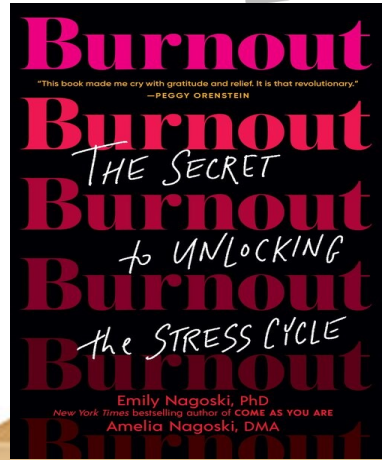


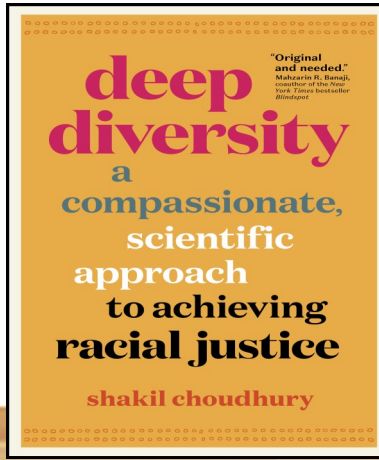
# New Titles May 2023



***Burnout: The secret to unlocking the stress cycle*** / Nagoski & Nagoski

This groundbreaking book explains why women experience burnout differently than men—and provides a simple, science-based plan to help women minimize stress, manage emotions, and live a more joyful life. With the help of eye-opening science, prescriptive advice, and helpful worksheets and exercises, all women will find something transformative in these pages—and will be empowered to create positive change.

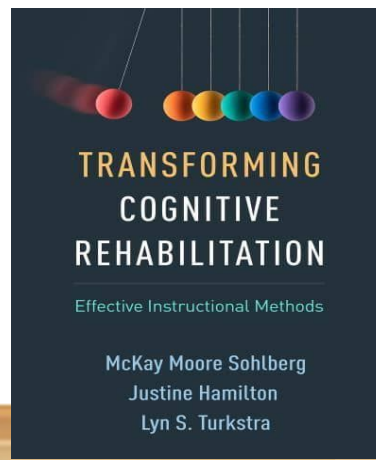
[WM 172 N35 2020](#)



***Deep Diversity: A compassionate, scientific approach to achieving racial justice*** / Choudhury

*Deep Diversity* is a unique, evidence-based approach to racial justice that seeks to overcome feelings of shame that so often block our progress and prevent deep change at individual and systemic levels. In easy-to-absorb chapters, Choudhury interweaves research into the brain and studies on human behavior with hard-won lessons from his career of helping organizations and CEOs create more inclusive environments.

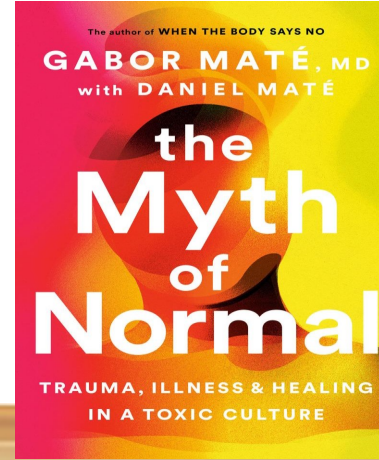
[BF 575 C46 2021](#)



***Transforming Cognitive Rehabilitation: Effective instructional methods*** / Sohlberg et al.

Grounded in cutting-edge knowledge about cognitive function and recovery from brain injury, this practical reference builds on the authors' influential earlier work, *Optimizing Cognitive Rehabilitation*. It incorporates major advances in the field to provide a new framework for assessing patients and developing individualized rehabilitation plans.

[WM 425.5 S65 2023](#)



***The Myth of Normal: Trauma, illness & healing in a toxic culture*** / Maté

In this revolutionary book, renowned physician Gabor Maté eloquently dissects how in Western countries that pride themselves on their healthcare systems, chronic illness and general ill health are on the rise. Maté brings his perspective to the great untangling of common myths about what makes us sick, connects the dots between the maladies of individuals and the declining soundness of society, and offers a compassionate guide for health and healing.

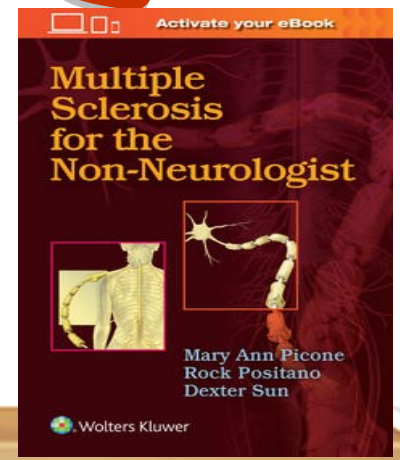
[WA 31 M32 2022](#)



***Dorland's Dictionary of Medical Acronyms & Abbreviations, 8th ed.*** / Dorland

This edition takes the uncertainty out of using and interpreting the thousands of terms used in a multitude of medical specialties. Arranged alphabetically for quick reference, this up-to-date *Dorland's Dictionary* is an essential resource for virtually any medical abbreviation you may encounter.

[W 13 D72 2023](#)



***Multiple Sclerosis for the Non-Neurologist*** / Picone et al.

Recent rapid changes in the field of MS have made the task of staying well-informed a challenge for neurologists, and even more so for other healthcare practitioners who are involved in symptom evaluation and treatment. This resource contains up-to-date guidance for healthcare providers in any field who are likely to encounter problems associated with MS including nursing, physical and occupational therapy.

[WL 360 P76 2020](#)



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