



Book Lending Library

to borrow a book, please email Glenda gandzag@gmail.com

Westman Aphasia has a great list of books available for borrowing. These books will help increase awareness of aphasia, provide insight to the personal experience of aphasia, and give families, caregivers, and persons with aphasia the knowledge needed to improve the ability to become a better advocate for loved ones with aphasia and improve the quality of life for individuals with aphasia.

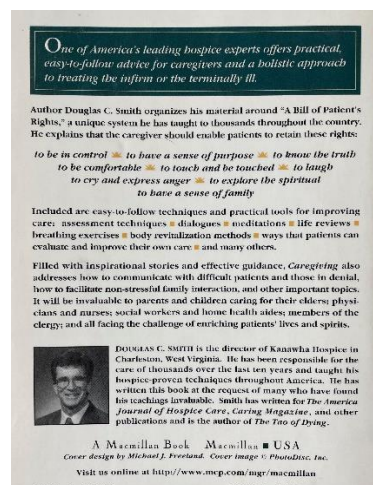
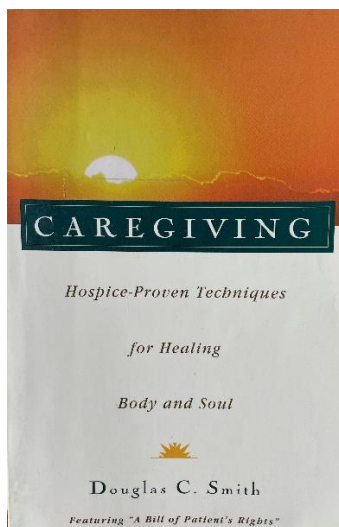
Westman Aphasia will continue to add to this list. We encourage caregivers to recommend other books that they have found useful in their journey with aphasia.

You can borrow the books on the list by emailing Glenda at gandzag@gmail.com.

The link beside each book is a book overview. All the following books are also available on amazon.ca, where you can read reviews.

NEW!

<https://www.goodreads.com/book/show/990625.Caregiving>

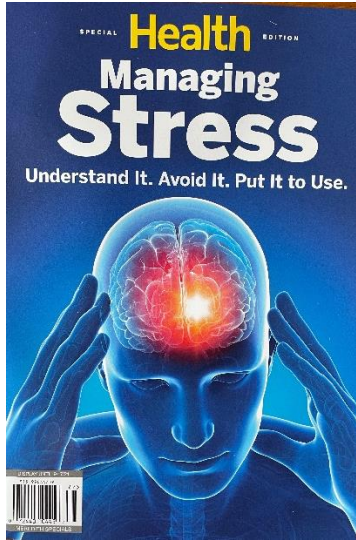


Westman Aphasia's mission is to help persons with aphasia and those around them by providing support services and public education to improve their quality of life



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NEW!



<https://www.amazon.com/Health-Managing-Stress-Understand-Avoid/dp/1547857358>

Contents

4 Stress and Us

CHAPTER 1
Fight or Flight

10 Rising to the Challenge
16 Physical Breakdown
22 The Animal Knowledge
28 Under Pressure

CHAPTER 2
Handling the Pressure

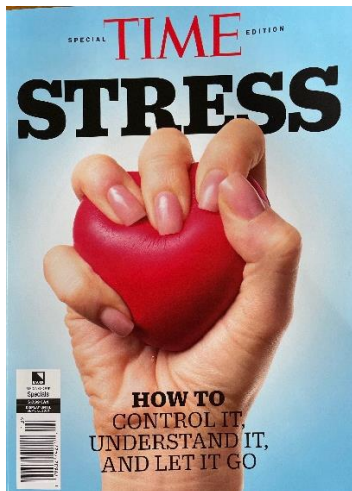
38 Finding Balance
44 Quick Ways to Chill Out
46 Rewire Your Anxious Brain
52 Sleep to De-Stress
54 A Four-Legged Source of Relief
58 Embrace the Pressure
62 The Challenges of Childhood
66 Stress at Every Age and Stage

CHAPTER 3
Navigating Our Freight Society

70 The Nerve-Racking News Cycle
76 The Perils of Social Media
78 The PTSD Symptoms Everyone Should Know
84 The Most Stressful Jobs
86 The Sabbath Antidote
90 Creative Solutions
94 Public Display of Anticipation

Parts of this special edition were previously published by Health, Real Simple, and Shape.

NEW!



<https://www.amazon.com/Special-Stress-Bauer-Media-Group/dp/B095BDQGY>

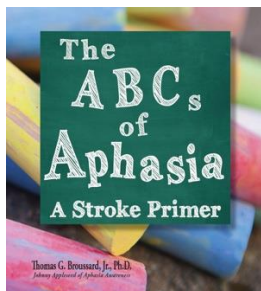
Contents

4 The Most Stressed Time Ever.

Chapter 1
6 WHAT IS STRESS?
The fundamental we all know well is actually a relatively new phenomenon.
8 A Brief History of Stress in America
16 A Natural Reaction
24 The State of Stress: 2020

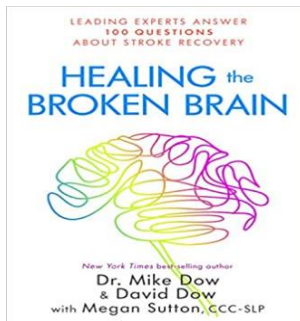
Chapter 2
30 STRESS & THE HUMAN BODY
Science has proven that stress affects the body, but stress can have a real and meaningful impact on your physical health.
44 Why Some People Handle Pressure Better Than Others
48 What Causes Emotional Eating, and How Can You Stop It?

Chapter 3
54 FINDING RELIEF
There are more ways to cope with stress than ever before. It's about who stays there, who finds a way out, and who isn't. The goal is to find a healthy escape.
60 Expert-Backed Ways to Deal
62 Stop Ruminating Now
68 Little Things That Mean a Lot
74 What Are Adaptogens, and Why Are People Taking Them?
80 So, What About Pot?
86 What's the Best Stress Relief Method?
92 Why Some Stress Is Actually Good for You

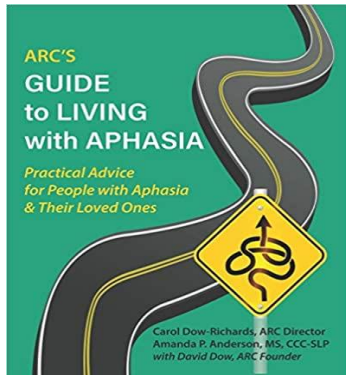


<https://www.aphasia.org/aphasia-resources/abcs-of-aphasia-stroke-primer/>

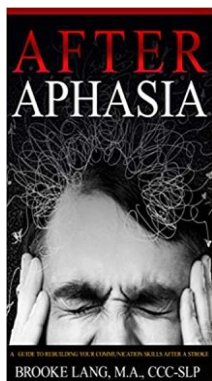
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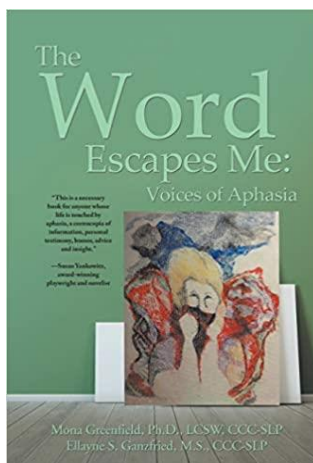
<https://tactustherapy.com/healing-the-broken-brain-book-stroke-recovery/#>



<https://www.aphasia.org/aphasia-resources/aphasia-recovery-connections-guide-to-living-with-aphasia/>

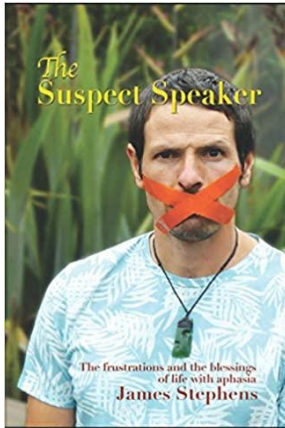


<https://www.amazon.com/After-Aphasia-Rebuilding-Communication-Skills/dp/1988179564>

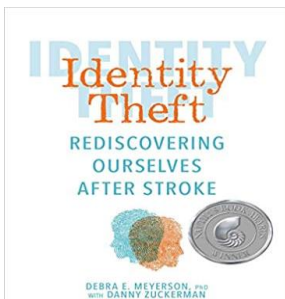


<https://www.aphasia.org/stories/word-escapes-aphasia>

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<https://www.scoop.co.nz/stories/CU2104/S00010/the-suspect-speaker.htm>



<https://www.aphasia.org/aphasia-resources/identity-theft-rediscovering-ourselves-after-stroke->