

**Recommended Books**

(Books are organized by category)

**About Mental Illness**

- Blackthorne, D. (2000). *Poems of lost souls in life: Poetry of dementia, schizophrenia, megalomania, and love for the death of the world*. Lincoln, NE: Writers Club Press.
- Hartlin, A. (2010). *Forever marked: A dermatillomania diary*. Lulu.com
- Holland, J. (2010). *Weekends at Bellevue: Nine years on the night shift at the psych ER*. New York, NY: Bantam Books.
- Rowntree, L., Boden, A., & Mate, G. (2012). *The hidden lives: Coming out on mental illness*. British Columbia, Canada: Brindle & Glass Publishing Ltd.
- Torrey, E. F. (1997). *Out of the shadows: Confronting America's mental illness crisis*. New York, NY: John Wiley and Sons, Inc.
- Watkins, J. (2008). *Hearing voices: A common human experience*. Melbourne, Australia: Michelle Anderson Publishing, Ltd.

**ADD/ADHD**

- Avery, C. (2010). *Life at full throttle: Attention deficit/hyperactivity disorder in adults*. Bloomington, IN: iUniverse.
- Brown, T. E. (2005). *Attention deficit disorder: The unfocused mind in children and adults*. New Haven, CT: Yale University Press.
- Kelly, K., Ramundo, P., & Ledingham, D. S. (1997). *The ADDED dimension: Everyday advice for adults with ADD*. New York, NY: Scribner's Publishing.
- Kilcarr, P. & Quinn, P. (1997). *Voices from fatherhood: Fathers and sons and ADHD*. Bristol, PA: Brunner/Mazel, Inc.
- Matien, T. (2005). *Survival tips for women with ADHD*. Plantation, FL: Specialty Press, Inc.
- Puryear, D. A. (2012). *Your life can be better, using strategies for adult ADD/ADHD*. Minneapolis, MN: Mill City Press, Inc.

**Adolescent/Teen**

- Cobain, B. (2007). *When nothing matters anymore: A survival guide for depressed teens*. Minneapolis, MN: Free Spirit Publishing, Inc.

Recommended Books

(Books are organized by category)

Empfield, M. & Baklar, N. (2001). *Understanding teenage depression: A guide to diagnosis, treatment, & management*. New York, NY: Owl Books.

Fassler, D. G. & Dumas, L. (1998). *Help me, I'm sad: Recognizing, treating, and preventing childhood and adolescent depression*. New York, NY: Penguin Books.

Hollander, M. (2008). *Helping teens who cut: Understanding and ending self-injury*. New York, NY: The Guilford Press.

Shander, S. (1999). *Ophelia speaks: Adolescent girls write about their search for self*. New York, NY: HarperCollins Publishing.

**Alzheimer's/Dementia/Geriatric**

Aldwin, C. & Gilmer, D. (2003). *Health, illness, and optimal aging: Biological and psychological perspectives*. New York, NY: Springer Publishing Company, LLC.

Boss, P. (2011). *Loving someone with dementia: How to find hope while coping with stress and grief*. San Francisco, CA: Jossey-Bass.

Callone, P. R., Kudlacek, C., Vasiloff, B. C., & Maternach, J. D., Brumback R. A. (2005). *A caregiver's guide to Alzheimer's disease: 300 tips for making life easier*. New York, NY: Demos Medical Publishing, LLC.

Dening, T. & Milne, A. (2011). *Mental health and care homes*. New York, NY: Oxford University Press.

Kane, R. & West, J. C. (2005). *It shouldn't be this way: The failure of long term care*. Nashville, TN: Vanderbilt University Press.

Keady, J. & Watts, S. (2010). *Mental health and later life: Delivering a holistic model for practice*. New York, NY: Routledge.

Glenner, J., Stehman, J. M., Davagnino, J., & Galante, M. J. (2005). *When your loved one has dementia: A simple guide for caregivers*. Baltimore, MD: The Johns Hopkins University Press.

Power, G. A. (2010). *Dementia beyond drugs: Changing the culture of care*. Baltimore, MD: Health Professions Press

Scarff, S. K. & Zultner, A. K. (2012). *Dementia: The journey ahead-a practical guide for in-home caregivers*. Minneapolis, MN: Langdon Street Press.

Recommended Books

(Books are organized by category)

Segal, D., Qualis, S. H. & Smyer, M. (2010). *Aging and mental health (understanding aging)*. West Sussex, United Kingdom: Blackwell Publishing.

**Anxiety/Phobias/Panic Disorders**

Clark, L. (2002). *SOS help for emotions: Managing anxiety, anger, and depression*. Bowling Green, KY: SOS Programs & Parents Press.

Doctor, R. M., Kahn, A. P., & Adamec, C. (2008). *The A-Z of phobias, fears, and anxieties (facts on file library of health and living)*. New York, NY: Checkmark Books.

Handke, P. & Roloff, M. (2007). *The goalie's anxiety at the penalty kick: A novel*. New York, NY: Farrar, Strauss, & Giroux.

Kennard, J. (2012). *Panic attacks: A short introductory guide to panic and its management*. Amazon Digital Services, Inc.

Orsillo, S., Roemer, L., & Segal, Z. V. (2011). *The mindful way through anxiety: Break from chronic worry and reclaim your life*. New York, NY: The Guilford Press.

**Bipolar Disorder**

Carlson, T. (2000). *The life of a bipolar child: What every parent and professional needs to know*. Duluth, MN: Benline Press.

Court, B. L. & Nelson, G. E. (1996). *Bipolar puzzle solution: A mental health client's perspective*. New York, NY: Brunner-Routledge.

Lowe, C. & Cohen, B. M. (2010). *Living with someone who's living with bipolar disorder: A practical guide for family, friends, & coworkers*. San Francisco, CA: Jossey-Bass.

Miklowitz, D. J. & George, E. L. (2007). *The bipolar teen: What you can do to help your child and your family*. New York, NY: The Guilford Press.

Smith, H. (2010). *Welcome to the jungle: Everything you wanted to know about Bipolar but you were too freaked out to ask*. Canada: Conari Press.

**Compulsive Hoarding**

Greenhaven. (2012). *Hoarding (hot topics)*. San Diego, CA: Lucent Books.

Schulman, T. D. (2011). *Cluttered lives, empty souls: Compulsive stealing, spending, and hoarding*. West Conshohocken, PA: Infinity Publishing.

Recommended Books

(Books are organized by category)

Sktekee, G. & Frost, R. (2011). *Stuff: Compulsive hoarding and the meaning of things*. New York, NY: Houghton Mifflin Harcourt.

Tompkins, M. & Hartl, R. (2009). *Digging out: Helping your loved one manage clutter, hoarding, and compulsive acquiring*. Oakland, CA: New Harbinger Publications, Inc.

Zasio, R. (2012). *The hoarder in you: How to live a happier, healthier, uncluttered life*. Emmaus, PA: Rodale.

**Depression**

Duke, P. & Hochman, G. (1997). *A brilliant madness: Living with manic depressive illness*. New York, NY: Bantam Books.

Jamison, K. R. (1997). *An unquiet mind: A memoir of moods and madness*. New York, NY: First Vintage Books.

Karp, D. A. (1997). *Speaking of sadness: Depression, disconnection, and the meanings of illness*. New York, NY: Oxford University Press.

Soloman, A. (2002). *The noonday demon: An atlas of depression*. New York, NY: Touchstone.

**Dissociative Disorders**

Baer, R. (2008). *Switching time: A doctor's harrowing story of treating a woman with 17 personalities*. New York, NY: Random House, Inc.

Sessions, D. (1994). *My mom is different*. Brooklandville, MD: Sidran Press.

West, C. (1999). *First person plural: My life as a multiple*. New York, NY: Hyperion.

**Eating Disorders**

Brisman, J. & Weinshel, M. (2009). *Surviving an eating disorder, 3<sup>rd</sup> edition: Strategies for family and friends*. New York, NY: HarperCollins Publishers.

Costin, C. (2013). *Your dieting daughter: Antidotes parents can provide for body dissatisfaction, excessive dieting, and disordered eating*. New York, NY: Routledge.

Costin, C. (2006). *The eating disorders sourcebook: A comprehensive guide to the causes, treatments, and prevention of eating disorders*. New York, NY: McGraw-Hill Publishing.

Recommended Books

(Books are organized by category)

- Friedman, S. (2000). *When girls feel fat: Helping girls through adolescence*. Buffalo, NY: Firefly Books, Inc.
- Hornbacher, M. (2009). *Wasted: A memoir of anorexia and bulimia*. New York, NY: Harper Collins Publishers.
- Johns, N. (2009). *Purge: Rehab diaries*. Berkley, CA: Seal Press.
- Rhodes, C. (2003). *Life inside the "thin" cage: A personal look into the hidden world of the chronic dieter*. Colorado Springs, CO: WaterBrook Press.
- Taylor, L. H. (2006). *Biting anorexia: A firsthand account of an internal war*. Oakland, CA: New Harbinger Publications, Inc.

**Family and Mental Illness**

- Adamec, C. (1996). *How to live with a mentally ill person: A handbook for day-to-day strategies*. Hoboken, NJ: Wiley Publishing.
- Greenberg, M. (2009). *Hurry down sunshine: A father's story of love and madness*. New York, NY: Vintage Books.
- Karp, D. A. (2001). *The burden of sympathy: How families cope with mental illness*. New York, NY: Oxford University Press.
- Kreger, R. (2008). *The essential family guide to borderline personality disorder: New tools and techniques to stop walking on eggshells*. Center City, MN: Hazeldon.
- Manning, S. Y., Linehan, M. M. (2011). *Loving someone with borderline personality disorder: How to keep out-of-control emotions from destroying your relationship*. New York, NY: The Guilford Press.
- Monks, M. (2010). *Songs of three islands: A story of mental illness in an iconic American family*. New York, NY: Atlas & Co. Publishers.
- Sederer, L. I. & Close, G. (2013). *The family guide to mental health care*. New York, NY: W. W. Norton & Company.

**First Episode Psychosis**

- Carlsson, R. (2010). *Neuropsychological aspects of first episode psychosis: Diagnosis, course, and outcome*. Germany: LAP Lambert Academic Publishing.

Recommended Books

(Books are organized by category)

Kon, O G., Guan, N. C., & Pillai, S. K. (2012). *Characteristics of patients presenting with first episode psychosis: A multicultural perspective of early psychosis*. Germany: LAP Academic Publishing.

**Grief**

Cross, D. (2010). *A new normal: Learning to live with grief and loss*. San Diego, CA: Darlene Cross, M. S., M. F. T., Inc.

Walton, C. (1999). *When there are no words: Finding your way to cope with loss and grief*. Ventura, CA: Pathfinder Publishing.

Wittberger, P. & Wittberger, R. (2004). *When a child dies from drugs: Practical help for parents in bereavement*. United States of America: Xlibris Corporation.

**Health & Wellness**

Clements, P. (2012). *How to boost your energy: 55 amazing truths about nutrition, exercise, sleep, life organization, and stress relief that will keep you energized all day*. Amazon Digital Services, Inc.

Edlin, G. & Golanty, E. (2012). *Health and wellness*. Sudbury, MA: Jones and Bartlett Publishers.

Moore, M. & Hammerness, P. (2011). *Organize your mind, organize your life*. Buffalo, NY: Harlequin.

**L.G.B.T.Q. (lesbian, gay, bisexual, transgendered, questioning)**

Boykin K. (1998). *One more river to cross: Black and gay in America*. New York, NY: Doubleday.

Brelín, C., Tyrkus, M. J., & Bronski, M. (1997). *Outstanding lives: Profiles of lesbians and gay men*. Canton, MI: Visible Ink Press.

Cantwell, M. A. (1996). *Homosexuality: The secret a child dare not tell*. San Rafael, CA: Rafael Press.

Chandler, K. (1995). *Passages of pride: lesbian and gay youth come of age*. New York, NY: Alyson Books.

Eichberg, R. (1991). *Coming out: An act of love*. New York, NY: Penguin Group Publishing.



Recommended Books

(Books are organized by category)

Griffin, C. W. & Wirth, M. J. (1997). *Beyond acceptance: Parents of lesbians & gays talk about their experiences*. New York, NY: Saint Martin's Press.

Kominars, S. B. & Kominars, K. D. (1996). *Accepting ourselves and others: A journey into recovery from addictive and compulsive behaviors for gays, lesbians & bisexuals*. Center City, MN: Hazeldon.

Siegel, S. (1995). *Uncharted lives: Understanding the life passages of gay men*. New York, NY: Plume.

**OCD**

Bear, L. (2000). *Getting control: Overcoming your obsessions and compulsions*. New York, NY: Penguin Group.

Carmin, C. N. (2009). *OCD demystified: An essential guide for understanding and living with OCD*. Cambridge, MA: Da Capo Press.

Dicks, M. (2010). *Unexpectedly milo*. New York, NY: Broadway Books.

Mandel, H. & Young, J. (2009). *Here's the deal: Don't touch me*. New York, NY: Bantam Books.

Wagner, A. P. (2002). *What do you do when you child has OCD: Strategies and solutions*. Lighthouse Point, FL: Lighthouse Press, Inc.

**Personality Disorders**

Chapman, A. L., Gratz, K. L., & Hoffman, P. D. (2007). *The borderline personality disorder survival guide: Everything you need to know about living with BPD*. Oakland, CA: New Harbinger Publications, Inc.

Dobbert, D. (2010). *Understanding personality disorders: An introduction*. Westport, CT: Praeger Publishers.

Millon, T., Millon, C., Meagher, S., Grossman, S., Ramnath, R. (2004). *Personality disorders in modern life*. Hoboken, NJ: John Wiley & Sons.

**Post-Traumatic Stress Disorder (PTSD)**

Cori, J. L. & Scaer, R. (2007). *Healing from trauma: A survivor's guide to understanding your symptoms and reclaiming your life*. Cambridge, MA: Marlowe and Company.

Recommended Books

(Books are organized by category)

Handy, M. (2010). *No comfort zone: Notes on living with post-traumatic stress disorder*. Madison, WI: Mocassa Press.

Hoge, C. (2010). *Once a warrior always a warrior: Navigating the transition from combat to home-including combat stress, PTSD, and m-TBI*. Guilford, CT: Globe Pequot Press.

Orange, C. (2010). *Shockwaves: A practical guide to living with a loved one's PTSD*. Center City, MN: Hazeldon.

### Schizophrenia

Ableman, P. (1990). *I hear voices*. The Olympia Press.

Bellack, A. S., Mueser, K. T., Gingerich, S., & Agresta, J. (2004). *Social skills training for schizophrenia: A step-by-step guide*. New York, NY: The Guilford Press.

Coates, E. (2012). *Hearing voices: A memoir of madness*. New York, NY: Harper Collins Publishing.

Delisi, L. E. (2009). *100 questions and answers about schizophrenia: Painful minds*. Sudbury, MA: Jones and Bartlett Publishers, LLC.

Eckman, T., Roberts, L. J., & Shaner, A. (1999). *Overcoming addictions: Skills training for people with schizophrenia*. New York, NY: W. W. Norton and Company.

Emmons, S., Geiser, C., Kaplan, K. J., & Harrow, M. (1997). *Living with schizophrenia*. New York, NY: Taylor and Francis Group, LLC.

Ferriter, M. (1997). *Schizophrenia and parenting*. Avebury, UK: Ashgate Publishing.

Lehane, D. (2011). *Shutter island*. New York, NY: Harper.

MacKay, S. Y. (2010). *My schizophrenic life: The road to recovery from mental illness*. Dundas, Ontario, Canada: Bridgeross Communications.

Mallarkey, G. (1999). *Managing schizophrenia*. New Zealand: Adis International.

Mueser, K. T. & Gingerich, S. (2006). *The complete family guide to schizophrenia: Helping your loved one get the most out of life*. New York, NY: The Guilford Press.

Smith, D. B. (2008). *Muses, madmen, and prophets: Hearing voices and the borders of sanity*. New York, NY: Penguin Books.



Recommended Books

(Books are organized by category)

**Substance Abuse**

Kuhn, C., Swartz Welder, S. & Wilson, W. (2008). *Buzzed: The straight facts about the most used and abused drugs from alcohol to ecstasy*. New York, NY: W. W. Norton and Company.

Olsen, P. & Levanis, P. (2008). *Sober siblings: How to help your alcoholic brother or sister-and not lose yourself*. Cambridge, MA: Da Capo Press.

Trimingham, T. (2009). *Not my family, never my child: What to do if someone you love is a drug user*. Crows Nest, Australia: Allen & Unwin.

Wales, V. (2011). *My beautiful daughter: An inspirational story about a daughter's fight to conquer her drug addiction through the eyes of her mother*. Bloomington, IN: Author House.

**Suicide**

Gordon, E. F. (2001). *Mockingbird years: A life in and out of therapy*. New York, NY: Basic Books.

Gratton, S. (2009). *I was a suicide attempter*. CreateSpace Independent Publishing Platform.

Westwood, S. (2007). *Suicide junkie*. Essex, United Kingdom: Chimpunkapublishing.

Wolfet, A. D. (2009). *Understanding your suicide grief: Ten essential touchstones for finding hope and healing your heart*. Fort Collins, Colorado: Companion Press.

**Trichotillomania**

Bates, M. (2009). *Marni: My true story of stress, hair-pulling and other obsessions (louder than words)*. Deerfield Beach, FL: Health Communications, Inc.

Golomb, R. & Vavrichek, S. (1999). *The hair pulling habit and you: How to solve the trichotillomania puzzle*. Silver Spring, MD: Writers' Cooperative of Greater Washington.

Keuthen, N., Stein, D., & Christenson, G. (2001). *Help for hair pullers: Understanding and coping with trichotillomania*. Oakland, CA: New Harbinger Publications, Inc.