

Recommended Reading

Institute of Women's Health & Integrative Medicine

Title	Author
<i>8 Weeks to Optimal Health</i>	Weil
<i>8 Weeks to Vibrant Health</i>	Cass
<i>A Cookbook for All Seasons</i>	Haas & Manzolini
<i>ADHD Alternatives</i>	Romm
<i>Allergy Recipes</i>	Pelton
<i>Allergy Self-Help Cookbook</i>	Jones
<i>Alternative Health Care for Women</i>	Westcott
<i>Alternatives in Cancer Therapy</i>	Pelton
<i>Beating Cancer with Nutrition</i>	Quillin
<i>Before The Change</i>	Gittleman
<i>Breast Cancer Prevention & Recovery Diet</i>	Arnot
<i>Breast Cancer: Beyond Convention</i>	Tagliaferri, Cohen & Tripathy
<i>Breast Cancer: What You Should Know (But May Not Be Told) About Prevention, Diagnosis, and Treatment</i>	Hitchcock & Austin
<i>Breast Health</i>	Wren
<i>Breezing Through Change: Managing Menopause Naturally</i>	Brown & Walker
<i>Cancer Therapy Independent Guide</i>	Moss
<i>Cancer: 50 Essential Things to Do...</i>	Anderson
<i>Changing Bodies, Changing Lives</i>	Bell
<i>Choices in Healing</i>	Lerner
<i>Combat Syndrome X, Y & Z</i>	Holt
<i>Complete Food Allergy Cookbook</i>	Gioannini
<i>Complete Natural Medicine Guide to Breast Cancer</i>	Kaur
<i>Controlling Cholesterol the Natural Way</i>	Cooper
<i>Diabetes & Hypoglycemia: Your Natural Guide to Healing...</i>	Murray
<i>Diabetes Improvement Program</i>	Quillin
<i>Diabetes: the New Integrative Approach</i>	Hammerly
<i>Dr. Susan Love's Menopause & Hormone Book</i>	Love
<i>Eating for IBS: 175...Recipes</i>	Van Vorous
<i>Encyclopedia of Healing Foods</i>	Murray
<i>Encyclopedia of Natural Medicine</i>	Murray
<i>Encyclopedia of Nutritional Supplements</i>	Murray
<i>Everyday Cooking with Dr. Dean Ornish</i>	Ornish
<i>Fats That Heal Fats That Kill</i>	Erasmus

<i>Fibroid Tumors & Endometriosis</i>	Lark
<i>Food Allergies and Food Intolerance</i>	Brostoff & Gamlin
<i>For Yourself</i>	Barbach
<i>Get off the Menopause Roller coaster</i>	Lieberman
<i>Grief...(Pocket Guide)</i>	Massey
<i>Having Faith: An Ecologist's Journey to Motherhood</i>	Steingraber
<i>Healing Power of Herbs</i>	Murray
<i>Healing Power of Soy</i>	Rinzler
<i>Herb Contraindications & Drug Interactions</i>	Brinker
<i>Herbs for Hepatitis C & the Liver</i>	Buhner
<i>Homeopathic Medicine for Women</i>	Smith
<i>Homeopathy for Menopause</i>	MacEoin
<i>How to Prevent & Treat Cancer w/Natural Medicine</i>	Murray
<i>How to Prevent and Treat Diabetes w/ Natural Medicine</i>	Murray
<i>Hysterectomy: Woman to Woman</i>	Barber
<i>Low Carb Cooking with Stevia</i>	Kirkland
<i>Menopause</i>	Schoenbeck
<i>Menopause Naturally</i>	Greenwood
<i>Menopause: How You Can Benefit From Diet, Vitamins...</i>	Murray
<i>Natural Alternative to Prozac</i>	Murray
<i>Natural Alternatives to HRT Cookbook</i>	Glenville
<i>Natural Compounds in Cancer Therapy</i>	Boik
<i>Natural Hormone Replacement</i>	Wright
<i>Natural Highs: Supplements, Nutrition...</i>	Cass
<i>New Detox Diet</i>	Haas
<i>New Soy Cookbook</i>	Sass
<i>Nutritional Influences on Illness</i>	Werbach
<i>PCOS: A Woman's Guide to Dealing w/Polycystic Ovary Syndrome</i>	Harris & Carey
<i>Polycystic Ovary Syndrome, The Hidden Epidemic</i>	Thatcher
<i>Preventing and Reversing of Osteoporosis</i>	Gaby
<i>Reversing Fibromyalgia</i>	Elrod
<i>Simply Vegan</i>	Wasserman
<i>Stretching</i>	Anderson
<i>Strong Women & Men Beat Arthritis</i>	Nelson
<i>Strong Women Eat Well</i>	Nelson
<i>Strong Women Stay Slim</i>	Nelson
<i>Strong Women Stay Young</i>	Nelson
<i>Strong Women, Strong Bones</i>	Nelson
<i>The Black Women's Health Book</i>	White
<i>The Complete Vegetarian Kitchen</i>	Sass

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<i>The Hormone of Desire</i>	Rako
<i>The Inflammation Syndrome</i>	Challem
<i>The Joy of Soy: 75 Delicious...</i>	Jacobi
<i>The Mood Cure</i>	Ross
<i>The New Becoming Vegetarian</i>	Melina & Davis
<i>The New Menopause Book</i>	Tagliaferri, Cohen, Tripathy
<i>The Pause</i>	Barbach
<i>The Ultimate Diabetes Cookbook</i>	Gelles
<i>The Wisdom of Menopause</i>	Northrup
<i>Thyroid Balance</i>	Rothfeld
<i>Thyroid Power</i>	Shames
<i>Thyroid Solution</i>	Arem
<i>Ultimate Low-Carb Diet Cookbook</i>	Rodnitziky
<i>Ultimate Weight Solution Food Guide</i>	McGraw
<i>Vegan World Fusion Cuisine</i>	Reinfeld & Rinaldi
<i>When Things Fall Apart</i>	Chodron
<i>Women's Bodies, Women's Wisdom</i>	Northrup
<i>Women's Cancers – How to Prevent Them, How to Treat Them, How to Beat Them</i>	McGinn & Haylock
<i>Women's Encyclopedia of Natural Medicine</i>	Hudson
<i>Women's Health in Complementary & Integrative Medicine</i>	Low Dog
<i>Women's Health Update Volume I</i>	Hudson (Available from A Woman's Time)
<i>Women's Health Update Volume II</i>	Hudson (Available from A Woman's Time)
<i>Women's Health Update Volume III</i>	Hudson (Available from A Woman's Time)
<i>Women's Herbs, Women's Health</i>	Hobbs & Keville

Recommended Reading for Developers. This list was last updated in March 2015. Why are updates to my reading list so rare? Because computers change a lot in 10 years, but people don't. To make better software, you need to understand how people work, and that is what the books I recommend tend to focus on. Code Complete 2. Steve McConnell's Code Complete 2 is the Joy of Cooking for software developers. Reading it means that you enjoy your work, you're serious about what you do, and you want to keep improving. However, for beginners, we recommend you visit the "Getting Started" page. A nice and gentle introduction into the world of computers is (also see book review by Peter G. Neumann in ACM SIGSOFT Software Engineering Notes 10(2):23-27 (April 1985))^Å These books make excellent reading material. They are neither real textbooks (though some courses have been taught from them) nor real reference works (though you can easily find a lot of basic things in them).