

Post-Polio Library

The Colorado Post-Polio Library is located at
Easterseals Colorado
393 S. Harlan St., Ste. 250
Lakewood, CO 80226

It contains a collection of books and VHS that may be checked out.

To request a book contact

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Polio history – none-fictions

A Summer Plague: Polio and its Survivors
Tony Gould, 1995.

A history of polio from first discovery in New York in 1916 through FDR's work at Warm Springs to the vaccine development of Salk and Sabin to the discovery of post-polio syndrome.

Living with Polio: The Epidemic & Its Survivors
Daniel J. Wilson, 2007.

More than 150 first-person accounts of persons with polio, which remind us that more than half a million Americans are still living with its consequences.

Black Bird Fly Away: Disabled in an Able-Bodied World

Hugh Gregory Gallagher, 1998.

This unusual autobiography is a collection of writings, some previously unpublished, by a man who is recognized today as the father of the Architectural Barriers Act of 1968 and the grandfather of the Americans with Disabilities Act. Hugh Gallagher, blessed with a smart mind and strong spirit, overcame the obstacles, making a statement to society about his worth as a human being.

Polio: An American Story. The Crusade that Mobilized the Nation Against the 20th Century's Most Feared Disease.

David M. Oshinsky, 2005

Pulitzer Prize winner in History 2006.

Oshinsky tells the story of the race to create the polio vaccine by Jonas Salk and Albert Sabin, as well as the impact of March of Dimes.

Polio and Its Aftermath: The Paralysis of Culture.

Marc Shell, 2005.

Marc Shell, himself a victim of polio, offers an inspired analysis of the disease. Part memoir, part cultural criticism and history, part meditation on the meaning of disease, Shell's work combines the understanding of a medical researcher with the sensitivity of a literary critic.

Elegy for a Disease: A Personal and Cultural History of Polio

Anne Finger, 2006.

In this dazzling memoir, Anne Finger interweaves her personal experience with polio with a social and cultural history of the disease. She writes about the physical expansiveness of her childhood, about medical attempts to "fix" her body, about family violence, job discrimination, and a life rich with political activism, writing, and motherhood.

Polio

by Thomas M Daniel (Editor), Frederick C. Robbins (Editor) 1997

Polio - infantile paralysis -was until recently a greatly feared disease, but is now preventable by a vaccine, which has largely eradicated it from the Western Hemisphere; a global eradication campaign is underway. This book tells the story of polio in fascinating and personal detail, through a series of essays written by those who experienced the disease: its victims, those who cared for them, and those who worked to eliminate it altogether.

The Polio Paradox.

Richard Bruno H.D, Ph. D. 2002.

A popular book on all aspects of polio and post-polio syndrome and Dr. Bruno's interpretation on how to treat the symptoms.

POST- POLIO

Managing Post-Polio: A Guide to Living and Aging Well With Post-Polio Syndrome

Laura S. Halstead, 2nd. ed. 2006.

Likely the most comprehensive, easily understood treatise on the causes and effects of post-polio syndrome.

Traveling without a Spare

. Wenzell Leff, MD, 2011

Decades after recovering from polio, many aging Americans are grappling with new pain, weakness, and fatigue. This unforeseen symphony of symptoms is a central fact of many polio survivors' lives. Dr. Leff explains how polio's initial attack depleted the body's neuromuscular reserves, so that when former polio patients begin to lose cells to the natural aging process, they find they are truly "traveling without a spare".

The Post-Polio Experience: Psychological Insights and Coping Strategies for Polio Survivors and Their Families

. Margaret E. Bachman, Ph.D., 2006.

Dr. Backman, a Clinical Psychologist, examines polio survivors' psychological reactions to their earlier experiences and to their current struggles with the late effects of polio.

Post-Polio Syndrome

Lauro S.Halstead and Gunnar Grimby, 1995.

Reference for clinicians in neurology and rehabilitation medicine on post-polio syndrome, its manifestations, diagnosis, and management.

Post-Polio Syndrome: A Guide for Polio Survivors and Their Families.

Julia K. Silver, M.D. and Anne C. Gawne, M.D., 2002.

Silver describes Post-Polio Syndrome, talks about how it is diagnosed and various treatments for it. She also stresses that choosing an experienced and open-minded physician is vital to good treatment.

Current Trends in Post-Poliomyelitis Syndrome

Daria A. Trojan, MD, MSC and Neil R. Cashman, MD, 1996.

Chapters on history/description, epidemiologic studies and predictive factor, pathophysiology, differential diagnosis, current management, and future approaches.

The Polio Paradox.

Richard Bruno H.D, Ph. D. 2002.

A popular book on all aspects of polio and post-polio syndrome and Dr. Bruno's interpretation on how to treat the symptoms.

Support for Caregivers

Relationship Wisdom: 51 Tips to Enrich Your Relationships and Make Life Easier

by Jerilyn Thiel 2010

The tips and actions steps in this book are widely varied and have been created for anyone wanting to make positive changes in the dynamics of any relationship. With practice and a willingness to try something new change can, and will, occur with relative ease.

Conquer Fatigue in 30 Days

Dr. Elizabeth Walker, 2001.

is the ultimate health restoration program to maximize your wellness, energy and personal power. The book offers daily activities to help the reader easily incorporate nutrition, exercise and stress management changes into their busy lifestyle.

Helping Yourself--Helping Others:A Book for Caregivers.

Rosalynn Carter with Susan K. Golent, 1994.

An emotionally supportive guidebook for family caregivers from the Rosalynn Carter Institute for Human Development.

How to get the Health Care You Want.

Laura L. Casey, 2007.

Help in making confident, informed choices about health care and its costs.

Relax: You may only have a few minutes left

Loretta LaRoche 2008

Loretta LaRoche has been called "the Erma Bombeck of stress reduction"—and in the helpful and hilarious pages of this entertaining book, her enormous talent for finding the funny detail to defuse even the most difficult situation has never been sharper

Try Another Way: A Story of Self Determination

by Jo Lynn Osborne and Ph.D Amber Dahlin 2008

This book chronicles Jo Lynn Osborne's journey with David, her son who has cerebral palsy. So far, this journey has followed a "difficult yet joyous path."

Managing Daily Tasks

Access Anything: Colorado

Craig P. Kennedy, 2005.

A guide to recreation and travel in Colorado for persons with disabilities.

Barrier Free Traveler.,

Candy B. Harrington, 2009.

A guide to national and international travel by all modes of transportation and how to assess accessibility in lodging while a disabled person travels.

Where to Stop Where to Go

Arthur. A Frommer,2005.

A guide to traveling with overactive bladder in the United States.

How to get the Health Care You Want.

Laura L. Casey, 2007.

Help in making confident, informed choices about health care and its costs.

Where Is God When It Hurts?

By Philip Yancey 2002

Yancey looks at pain—physical, emotional, and spiritual—and helps us understand why we suffer. *Where Is God When It Hurts?* will speak to those for whom life sometimes just doesn't make sense. And it will help equip anyone who wants to reach out to someone in pain but just doesn't know what to say.

Survivor Stories

A Nearly Normal Life

by Charles L Mee

The author recalls being stricken with spinal polio during his teenage years and how, when he emerged from the grip of the disease, he confronted the challenge of redefining himself at a young age.

A Life of Make Believe Paperback – by John Mahon 2019

A Life of Make Believe is actor/director John Mahon's autobiographical account of his climb to success which he accomplished without the use of one arm. An incredibly personal revealing memoir it chronicles his struggles after he contracted and overcame polio as a youngster and showcases the successes that resulted from his unyielding determination to realize his dream.

50 Years of Miracles: and Adventures Raymond Youdath, 2006.

A personal story of one man's ability to deal with having polio and the challenges he faced.

Polio Voices

Julie Silver, M.D. and Daniel Wilson, Ph. D., 2007.

A combination of historical perspective and testimonials from polio survivors, both historically and regarding polio today.

7 Wheelchairs: A Life Beyond Polio Gary Presley, 2008.

Presley's powerful memoir recounts the physical and psychological challenges he faced during his long recovery from polio.

Brave Little Girls Don't Cry: The Story of Esther Keesing-Styles .Julia Millen, compiler. 1992.

Breath: A lifetime in the Rhythm of an Iron Lung: A Memoir By Martha Mason and Anne Rivers Siddons 2010

After contracting polio as a young girl Martha Mason of tiny Lattimore, North Carolina, lived a record sixty-one of her seventy-one years in an iron lung until her death in 2009, but she never let the 800-pound cylinder define her. The subject of a documentary film, an NPR feature, an ABC News piece, and a widely syndicated *New York Times* obituary, Martha enjoyed life, and people.

Full Circle: A Physician's Memoir of a Life Lived with Polio Steve Diamond 2014

Two emotions have defined the life of Dr. Steven Diamond: his desire to overcome the limitations of childhood polio and his great love of medicine. In this stirring memoir, he writes of his own ambitions, his struggles with the post-polio symptoms that crippled his career, and his life at the cutting edge of 20th century medicine.

The Polio Journals: Lessons from My Mother ***by Anne K. Gross 2011***

Part memoir, part social commentary, The Polio Journals tells the story of Carol Rosenstiel, who contracted the disease in 1927 at the age of two, leaving her permanently paralyzed from the waist down.

A Rough Road ***By Patrick J. Bird***

tells the story of a 4 year old's polio treatments during WWII when his parents weren't able to visit him. He's isolated from older patients and never knows what new scary procedures he must endure.

American Story: A Lifetime search for Ordinary People Doing Extraordinary Things

by Bob Dotson,

a 40 year NBC correspondent who had a series on the Today Show. As he describes creative and inspirational ways his fellow citizens cope with their setbacks, he rarely mentions his own "bed leg." He maintains "It's never too late to have a happy childhood. Growing up with the after effects of polio taught me to view my handicap as a springboard.

Whatever held me back also pushed me to achieve. We all approach success differently because of the limits placed on our lives. That's why most successful people 'do their own thing'. Their handicaps are not an excuse for failure. They are more often the edge that helps them succeed."

Black Bird Fly Away: Disabled in an Able-Bodied World ***Hugh Gregory Gallagher, 1998.***

This unusual autobiography is a collection of writings, some previously unpublished, by a man who is recognized today as the father of the Architectural Barriers Act of 1968 and the grandfather of the Americans with Disabilities Act. Hugh Gallagher, blessed with a smart mind and strong spirit, overcame the obstacles, making a statement to society about his worth as a human being.

Small Steps: The Year I Got Polio ***Peg Kehret, 1996.***

This heartfelt memoir takes readers back to 1949 when the author, at age 12, contracted polio and details her diagnosis, treatment, frustration, and pain.

In the Shadow of Polio, A Personal and Social History
Kathryn Black, 1996.

Ms. Black writes of her mother's struggles with polio within the context of the history of America in the 1940's and 1950's.

Living, Laughing and Loving Life
Dan Miller 1997.

An inspirational, humorous book of encouragement about meeting his "impossible" dreams in spite of having to overcome severe paralysis from polio at age 18.

Twin Voices: A Memoir of Polio, the Forgotten Killer
Janice Flood Nichols, 2008.

A childhood victim to the polio epidemic, Nichols lost her twin brother, Frankie, to the disease and suffered temporary paralysis, leading her to choose a career as a rehabilitation counselor. Written through several "voices," including that of Janice, family members and friends, the doctor who cared for Janice and Frankie, and even Frankie himself, "Twin Voices" is a fascinating read about the polio epidemic that swept the country, the frantic efforts to put a halt to its devastation, and her optimism and unwavering determination to help eradicate the virus from the world.

Warm Springs Traces of a Childhood at FDR's Polio Haven
Susan Richards Shreve, 2007.

Shreve spent two years at the sanitarium at Warm Springs, Georgia founded by FDR. Her memoir is both a fascinating historical record of that time and an intensely felt story of childhood.

The Squire of Warm Springs
Theo Lippman 1977

This is a great old book about those times FDR spent in Georgia

The Man He Became: How FDR Defied Polio to Win the Presidency

by James Tobin 2013

Here, from James Tobin, winner of the National Book Critics Circle Award in biography, is the story of the greatest comeback in American political history, a saga long buried in half-truth, distortion and myth— Franklin Roosevelt's ten-year climb from paralysis to the White House.

Playing from the Heart.

Roger Crawford and Michael Bowker. 1997.

A personal story. Although born with such severe physical deformities that doctors believed he would never even be able to walk, Roger had the determination and heart to become a champion—in tennis and in life.

Fiction

Blue

Joyce Moyer Hostetter, 2006.

Blue is a fictional story of a young girl who got polio in the 1940's. However, it is based on research of the disease and how it was treated at the time.

Comfort.

Joyce Moyer Hostetter, 2009.

In this sequel to Blue (2006), Hostetter continues her WWII-era story about Ann Fay Honeycutt and the North Carolina teen's efforts to recover from polio, which has left her physically challenged and emotionally vulnerable. It also tells the story of her stay at Warm Springs.

Child of Dreams Paperback

by Barbara Roose Cramer 2014

Child of Dreams is a journey—a journey of two incredible women, both challenged by their individual struggles and goals, who are brought together by an unknown, yet, inspiring destiny. One woman, paralyzed by a childhood disease dreams of winning a paralympic gold medal and the other after a tragic injury leaves her paralyzed, dreams of finding true love. The book is based in part on the true stories of two women with strong family ties, an even stronger faith, and their individual desires to overcome their physical limitations.

Colorado Authors

Polio: A Dose of the Refiner's Fire:Surviving Polio

Jeane L.Curey Dille, 2005.

Jeane Dille is a polio survivor from Pueblo, Colorado who has written her own story.

A Pinch of Dry Mustard.

Barbara Cramer, 2009

This novel written by a member of the Colorado Post-Polio Group takes place over a three-day period in a quaint fishing village along the coast of Maine. It is an intriguing mystery and a family's ultimate testament to faith, hope, and love. An excellent read!

Relentless Grace: A Memoir (God's Invitations to Give Hope Another Chance)

by Richard Dixon 2008

When Rich Dixon climbed the ladder to hang Christmas lights, he had no idea how fast and how far he would fall. In gritty, soul-baring detail, Relentless Grace traces a chilling, unforgettable journey through the depths of despair, depression, and fear . This book is ultimately about hope. It's about God, forgiveness, and about promises made and kept even in the midst of grief and loss. It's about knowing with absolute certainty that Jesus walks with us, that He knows our pain and fear, and will help us not simply to survive but to thrive in the most difficult and overwhelming situations.