

## General Catalogue 2010

Healthrites bookshop at Family Planning NSW has a great range of books and resources on reproductive and sexual health, available by mailorder.

Here is a selection of new titles and some of our most popular books. To purchase just fill in the order form or view our complete range and order online at [www.fpnsw.org.au](http://www.fpnsw.org.au). For more information please call us on 02 8752 4307.

### Pregnancy & Birth

#### What to Expect When You're Expecting

4th Edition

Sharon Mazel & Heidi Murkoff

**New Edition**

ISBN 9780732286590 \$39.99

This exciting fourth edition is bursting with new information! Every section has been rewritten with answers to many new questions, week-by-week fetal development guides and discussion of the most recent developments in obstetrics. There is an expanded section on workplace concerns, and greater coverage of emotional, physical, nutritional and sexual matters, as well as more support for expectant fathers. This new edition is easy to use, and full of helpful hints and humour.



### Health Professionals

#### The Vulva, A Clinician's Practical Handbook

**New**

Dr Gayle Fischer & Dr Jennifer Bradford

Published by Family Planning NSW

ISBN 1877026174 \$50

Australian

*The Vulva, A Clinician's Practical Handbook* is a unique guide to the diagnosis, treatment and management of both acute and chronic vulval conditions. Co-written by a dermatologist and a gynaecologist, both specialising in vulval conditions, this comprehensive reference book includes full-colour clinical photographs and illustrations to assist diagnosis, and colour coded chapters on specific clinical presentations. This is an invaluable resource for all practitioners working in the area of women's health.



### Men's Health

#### The Rough Guide to Men's Health

The ultimate body and mind reality check

Lloyd Bradley

ISBN 9781848360044 \$35

**New**

This book takes a quirky and informative look at men's health and wellbeing. Written by men's health and fitness expert Lloyd Bradley, it features down-to-earth health advice on many issues of special interest to men such as fitness, sexuality, nutrition and self esteem. *The Rough Guide to Men's Health* is a complete guide on how to look and feel great!



### General Contraception

#### Contraception - Healthy Choices

2nd Edition

A contraceptive clinic in a book

Family Planning NSW

ISBN 9781742231365 \$34.95

**New Edition**

Australian

This new edition of *Contraception Healthy Choices* has been updated to include the latest information about all methods of contraception currently available in Australia. In an easy-to-read, conversational style, it also discusses each method in relation to a person's health and lifestyle. This is a great resource for anyone who wants to be well informed so they can be involved in choosing the best contraceptive method for their own situation.



### Women's Health

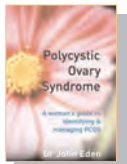
#### Polycystic Ovary Syndrome

A woman's guide to identifying and managing PCOS

Dr John Eden

ISBN 9781741145274 \$26.95

Many women suffer the effects of polycystic ovary syndrome (PCOS) without it being diagnosed. Symptoms include acne, excess hair, weight problems, infertility and even diabetes. This comprehensive guide gives newly diagnosed women the knowledge and confidence to make decisions about the treatment to use and when to use it.



### Puberty

#### More Secret Girls' Business

**New**

Everything a girl needs to know about puberty

Heather Anderson, Fay Angelo & Rose Stewart

ISBN 9780975011348 \$16.99

Australian

*More Secret Girls' Business* is a companion book to *Secret Girls' Business*. It includes details about physical and emotional changes, and gives girls a greater understanding about puberty and sexuality - presented in simple language with fun illustrations.

**Also available:** Secret Boys' Business \$16.99

Secret Girls' Business (for younger girls) \$14.99



### For Younger Children

#### Everyone's Got A Bottom

A happy story about children keeping safe

Family Planning Queensland

ISBN 9780957912960 \$16

*Everyone's Got A Bottom* is a story about Ben and his brother and sister talking and learning together. Brightly illustrated and written in a style that is fun, positive and protective, this delightful book assists parents and caregivers to start a conversation with children about self protection.



## Contraception & Sexual Health for Health Professionals

### Contraception

**An Australian clinical practice handbook - 2nd Edition**

Sexual Health & Family Planning Australia (SH&FPA)

ISBN 1877026158 \$55

Australian

This handbook, co-authored by medical experts from Australian family planning organisations, provides essential information on all methods of contraception for health professionals. Chapters include: Introduction to contraceptive methods; Hormonal methods of contraception; Contraception in special circumstances; Natural methods of contraception; Intrauterine contraceptive devices; Sterilisation; New contraceptive technologies; References and Index.



### Reproductive and Sexual Health

**An Australian clinical practice handbook**

Family Planning NSW

ISBN 1877026131 \$49.99

Australian

In this handbook, health professionals will find detailed information to assist them in delivering a broad range of reproductive and sexual health services. Topics covered include: practical gynaecology; breast assessment; fertility; pregnancy; menopause; STIs; HPV immunisation, hepatitis C; PID; cervical cancer; urinary tract infections; unplanned pregnancy; and sexual assault.



### The IUD in Practice

**A training DVD for health care professionals**

Family Planning NSW \$49.95

Australian

**New**

This 27 minute DVD provides an overview of the medical aspects of IUD insertion including: Selection of appropriate patients; Mode of action of the three common IUDs used in Australia: Contraindications and side effects; Counselling a woman prior to insertion; Insertion in a clinic setting; Post insertion counselling and follow-up checks; and Removal. It contains detailed images of an IUD insertion and is intended to act as a guide only to training. In order to safely insert IUDs doctors need to undertake clinical training and supervision. FPNSW runs an IUD Insertion Course comprised of both theoretical and clinical modules.



#### Download Updates

Find FPNSW factsheets with the latest information on each method of contraception and other reproductive and sexual health issues at

[www.fpnsw.org.au/index\\_factsheets.html](http://www.fpnsw.org.au/index_factsheets.html)

## Loss & Grief

### The Grief Book

**Strategies for young people**

Elizabeth Vercoe & Kerry Abramowski

ISBN 9781876372521 \$18.99

Australian

This thoughtful, practical book is for young people living with a serious illness, the death of someone close to them, or any situation that has caused them great sadness or grief. *The Grief Book* provides lots of ways for dealing with grief, from simple suggestions such as rearranging furniture, or punching bread, to a detailed guide for what to do at a funeral. The book includes quotes and songs that show the difficulties and rewards of coping with grief.



## Sexuality

### Sex Life Solutions

**Easy ways to solve everyday sexual problems**

Dr Janet Hall

ISBN 9781876451400 \$24.95

Australian

Many people with sexual problems just suffer in silence. *Sex Life Solutions* is a book that gives straightforward answers to people who want understanding, clear direction and practical strategies. It helps people learn how to think differently, talk together and solve sexual difficulties. Case studies give examples of ways to overcome common anxieties, problems with performance or rejection, and difficulties caused by people's differing desire for sex, or their stressful lifestyles.



### Too Fast? Learn to Last Longer

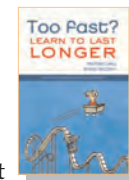
**A Guide to premature ejaculation**

Michael Lowy & Brett McCann

ISBN 9781920681463 \$15

Australian

Premature ejaculation is a common male complaint which can impact on a man's self esteem and relationships. In this useful self-help book, the authors discuss causes of the problem and provide information on treatments including counselling, medication and exercises. Most importantly they aim to reassure men that most cases of ejaculation disorders can be improved. *Too Fast? Learn to Last Longer* will be a great resource for men who have this problem.



## Gay & Lesbian

### The Lesbian Health Book

**Caring for ourselves**

Editors: Jocelyn White & Marissa Martinez

ISBN 9781878067319 \$38

Many women's health books include chapters for lesbians, but this book is completely dedicated to lesbian healthcare. *The Lesbian Health Book* begins by discussing how homophobia often prevents lesbians from obtaining adequate medical care. It covers relevant health topics ranging from reproductive issues to chronic disease, AIDS, and breast cancer. It also contains personal essays by lesbians on their experiences with the healthcare system. It concludes with a resource guide which, although written for readers in the USA, lists Internet sites, newsletters, and books on a variety of health topics which could be useful for Australian readers as well.



## Counselling

### Helping People With Sexual Problems

**A practical approach for clinicians**

Peter Trigwell

ISBN 9780723434092 \$49

This practical guide assists clinical health care professionals to assess, understand and help people with sexual problems, both organic and psychological. It offers guidance on when to refer patients to specialist services, and which services would be most appropriate for a range of issues. Contents include: Clinical importance of sexual dysfunction; Understanding normal sexual functioning; Specific techniques for specific conditions; and Ethical considerations.



## Books On Sale

Healthrites sale items include the FPNSW publications  
*Sex and the Law*, now \$10 and  
*Sexuality and Your Rights*, now \$7.25.

For more sale titles, see the category Books On Sale at  
[www.fpnsw.org/categories/Bookshop/Books-on-Sale/](http://www.fpnsw.org/categories/Bookshop/Books-on-Sale/)

## Multicultural

### Down There - 2nd Edition - DVD

About women's bodies, reproduction, preventative health care and contraception

Family Planning NSW \$49.95

DVD (25 minutes) and

12 page discussion notes

Australian

**Now available in Arabic, Persian and Mandarin as well as English**

Using an animated story, and interviews with women and men from different cultural backgrounds, this delightful film presents information about women's bodies, in a way that is open and positive. *Down There - 2nd Edition* can be used to start discussions about issues such as preventive health; going to a doctor or health clinic; periods; getting pregnant; choosing contraception; men's role in contraception; sexually transmissible infections (STIs) and safer sex. This is a resource that will be used time and time again!

### BODY TALK Multilingual Body Charts

A book of charts about reproductive and sexual health

Family Planning NSW

ISBN 0958822190 \$60

Australian

Available in Arabic, Chinese, Croatian, Macedonian, Serbian, Spanish and Vietnamese

This is a large poster book (63 x 44 cm, spiral bound) with nine charts about reproductive health for educators to use when working with groups. Beautifully coloured drawings of the body are clearly labelled in one of the languages listed, with English in small print underneath. The images are appropriate for a wide range of cultural groups. Charts include: Female Reproductive Parts; Male Reproductive Parts; The Menstrual Cycle; Pelvic Floor Muscles; Sterilisation; The Breast - Mammogram; and Osteoporosis.

The book of charts is also available in English only - \$75

## Disability

### Taking Care of Myself

A hygiene, puberty and personal curriculum for young people with autism

Mary Wrobel

ISBN 978185477941 \$49.50

Through a combination of social stories and easy-to-understand activities, this book offers a curriculum that guides the child and the caregiver on issues of health, hygiene, and the challenges of puberty. *Taking Care of Myself* is a valuable resource for anyone who cares for, or works with, young people with autism.

### Love and Kisses/the DVD

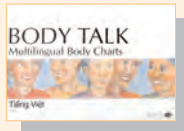
Relationships and sexuality - featuring people with disabilities

DVD (43 minutes)

Family Planning NSW \$49.95

Australian

In this positive look at the intimate lives of people with disabilities, personal stories are told through drama and interviews. *Love and Kisses/the DVD* shows the joys and heartbreak of love, sex and relationships, and provides information, education and notes that raise questions for discussion. Four drama scenes are followed by interviews covering issues such as living independently, building relationships, sex and intimacy, sex education and safe sex, unwanted touching, and a person's rights.



## Parents & Teachers

### Questions Children Ask

And how to answer them

Miriam Stoppard

ISBN 9780751333336 \$29.95

Parents will find the help they need to answer the many difficult questions that young children ask, in this book. It offers practical guidelines on how much to tell your child and what language to use, and provides answers for each age level from 2 to 4 years, 4 to 6, 6 to 8, and 8 to 11 years.



### Praising Boys Well

New

100 Tips for parents and teachers

Elizabeth Hartley-Brewer

ISBN 9780738210216 \$25

Boys need encouragement and praise to develop healthy self-esteem. This book shows parents ways of praising boys well in everyday situations.



### Praising Girls Well

New

100 Tips for parents and teachers

Elizabeth Hartley-Brewer

ISBN 9780738210223 \$25

Girls often do things to get approval and praise rather than because they judge it to be right or helpful. This book shows how to give praise in a way that will boost a girl's inner confidence and guide her to trust in her own judgement.



## Young People

### Practical Interventions for Young People at Risk

Kathryn Geldard

ISBN 9781847875624 \$49.95

*Practical Interventions for Young People at Risk* provides a much needed practical resource for health care professionals, educators and youth workers to use when working with young people. It offers strategies for addressing difficult issues faced by young people such as depression, suicide and self-harm, substance misuse, problematic sexual behaviour and mental health.



### Navigating Teenage Depression

Gordon Parker & Kerrie Evers

ISBN 9781742370781 \$24.95

First symptoms of depression often occur during the teenage years and it can be a difficult and confusing time for families as well as the teenager themselves. This book discusses how to identify different mood disorders and contributing factors, and if clinical treatment is required. With insightful personal stories from teenagers and young adults, this is an essential handbook for every parent, carer or professional, looking after a young person with depression.



### Youth Coping With Teen Pregnancy

Growing up fast

Heather Docalavich & Phyllis Livingston

ISBN 9781422201343 \$44

Growing up is a time of challenges, and pregnancy completely changes your life. This book for 12-16 year olds, begins with a fictional story of 16 year old Holly discovering she's pregnant, with many questions to be answered, and big decisions to make. Non-fiction sections at the end of each chapter provide up-to-date information. *Youth Coping with Teen Pregnancy* offers a glimpse into the real-life world of many adolescents, encouraging tolerance, compassion and deeper understanding.



