

Healthy Ireland at Your Library / Éire Sláintiúil ag Do Leabharlann

Book Collection / Bailiúchán Leabhair

Find health and wellbeing books at your local library / Faigh leabhair sláinte agus folláine ag do leabharlann áitiúil

Healthy Ireland at Your Library / Éire Sláintiúil ag Do Leabharlann

The *Healthy Ireland at Your Library* service is available in all 330 public libraries throughout the country.

Healthy Ireland at Your Library provides valuable health information and support to communities and individuals at all life stages.

Public libraries are also organising a host of exciting health and wellbeing events and activities.

All services are free of charge.

Tá seirbhís *Éire Sláintiúil ag Do Leabharlann* ar fáil sna 330 leabharlann poiblí ina n-iomlán ar fud na tíre.

Tugann *Éire Sláintiúil ag Do Leabharlann* eolas sláinte agus tacaíocht luachmhar do phobail agus do dhaoine aonair ag gach céim sa bheatha.

Eagraíonn na leabharlanna poiblí grúpa d'imeachtaí agus gníomhaíochtaí sláinte agus folláine iontacha freisin.

Tá na seirbhísí uilig saor in aisce.

Healthy Ireland at Your Library Book Collection / Bailiúchán Leabhair Éire Sláintiúil ag Do Leabharlann

This health and wellbeing book collection has over 100 titles covering the three Healthy Ireland themes – Eat Well, Think Well, Be Well. Each book was specially evaluated nationally to provide individuals and families with reliable, accessible information to manage their general health and wellbeing. The collection includes books for children and young adults as well.

The collection is available to borrow in every local library free of charge.

You can also reserve the books on the national online catalogue.

For more information go to www.librariesireland.ie or drop in to your local library.

Tá níos mó ná 100 teidil ag an mbailiúchán leabhair sláinte agus folláine a chlúdaíonn na trí téamaí bainteach le hÉire Sláintiúil- Ithigí go Maith, Smaoinigí go Maith, Bígí go Maith. Scrúdaíodh gach

leabhar go cruinn agus go náisiúnta chun eolais iontaofa, inrochtana a thabhairt do dhaoine aonair agus teaghlaigh, chun a sláinte agus a bhfolláine ginearalta a bhainistiú.

Tá an bailiúchán ann chun a bheith ar iasacht i ngach leabharlann áitiúil saor in aisce.

Féadtar leabhair a chur in áirithe ar an gcatalóg náisiúnta ar líne.

Le haghaidh tuilleadh eolais, téigh chuig www.librariesireland.ie nó téigh chuig do leabharlann áitiúil.

Health and Wellbeing Online Resources / Acmhainní Sláinte agus Folláine ar Líne

A selection of health and wellbeing eBooks, eAudiobooks and eMagazines are also available to download.

See www.librariesireland.ie for more details.

Tá rogha e-leabhair, e-Chlosleabhair agus e-Irisleabhair sláinte agus folláine ar fáil le haghaidh íoslódála freisin.

Féach ar www.librariesireland.ie le haghaidh tuilleadh sonraí.

Your Public Library Service / Do Sheirbhís Leabharlainne Poiblí

Your local library is your community and cultural hub with exciting events and activities throughout the year.

Your library membership enables you to use all 330 public libraries, and read, browse, study, borrow items such as books, DVDs, games or other formats, use Wi-Fi, PCs and printing services.

You have full access to 12 million items available across all public libraries and you can place reservations in your local branch or at home.

Your local library also provides access to a huge range of online resources, eBooks, eAudiobooks, eMagazines, eCourses, eLanguages and eNewspapers.

Is croílár pobail agus cultúrtha é do leabharlann poiblí le himeachtaí agus gníomhaíochtaí iontacha ar siúl ó cheann ceann na bliana.

Cabhraíonn do bhallraíocht leabharlainne leat úsáid a bhaint as 330 leabharlanna poiblí, agus tú ag léamh, ag féachaint timpeall, ag staidéar, ag tógáil amach leabhair, dlúthdioscaí, cluichí nó gnéithe eile, nó ag úsáid an Wi-Fi, na ríomhairí agus na seirbhísí priontála.

Tá rochtain iomlán agat do 12 milliún earraí, ar fáil thar na leabharlanna poiblí ar fad agus is féidir nithe a chur in áirithe i do bhrainse áitiúil nó sa bhaile.

Tugann do leabharlann áitiúil rochtain do réimse mór acmhainní ar line, e-leabhair, e-Chlosleabhair, e-Irisleabhair, e-Chursaí, e-Teangacha agus e-Páipéir Nuachta.

ADULT / DUINE FÁSTA	
Healthy Eating / Bia Sláintiúil	
Author / Údar	Title / Teideal
Therese Dunne, Phyllis Farrell and Valerie Kelly	Feed your Child Well: Babies, Toddlers and Older Children
Hearne, Aoife	The Plan
Health Service Executive (HSE)	Making the Most of Every Bite
Henry, Karl	Karl Henry's Healthy Living Handbook
Lean, M.E.J. and Combet, Emilie	Barasi's Human Nutrition: A Health Perspective
Llewellyn, Clare and Syrad, Hayley	Baby Food Matters: What Science Says About How to Give Your Child Healthy Eating Habits for Life
O'Rourke, Derval	Food for the Fast Lane
Rayman, Margaret	Healthy Eating to Reduce the Risk of Dementia
Shepherd, Sue	The Low-FODMAP Diet Cookbook: 150 Simple and Delicious Recipes to Relieve Symptoms of IBS, Crohn's Disease, Coeliac Disease and Other Digestive Disorders
Kelly, Michael	Grow Cook Eat: A GIY Guide to Growing and Cooking Your Own Food

Physical Activity / Gníomhaíocht Choirp	
Barough, Nina	Walking for Fitness: Make Every Step Count

Fairbairn, Helen	Ireland's Wild Atlantic Way: A Walking Guide
Fairbairn, Helen	Ireland's Best Walks: A Walking Guide
Flanagan, David	Cycling in Ireland
Forte, Carlo	Navigation in the Mountains: The Definitive Guide for Hill Walkers, Mountaineers & Leaders - the Official Navigation Book for All Mountain Leader Training Schemes
McGrattan, Juliet	Sorted: The Active Woman's Guide to Health
McNulty, Enda	Commit! Make Your Mind and Body Stronger
Murakami, Haruki	What I Talk About When I Talk About Running
O'Dwyer, John G.	Pilgrim Paths in Ireland: A Guide
O'Donovan, Hugh	Mindful Walking: Walk Your Way to Mental and Physical Well-Being
Pavey, Jo	This Mum Runs
Reynolds, Gretchen	The First 20 Minutes: Surprising Science Reveals How We Can Exercise Better, Train Smarter, Live Longer
Robinson, Lynne	Pilates for Life: How to Improve Strength, Flexibility and Health Over 40
Wilkinson, Hugo et al. (Editor)	The complete running and marathon book

Wellbeing and Mental Health / Folláine agus Meabharsláinte

Bates, Tony	Coming Through Depression
Brosan, Lee and Hogan, Brenda	An Introduction to Coping with Depression
Brosan, Lee	An Introduction to Coping with Stress
Burch, Vidyamala and Penman, Danny	Mindfulness for Health: A Practical Guide to Relieving Pain, Reducing Stress and Restoring Wellbeing
Davis, Martha, Elizabeth Robbins Eshelman and Matthew McKay	The Relaxation and Stress Reduction Workbook
Davies, Nicola and Bacon, Emma	Eating Disorder Recovery Handbook: A Practical Guide to Long-term Recovery
Eastham, Claire	We're All Mad Here: The No-Nonsense Guide to Living with Social Anxiety
Espie, Colm	Introduction to Coping with Insomnia and Sleep Problems
Greenberger, Dennis and Padesky, Christine A.	Mind Over Mood: Change How You Feel by Changing the Way You Think
Kabat-Zinn, Jon	Mindfulness for Beginners: Reclaiming the Present Moment and Your Life
Lucey, Jim	The Life Well Lived: Therapeutic Paths to Recovery and Wellbeing

Manicavasagar, Vijaya and Silove, Derrick	Overcoming Panic
Meadows, Guy	The Sleep Book: How to Sleep Well Every Night
Morris, Sue	An Introduction to Coping with Grief
Murphy, Dr Eddie	Becoming Your Real Self: A Practical Toolkit For Managing Life's Challenge
Samuel, Julia	Grief Works: Stories of Life, Death and Surviving
Schmidt, Ulrike, Janet Treasure, and June Alexander	Getting Better Bite by Bite: A Survival Kit for Sufferers of Bulimia Nervosa and Binge Eating Disorders

Parenting / Tuismitheoireacht	
Author	Title
Coleman, David	Parenting is Child's Play
Gilligan, Paul	Raising Emotionally Healthy Children
Hayman, S. and Coleman, J.	Parents and Digital Technology
O'Malley, Stella	Bully-proof Kids: Practical Tools to Help Your Child Grow Up Confident, Resilient and Strong
Sharry, John	Parenting Teenagers: A Guide to Solving Problems, Building Relationships and Creating Harmony in the Family
Sharry, John	Parenting When Separated
Siegel, Daniel J.	Parenting from the Inside out
Siegel, Daniel J. and Payne Bryson, Tina	No-Drama Discipline: The Whole-Brain Way to Calm the Chaos and Nurture your Child's Developing Mind
Sunderland, Margot	What Every Parent Needs to Know: The Incredible Effects of Love, Nurture and Play on Your Child's Development
Sunderland, Margot	Conversations That Matter: Talking with Children and Teenagers in Ways that Help
Webster-Stratton, C.	The Incredible Years: A Trouble-shooting Guide for Parents of Children Aged 2-8 Years
Newman, Jack and Pitman, Teresa	Dr Jack Newman's Guide to Breastfeeding

Positive Ageing / Dul in aois dearfacha	
Murphy, Trish	The Challenge of Retirement
O'Neill, Des	Ageing and Caring: A Guide for Later Life

Pachana, Nancy	Ageing: A Very Short Introduction
Cameron, Julia	The Artist's Way: A Course in Discovering and Recovering Your Creative Self
Gray, Muir	Sod it! Eat Well: Healthy Eating in your 60s, 70s and beyond
Gray, Muir	Sod Sitting, Get Moving! Get Active in Your 60s, 70s and Beyond
Mee, Paula and O'Brien, Kate	Your Middle Years
Shultz, Kenneth	Retirement: The Psychology of Reinvention

Alcohol / Alcól

Carr, Allen	Allen Carr's Easy Way to Control Alcohol
Carr, Allen	The Illustrated Easy Way to Stop drinking
Meyers, Robert J. and Wolfe, Brenda L.	Get Your Loved One Sober: Alternatives to Nagging, Pleading and Threatening
Spada, Marcantonio	Overcoming Alcohol Misuse

Tobacco / Tobac

Carr, Allen	Stop smoking with Allen Carr
Carr, Allen	Allen Carr's Easy Way to Stop Smoking: Be a Happy Non-smoker for the Rest of your Life.
Doe, Allan	Most Natural and Effective Ways to Quit Smoking: Easy-to-do Steps to End the Cigarette Habit Forever

Young Adult Duine Óig

Bertie, Alex	Trans Mission
Brooks, Felicity	Growing Up for Girls
Cairney, Gemma	Open
Collins-Donnelly, Kate	Banish Your Self-Esteem Thief: A Cognitive Behavioural Therapy Workbook on Building Positive Self-esteem for Young People
Dawson, Juno	Mind Your Head

Dawson, Juno	This Book is Gay
Sophie Elkan, Laura Chaisty and Maddy Podichetty	The Girls' Guide to Growing Up Great: Changing Bodies, Periods, Relationships, Life Online
Ironside, Virginia	The Huge Bag of Worries
Jessen, Christian	Dr Christian's Guide to Growing Up
Jessen, Christian	Dr Christian's Guide to Dealing with Tricky Stuff
Law, Roslyn	Defeating Teenage Depression
Morgan, Nicola	Blame My Brain
Morgan, Nicola	Positively teenage
Morgan, Nicola	The Teenage Guide to Life Online
Morgan, Nicola	The Teenage Guide to Stress
Naik, Anita	Self Esteem and Being You
Potter, Molly	Let's Talk About the Birds and the Bees
Shannon, Jennifer	The Anxiety Survival Guide for Teens
Syed, Matthew	You Are Awesome: Find Your Confidence and Dare to be Brilliant at Almost Anything
Thistleton, Katie	Dear Katie
Winston, Robert	Help Your Kids with Growing Up: A No-nonsense Guide to Puberty and Adolescence
Anonymous	Go Ask Alice

Children / Leanaí	
Breslin, Niall	The Magic Moment
Cousins, Lucy	Maisy Learns to Swim
Edwards, Melinda and Bayliss, Linda	The Princess and the Fog
Ignotofsky, Rachel	Women in Sport
Jarman, Julia	Fussy Freda

Gray, Kes	Mum and Dad Glue
Potter, Molly	How are You Feeling Today?
Sanna, Francesca	Me and My Fear
Shanagher, Louise and Finerty, Rose	Mindfully Me Series
Smallman, Steve	Eat Your Greens, Goldilocks
Snel, Eline	Sitting Like a Frog
Sunderland, Margot	A Niffleloo Called Nevermind
Woolley, Katie	Exercise and Play (Healthy Me Series)

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Tá Ciste Éire Sláintiúil faoi thacaíocht an Roinn Sláinte, an Roinn Leanaí agus Gnóthaí Óige agus an Roinn Forbatha Tuaithe agus Pobail

