

## **BOOK DONATION PROGRAM**

All of the following books have been donated by GNBCC to our Great Neck Public Library system and to all of our Great Neck Public School Libraries. The books listed below for children also have been donated to the Great Neck Community School.

### **Books that Address Environmental Influences and Cancer:**

Love, Susan M., and Karen Lindsey. *Dr. Susan Love's Breast Book*, 3<sup>rd</sup> Revised Edition. Perseus Books Group, 2000.

Sherman, Janette D., *Life's Delicate Balance: A Guide to Causes and Prevention of Breast Cancer*. Taylor & Francis, 1999.

Gofman, John W., Egan O'Connor. *Preventing Breast Cancer: The Story of a Major, Proven, Preventable Cause of this Disease*. Committee for Nuclear Responsibility, 2<sup>nd</sup> Edition, 1996.

Seaman, Barbara. *The Greatest Experiment Ever Performed on Women: Exploding the Estrogen Myth.*, Hyperion Books, 2003.

Schettler, Ted, M.D. Gina Solomon, M.D., Maria Valenti and Annette Huddel, *Generations at Risk: Reproductive Health and the Environment*. MIT Pres, 2000

Steingraber, Sandra. *Living Downstream: An Ecologist Looks At Cancer and the Environment*. Perseus Books, 1997.

Wilson, Samuel, Lovell Jones, Christine Coussens, and Kathi Hann, Editors. *Cancer and the Environment: Gene-Environment Interaction*: National Academy Presse, 2002.

Gaynor, Mitchell, M.D., *Nurture Nature, Nurture Health: Your Health and the Environment*. Nurture Nature Press, 2005.

Colburn, Theo. *Our Stolen Future: Are We Threatening Our Fertility, Intelligence and Survival?* Dutton, 1996

Matthews, Dawn D. Editor. *Environmental Health Sourcebook: Basic Consumer Health Information About the Environment and Its Effects on Consumer Health*. Omnigraphics, Inc. 2003

Davis, Devra Lee, Ph.D. *When Smoke Ran Like Water: Tales of Environmental Deception and the Battle Against Pollution*. Basic Books, 2002.

### **BOOKS THAT ADDRESS RISK REDUCTION:**

Berthold-Bond, Annie. *Clean and Green: The Complete Guide to Non-Toxic and Environmentally Safe Housekeeping*. Ceres Press, 1994

Ellis, Barbara W., Fern Marshall Bradley, and Helen Atthow, Editors. *The Organic Gardener's Handbook of Natural Insect and Disease Control: A Complete Problem-Solving Guide to Keeping Your Garden & Yard Healthy Without Chemicals*. Rodale Press, revised edition, 1996.

Steinmen, David and Samuel S. Epstein, M.D., *Safe Shopper's Bible: A Consumer's Guide to Nontoxic Household Products, Cosmetics, and Food*. Macmillan, 1995.

### **Eating Right for Life:**

Chilton, Floyd H., with Laura Tucker., *Inflammation Nation: the first clinically proven eating plan to end our nation's secret epidemic*. New York: Simon & Schuster, 2005.

Willet, Walter C., M.D., *Eat, Drink & Be Healthy: The Harvard Medical School Guide to Healthy Eating*, Fireside, of Simon & Schuster, Inc. 2002.

Goldhamer, Alan, editor. *The Health Promoting Cookbook: simple, guilt-free, vegetarian recipes.* , Summertown, TN: Book Publishing Company, 1997.

*Healthy Eating for Life for Women*. Physicians Committee for Responsible Medicine. New York. 2002

Heidrich, Ruth., *A Race for Life: a diet and exercise program for super fitness and reversing aging process. The amazing story of how one woman survived breast cancer to take on the toughest races in the world.* New York: Lantern Books, 2000

Krizmanic, Judy. *The Teen's Vegetarian Cookbook.* Illustrations by Matthew Wawiora, New York: Viking, 1999.

Melina, Vesanto, Brenda Davis. *The New Becoming Vegetarian: the essential guide to a healthy vegetarian diet.* Summertown, Tenn: Healthy Living Pubs, 2003.

Pensiero, Laura J, Michale Osborne and Susan Oliveria., *The Strang Cancer Prevention Center Cookbook: a complete nutrition and lifestyle plan to dramatically lower your cancer risk.* Forward by Jacques Pepin. New York: McGraw-Hill, 2004.

Robbins, John, *Reclaiming Our Health: exploding the medical myth and embracing the source of true healing.* Tiburon, California: Kramer, 1998.

Saunders, Kerrie. *The Vegan Diet as Chronic Disease Prevention: evidence supporting the new four food groups.* New York: Lantern Books, 2003

Stepaniak, Joanne, *Raising Vegetarian Children: a guide to good health and family harmony,* Chicago: Contemporary Books, 2003.

*Stopping Cancer Before it Starts: the AICR program for cancer prevention.,* American Institute for Cancer Research, New York: Golden Books, 1999

### **Books that offer support when a family member has been diagnosed:**

Delinsky, Barbara. *Uplift: Secrets from the Sisterhood of Breast Cancer Survivors.* Washington Square Press, 2001

Ackerman, Abigail and Adrienne Ackerman. *Our Mom Has Cancer,* American Cancer Society, 2002.

Russel, Laura. *Mommy Has Cancer*, Publications International, January 2003

Ganz, Pam, illustrated by Tobi Scofield, *Life Isn't Always a Day at the Beach*, High Five Publishing, 1996.

Kohlenber, Sherry, illustrated by Laura Crow. *Sammy's Mommy Has Cancer*. Magination Press, 1993

**More recommended books that can be found at the Great Neck Public Library:**

Swirsky, Joan, R.N., Barbara Balaban, *The Breast Cancer Handbook: Taking Control After You've Found A Lump*, 1998.

Swirsky, Joan, R.N., Diane Sackett Nannery, *Coping With Lymphedema*, Paragon Press, 1998.