

# Bookshelf

These are some of the books the AAA team has been looking at lately.

By Keryn Curtis

## YOU CAN CONQUER CANCER

In this bestseller, first published in 1984, **Ian Gawler** offers candid insight into cancer prevention and management, emphasising the importance of lifestyle changes such as nutrition, meditation and family and social support systems. What were originally claims based on experience are now being corroborated by scientific research.

**Michelle Anderson Publishing; RRP \$35.00; ISBN: 9780855721411**

## GET YOURSELF BACK IN MOTION: A PHYSIOTHERAPIST'S SECRETS TO PAIN RELIEF AND OPTIMAL HEALTH

**Jason T Smith** combines the principle of self-empowerment with a lifetime of experience in physiotherapy to give readers advice on staying healthy, active and free of pain. Smith explains what it means to be 'well' and stresses the importance of physical activity in living longer and enjoying life.

**Global Publishing Group; RRP \$34.95; ISBN: 9781921630767**

## AGING TOGETHER: DEMENTIA, FRIENDSHIP AND FLOURISHING COMMUNITIES

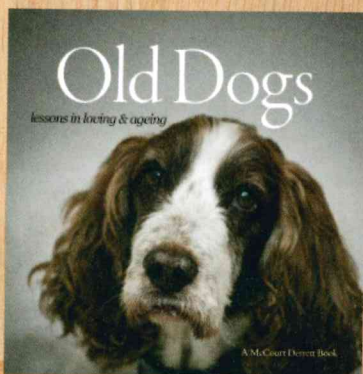
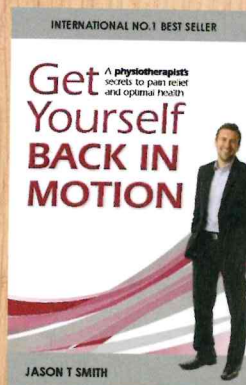
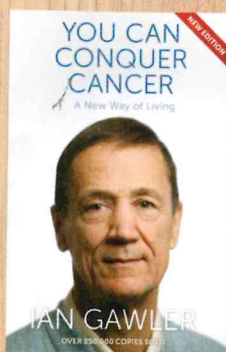
In this broad interdisciplinary perspective on the future of ageing, **Susan H. McFadden and John T. McFadden** offer a new way of thinking about dementia and old age, asserting the need for communities to build support systems around all people.

**Johns Hopkins University Press; RRP \$76.00 (Co-op Bookshop); ISBN: 9780801899867**

## PRACTICE DRIVEN RESEARCH: A PRACTICAL APPROACH TO AGED CARE KNOWLEDGE AND DEVELOPMENT

**Tracey McDonald**, RSL LifeCare Professor of Ageing at the Australian Catholic University, uses a 'practice driven research' approach, developed with the clinical nurses, therapists and managers at RSL LifeCare. Staff strive to understand the work they are doing in solving practical, day-to-day problems and to improve on it.

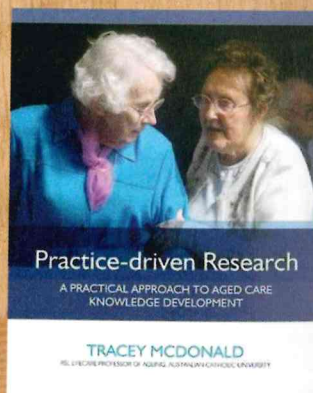
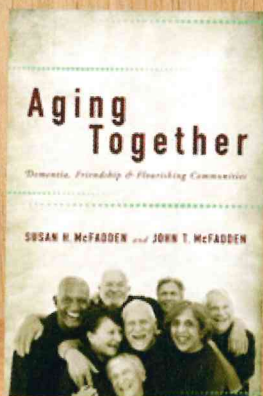
**Woodslane Press; RRP \$44.95; ISBN: 9781921874383**



## FEATURE BOOK OLD DOGS: LESSONS IN LOVING AND AGEING

Novelist, poet and activist **Suzanne McCourt**'s wise, funny and frequently touching reflections on ageing are centred on her love for Brando, her late pet poodle which inspired her involvement in pet therapy. McCourt pays tribute to the wisdom and comfort pets can bring to our lives, particularly as we age. One dollar from every sale donated to the Black Dog Institute.

**Posh Dog Publishing; RRP \$29.95; ISBN: 9780987377500**



"Give me a man or woman who has read a thousand books and you give me an interesting companion. Give me a man or woman who has read perhaps three and you give me a dangerous enemy indeed." Anne Rice, *The Witching Hour*.

Please email book information and cover images to [editorial@australianageingagenda.com.au](mailto:editorial@australianageingagenda.com.au).

Review copies should be sent to the editor, Australian Ageing Agenda, PO Box 55, Glebe, NSW, 2037.