



This is a list of non-fiction books which have been added to libraries in Perth & Kinross during February 2009. The list is split into different categories such as arts and music or homes and gardens. If you are a member of the library you can place a request for any of the items on this list, either in person at one of our community libraries or by using the request service on the online catalogue which you will find on our website <http://www.pkc.gov.uk/library/>

Thoughts & Beliefs

Author	Title	Classification	Publication Date
Ashley-Farrand, Thomas	Shakti mantras: tapping into the great goddess energy within	158.12	2004
Butler, Gillian	Manage your mind: the mental fitness guide	158.1	2007
Dickson, Anne	A woman in your own right: assertiveness and you	158.1	1982
Fennell, Melanie J. V.	Overcoming low self-esteem: a self-help guide using cognitive behavioural techniques	158.1	1999
Hay, Louise L.	You can heal your life	158.1	2004
James, Oliver	The selfish capitalist: origins of affluenza	155.9	2008
Jeffers, Susan	Feel the fear and do it anyway	152.46	1991
Johnson, Spencer	Who moved my cheese?: an amazing way to deal with change in your work and in your life	155.24	1998
Perry, Martin	Confidence boosters: 10 steps to beating self-doubt	158.1	2005
Templar, Richard	The rules of life: a personal code for living a better, happier, more successful kind of life	158.1	2006

Language & Literature

Author	Title	Classification	Publication Date
-----	The Cambridge companion to the French novel: from 1800 to the present	843.009	1997
-----	The origins of words and phrases	422	2008

Society Today

Author	Title	Classification	Publication Date
Brew, Alec	Aircraft down: landings, crash landings and rescues	363.124	2005
Everett, Daniel Leonard	Don't sleep, there are snakes: life and language in the amazonian jungle	305.898	2008
Fellstrom, Carl	Hoods: the gangs of Nottingham - a study in organised crime	364.106	2008
Gibb, John	Who's watching you?	323.448	2005
Grisham, John	The innocent man: murder and injustice in a small town	364.152	2006
Hamilton, Sharon	Taken: the agonising true story of my missing sister	364.152	2009
Lawson, Tony	Complete A-Z sociology handbook	301	2003
Preston, Douglas J.	The monster of Florence	364.152	2009
Quilliam, Susan	Stop arguing, start talking: the 10 point plan for couples in conflict	306.872	1998
Seddon, John	Systems thinking in the public sector: the failure of the reform engine - and the manifesto for a better way	351.41	2008
Templar, Richard	The rules of work: a definitive code for personal success	650.1	2003

Health & Well Being

Author	Title	Classification	Publication Date
-----	30 minutes a day to a healthy heart : One simple plan to conquer the major threats to your heart	616.12	2007
-----	BMA illustrated medical dictionary: Essential A-Z quick reference to over 5,000 medical terms	610.3	2007
-----	Overcoming chronic pain: a self-help guide using cognitive behavioural techniques	616.047	2005
-----	PE	613.7	2009
-----	The complete guide to children's health	618.92	2006
Bean, Tim	Turn back your age clock: look and feel 20 years younger in only 8 weeks	613.7	2009
Biddulph, Steve	Raising boys: why boys are different - and how to help them become happy and well-balanced men	649.132	2003

Author	Title	Classification	Publication Date
Boucher, Jill	The autistic spectrum: characteristics, causes and practical issues	616.858	2009
Callard, Sarah	The little green book of health	613	2009
Chew, Ming	The permanent pain cure: the breakthrough way to heal your muscle and joint pain for good	616.742	2008
Claydon, Anne	The diabetes guide	616.462	2009
Cook, Kate	Be incredibly healthy: 52 brilliant little ideas to look and feel fantastic	613	2007
Diamond, Anne	Size: the untold truth about dieting and weight loss	613.25	2009
Duke, Kacy	The show it love workout: a 3-step plan for a stronger, leaner you	613.71	2008
Emmett, David	What you need to know about cannabis: understanding the facts	362.295	2009
Endacott, Jan	Weights work for women: create a beautiful body in less than an hour a week	613.71	2009
Gallagher-Mundy, Chrissie	Box into shape: get fighting fit in just 12 weeks	613.714	2009
Hammond, Phil	Trust me, I'm (still) a doctor	610.696	2008
Hayden, Torey L.	Silent boy: he was a frightened boy who refused to speak - until a teacher's love broke through the silence	618.928	2008
Haynes, Antony J.	The food intolerance bible: a nutritionist's plan to beat food cravings, fatigue, mood swings, bloating, headaches, IBS	616.975	2005
Hilditch, Graeme	Is it just me or are sit-ups a waste of time?: Britain's top personal trainer uncovers the truth behind 150 common diet and fitness misconceptions	613.7	2008
Holmes, Kelly	Get your kids fit: the parents' guide to healthy, happy, active kids	613.704	2007
Hornbacher, Marya	Madness: a bipolar life	616.895	2008
Hudson, Chris	Stories to keep you healthy	613	2004
Jones, Steven	Coping with bipolar disorder: a guide to living with manic depression	616.895	2002
Kowalski, Robert E.	8 weeks to lower blood pressure : take the pressure off	616.132	2007
Lewycka, Marina	Caring for someone with a hearing loss	362.42	2003
Marber, Ian	Food doctor everyday diet: eat well for permanent weight loss	613.25	2005
Marber, Ian	The Food Doctor ultimate diet	613.25	2009

Author	Title	Classification	Publication Date
Maslen, Cherry	Shape up your bum: 52 brilliant little ideas for maximising your gluteus	613	2007
Moalem, Sharon	Survival of the sickest: the surprising connections between disease and longevity	616.042	2008
Morris, Rachel	The single parent's handbook	649.102	2007
Pagano, Joan	15-minute abs workout	613.718	2009
Robinson, Lynne	Pilates for weight loss: the fast and effective way to shed weight and change your body shape for good	613.79	2008
Rowe, Dorothy	Depression: the way out of your prison	616.852	2003
Schwarz, Shelley Peterman	Multiple sclerosis: 300 tips for making life easier	616.834	2006
Simmons, Linda L.	The everything health guide to addiction and recovery: control your behaviour and build a better life	616.858	2008
Vale, Jason	Juice yourself slim: lose weight without dieting	613.25	2008
Wallace, Margaret	Care options in retirement	362.63	2008
Wright, Janet	Quick & easy energy boosters: 5-minute routines for anyone, anytime, anywhere	613.71	2009

Home & Garden

Author	Title	Classification	Publication Date
La Sagne, Rene´	The complete book of mince	641.66	2008
Walker, W.A	The Harvard Medical School guide to healthy eating during pregnancy	641.563	2008

Arts & Music

Author	Title	Classification	Publication Date
-----	Stagecraft : the complete guide to theatrical practice	792.02	1990

Sports & Games

Author	Title	Classification	Publication Date
-----	Winning jumps and pole vault	796.432	2009
Blaine, David	Mysterious stranger: a book of magic	793.8	2003
Rickards, Barrie	Modern lure fishing	799.122	2008

Travel & Geography

Author	Title	Classifi- cation	Publication Date
-----	Budapest	914.391	2009
Briggs, Philip	Uganda	916.761	2006
Gerrard, Mike	Top 10 Paris	914.436	2009
Ordnance Survey	Blairgowrie and Forest of Alyth [map]	912	2008
Manicom, Sam	Distant suns: Adventure in the vastness of Africa and South America	910.409	2008
McGregor, Ewan	Long way down	916	2007
McGregor, Ewan	Long way round: chasing shadows across the world	910.41	2004
Palin, Michael	Himalaya	915.496	2004

Biography & Family History

Author	Title	Classifi- cation	Publication Date
Bostridge, Mark	Florence Nightingale: the woman and her legend	920.NIGH	2008
Gilbert, Elizabeth	The last American man	920.CONW	2009
Nolan, Anne	Anne's song	920.NOLA	2009
Thatcher, Carol	A swim-on part in the goldfish bowl: a memoir	920.THAT	2008
Victoria, Queen of Great Britain	Queen Victoria's Highland journals: Selections	920.VICT	1983

History

Author	Title	Classifi- cation	Publication Date
Bailey, Roderick	Forgotten voices of the secret war: an inside history of special operations during the Second World War	940.548	2008
Boeselager, Philipp Leopold Antonius	Valkyrie: the plot to kill Hitler	943.086	2009
Buergenthal, Thomas	A lucky child: a memoir of surviving Auschwitz as a young boy	940.531	2009
De Lisle, Leanda	The sisters who would be queen: the tragedy of Mary, Katherine and Lady Jane Grey	942.053	2008
Fraser, James E.	From Caledonia to Pictland: Scotland to 795	941.101	2009

Author	Title	Classifi- cation	Publication Date
Mulvagh, Jane	Madresfield: one home, one family, one thousand years	942.447	2008
Olson, Lynne	For your freedom and ours: the Kos'ciuszko Squadron: the forgotten heroes of World War II	940.544	2003