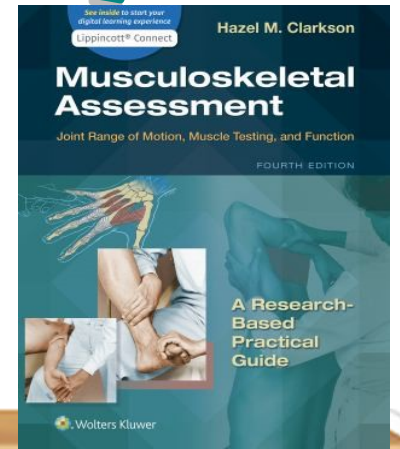
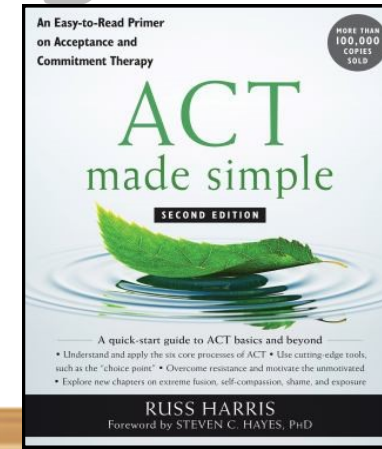
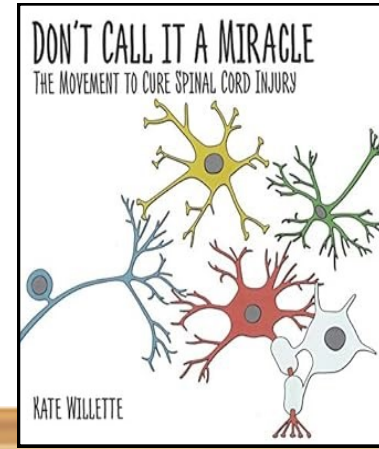
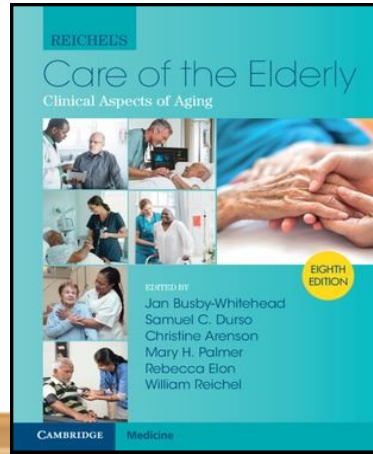
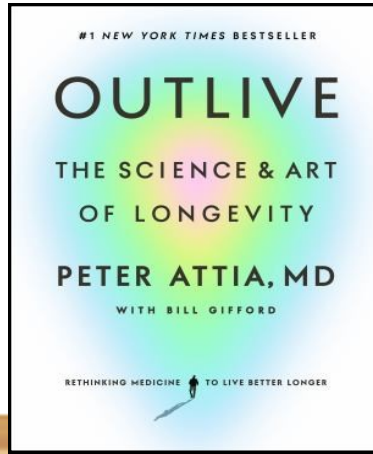
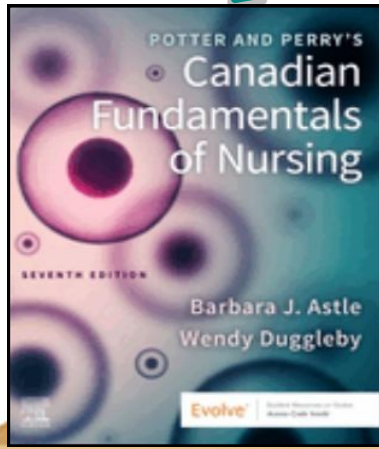


New Titles February 2024



Potter and Perry's Canadian Fundamentals of Nursing, 7th ed. / Astle

Covering nursing concepts, knowledge, research, and skills that are essential to professional nursing practice in Canada, this text addresses the entire scope of nursing care while reflecting Canadian standards, culture, and the latest in evidence-informed care. Based on Potter & Perry's respected *Fundamentals* text this book ensures you understand Canada's health care issues as well as national nursing practice guidelines.

[WY 100 P86 2024](#)

Outlive: The science & art of longevity / Attia

A #1 New York Times best seller, this groundbreaking manifesto on living better and longer challenges the conventional medical thinking on aging and reveals a new approach to preventing chronic disease and extending long-term health. The author, a leading longevity expert, draws on the latest science to deliver innovative nutritional interventions, techniques for optimizing exercise and sleep, and tools for addressing emotional and mental health.

[WT 116 A88 2023](#)

Reichel's Care of the Elderly: Clinical aspects of aging, 8th ed. / Busby-Whitehead

This 8th edition of Dr. Reichel's formative text remains the go-to guide for practicing physicians and allied health staff confronted with the unique problems of the elderly population. Fully updated and revised, it provides a practical guide for all health specialists, emphasizing the clinical management of the elderly patient with simple to complex problems.

[WT 100 R34 2022](#)

Don't Call it a Miracle: The movement to cure spinal cord injury / Willette

This book was written by the spouse of a person living with a spinal cord injury and published by the Christopher & Dana Reeve Foundation. It is intended for those who want to understand the basic biology of the injured cord and what basic approaches scientists are taking to heal, mend or bypass the nervous system, and for those who want to know what you as a non-scientist can do to advocate and speed things along.

[WL 400 W55 2015](#)

ACT Made Simple: An easy to read primer on Acceptance and Commitment Therapy, 2nd ed. / Harris

A practical primer, ideal for newcomers and experienced professionals alike, *ACT Made Simple* offers clear explanations of the six ACT processes and a set of real-world solutions for rapidly and effectively implementing them in your practice. This book gives you everything you need to start using ACT with your clients, including session by session guides, transcripts and practical tips for overcoming therapy roadblocks.

[WM 425.5 H31 2019](#)

Musculoskeletal Assessment: Joint range of motion, muscle testing, and function, 4th ed. / Clarkson

This updated edition offers a straightforward approach to learning the clinical evaluation of joint range of motion, muscle length, and manual muscle testing. Each chapter is devoted to a separate anatomical region to help physical therapists and occupational therapists hone their understanding of pertinent surface and deep anatomy.

[WE 141 C61 2021](#)



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