

A selection of resources on arthritis available at PN City Library



Books (Health and Well-being Living Room – Non- Fiction Zone)

[No more joint pain](#)

Abboud, Joseph A & Soo Kim Abboud
616.72

[Arthritis: improve your health, ease pain and live life to the full](#)

Bird, Howard
616.722

[The everything health guide to arthritis: professional advice on managing pain, choosing the right treatment, and leading an active lifestyle](#)

Eustice, Carol
616.722

[Arthritis and how to live with it](#)

Harrison, Andrew
616.72206

[Curing arthritis: the drug-free way](#)

Hills, Margaret
616.722

[Exercise and arthritis: a guide to pain-free movement](#)

Hills, Margaret
616.722062

[Arthritis: the complete guide to relief using methods that really work](#)

Klein, Arthur C
616.72206

[Overcoming arthritis: a holistic plan including a unique tai chi programme to relieve pain and restore mobility](#)

Lam, Paul
616.72206

[The arthritis helpbook: a tested self-management program for coping with arthritis and fibromyalgia](#)

Lorig, Kate
616.72206

[Action plan for arthritis](#)

Millar, A. Lynn
616.722062

[Arthritis: the essential guide](#)

Rutter, Wayne
616.722

DVDs (Health and Well Being Living Room - Non-fiction Zone)

[Tai chi for arthritis](#)

Lam, Paul
613.7148

[Tai chi for arthritis: 2](#)

Lam, Paul
613.7148

Non-fiction Large Print (Fiction Zone)

[Arthritis: What exercises really work](#)

Sobel, Dava & Arthur C Klein
616.722

Other resources:

Try the **Health and Wellness Resource Center *info2go*** database available for members via our website, or on one of the public PCs in the Library

Arthritis New Zealand

<http://www.arthritis.org.nz>