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11-8-2012

## LMU Human Library Catalog

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CANCER SURVIVOR • RURAL MOTORCYCLE MEDIC  
RECOVERING ADDICT • ENVIRONMENTAL DEFENDERS  
SUFU PEACE-WORKER & POET • SPIRITUAL HEALING  
TOUCH PRACTITIONER • ACUPUNCTURIST •  
PARKINSONS' DISEASE SURVIVOR  
CROSSDRESSER • EATING DISORDER SURVIVOR

A HUMAN LIBRARY WORKS  
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THE BOOKS ARE HUMAN BEINGS.

EACH READER (UP TO 3 AT A TIME) ENTERS INTO  
A UNIQUE 30 MIN. CONVERSATION  
ABOUT THE CHALLENGES, STRENGTHS, AND  
CONNECTIONS IN OUR SHARED HUMAN EXPERIENCE.

Thursday November 8, 12-4 p.m.  
Jazzman's Café Patio, Hannon Library

Circ Desk opens @ 11:30 a.m. / first Check-Out at 12.

for more info, including the full catalog, visit  
[library.lmu.edu/humanlibrary](http://library.lmu.edu/humanlibrary)

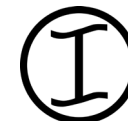
poster design by Andres Andrieu

# DON'T JUDGE A BOOK BY ITS COVER

## THE HUMAN LIBRARY

### NOV. 8 / 12-4 p.m.

JAZZMAN'S CAFE PATIO - HANNON LIBRARY



HUMAN LIBRARY.ORG

LMU|LA William H. Hannon Library

LOS ANGELES  
LOYOLAN  
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## ACUPUNCTURIST

This LMU alumnus left a career in recording arts in the heart of the Hollywood music scene to pursue an alternative path, based on his long-time interest in tai chi and chi gong. He is now a practitioner of Chinese Medicine (acupuncture, herbal medicine, moxibustion, cupping, etc.): a form of primary care medicine that has served millions of patients over thousands of years. While Western allopathic medicine is often focused solely on the treatment of disease, Traditional Chinese Medicine is more concerned with disease prevention and incorporates aspects such as diet, lifestyle and mental/emotional factors in its system of diagnosis and treatment. With the current state of the U.S. healthcare system standing at a crossroads, the inclusion and understanding of complimentary therapies such as acupuncture and herbal medicine in our hospitals and M.D. offices should be part of the remedy for improving overall patient care and healing outcomes. There is nothing he enjoys more than introducing a skeptical or nervous patient to the profound and relaxing effects of acupuncture for the first time. (Don't worry... he doesn't have his needles with him today. You might wish he did, though.)

## CANCER SURVIVOR

This 46-year-old Native American, when unexpectedly diagnosed with blood cancer, chose Food over drugs as her medicine, and switched to an all plant-based diet. She figured out what fruits, vegetables, herbs and nuts she needed to help regain her energy, and clean her bad blood to prevent it from creating new tumor cells. This massage therapist who works with elite athletes every day chooses to "Eat to Defeat." Nothing goes in her body if it can't help her fight cancer cells from forming. Six months after her diagnosis, she is now cancer free. Her journey is just beginning.

## CROSSDRESSER

This Book is a pale skinny Irish crossdresser with great hair, legs to die for and a terrific sense of style (and also an experienced Human Library Book). Although he looks good in a shirt and tie, he feels better in a frock and tights. He is a transvestite who can share experiences and answer questions about what it's like to be a straight, married man in a dress and heels.

## ENVIRONMENTAL DEFENDERS (2 VOLUME SET)

Volume 1 is an ocean person -- he plays, seeks solice, studies, protects, marvels, and teaches others about its majesty and wonders, both physical and biological. He has been an avid surfer for over 50 years, having surfed and enjoyed the waters in California, Hawaii, Mexico, El Salvador, Peru, New Zealand and Australia. As marine biologist for the City of Los Angeles, he studied the waters in Santa Monica Bay to describe impacts from sewage disposal on the Bay's marine communities, then documented their recovery as the Hyperion Treatment Plant was rebuilt into a full secondary sewage treatment facility. Now he's a professor at LMU, teaching students environmental and ocean science.

Volume 2 is the Executive Director of the Santa Monica Bay Restoration Commission, a position she took in 2005, after serving as Science and Policy Director at Heal the Bay. She has a background in marine biology and chemistry and a Doctorate of Environmental Science and Engineering from UCLA. Her current projects focus on restoring coastal systems through sustainable solutions to urban runoff and water supply problems, including restoring functioning streams and wetlands in our densely urbanized city. She also swims and surfs in Santa Monica Bay, and wherever the waves take her.

## EATING DISORDER SURVIVOR

This senior studying dance at LMU dealt with body image issues from a fairly young age. She developed an eating disorder during her freshman year of high school, and battled it for two years. With the support of her family and her love of dance, she was able to recover and find an inner strength she never knew she had. It is an ongoing fight, but she is now inspired to go into the field of dance therapy and nutrition in order to help others overcome eating disorders and other psychological challenges.

## HEALING TOUCH SPIRITUAL MINISTRY PRACTITIONER

No, she is not a faith healer! This Book is a Christian minister who has a passion for healing with her hands, a lost art of the faith tradition. When one practices healing touch, she carries the tools of the trade, well -- as close as her own hands. Based in energetic healing techniques this modality is increasingly being used in hospital and clinical settings as an adjunct to traditional pain control techniques, stress relief and also to generally enhance health, vigor, and promote the body's natural self-healing system. Learn more about this simple "hands-on" technique, and you might even get your own hands ready to heal!

## LMU PROFESSOR LIVING WITH PARKINSON'S DISEASE (12-1:30 only)

Parkinson's is an incurable degenerative neurological disease that afflicts mostly older persons (60+ years) but is not limited to senior citizens. When she was diagnosed in her 40s she was devastated. and thought her life was over. But now, 12 years later, she is still teaching full time, writing, publishing, and traveling to international conferences. Although every day poses new challenges, she has learned that it is possible to live a productive life with this incurable disease.

## MOTORCYCLE MEDIC

This LMU senior pre-med Biology major from Seattle, WA is a member of LMU's Gryphon Circle Service Organization and the President of LMU Emergency Medical Services. She has spent the past two summers working on public health projects in Nicaragua, many of which found her journeying on the back of a motorcycle to rural communities, examining the sociological underpinnings of diseases that disproportionately affect underserved communities in an international setting. Ambitious and idealistic, she is looking forward to pursuing a career in international medicine and community development that has a preferential option for the poor.

## RECOVERING ADDICT

This Book is a recovering addict who has been sober for 23 years. He is an active member in the 12-step fellowship and he has served as a sponsor for hundreds of people who are aspiring to be recovering addicts. In his experience, only 5% of those joining the 12-step fellowship make it to 1 year of sobriety and only 1% make it to 5 years of sobriety. Of those who are successful at sobriety, the transformation from active addict to sober member is enlightening and he feels privileged to be part of that process.

## SUFI PEACE-WORKER & POET

The father of her children is Buddhist, her daughter is in the Native American Church, her son is a Taoist, and she is a Muslim and Sufi teacher. This grandmother gave birth at home with a midwife and helps friends find dietary ways to deal with health issues. She is Founder of an Islamic-Sufi group that shares sacred space with Jews and Christians. The three communities join in each other's holy day celebrations and in keeping a "Green" awareness at their shared location. She has participated in interfaith conferences internationally.