

Book Buzz

With Carolyn Larson

Head Librarian at Lihue Public Library

Bringing you the buzz on new, popular and good books available at your neighborhood library.

Book annotations are largely culled from online publisher descriptions and published reviews.

HEALTHY AGING

It's never too late to add healthy practices to your life and get rid of unhealthy ones according to the folks who declared September Healthy Aging Month. It is a time to focus on a healthy lifestyle for you and the ones you love. This week Book Buzz features a spicy variety of resources on healthy aging that are available at your neighborhood library. Need answers to health questions? Your public librarians can help or show you how to search on your own. Arm yourself with information and inspiration. Let's not just age older, let's age better.

Happy Reading!



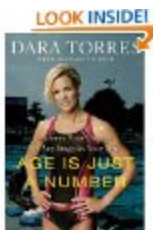
The 90-Second Fitness Solution

The Most Time-Efficient Workout Ever for a Healthier, Stronger, Younger You

By Pete Cerqua

613.7 Ce

This simple strength-training plan includes only the most efficient exercises, which each last 90 seconds but powerfully accelerate your metabolism. The author, a veteran personal trainer, says that by doing these exercises while following his sensible yet simple eating approach and lifestyle advice, you will become stronger and leaner.



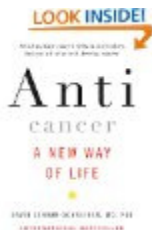
Age is Just a Number

Achieve Your Dreams at Any Stage in Your Life

By Dara Torres

797.21092 Torres To

From the legendary Olympic gold medallist who launched her Olympic comeback as a new mother at the age of forty-one comes a motivational, inspirational memoir about staying fit, aging gracefully, and pursuing your dreams. The author talks frankly about being an older athlete in a younger athletes' game; about competition, doubt, and belief; about working through pain and uncertainty; and finally—about seizing the moment and, most important, never giving up.



Anti Cancer: A New Way of Life

By David Servan-Schreiber
616.99405 Servan-Schreiber

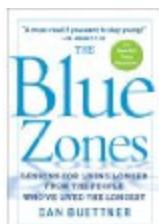
The author and fifteen year brain cancer survivor offers anticancer practices. He underscores that his advice should be an adjunct to, not a replacement for, conventional treatments like surgery and chemotherapy, in this spirited mixture of good medical information, helpful suggestions and alternative medicine.



Being Well When We're Ill: Wholeness and Hope in Spite of Infirmity

By Marva J. Dawn
248.861 Da

Theologian, educator, and speaker with a variety of serious physical challenges, the author is a powerful guide for those who want to be well in spite of their medical conditions. Each chapter names one particular aspect of illness, such as loneliness, boredom, physical pain, regrets, bitterness or meaninglessness, and offers strategies for coping with them without sugarcoating or belittling the real struggles people face. Readers will find themselves companioned in their sufferings and encouraged with new ways to surmount them.



The Blue Zones: Lessons for Living Longer from the People Who Have Lived the Longest

By Dan Buettner
613.2 Bu

National Geographic Explorer Buettner traveled the globe to uncover the best strategies for longevity found in the Blue Zones--places in the world where higher percentages of people enjoy remarkably long, full lives. In this dynamic book he discloses the recipe, blending this unique lifestyle formula with the latest scientific findings to inspire easy, lasting change that may add years to your life.

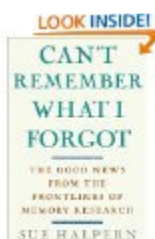


**Breakthrough:
8 Steps to Wellness:
Life-Altering Secrets from Today's Cutting Edge Doctors**

By Suzanne Somers

613 Somers

Author and women's health pioneer Suzanne Somers uncovers enlightening, lifesaving information for a natural, drug-free approach to living that forms the cornerstone of breakthrough medicine. Readers will discover how to: balance hormones through bioidentical (not synthetic, cancer-causing) hormone replacement, fix thyroid problems, sleep 8 to 9 hours each night without drugs, improve memory and much more.



**Can't Remember What I Forgot:
The Good News From the Front Lines of Memory Research**

By Sue Halpern

616.8523 Ha

Novelist and science writer Halpern wades bravely into the morass of modern memory research to sort the truth from a wide assortment of hyperbole and promises and platitudes. Halpern is an exceptionally companionable and enlightening guide through the maze of memory maladies and the promising search for remedies.



GALE
CENGAGE Learning™

**Consumer Health Complete
Health and Wellness Resource Center
E-Databases**

HSPLS Website www.librarieshawaii.org

A vast amount of health, wellness, medical, and alternative health information with a powerful and simple search function that brings information to your computer screen at home or in the library. Ask your librarian to show you how to navigate these resources.

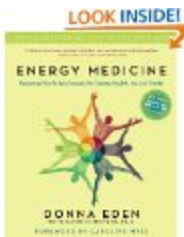


Eat This, Not That: Supermarket Survival Guide

By David Zinczenko

613.25 Zi

This book offers shoppers a simple plan for finding the healthiest foods for them and their families at the neighborhood supermarket where there are tens of thousands of products. . Beyond homing in on the best and worst in the world of packaged foods, the guide scours the aisles to help you pick the most nutrient-packed produce, the leanest, tastiest cuts of meat, exotic cheeses that double as healthy snacks, and the best contaminant-free fish the ocean has to offer.

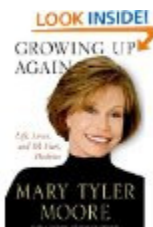


Energy Medicine: Balancing Your Body's Energies for Optimum Health, Joy and Vitality

Donna Eden

615.89 Ed

New edition of the classic clinical handbook and self-help guide for using an understanding of the body's subtle energies to keep healthy and vital.

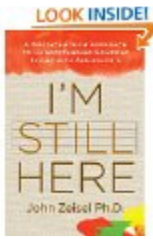


Growing Up Again Life, Loves, and Oh Yeah, Diabetes

By Mary Tyler Moore

362.19646 Mo

Her TV alter ego, Mary Richards, may have been perfect, but it's Moore's imperfections that make her the ideal author of this surprisingly frank memoir about living with diabetes. This helpful and illuminating guide is a winning mixture of personal stories with occasional visits to experts. Her revealing tales of both her successes and failures in coping with diabetes offer others with the disease guidance and inspiration through example. For another inspiring biography try **Sage-ing While Age-ing** by Shirley MacLaine, filled with her trademark wit and candor.



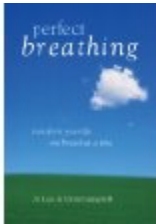
I'm Still Here

A Breakthrough Approach to Understanding Someone Living with Alzheimer's

By John Zeisel, Ph.D

616.831 Ze

As many as five million Americans are living with Alzheimer's. The disease often lasts ten to fifteen years—a time span that definitely constitutes a future. During the course of Alzheimer's, caregivers can have a vibrant and meaningful relationship with people who have the disease by connecting through their abilities that don't diminish with time, such as understanding music, art, facial expressions, and touch.



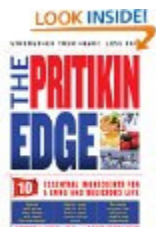
Perfect Breathing

Transform your Life One Breath at a Time

Al Lee and Don Campbell

613.192 Le

Writer Campbell and meditative coach Lee blame rampant stress and information overload for ruining our bodies' most basic and most restorative coping mechanism: breathing. Even worse, they say, is trying to counteract that stress with "flimsy self-help advice and pills." In their place, the authors offer the mind-body tools needed to break bad breathing habits and recapture the respiratory power we're born with.



The Pritikin Edge:

10 Essential Ingredients for a Long and Delicious Life

By Robert A. Vogel and Paul Tager Lehr

613.25 Vo

A nutrition and lifestyle plan guidebook for people who want to follow the path to good health for the rest of their lives. Proven successful in medical studies, the plan is not just about looking your best; it's about feeling your best. Includes recipes.



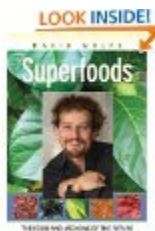
Second Spring

Hundreds of Natural Secrets for Women to Revitalize and Regenerate at Any Age

By Dr. Maoshing Ni

613.04244 Ni

The author is a 38th-generation doctor of traditional Chinese medicine. Based on the Chinese concept of rebirth, or second spring, offered to women at midlife, Ni's program for treating menopausal symptoms and preventing age-related disease is a battery of multitasking foods, herbs and supplements; dietary guidelines; stress-relieving strategies; beauty treatments; brain exercises; and tips on creating a healthy environment.



Superfoods

The Food And Medicine of the Future

By David Wolfe

613.26 Wo

Superfoods are nutritionally dense foods which offer tremendous dietary and healing potential. In this illustrated overview, well-known raw-foods guru David Wolfe profiles delicious and incredibly nutritious plant products such as goji berries, hempseed, cacao beans (raw chocolate), maca, spirulina, bee products, and a host of others. Each superfood is described in detail, accompanied by easy and delicious recipes.