

index. ISBN 9781476763507. \$35; pap. ISBN 9781476743714. \$29.99; ebk. ISBN 9781476743721. HEALTH

Palliative care nurse and social worker Jacobs often related bad news to patients and their families, but the shock of her own breast cancer diagnosis was still difficult to assimilate. In this offshoot of a blog she wrote with her husband, her path from lump discovery and diagnosis to double mastectomy and reconstruction to chemotherapy and radiation is accessibly detailed and cleverly communicated. Jacobs reveals the worst (constipation, diarrhea, and vomiting during chemo) while allowing for the best (a silver lining) at every turn. Boxed "Lifelines" simplify basic actions to take, while "Practical Matters" sections list terminology, therapies, questions to ask, and strategies to follow. The photos by Messina include a few expected bald heads and bare chests, but most are lovely evocations of life and all that we hold dear. Where this book distinguishes itself from other similar titles (e.g., Joyce Wadler's *My Breast*, GERALYN LUCAS'S *Why I Wore Lipstick to My Mastectomy*, TERESA J. RHYNE'S *The Dog Lived (and So Will I)*, and MELANIE YOUNG'S *Getting Things Off My Chest*) is the author's emphasis on pain management throughout the process and the excellent early chapter on how to talk to children (of all ages) about a parent's illness. **VERDICT** With her humorous and approachable style, Jacobs has written an essential title for patients facing a cancer diagnosis. Highly recommended for all consumer health collections. [See Prepub Alert, 9/30/13.]—**Bette-Lee Fox, Library Journal**

Jelinek, George & Karen Law. Recovering from Multiple Sclerosis: Real Life Stories of Hope and Inspiration. Allen & Unwin. Dec. 2013. 218p. ISBN 9781743313817. pap. \$24.95. HEALTH

For those currently coping with multiple sclerosis (MS), treatment options are commonly a mixture of conventional and complementary and alternative medicine. There is a lot of discussion and debate surrounding the efficacy of treatments. Jelinek, an Australian emergency medicine physician living with MS, promotes his *Overcoming Multiple Sclerosis (OMS)* treatment approach through 12 personal stories from individuals who are immersed in the OMS method and who have experienced significant improvement in their condition. Heavily based on Roy Swank's nutritional diet, OMS emphasizes lifestyle modifications, including diet, supplementation, and meditation and, possibly, but not necessarily, conventional medication. The last chapter elaborates on Jelinek's philosophy and the use of the word *recovery*, when, as he writes, it is "in sharp contrast with the prevailing paradigm of the

illness." This text should be used as a companion piece to Jelinek's *Overcoming Multiple Sclerosis*. Readers will need to be familiar with the previous book or to go on the author's website to learn the details of OMS, as they are not laid out here. **VERDICT** This title is for libraries that wish to have a thorough collection of works about MS or that focus on personal experiences with complementary and alternative medicine, but it should not be the only volume about MS in the collection.—**Elizabeth J. Eastwood, Los Alamos Cty. Lib. Syst., NM**

Selvaratnam, Tanya. The Big Lie: Motherhood, Feminism, and the Reality of the Biological Clock. Prometheus. Jan. 2014. 300p. notes, bibliog. index. ISBN 9781616148454. pap. \$19.95; ebk. ISBN 9781616148461. HEALTH

Set aside the "mommy wars." This work is for the women who have been left out of the discussion until now. Selvaratnam shares her personal story and surveys the landscape for the women of her generation who delayed motherhood only to find that they couldn't have a child when they were ready. She discusses how her generation, seeking to be different from their mothers, "reap the benefits of feminism," and control their own bodies, learned that they can only do so to a degree. Fertility is still finite despite many medical advances. The book critiques feminist ideals and encourages young women to learn from the author's perceived mistakes. She advises twentysomething women to take care of their bodies and inform themselves about fertility basics. This title takes a different path to many of the same conclusions about motherhood and feminism that Jessica Valenti made in *Why Have Kids?* Both argue for changes in family leave and other policies that will facilitate women making real choices rather than have decisions made for them by circumstances. **VERDICT** While parts of the text read like a rant, many will cheer on Selvaratnam's ultimate points. Sure to invite discussion among feminists.—**Mindy Rhiger, Minneapolis**

Yance, Donald R. Adaptogens in Medical Herbalism: Elite Herbs and Natural Compounds for Mastering Stress, Aging, and Chronic Disease. Healing Arts. 2013. 672p. ISBN 9781620551004. \$50. HEALTH
Herbal medicine is the practice of using plants to treat chronic and acute illness, and the word *adaptogen* refers to the "non-specific, endocrine-regulating, immunomodulating effects of certain plants that increase a person's ability to maintain optimal balance." The holistic approach to health incorporates aspects of spirituality and traditional healing. Yance, an herbal-

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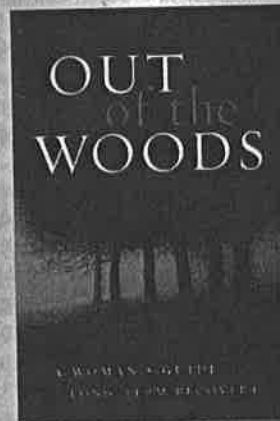


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