

General Catalogue 2012

Welcome to our General Catalogue for 2012. Healthrites bookshop at Family Planning NSW has excellent books and resources on reproductive and sexual health, available by mail order. Here is a selection of new titles and some of our most popular books.

To purchase, simply fill in the order form on the back or see the complete range and order online at www.fpnsw.org.au. For more information please call us on 02 8752 4307.

Pregnancy and Birth

The New Pregnancy & Childbirth Choices and challenges

Sheila Kitzinger

ISBN 9781405363327 \$39.95

New



A classic for all new parents, this book inspires, informs and reassures. From conception through birth, Sheila Kitzinger describes what to expect and prepares parents-to-be for the physical changes ahead. *The New Pregnancy and Childbirth* now includes information on Caesarean births, the birthing sling, sex during pregnancy, and nutrition. Expectant parents are encouraged to be actively involved in decisions about their antenatal care and birth method.

Young Children

Everyone's Got A Bottom

A happy story about children keeping safe
(for children 3-8 years)

Family Planning Queensland

ISBN 9780957912960 \$16

Australian



Everyone's Got A Bottom is a large picture book with a story about Ben and his brother and sister talking and learning together about staying safe. 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 young children about self protection.

General Contraception

Contraception - Healthy Choices 2nd edition

A contraceptive clinic in a book

Family Planning NSW

ISBN 9781742231365 RRP \$34.95 Sale Price

\$27.95

Australian



This is a great resource for women, men and young people who want clear information to help them choose the best contraceptive method for their situation. It includes information about all methods of contraception currently available in Australia. In an easy-to-read, conversational style, it discusses each method, illustrated with line drawings, in relation to a person's health and lifestyle.

Women's Health

Women's Stuff

New

The guide book to making the most of your life

Kaz Cooke

ISBN 9780670073696 \$59.95

Australian



Whether you're starting or ending a relationship, a friend has found a lump in the breast, you're in debt, your partner's lost interest in sex or you don't know whether to believe the moisturiser label, *Women's Stuff* is your guide, from leaving school to menopause and beyond. It covers the practical side of life, including work, money and homemaking, getting to know and make friends with your body, family, mental and physical health, and sex and relationships.

Also available: *Girl Stuff* ISBN 9780670028870 \$39.95

Men's Health

The Complete Book of Men's Health

Everything a man needs to know

Mitchell Beazley

ISBN 9781845335946 \$45

New



The Complete Book of Men's Health concentrates on common male medical problems from back pain to prostate problems and discusses symptoms, with suggestions on how to prevent their return. It is divided into two main sections: 1. The Healthy Living Guide which deals with all aspects of men's lives, their health, looks, effects of work, including stress. 2. Male Health Concerns which analyses the benefits of preventative health measures and advises on when professional help should be sought.

Books On Sale

For Healthrites sale items, see the category **Books On Sale** at www.fpnsw.org/categories/Bookshop/Books-on-Sale/

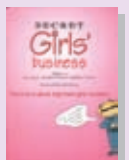
Puberty

Secret Girls' Business

Fay Angelo, Heather Pritchard and Rose Stewart

ISBN 9780975011300 \$14.99

Australian



This attractive little book about puberty will particularly appeal to younger girls. *Secret Girls' Business* is fun and easy to read with limited text and lots of engaging illustrations. Girls learn about changes that happen at puberty, and are encouraged to make the transition with dignity and joy. It includes a section for teachers, and another one for parents.

Also available: *Secret Boys' Business*

ISBN 9780975011324 \$16.99

More *Secret Girls' Business* (for older girls)

ISBN 9780975011348 \$16.99

Sexually Transmissible Infections (STIs)

ABC of Sexually Transmitted Infections 6th edition

Edited by Karen E Rogstad
ISBN 9781405198165 \$52.95

New



This new edition of *ABC of Sexually Transmitted Infections* includes the latest guidance on the prevalence, prevention and treatment of STIs, screening programs and new testing methods. It features new chapters on high risk and special needs groups, the use of the internet for information and education, and sexually transmitted infections in resource-poor settings. Contraception is also covered, reflecting the increasing integration of STI and contraceptive services. This valuable reference guide provides concise and practical information for all practitioners, especially GPs, primary care physicians and contraceptive service providers.

Why would I want to use condoms? - booklet

Family Planning NSW \$0.35each
Small booklet 10 pages (7cm x 10cm)
Australian



Giant Microbes - Louse (Lice)

Also available: *Chlamydia, HPV, HIV, Syphilis, Gonorrhoea, Herpes, Egg cell, and Sperm cell*

New

Heebie Jeebies \$12.95each

These giant plush microbes are fun to use with groups to introduce information about sexually transmissible infections (STIs) and reproductive and sexual health. Made from plush material with soft polyester fill, they are shaped to represent individual microbes enlarged 1,000,000 times e.g. the Louse is 18cm x 10cm. See them all at www.fpnsw.org.au!

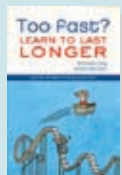


Sexuality

Too Fast? Learn to Last Longer

A guide to premature ejaculation

Michael Lowy & Brett McCann
ISBN 9781920681463 \$14.95
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* is a great resource for men who have this problem.

Where Did My Libido Go?

Getting your sex life back on track

Dr Rosie King
ISBN 9781864711561 \$34.95
Australian



Low libido is the most common sexual problem experienced by women, in fact most women will experience it at some time in their lives, either short term (e.g. after the birth of a baby) or in the long term. When a woman's partner wants sex and she is no longer in the mood, significant problems can occur in the relationship. This book teaches women how their sexual desire works, and how to maximise their libido, increase their sexual pleasure and enjoy a regular satisfying sex life with their partner.

Health Professionals: Contraception & Sexual Health

Reproductive and Sexual Health

An Australian clinical practice handbook - 2nd edition

Family Planning NSW
ISBN 9781877026218 \$65
Australian

New



Reproductive and Sexual Health: An Australian clinical practice handbook - 2nd edition, provides an invaluable practical guide to the management of reproductive and sexual health problems in the primary care setting. It contains up-to-date, evidence-based information delivered in a user friendly style. The handbook covers the diagnosis and management of everything from menstrual disorders, to cervical screening and sexually transmissible infections. New topics since the first edition include early pregnancy related problems, and pelvic floor disorders. Peer reviewed by external experts in their field. An essential resource for all primary care practitioners!

Contraception

An Australian clinical practice handbook - 2nd edition

Sexual Health & Family Planning Australia (SH&FPA)
ISBN 1877026158 RRP \$55 Discount Price \$45
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.



Expected mid 2012

Contraception

An Australian clinical practice handbook

Third edition

Sexual Health & Family Planning Australia (SH&FPA) \$TBA
Please phone Healthrites 02 8752 4307 for further information.

The Vulva, a Clinician's Practical Handbook

Dr Gayle Fisher & Dr Jennifer Bradford with Family Planning NSW

ISBN 1877026174 \$60
Australian

The Vulva, a Clinician's Practical Handbook provides a unique visual and written 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 easy-to-use, comprehensive reference book includes full-colour clinical photographs and illustrations to assist diagnosis, and colour coded chapters which focus on specific clinical presentations. This is an invaluable resource for all practitioners working in the area of women's health.



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

Young People

Sexpectations Girl/Boy

Sex stuff for girls and guys

Leissa Pitts & Craig Murray

ISBN 9781741751437 \$29.95

New



Australian

Divided into two sections (open one way for girls and the other way for boys), *Sexpectations* has information that will help young people make healthy choices about when to have sex, how it happens, why they might or might not want to have sex, and other important things to know if and when they have or are about to have sex. It talks honestly and respectfully about relationships, sexual identity and cultural influences, and addresses some difficult questions.

Gay and Lesbian

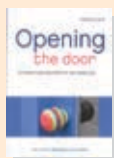
Opening the Door

A mother's journey when her son 'comes out'

Shelley Argent

ISBN 9780980753844 \$15

Australian



Opening the Door is written for anyone who is interested in how families react when someone they love discloses they are gay or lesbian. Shelley Argent tells of her efforts to understand her son's life since he told her he was gay. Advocacy and community education have now become a major part of her life. This volume includes her previous book *Sexuality is not a Choice*.

Loss & Grief

Shadows and Deeper Shadows

Laminated card set and booklet in a presentation box

Innovative Resources

ISBN 9781920945176 \$59.50

New Edition

Australian

This edition of *Shadows* has 48 full-colour cards (21 x 150cm) and a 49 page booklet of suggestions for use with individuals or groups. The evocative watercolour images help us connect with the struggles and breakthroughs of everyday living. There are many ways to use the cards - allow time for reflection, conversation and writing to assist in the discovery of new meaning and hope. The cards can be in counselling sessions, or as the starting point in creative writing classes.

Aboriginal and Torres Strait Islander

Hey Sister! Hey Brother!

Contraception information approved by Aboriginal elders - useful for everyone, particularly young people

Booklet 16 pages

Family Planning NSW \$0.70 each



Talking Up Our Strengths

Celebrating Aboriginal and Torres Strait Islander cultures

Laminated card set and 24 page booklet

Innovative Resources

ISBN 9781920945411 \$44.50

Australian



This set of 22 full colour photomontage cards (14cm x 14cm) celebrates the strengths and resilience of Aboriginal and Torres Strait Islander cultures. The cards can inspire conversations and storytelling in schools, communities, boardrooms and family groups. They can be used as tools for reconciliation, social justice and pride in cultural diversity. Anyone from any cultural background can use these cards to build their own strengths and to recognise the strengths of others.

Parents

Questions Children Ask

And how to answer them

Miriam Stoppard

ISBN 978075133336 \$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 appropriate answers for each age level from 2 to 4 years, 4 to 6 years, 6 to 8 years and 8 to 11 years.



Baby Love

Revised

Robin Barker

ISBN 9781405039109 \$39.99

The revised version of *Baby Love*, the much loved classic guide to a baby's first 12 months, contains material on nutrition, food allergy and intolerance and updates on safe sleeping, breastfeeding, reflux and immunisation. Written with wisdom and humour, this book has all the information parents are looking for.



Disability

You, Your Body & Sex - the DVD

Life Support Productions

ISBN 9780955173523 \$75

New

Based on the DVDs, *Jason's Private World* and *Kylie's Private World* with additional material, this DVD has a menu system that allows educators and carers to match the needs of viewing groups and individuals. It also has subtitles in large clear text. Topics include: Growing up and changes; Periods; Relationships; Consent and meeting someone; Safer sex; Sex and people's attitudes; and more.



Also available: Jason's Private World and Kylie's Private World \$55 each

Periods: a Practical Guide

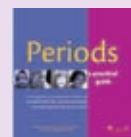
New

For teaching girls and young women with learning disabilities about menstruation

Mai Rees, Charlotte Carter and Lindsay Myers

ISBN 9781905801107 \$31

36 page wi-ro-bound book including a CD and one copy of *I Change My Pad*



Also available: I Change My Pad

ISBN 978190580114 \$3.10

32 page booklet (7.4cm x 10.5cm) reminds girls and young women with learning disabilities when and how to change a pad.



Special Boys' Business

About puberty for boys with special needs

Heather Anderson, Fay Angelo and Rose Stewart

ISBN 9780975011331 \$39.95

Love & Kisses/the DVD

Relationships and sexuality - featuring people with disabilities

DVD - 43 minutes and discussion notes \$49.95

Love & Kisses/the DVD takes a positive look at the intimate lives of people with disabilities. 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.



