

## **The Family Resource Center's Lending Library Policies:**

The lending library is free to anyone who wishes to borrow from our library. Our policy is that you return the book within 2 weeks. However, if you need to take it out for a longer time, we ask that you call us and let us know. Please contact Patricia Graham (860) 545-7716 or [pgraham01@harthosp.org](mailto:pgraham01@harthosp.org) in the Family Resource Center if you would like us to reserve a book for you.

## **Books are organized by Category:**

### **About Mental Illness**

Carling, P. (1994). *Return to community: Building support systems for people with psychiatric disabilities*. New York, NY: The Guilford Press.

Glickman, M. & Flannery, M. (1996). *Fountain house: Portraits of lives reclaimed from mental illness*. Center City, MN: Hazelden.

Hinshaw, S. P. (2007). *The mark of shame: Stigma of mental illness as an agenda for change*. New York, NY: The Oxford University Press.

Kaysen, S. (1993). *Girl interrupted*. New York, NY: Random House.

Linde, P.R. (2010). *Danger to self: On the frontline with an ER psychiatrist*. Berkley, CA: University of California Press.

Noll, R. (2007). *The encyclopedia of schizophrenia and other psychotic disorders (facts of file library of health and living)*. New York, NY: Facts on File.

Winerp, M. (1995). *9 highland road: Sane living for the mentally ill*. New York, NY: First Vintage Books Edition.

### **ADD/ADHD**

Ellison, A. (2010). *Buzz: A year of paying attention*. New York, NY: Hyperion.

Hallowell, E. & Ratey, J. J. (2011). *Driven to distraction: Recognizing and coping with attention deficit disorder*. New York, NY: Anchor Books.

Kolberg, J. & Nadeau, K. (2002). *ADD-friendly ways to organize your life*. New York, NY: Taylor and Francis Group.

Monastra, V. J. (2005). *Parenting children with ADHD: 10 lessons that medicine cannot teach*. Washington, DC: APA LifeTools.

Quinn, P. (2012). *The ADD college student: A guide for high school and college students with attention deficit disorder*. Washington, DC: Magination Press.

Taylor, B. E. S. & Honos-Webb, L. (2008). *ADHD and me: What I learned from lighting fires at the dinner table*. Oakland, CA: New Harbinger Publications, Inc.

Taylor, J. F. (2006). *The survival guide for kids with ADD or ADHD*. Minneapolis, MN: Free Spirit Publishing Inc.

### **Child/Adolescent/Teen**

Baggish, R. C. (2008). *When the bough breaks: How to really be there for your children*. New York, NY: Vintage Press.

Chbosky, S. (2012). *The perks of being a wallflower*. New York, NY: Pocket Books.

Ford, E., Liebowitz, M. & Andrews, L. W. (2007). *What you must think of me: A first hand account of one teenager's experience with social anxiety disorder*. New York, NY: Oxford University Press.

McCormick, P. (2011). *Cut*. New York, NY: PUSH.

Neurfield, J. (2007). *Lisa, bright, and dark*. Lincoln, NE: iUniverse, Inc.

Runyon, B. (2005). *The burn journals*. New York, NY: First Vintage Books.

### **Alzheimer's/Dementia/Geriatric**

Albom, M. (1997). *Tuesdays with morrie*. New York, NY: Broadway Books.

Bergen, L. T. (2001). *Mercy come morning*. Colorado Springs, CO: WaterBrook Press.

Fleshman, J. (2012). *Shadow man: A novel*. Hanover, NH: Steerforth Press, LLC.

Geist, M. E. & Sacks, O. (2008). *Measure of the heart: a father's Alzheimer's, a daughter's return*. New York, NY: The Wylie Agency, Inc.

Genova, L. (2009). *Still Alice*. New York, NY: Pocket Books.



Koenig Coste, J. & Butler, R. (2003). *Learning to speak Alzheimer's: a groundbreaking approach for everyone dealing with a disease*. New York, NY: Houghton Mifflin Company.

Macy, N. L. & Rabins, P. V. (2012). *The 36 hour day: A family guide to caring for people who have Alzheimer's disease, related dementias, and memory loss*. Baltimore, MD: The Johns Hopkins University Press.

Petersen, B. & Couric, K. (2010). *Jan's story: love lost to the long goodbye of Alzheimer's*. Lake Forest, CA: Behler Publications LLC.

Strauss, C. (2002). *Talking to Alzheimer's: Simple ways to connect when you visit with a family member or a friend*. Oakland, CA: New Harbinger Publications.

#### **Anxiety/Phobias/Panic Disorders**

Burns, D.D. (2006). *When panic attacks: The new, drug-free anxiety therapy that can change your life*. New York, NY: Three Rivers Press.

Gallo, D. R. (2006). *What are you afraid of? Stories about phobias*. Somerville, MA: Candlewick.

Hallowell, E. (1998). *Worry*. New York, NY: Random House Publishing Group.

Hughes, C. (2009). *High anxiety*. New York, NY: The Berkley Publishing Group.

Smith, D. (2012). *Monkey mind: A memoir of anxiety*. New York, NY: Simon and Schuster.

#### **Bipolar Disorder**

Champagne, N. J. (2012). *The third sunrise: A memoir of madness*. Toronto, Canada: The Key Publishing House, Inc.

Earley, P. (2007). *Crazy: A father's search through America's mental health madness*. New York, NY: Berkley Books.

Eugendies, J. (2012). *The marriage plot: Bipolar disorder*. New York, NY: Picador.

Fast, J. A. & Preston, J. D. (2012) *Loving someone with bipolar disorder and understating and helping your partner*. Oakland, CA: New Harbinger Publications, Inc.

Hornbacher, M. (2009). *Madness: A bipolar life*. New York, NY: Houghton Mifflin Company.

Miklowitz, D. J. (2010). *The bipolar disorder survival guide, second edition: What you and your family need to know*. New York, NY: The Guilford Press.

Papolos, D. & Papolos, J. S. (2007). *The bipolar child*. New York, NY: Broadway Books.

Quick, M. (2010). *Silver Lining's Playbook*. London, England: Picador.

### **Compulsive Hoarding**

Bubrick, J., Neziroglu, F., Yaryura-Tobias, J., & Perkins, P. B. (2004). *Overcoming compulsive hoarding: Why you save and how you can stop*. Oakland, CA: New Harbinger Publications.

Paxton, M. & Hise, P. (2011). *The secret lives of hoarders: True stories of tackling extreme clutter*. New York, NY: Penguin Group, Inc.

Riggle, K. (2012). *Keepsake*. New York, NY: HarperCollins Publishers.

Simolinski, J. (2013). *Objects of my affection*. New York, NY: Touchstone.

Sholl, J. (2010). *Dirty secret: A daughter comes clean about her mother's compulsive hoarding*. New York, NY: Gallery Books.

Tolin, D., Frost, R., & Steketee, G. (2007). *Buried in treasures: Help for compulsive acquiring, saving, and hoarding*. New York, NY: Oxford University Press, Inc.

### **Depression**

Hersh, J. K. (2010). *Struck by living: From depression to hope*. Dallas, Texas: Brown Books Publishing Group.

Millet, K. (1990). *The Looney-Bin Trip*. New York, NY: Touchstone.

Path, S. (2006). *The bell jar*. New York, NY: HarperCollins Publishers, Inc.

Styron, W. (2007). *Darkness Visible*. New York, NY: Random House, Inc. (2 Copies)

Wurtzel, E. (2002). *Prozac Nation*. New York, NY: The Berkley Publishing Group.

### **Dissociative Disorders**

Haddock, D. (2001). *The dissociative identity disorder sourcebook*. New York, NY: McGraw-Hill.



Noble, K. (2012). *All of me: How I learned to live with the many personalities sharing my body*. Chicago, IL: Chicago Review Press, Incorporated.

Schreiber, F. R. (1973). *Sybil*. New York, NY: Warner Books, Inc.

Tujillo, O. (2011). *The sum of my parts: A survivor's story of dissociative identity disorder*. Oakland, CA: New Harbinger Publications, Inc.

### **Eating Disorder:**

Bowman, J. (2008). *Thin*. New York, NY: Penguin Group.

Bruni, F. (2010). *Born Round: A story of family, food, and a ferocious appetite*. New York NY: Penguin Group.

de Rossi, P. (2011). *Unbearable lightness*. New York, NY: Atria.

Johns, N. (2009). *Purge: Rehab diaries*. Berkley, CA: Seal Press.

Siegel, M., Brisman, J., & Weinshel, M. (2009). *Surviving an eating disorder: Perspectives and strategies for family and friends*. New York, NY: HarperCollins Publishers.

### **Family and Mental Illness**

Carter, R. & Golant, S. (1998). *Helping someone with mental illness: A compassionate guide for family, friends, and caregivers*. New York, NY: Random House, Inc.

Costello, V. (2012). *A lethal inheritance: A mother uncovers the science behind three generations of mental illness*. New York, NY: Prometheus Books.

Davis, T. (2011). *A legacy of madness: Recovering my family from generations of mental illness*. Center City, MN: Hazeldon.

Dinner, S. H. (1989). *Nothing to be ashamed of: Growing up with mental illness*. New York, NY: Lothrop, Lee & Shepard Books.

Gibbons, K. (2005). *Sights unseen*. New York, NY: Avon Books.

Harris, J. R. (2009). *The nurture assumption: Why children turn out the way they do*. New York, NY: Free Press.

Hine, R. (2006). *Broken glass: A family's journey through mental illness*. Albuquerque, New Mexico: University of New Mexico Press.

Johnson, J. T. (1988). *Hidden victims: An eight-stage healing process for families and friends of the mentally ill*. New York, NY: Doubleday.

Lafond, V. (2002). *Grieving mental illness: A guide for patients and their caregivers*. Buffalo, NY: University of Toronto Press.

McHugh, M. (2003). *Special siblings: Growing up with someone with a disability*. Baltimore, MD: Brookes Publishing.

Moe, B. (2001). *Coping with mental illness*. New York, NY: The Rosen Publishing Group, Inc.

Moorman, M. (1992). *My sister's keeper: Learning to cope with a sibling's mental illness*. London, England: W. W. Norton and Company Ltd.

Silver, D. (2007). *A parent's guide to wills and trusts: For grandparents too*. Los Angeles, CA: Adams-Hall Publishing.

### **First Episode Psychosis**

Aitchison, K. J., Murray, R. M., Power, P. J. R., & Tsapakis, E. M. (1999). *First episode psychosis (medical pocketbooks)*. London, England: Martin Dunitz.

Baker, S. & Martens, L. (2009). *Promoting recovery for first episode psychosis: A guide for families*. Toronto, Canada: Centre for Addiction and Mental Health.

Compton, M. T. & Broussard, B. (2009). *The first episode of psychosis: A guide for patients and their families*. New York, NY: Oxford University Press.

### **Grief**

James, J. W. & Friedman, R. (2009). *The grief recovery handbook: the action program for moving beyond death divorce, and other losses*. New York, NY: HarperCollins Publishers.

Kubler-Ross, E. & Kessler, D. (2007). *On grief and grieving: Finding meaning of grief through the five stages of loss*. New York, NY: Scribner.

Smith, H. I. (2003). *Grieving the death of a mother*. Minneapolis, MN: Augsburg Fortress.

Streeten, N. (2011). *Billy, me, and you: A graphic memoir of grief and recovery*. Brighton, UK: Myraid Editions.

### Health & Wellness

Copeland, M. E. (2002). *Wellness recovery action plan*. West Dummerston, VT: Peach Press.

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

Belge, K., Bieschke, M. & Robinson, C. (2011). *Queer: The ultimate LGBT guide for teens*. San Francisco, CA: Zest Books.

Berzon, B. (1990). *Permanent partners: Building gay and lesbian relationships that last*. New York, NY: Plume Press.

Bornstein, K. & DiMasa, D. (1998). *My gender workbook: How to become a real man, a real woman, the real you, or something else entirely*. New York, NY: Routledge.

Brill, S. & Pepper, R. (2008). *The transgender child: A handbook for families and professionals*. San Francisco, CA: Cleis Press, Inc.

Clark, D. (2009). *Loving someone gay*. Maple Shade, NJ: Lethe Press.

D'Angelo, A., Collingsworth, S. D., Esposito, M, Hermelin, G., Sanlo, R., Sausa, L. A., & Windmeyer, S. L. (2002). *Inspiration for LGBT students and their allies*. Easton, PA: The Collegiate EmPowerment Company, Inc.

Fairchild, B. & Hayward, N. (1998). *Now that you know: A parent's guide to understanding their gay and lesbian children*. Orlando, FL: Harcourt Brace and Company.

Harris, E. L. (2004). *What becomes of the brokenhearted: A memoir*. New York, NY: DoubleDay.

Herman, J. (2009). *Transgender explained for those who are not*. Bloomington, IN: AuthorHouse.

Kaufman, G. & Raphael, L. (1996). *Coming out of shame: Transforming gay and lesbian lives*. New York, NY: Doubleday.

Krieger, I. (2011). *Helping your transgender teen: A guide for parents*. New Haven, CT: Genderwise Press.

- McNaught, B. (1997). *Now that I'm out, what do I do?* New York, NY: St. Martin's Press.
- Polacco, P. (2009). *In our mother's house.* New York, NY: Philomel Books.
- Savage, D. & Miller, T. (2011). *It gets better: Coming out, overcoming bullying, and creating a life worth living.* New York, NY: Penguin Group.
- Savin-Williams, R. C. (2001). *Mom, dad. I'm gay: How families negotiate coming out.* Washington, D.C.: American Psychological Association.
- Scholinski, D. (1998). *The last time I wore a dress.* New York, NY: Riverhead Books.
- Skutch, R. & Nienhaus, L. (1997). *Who's in a family?* Berkeley, CA: Tricycle Press.

## Life

- Dorrenstien, R. & Veimans, H. (2001). *A heart of stone.* New York, NY: Penguin Books.
- Plonka, A. (2004). *What are you afraid of?* New York, NY: Penguin Group Inc.
- Smith, A. (2010). *I will carry you: A sacred dance of grief and joy.* Nashville, TN: B&H Publishing Group.

## Obsessive Compulsive Disorder

- Foa, E. B. & Wilson, R. (1991). *Stop obsessing!: How to overcome your obsessions and compulsions.* New York, NY: Bantam Books.
- Lane, R. (1983). *A solitary dance.* Winnebago, WI: Serrell & Simons.
- Rapoport, J. L. (1991). *The boy who couldn't stop washing.* New York, NY: Penguin Group.

## Personality Disorders

- Kreisman, J. & Straus, H. (2010). *I hate you-don't leave me: Understanding the borderline personality disorder.* New York, NY: Perigee Books.
- Mason, P. & Kreger, R. (2010). *Stop walking on eggshells: Taking your life back when someone you care about has borderline personality disorder.* Oakland, CA: New Harbinger Publications, Inc.
- Pershall, S. (2012). *Loud in the house of myself: memoir of a strange girl.* New York, NY: W.W. Norton & Company.





Reiland, R. (2004). *Get me out of here: My recovery from borderline personality disorder*. Center City, Minnesota: Hazeldon Foundation.

Van Gelder, K. (2010). *The Buddha and the borderline: My recovery from borderline personality disorder through dialectical behavior therapy, Buddhism, and online dating*. Oakland, CA: New Harbinger Publications, Inc.

## PTSD

Matsakis, A. (1996). *I can't get over it: A handbook for trauma survivors*. Oakland, CA: New Harbinger Publications, Inc.

Schiraldi, G. (2009). *The PTSD sourcebook: A guide to healing, recovery, and growth*. New York, NY: McGraw-Hill.

## Schizophrenia

Amador, X. (2010). *I am not sick-I don't need help*. Peconic, NY: Vida Press L.L.C.

Atkinson, J. (1985). *Schizophrenia: A guide for sufferers and their families*. Wellingborough, Northhamptonshire: Turnstone Press Limited.

Atkinson, J. (1986). *Schizophrenia at home: A guide to helping the family*. New York, NY: New York University Press.

Baur, S. (1991). *The dinosaur man: Tales of madness and enchantment from the back ward*. New York, NY: HarperCollins Publishers.

Brier, A. (1996). *The new pharmacotherapy of schizophrenia (clinical practice)*. Washington, DC: American Psychiatric Publications.

Broer, L. R. (1989). *Sanity plea: schizophrenia in the novels of kurt vonnegut*. Tuscaloosa, AL: The University of Alabama Press.

Compton, K. A. & Arnold, C. (2007). *Discombobulated: An inspiring journey of hope through mental illness*. Victoria, BC, Canada: Trafford Publishing.

Correll, C. F. (2000). *Overcoming OCD and schizophrenia with god in my life*. Lincoln, NE: Writers Club Press.

Dearth, N. (1986). *Families helping families: Living with schizophrenia*. New York, NY: W. W. Norton and Company, Inc.

- Deveson, A. & Torrey, E. F. (1992). *Tell me I'm here: One family's experience with schizophrenia*. New York, NY: Penguin Books.
- Fern, E. (1993). *Pepito's story*. New York, NY: Bantam Books for Young Readers.
- Flach, F. F. (1991). *Rickie*. New York, NY: Ballantine Books.
- Fryer, K. H. (1997). *The story of Barbara: My daughter's battle with schizophrenia*. Orlando, FL: Rivercross Publications.
- Goldsmith, K. (1998). *If I played my life: Poems by people with schizophrenia*. Calgary Alberta, Canada: Bayeux.
- Greek, M. (2012). *Schizophrenia: A blueprint for recovery*. Athens, OH: CreateSpace Independent Publishing Platform.
- Green, H. (1964). *I never promised you a rose garden*. New York, NY: Henry Holt and Company, LLC.
- Hawkes, E. L. (2012). *When quietness came: A neuroscientist's personal journey with schizophrenia*. Dundas, Ontario, Canada: Bridgeross Communications.
- Hawkins, M. (2010). *How we got Barb back: The story of my sister's reawakening after 30 years of schizophrenia*. San Francisco, CA: Red Wheel/Weiser, LLC.
- Howells, J. G. & Gulrguis, W. (1984). *Family and schizophrenia*. Madison, CT: International University Press Inc.
- Inman, S. (2010). *After her brain broke: Helping my daughter recover her sanity*. Dundas, Ontario, Canada: Bridgeross Communications.
- Jeffries, J. J. (1990). *Living and working with schizophrenia*. Toronto, Ontario, Canada: University of Toronto Press.
- Johnson, A. (1996). *Humming whispers*. New York, NY: Orchard Books.
- Jones, S. & Hawyward, P. (2004). *Coping with schizophrenia: A guide for patients, families, and caregivers*. Oxford, England: Oneworld Publications.
- Kytle, E. & Coles, R. (1995). *The voices of robby wilde*. Athens, GA: The University of Georgia Press.

- Lee, J. (1980). *Save me!: A young woman's journey through schizophrenia to health*. New York, NY: Doubleday.
- McLean, R. (2005). *Recovered, not cured: A journey through schizophrenia*. Crows Nest, Australia: Allen and Unwin. (2 Copies)
- Miller, R. & Mason, S. E. (2002). *Diagnosis: Schizophrenia*. New York, NY: Columbia University Press.
- Nasar, S. (1998). *A beautiful mind*. New York, NY: Simon and Schuster.
- Nelson, A. N. (2002). *The split brain*. New York, NY: Writer's Showcase Press.
- North, C. (1987). *Welcome silence: My triumph over schizophrenia*. New York, NY: Simon and Schuster.
- Saks, E. R. (2008). *The center cannot hold: My journey through madness*. New York, NY: Hyperion.
- Schiller, L. & Bennett, A. (1996). *The quiet room: A journey out of the torment of madness*. New York, NY: Warner Books.
- Schofield, M. (2012). *January first: a child's descent into madness and her father's struggle to save her*. New York, NY: Crown Publishers.
- Sheehan, S. (1983). *Is there no place on earth for me?* New York, NY: Vintage Books.
- Spence, M. (2001). *Managing negative symptoms of schizophrenia*. Princeton Junction, NJ Science Press, Inc.
- Steele, K. & Berman, C. (2007). *The day the voices stopped: A schizophrenic's journey from madness to hope*. New York, NY: Basic Books.
- Susser, E. S., Brown, A. S., & Gorman, J. M. (1999). *Prenatal exposures in schizophrenia (progress in psychiatry)*. Washington, DC: American Psychiatric Publishing.
- Toews, J. & Loewen, E. (1995). *No longer alone*. Harrisonburg, VA: MennoMedia.
- Torrey, E. F. (2006). *Surviving Schizophrenia: A manual for families, patients, and providers*. New York, NY: HarperCollins Publishing Inc.



- Tramble, M. E. (2000). *Listen to the wind: A journey through schizophrenia*. Wreck Cove, N.S., Canada: Breton Books.
- Tsuang, M., Faraone, S. V., & Glatt, S. J. (2011). *Schizophrenia: The facts*. New York, NY: Oxford University Press.
- Vincent, N. (2008). *Voluntary madness: Lost and found in the mental health care system*. New York, NY: Viking.
- Wagner, C. & Spiro, S. (2006). *Divided minds: Twin sisters and their journey through schizophrenia*. New York, NY: St. Martin's Press.
- Ward, W. O. (1982). *The healing of Lia*. New York, NY: McMillian Publishing Company.
- Wilson, L. (1968). *This stranger my son*. New York, NY: The New American Library.
- Wyden, P. (1998). *Conquering schizophrenia: A father, his son, and a medical breakthrough*. New York, NY: Alfred A. Knopf, Inc.

### Substance Abuse

- Asbury, A. (2011). *The sunset strip diaries*. Los Angeles, CA: Estep & Fitzgerald Literary Publishing.
- Exley, F. (1988). *A fan's notes*. New York, NY: Vintage Contemporaries.
- Fletcher, A. M. (2002). *Sober for good: New solutions for drinking problems-Advice from those who have succeeded*. New York, NY: Houghton Mifflin Company.
- Frey, J. (2005). *A million little pieces*. New York, NY: First Anchor Books.

### Suicide

- Fine, C. (1997). *No time to say goodbye: Surviving a suicide of a loved one*. New York, NY: Broadway Books.
- Jamison, K. R. (2000). *Night falls fast: Understanding suicide*. New York, NY: Borzoi Books.
- Miller, S. S. (2000). *An empty chair: Living in the wake of a sibling's suicide*. Lincoln, NE: Writer's Club Press.
- Puryear, A. (1996). *Stephen lives: His life, suicide, and afterlife*. New York, NY: Atria Books.



Sharples, M. (2011). *Leaving the hall light on: A mother's memoir of living with her son's bipolar disorder and surviving his suicide*. Downers Grove, IL: Dream of Things.

Stimming, M. & Stimming, M. (1999). *Before their time: Adult children's experience of parental suicide*. Philadelphia, PA: Temple University Press.

### Trichotillomania

Penzel, F. (2003). *The hair-pulling problem: A complete guide to trichotillomania*. New York, NY: Oxford University Press.

Scarborough, J. S. (2009). *Symmetry*. Spring, TX: L&L Dreamspell.

### Archive:

Arieti, S & Schlicht, J. (1994). *Understanding and helping the schizophrenic: A guide for family and friends*. London, UK: Karnac Books.

Atkinson, J. M. & Coia, D. A. (1995). *Families coping with schizophrenia: A practitioner's guide to family groups*. New York, NY: Wiley Publishing.

Backlar, P. (1195). *The family face of schizophrenia*. New York, NY: Tarcher Publishing.

Brock, G. W. & Barnard, C. P. (1992). *Procedures in marriage and family therapy, 2<sup>nd</sup> edition*. Boston, MA: Allyn and Bacon.

Maneoleas, P. (1996). *The cross-cultural practice of clinical case management in mental health*. New York, NY: Routledge.

Minkoff, K. & Drake, R. E. (1991). *Dual diagnosis of major mental illness and substance disorder: New directions for mental health services*. Los Angeles, CA: Jossey-Bass, Inc.

Rogler, L. H. & Hollingshead, A. D. B. (1985). *Trapped: families and schizophrenia*. Seattle, WA: Waterfront Press.

Sanders, S. (1990). *Clinical self-hypnosis: The power of words and images*. New York, NY: The Guilford Press.

Vine, P. (1983). *Families in pain*. New York, NY: Pantheon.

Warner, R. (2000). *The environment of schizophrenia: Innovations in practice, policy, and communications*. London, England: Brunner-Routledge.



Wykes, T., Tarrier, N. & Lewis, S. (1999). *Outcome and innovation in psychological treatment of schizophrenia*. West Sussex, UK: John Wiley and Sons, Ltd.