



Healthy Ireland at your Library

Éire Sláintiúil ag Do Leabharlann

Healthy Ireland at Your Library Collection



Health and wellbeing books
at your local library



Healthy Ireland
at your Library



Healthy Ireland at Your Library

The *Healthy Ireland at Your Library* service is available in all 330 public libraries throughout the country.

Healthy Ireland at Your Library provides valuable health information and support to communities and individuals at all life stages.

Public libraries are also organising a host of exciting health and wellbeing events and activities.

All services are free of charge.

Healthy Ireland at Your Library Book Collection

This health and wellbeing book collection has over 100 titles covering the three Healthy Ireland themes – Eat Well, Think Well, Be Well. Each book was specially evaluated nationally to provide individuals and families with reliable, accessible information to manage their general health and wellbeing. The collection includes books for children and young adults as well.

The collection is available to borrow in every local library free of charge.

You can also reserve the books on the national online catalogue.

For more information and to see if there are any additions to the collection, go to www.librariesireland.ie or drop in to your local library.

Éire Sláintiúil ag Do Leabharlann

Tá seirbhís *Éire Sláintiúil ag Do Leabharlann* ar fáil sna 330 leabharlann poiblí ina n-iomlán ar fud na tíre.

Tugann *Éire Sláintiúil ag Do Leabharlann* eolas sláinte agus tacaíocht luachmhar do phobail agus do dhaoine aonair ag gach céim sa bheatha.

Eagraíonn na leabharlanna poiblí grúpa d'imeachtaí agus gníomhaíochtaí sláinte agus folláine iontacha freisin.

Tá na seirbhísí uilig saor in aisce.

Bailiúchán Leabhair Éire Sláintiúil ag Do Leabharlann

Tá níos mó ná 100 teidil ag an mbailiúchán leabhair sláinte agus folláine a chlúdaíonn na trí téamaí bainteach le hÉire Sláintiúil - Ithigí go Maith, Smaoinígí go Maith, Bígí go Maith. Scrúdaíodh gach leabhar go cruinn agus go náisiúnta chun eolais iontaofa, inrochtana a thabhairt do dhaoine aonair agus teaghlaigh, chun a sláinte agus a bhfolláine ginearalta a bhainistiú.

Tá an bailiúchán ann chun a bheith ar iasacht i ngach leabharlann áitiúil saor in aisce.

Féadtar leabhair a chur in áirithe ar an gcatalóg náisiúnta ar line.

Chun teacht ar bhreis faisnéise agus lena fheiceáil ar cuireadh aon leabhair eile leis an mbailiúchán, téigh go dtí www.librariesireland.ie nó buail isteach i do leabharlann áitiúil.

Health and Wellbeing Online Resources

A collection of health and wellbeing eBooks, eAudiobooks and eMagazines are also available to download.

See www.librariesireland.ie for more details.

Acmhainní Sláinte agus Folláine ar Líne

Tá rogha e-leabhair, e-Chlosleabhair agus e-Irisleabhair sláinte agus folláine ar fáil le haghaidh íoslódála freisin.

Féach ar www.librariesireland.ie le haghaidh tuilleadh sonraí.

Your Public Library Service

Your local library is your community and cultural hub with exciting events and activities throughout the year.

Your library membership enables you to use all 330 public libraries, and read, browse, study, borrow items such as books, DVDs, games etc, use Wi-Fi, PCs and printing services.

You have full access to 12 million items available across all public libraries and you can place reservations in your local branch or at home.

Your local library also provides access to a huge range of online resources, eBooks, eAudiobooks, eMagazines, eCourses, eLanguages and eNewspapers.

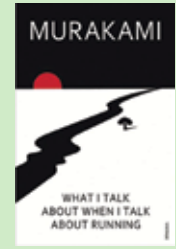
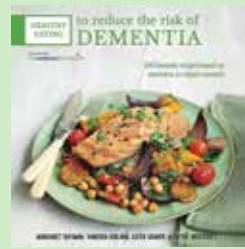
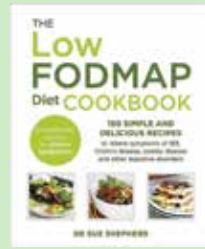
Do Sheirbhís Leabharlainne Poiblí

Is croílár pobail agus cultúrtha é do leabharlann poiblí le himeachtaí agus gníomhaíochtaí iontacha ar siúl ó cheann ceann na bliana.

Cabhraíonn do bhallraíocht leabharlainne leat úsáid a bhaint as 330 leabharlanna poiblí, agus tú ag léamh, ag féachaint timpeall, ag staidéar, ag tógáil amach leabhair, dlúthdioscaí, cluichí nó gnéithe eile, nó ag úsáid an Wi-Fi, na ríomhairí agus na seirbhísí priontála.

Tá rochtain iomlán agat do 12 milliún earraí, ar fáil thar na leabharlanna poiblí ar fad agus is féidir nithe a chur in áirithe i do bhrainte áitiúil nó sa bhaile.

Tugann do leabharlann áitiúil rochtain do réimse mór acmhainní ar líne, e-leabhair, e-Chlosleabhair, e-Irisleabhair, e-Chursaí, e-Teangacha agus e-Páipéir Nuachta.



ADULT / DUINE FÁSTA

Healthy Eating

Bia Sláintiúil

Therese Dunne, Phyllis Farrell and Valerie Kelly

Feed your Child Well: Babies, Toddlers and Older Children

Hearne, Aoife
The Plan

Health Service Executive (HSE)
Making the Most of Every Bite

Henry, Karl
Karl Henry's Healthy Living Handbook

Lean, M.E.J. and Combet, Emilie
Barasi's Human Nutrition: A Health Perspective

Llewellyn, Clare and Syrad, Hayley
Baby Food Matters: What Science Says About How to Give Your Child Healthy Eating Habits for Life

O'Rourke, Derval
Food for the Fast Lane

Rayman, Margaret
Healthy Eating to Reduce the Risk of Dementia

Shepherd, Sue
The Low-FODMAP Diet Cookbook: 150 Simple and Delicious Recipes to Relieve Symptoms of IBS, Crohn's Disease, Coeliac Disease and Other Digestive Disorders

Kelly, Michael
Grow Cook Eat: A GIY Guide to Growing and Cooking Your Own Food

Physical Activity

Gníomhaíocht Choirp

Barough, Nina
Walking for Fitness: Make Every Step Count

Fairbairn, Helen
Ireland's Wild Atlantic Way: A Walking Guide

Fairbairn, Helen
Ireland's Best Walks: A Walking Guide

Flanagan, David
Cycling in Ireland

Forte, Carlo
Navigation in the Mountains: The Definitive Guide for Hill Walkers, Mountaineers & Leaders - the Official Navigation Book for All Mountain Leader Training Schemes

McGrattan, Juliet
Sorted: The Active Woman's Guide to Health

McNulty, Enda
Commit! Make Your Mind and Body Stronger

Murakami, Haruki
What I Talk About When I Talk About Running

O'Dwyer, John G.
Pilgrim Paths in Ireland: A Guide

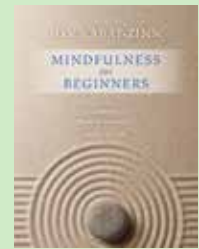
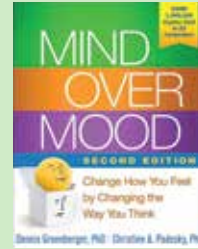
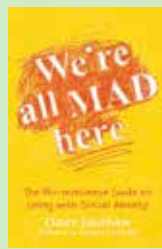
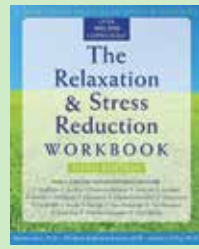
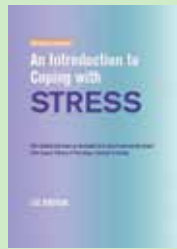
O'Donovan, Hugh
Mindful Walking: Walk Your Way to Mental and Physical Well-Being

Pavey, Jo
This Mum Runs

Reynolds, Gretchen
The First 20 Minutes: Surprising Science Reveals How We Can Exercise Better, Train Smarter, Live Longer

Robinson, Lynne
Pilates for Life: How to Improve Strength, Flexibility and Health Over 40

Wilkinson, Hugo *et al.* (Editor)
The Complete Running and Marathon Book



Wellbeing and Mental Health

Folláine agus Meabharláinte

Bates, Tony
Coming Through Depression

Brosan, Lee and Hogan, Brenda
An Introduction to Coping with Depression

Brosan, Lee
An Introduction to Coping with Stress

Burch, Vidyamala and Penman, Danny
Mindfulness for Health: A Practical Guide to Relieving Pain, Reducing Stress and Restoring Wellbeing

Davis, Martha, Elizabeth Robbins Eshelman and Matthew McKay
The Relaxation and Stress Reduction Workbook

Davies, Nicola and Bacon, Emma
Eating Disorder Recovery Handbook: A Practical Guide to Long-term Recovery

Eastham, Claire
We're All Mad Here: The No-Nonsense Guide to Living with Social Anxiety

Espie, Colm
Introduction to Coping with Insomnia and Sleep Problems

Greenberger, Dennis and Padesky, Christine A.
Mind Over Mood: Change How You Feel by Changing the Way You Think

Kabat-Zinn, Jon
Mindfulness for Beginners: Reclaiming the Present Moment and Your Life

Lucey, Jim
The Life Well Lived: Therapeutic Paths to Recovery and Wellbeing

Manicavasagar, Vijaya and Silove, Derrick
Overcoming Panic

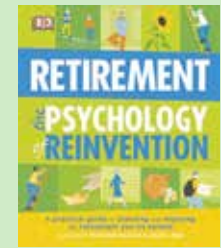
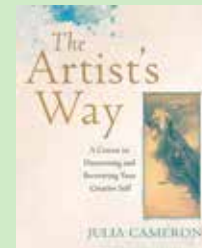
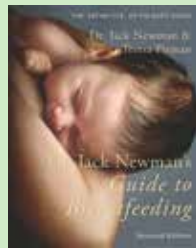
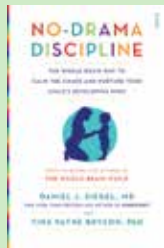
Meadows, Guy
The Sleep Book: How to Sleep Well Every Night

Morris, Sue
An Introduction to Coping with Grief

Murphy, Dr Eddie
Becoming Your Real Self: A Practical Toolkit For Managing Life's Challenge

Samuel, Julia
Grief Works: Stories of Life, Death and Surviving

Schmidt, Ulrike, Janet Treasure, and June Alexander
Getting Better Bite by Bite: A Survival Kit for Sufferers of Bulimia Nervosa and Binge Eating Disorders



Parenting

Tuismitheoireacht

Coleman, David
Parenting is Child's Play

Gilligan, Paul
Raising Emotionally Healthy Children

Hayman, S. and Coleman, J.
Parents and Digital Technology

O'Malley, Stella
Bully-proof Kids: Practical Tools to Help Your Child Grow Up Confident, Resilient and Strong

Sharry, John
Parenting When Separated

Sharry, John
Parenting Teenagers: A Guide to Solving Problems, Building Relationships and Creating Harmony in the Family

Siegel, Daniel J.
Parenting from the Inside out

Siegel, Daniel J. and Payne Bryson, Tina
No-Drama Discipline: The Whole-Brain Way to Calm the Chaos and Nurture your Child's Developing Mind

Sunderland, Margot
What Every Parent Needs to Know: The Incredible Effects of Love, Nurture and Play on Your Child's Development

Sunderland, Margot
Conversations That Matter: Talking with Children and Teenagers in Ways that Help

Webster-Stratton, C.
The Incredible Years: A Troubleshooting Guide for Parents of Children Aged 2-8 Years

Newman, Jack and Pitman, Teresa
Dr Jack Newman's Guide to Breastfeeding

Positive Ageing

Dul in aois dearfacha

Murphy, Trish
The Challenge of Retirement

O'Neill, Des
Ageing and Caring: A Guide for Later Life

Pachana, Nancy
Ageing: A Very Short Introduction

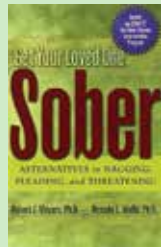
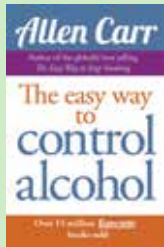
Cameron, Julia
The Artist's Way: A Course in Discovering and Recovering Your Creative Self

Gray, Muir
Sod it! Eat Well: Healthy Eating in your 60s, 70s and beyond

Gray, Muir
Sod Sitting, Get Moving! Get Active in Your 60s, 70s and Beyond

Mee, Paula and O'Brien, Kate
Your Middle Years

Shultz, Kenneth
Retirement: The Psychology of Reinvention



Tobacco

Tobac

Carr, Allen
Allen Carr's Easy Way to Stop Smoking: Be a Happy Non-smoker for the Rest of your Life

Carr, Allen
Stop smoking with Allen Carr

Doe, Allan
Most Natural and Effective Ways to Quit Smoking: Easy-to-do Steps to End the Cigarette Habit Forever

Alcohol

Alcól

Carr, Allen
Allen Carr's Easy Way to Control Alcohol

Carr, Allen
The Illustrated Easy Way to Stop drinking

Meyers, Robert J. and Wolfe, Brenda L.
Get Your Loved One Sober: Alternatives to Nagging, Pleading and Threatening

Spada, Marcantonio
Overcoming Alcohol Misuse

Young Adult

Duine Óig

Bertie, Alex
Trans Mission

Brooks, Felicity
Growing Up for Girls

Cairney, Gemma
Open

Collins-Donnelly, Kate
Banish Your Self-Esteem Thief: A Cognitive Behavioural Therapy Workbook on Building Positive Self-esteem for Young People

Dawson, Juno
Mind Your Head

Dawson, Juno
This Book is Gay

Sophie Elkan, Laura Chaisty and Maddy Podichetty
The Girls' Guide to Growing Up Great: Changing Bodies, Periods, Relationships, Life Online

Ironside, Virginia
The Huge Bag of Worries

Jessen, Christian
Dr. Christian's Guide to Growing Up

Jessen, Christian
Dr. Christian's Guide to Dealing with Tricky Stuff

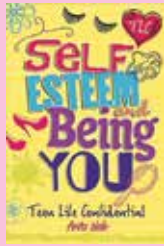
Law, Roslyn
Defeating Teenage Depression

Morgan, Nicola
Blame My Brain

Morgan, Nicola
Positively teenage

Morgan, Nicola
The Teenage Guide to Life Online

Morgan, Nicola
The Teenage Guide to Stress



Naik, Anita
Self Esteem and Being You

Potter, Molly
Let's Talk About the Birds and the Bees

Shannon, Jennifer
The Anxiety Survival Guide for Young Adults

Syed, Matthew
You Are Awesome: Find Your Confidence and Dare to be Brilliant at Almost Anything

Thistleton, Katie
Dear Katie

Winston, Robert
Help Your Kids with Growing Up: A No-nonsense Guide to Puberty and Adolescence

Anonymous
Go Ask Alice

Children *Leanaí*

Breslin, Niall
The Magic Moment

Cousins, Lucy
Maisy Learns to Swim

Edwards, Melinda and Bayliss, Linda
The Princess and the Fog

Ignatofsky, Rachel
Women in Sport

Jarman, Julia
Fussy Freda

Gray, Kes
Mum and Dad Glue

Potter, Molly
How are You Feeling Today?

Sanna, Francesca
Me and My Fear

Shanagher, Louise and Finerty, Rose
Mindfully Me Series

Smallman, Steve
Eat Your Greens, Goldilocks

Snel, Eline
Sitting Like a Frog

Sunderland, Margot
A Niffleloo Called Nevermind

Woolley, Katie
Exercise and Play (Healthy Me Series)

The Healthy Ireland Fund supported by the Department of Health,
the Department of Children and Youth Affairs
and the Department of Rural and Community Development

*Tá Ciste Éire Sláintiúil faoi thacaíocht an Roinn Sláinte,
an Roinn Leanaí agus Gnóthaí Óige agus
an Roinn Forbatha Tuaithe agus Pobail*

**For further information and to
provide feedback, go to
www.librariesireland.ie**

