

What's New in the Library for May 2011?
By Colleen Kleier

All of these resources are available in the BCC library.

***Previvors: Facing the Breast Cancer Gene and Making Life-Changing Decisions* by Dina Roth Port, published in 2010**

What steps would you take if you knew you had an increased risk of developing breast cancer? For some women knowing this risk can either be a burden or a way to take back as much control as a woman with a family history of breast cancer possibly can. This book helps women to wade through the vast amount of information that exists on this topic and to make a decision that fits them. From research on breast cancer surveillance and BRCA testing, to finding the right medical team, Port provides readers with the stories of five young friends and interviews with medical professionals to create this brimming guidebook of knowledge and support.

***Integrative Oncology* by Donald Abrams and Andrew Weil, published in 2009**

Many people who are newly diagnosed with cancer often look to the Internet and well-meaning friends for guidance. When it comes to complementary and alternative medicine (CAM) this can be a potentially dangerous endeavor, as there are many unproven alternative treatments that float through sound waves and data streams. Abrams and Weil use this book as a way to encourage people to make these CAM interventions a conversation with their oncologist and also as a way to provide review of a variety of diverse modalities for CAM that exist. Whether one is striving to increase their chances of cure or decrease side effects of conventional cancer treatments, this book is a resource for wellness.

***Touching Peace: Practicing the Art of Mindful Living* by Thich Nhat Hanh, revised in 2009**

This book is a follow up to *Being Peace* and in these pages you will find this Buddhist monk's teachings on the art of mindful living. For those who are new to mindfulness, Hahn provides specific and practical directives for ways that one can integrate meditation practices into the activities of everyday life. This book reminds its readers to appreciate those parts of themselves and their environment that are often overlooked. This book helps to shine a light on the tools that exist within us that can help us discover peace.