	1994	2		G1 CHI G2 CHI	G4-5 GI
You Probably have Parkinson's Disease	Gary Hatcher	2010	1	A light-hearted look at a very serious subject	H4 AUT	H4 GI
Young Parkinson's Handbook: a guide for patients and their families	American Parkinson Disease Ass	1995	2	Information and advice for young onset.	A11 YOU A12 YOU	A11-12 GI
Young Parkinson's Handbook: a guide for patients and their families	American Parkinson Disease Ass	2008	1	Information and advice for young onset.	A10 YOU	New book
<b>GENERAL READING</b>						
40 Years 1969 to 2009 Trinder Park community care		2009	1	Trinder Park Community Care, A sentimental journey of the History of Trinder Park	T1 HIS	0 GR
A Funny thing Happened On The Way To The Future	Michael J Fox	2010	1	An account by M J Fox	F1 AUT	F1 GR
Always Looking Up	Michael J Fox	2009	2	Sequel to Lucky Man, Michael J Fox talks about his life with Parkinson's	F5 AUT F6 AUT	F5 GR
Dancing Till Dawn Broke	Parkinson's Disease Society of UK	1997	1	A collection of poems	P1 POE	P1 GR

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Divine Gift	Ray Townsend	2009	1	Poems from Ray Townsend	T1 POE T2 POE T3 POE	T1-2 GR
Hazels Journey	Sue Pieters/Hawke and Hazel Flynn	2004	1	A Personal Experience of Alzheimer's / Hazel Hawke	P2 BIO	P1 GR
I'll hold your hand so you won't fall	Rasheda Ali	2005	1	A child's guide to Parkinson's Disease by Mohammad Ali's daughter	A1 CHI	A1 GR
Living Well, Running Hard: Lessons Learned from Living with Parkinson's Disease	John Ball	2005	1		B4 AUT	B4 GR
Lucky Man	Michael J Fox	2002	3	Michael J Fox talks about his life with Parkinson's	F2 AUT F3 AUT F4 AUT	F2-3-4 GR
More than Skin Deep	Costel Vasiescu	2002	3	Life Story of Plastic Surgeon Dr Vasiescu Romanian born pre 1939 and endured the nightmare of war and came to pioneer plastic surgery in North Queensland	V1 AUT V2 AUT V3 AUT	V1-2-3 GR
My Fading Full Moon / a husband's journal	Boen Hallum	1984	1	An intimate, painful, but uplifting account of a man dealing with his wife's chronic and debilitating illness.	H2 AUT	H2 GR
No Ordinary Girl	Tamara Nowitzki	2012	1	A personal account by Tamara who suffers from dystonia	N1 AUT	N1 GR
One Person's Parkinson's Pilgrimage	Victor Holman	1985	1	A personal account by a Parkinson's sufferer, includes tips and hints	H1 PAR	H1 GR
Out Of My Mind	Dennis Smith		1	Poetry	S1 POE	S1 GR
Parkinson's / A Patient's View	Sidney Dorros	1989	1	A personal account by a Parkinson's sufferer	D1 AUT	D1 GR
Saving Milly	Morton Kondracke	2001	1	Husbands account of his wife's journey with Parkinson's	K1 AUT	K1 GR
Shadow Over My Brain	Todes C	1990	1	A battle against PD / Personal account	T4 AUT	T4 GR

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Shaking hands: discover your warrior spirit when battling disease	Nelson Sleno	2013	1	Nelson Sleno's personal account of battling Parkinson's disease	S1 AUT	New book
The bridge at midnight trembles	Richard Moir	2005	1	Transcript of movie with same name about Richard Moir's diagnosis of PD and his experience undergoing DBS. DVD available at 2 DBS (DVD).	M1 DBS	33 GID
What Patients Say about Parkinson's Disease	European Parkinson's Disease Association	2002	1	Information about Parkinson's Disease including personal accounts and information for early onset	K2 AUT	E1 GR
What's Shakin / An Insider's Look at the Humorous Side of Parkinson's Disease	John Brissette	2007	1	A personal account	B1 AUT	B1 GR
When Parkinson's Strikes Early	Blake/Krebs, Herman	2001	2	Information about Parkinson's Disease including personal accounts from people with young onset PD	B2 YOU B3 YOU	B2-3 GR
Window of opportunity: living with the reality of Parkinson's and the threat of dementia	Kirk Hall	2014	1	Personal account	H1 AUT	New book