

Recovery book hub resources

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Title and Author	About
Good Reads	
Everything to Live For: The Inspirational Story of Turia Pitt	In September 2011, Turia Pitt entered an ultra-marathon race that would change her life forever. Trapped by a fire in a gorge in the remote Kimberly region, Turia and five other competitors had nowhere to run. Turia escaped with catastrophic burns to 65 per cent of her body.
Kinglake 350 Adrian Hyland	Kinglake-350 is a masterpiece of writing about family, community, country life and what happens when a day of ultimate terror arrives. Adrian Hyland takes a dramatic and compelling sequence of events on that day and weaves them into a picture of universal significance and deep fascination.
Any Ordinary Day Blindsides, Resilience and What Happens After the Worst Day of Your Life Leigh Sales	The day that turns a life upside down usually starts like any other, but what happens the day after? Dual Walkley Award-winner Leigh Sales investigates how ordinary people endure the unthinkable. Expecting broken lives, she instead finds strength, hope, even humour.
Fire Flood Plague: Australian writers respond to 2020	This anthology brings together original work from a diverse collection of Australian voices, from writers to scientists, journalists to historians, all expressing what 2020 meant to them. They write of ash falling from the sky, fish dying on riverbanks, loved ones lost, love one reunited, the historical resonance of fire and plague for Indigenous Australian, geographical tensions and more.
Young readers - For Ages: 13 - 16 years old From Kinglake to Kabul Neil Grant, David Williams (Editor)	Kinglake had one day of disaster with far-reaching effects; Kabul has endured 30 years of war. In this remarkable collection of young people's writing, students from schools in Kinglake and Kabul share their stories of resilience, courage and hope. This is not a book of remembrance or a book that desires to shock, it is a book about what is best about human nature.
Children picture book ages 3+ The Fire Wombat Jackie French, Danny Snell (Illustrator)	As the bushfire swallowed up the world they knew, a wombat shared her burrow with other animals. From best-selling author and Australian Children's Laureate, Jackie French, and award-winning illustrator, Danny Snell, comes a story of survival, courage and friendship.
Children picture book ages 6-10 The Bushfire Book How to Be Aware and Prepare Polly Marsden, Chris Nixon (Illustrator)	An accessible and reassuring picture book that teaches children what they need to know about bushfires so they can understand what's happening and be smart and prepared, not scared.

<p>Children picture book ages 4-7 Fire Jackie French, Bruce Whatley (Illustrator)</p>	<p>Inspired by the bushfires that have affected many Australians, Fire is a moving and sensitive story of a natural disaster as seen through the eyes of a cockatoo.</p> <p>A beautiful and timely expression of the strength of the Australian spirit during times of adversity.</p>
<p>Children picture book ages 4-7 Pandemic Jackie French, Bruce Whatley (Illustrator)</p>	<p>The war carried the Spanish flu across the world. Faces grew masks. Shops and schools wore signs that said, 'Closed'. Families nursing the sick drew their curtains together to say their house was quarantined...</p> <p>From the award-winning creators of Flood, Fire, Cyclone and Drought, comes this powerful story of humanity prevailing during a pandemic.</p>
<p>Children picture book ages 4-7 Drought Jackie French, Bruce Whatley (Illustrator)</p>	<p>I remember when rain stopped, When day by day the water dropped, All across a sun-bleached land, Drought spread its withered, deadly hand.</p> <p>From the award-winning creators of Flood, Fire and Cyclone comes Drought a moving story about the devastating effects drought has on many Australians and their farms.</p>
<p>General wellbeing</p>	
<p>Daring Greatly Dr Brene Brown</p>	<p>In Daring Greatly, Dr. Brown challenges everything we think we know about vulnerability. Based on twelve years of research, she argues that vulnerability is not weakness, but rather our clearest path to courage, engagement, and meaningful connection.</p>
<p>The 5 Love Languages Gary Chapman</p>	<p>The 5 Love Languages, you'll discover the secret that has transformed millions of relationships worldwide. Whether your relationship is flourishing or failing, Dr. Gary Chapman's proven approach to showing and receiving love will help you experience deeper and richer levels of intimacy with your partner—starting today.</p>
<p>When Life is Not Peachy Real-life lessons in recovery from heartache, grief and tough times Pip Lincolne</p>	<p>This book is a gentle guide for navigating loss, grief or other sad times - a resource both for those who are downhearted and those supporting a loved one. With thoughtful advice on dealing with friends and family; healthy tips for eating and exercise when you don't feel like it; and a just-keep-yourself-going '101' for when you're feeling very low.</p>
<p>The Art of Wellbeing Joyous Living inspired by Nature Meredith Gaston</p>	<p>Divided into four chapters – Nourish, Comfort, Energise and Blossom – Meredith takes the reader on a beautiful journey to find peace, calm, vitality and healthfulness. Through restorative, plant-based recipes, meditations, yoga practice and other healthful ideas, this book draws on nature to guide us to good health in both mind and body. Meredith's whimsical, heartfelt illustrations bring these ideas to life, animating a mind-set of happiness and sensitivity, and finding beauty and magic in your daily routine.</p>
<p>General wellbeing The Art of Kindness Caring for ourselves, each other & our earth Meredith Gaston</p>	<p>Bestselling author and illustrator Meredith Gaston inspires kindness to yourself, to others and to our world. Her whimsical illustrations remind us that small acts of kindness truly are the sunshine needed for happiness to grow.</p>
<p>Eating mindfully second edition Susan Albers, PSYD</p>	<p>In our modern society, weight concerns, obesity rates, and obsession with appearance have changed the way we look at food-and not necessarily for the better. If you have ever snacked when you weren't hungry, have used guilt as a guide for your eating habits, or have cut calories even when you felt hungry, you have experienced "mindless" eating firsthand.</p>

	Ten years after the release of the first edition, this book continues to help thousands of readers change the way they approach mealtime.
Health at every size: The surprising truth about your weight Linda Bacon PhD	Tune in to your body’s expert guidance. Find the joy in movement. Eat what you want, when you want, choosing pleasurable foods that help you to feel good. You too can feel great in your body right now—and Health at Every Size will show you how. Health at Every Size has been scientifically proven to boost health and self-esteem. The program was evaluated in a government-funded academic study, its data published in well-respected scientific journals.
Mental Health and wellbeing resources	
Living with IT – a Survivor’s Guide to Overcoming Panic and Anxiety Bev Aisbett	Originally published in 1993, this calm, common sense guide has helped many thousands of panic attack sufferers to overcome their fears. Bev Aisbett explains how panic disorders develop and how to recognise the symptoms, and covers topics such as changing negative thought patterns, seeking professional help and, ultimately, the skills for recovery. This fully revised and updated edition of LIVING WITH IT provides much-needed reassurance and support, showing the way out of the maze of panic with humour and the insight of first-hand experience.
The Shyness and Social Anxiety Workbook 3rd Edition Martin M. Anthony, PhD Richard P. Swinson, MD	Proven, Step-by-Step Techniques for Overcoming Your Fear There's nothing wrong with being shy. But if shyness or social anxiety keeps you from building meaningful relationships with others, advancing in your education or career, or simply living your best life, The Shyness and Social Anxiety Workbook offers a comprehensive program to help you confront your fears and become actively involved in the world.
Young Readers The Shyness and Social Anxiety Workbook for Teens Jennifer Shannon, LMFT	Proven, Step-by-Step Techniques for Overcoming Your Fear There's nothing wrong with being shy. But if shyness or social anxiety keeps you from building meaningful relationships with others, advancing in your education or career, or simply living your best life, The Shyness and Social Anxiety Workbook offers a comprehensive program to help you confront your fears and become actively involved in the world.
Full Catastrophe Living Jon Kabat-Zinn	Stress. It can sap our energy, undermine our health if we let it, even shorten our lives. It makes us more vulnerable to anxiety and depression, disconnection and disease. Based on Jon Kabat-Zinn’s renowned mindfulness-based stress reduction program, this classic, groundbreaking work—which gave rise to a whole new field in medicine and psychology—shows you how to use medically proven mind-body approaches derived from meditation and yoga to counteract stress, establish greater balance of body and mind, and stimulate well-being and healing.
The PTSD Workbook Mary Beth Williams, PhD, LCSW, CTS Soili Poijula, PhD	In The PTSD Workbook, Third Edition, psychologists and trauma experts Mary Beth Williams and Soili Poijula outline techniques and interventions used by PTSD experts from around the world to conquer distressing trauma-related symptoms. In this fully revised and updated workbook, you’ll learn how to move past the trauma you’ve experienced and manage symptoms such as insomnia, anxiety, and flashbacks. Based in cognitive behavioral therapy (CBT), this book is extremely accessible and easy to use, offering evidence-based therapy at a low cost.
Cards for Calamity	In practical and profound ways, Cards for Calamity guide you through the weeks, months and years after disaster. The cards distil decades of recovery knowledge and neuroscience into an easy-to-use tool to make life-changing decisions in the wake of disaster. To come out of a disaster the best you can, it helps to have knowledge and inspiration from others who have been there before. These cards are for you if: you want to come out of disaster the best you can for you and your loved ones

	<p>you want to feel more in control of your post-disaster life</p> <p>you want to find clarity among the chaos</p> <p>you want a practical gift for someone you care about who has been affected by disaster.</p>
<h3>Understanding bushfire</h3>	
<p>Fire Country: How Indigenous fire management could help save Australia Victor Steffensen</p>	<p>Delving deep into the Australian landscape and the environmental challenges we face, Fire Country is a powerful account from Indigenous land management expert Victor Steffensen on how the revival of Indigenous fire practices, including improved 'reading' of country and undertaking 'cool burns', could help restore our nation.</p>
<p>Burning Bush A Fire History of Australia Stephen J. Pyne</p>	<p>Pyne traces the impact of fire in Australia, from its influence on vegetation to its use by Aborigines and European settlers. "Mr. Pyne, showing what a historian deeply schooled in environmental science can contribute to our awareness of nature and culture, has produced a provocative work that is a major contribution to the literature of environmental studies."--New York Times Book Review</p>
<p>Essential Bushfire safety tips 3rd Edition By: Joan Webster OAM</p>	<p>By the author of the acclaimed The Complete Bushfire Safety Book, the latest edition of Joan Webster OAM's ready reference Essential Bushfire Safety Tips has been revised and updated. The book defines the benefits and hazards of home defence, sheltering, and evacuating, and how to make the decision on which course is best for you.</p>
<h3>Land management and sustainable land practices</h3>	
<p>Environmental/ Regenerative Farming Wildlife Conservation in Farm Landscapes David Lindenmayer (Editor), Damian Michael (Editor), Mason Crane (Editor), Sachiko Okada (Editor), Daniel Florance (Editor)</p>	<p>An increasing number of Australians want to be assured that the food and fibre being produced on this continent have been grown and harvested in an ecologically sustainable way. Ecologically sustainable farming conserves the array of species that are integral to key ecological processes such as pollination, seed dispersal, natural pest control and the decomposition of waste.</p> <p>Wildlife Conservation in Farm Landscapes communicates new scientific information about best practice ways to integrate conservation and agriculture in the temperate eucalypt woodland belt of eastern Australia. Together the new insights in this book inform whole-of-farm planning.</p>
<p>Call of the Reed Warbler Revised Edition Charles Massy</p>	<p>Call of the Reed Warbler will change the way we farm, eat and think about food. In this groundbreaking book Charles Massy explores regenerative agriculture and the vital connection between our soil and our health.</p> <p>Using his personal farming experience as a touchstone, he tells the real story behind industrial agriculture and the global profit-obsessed corporations driving it. He shows how innovative farmers are finding a new way, regenerating their land and witnessing astounding transformations.</p>
<p>The Wooleen Way Renewing an Australian Resource David Pollock</p>	<p>Through retelling the struggle of his family amid droughts, financial ruin, depression, and death, David Pollock exposes the modern-day realities of managing a remote outback station. Forced by a sense of moral responsibility, he set out on an uncharted course to restore the 153,000 hectares of degraded leasehold land that he felt he was obliged to manage on behalf of the Australian people.</p> <p>After over a decade of his hard-won insights, Pollock outlines in The Wooleen Way a specific and comprehensive plan to reverse the ecological damage done to the pastoral resource since European colonisation. He also emphasises the economic and social necessity of carrying it out.</p>
<p>The Equicentral System Book 1 Horse Ownership, Responsible, Sustainable, Ethical</p>	<p>Issues for modern horse owners – horses health and welfare concerns – overpopulation issues – land degradation issues – Naturally living vs domesticating</p>

Jane Myers and Stuart Myers	living horses – Herd behaviour – Recognising stress – enrichment for domestic horses
The Equicentral System Book 2 Healthy Land, Healthy Pasture, Healthy Horses Jane Myers and Stuart Myers	The benefits of pasture- The importance of biodiversity – Pasture plants in their natural environment – Misinformation about horses and pasture – Nutritional problems – water management – benefits of trees and bushes
The Equicentral System Book 3 Horse Property Planning and Development Jane Myers and Stuart Myers	Surfaced holding yards – Shade and shelter – Stables – Riding arena and training yards – Horse facility planning