



## **Canadian Mental Health Association mental health collection bibliography**

### **Eating Disorders**

100 Questions and Answers About Eating Disorders / Carolyn Costin. Jones & Bartlett Pub., c2007.

Anorexie et boulimie: comprendre pour agir / Guy Pomerleau et al. Gaétan Morin, C2001.

L'anorexie, sortir du tunnel / Rébecca Shankland avec la collaboration d'Alain Meunier. De La Martinière Jeunesse, c2003.

Anorexies et boulimies à l'adolescence, 3e édition / Patrick Alvin Doin, c2007.

Diet Fads / Barbara A. Zahensky. Rosen Pub., c2007. (Danger Zone: Dieting and Eating Disorders Series). For Children.

The Eating Disorder Sourcebook: A Comprehensive Guide to the Causes, Treatments, and Prevention of Eating Disorders, 3<sup>rd</sup> ed. / Carolyn Costin. McGraw-Hill, c2007.

Gaining: The Truth About Life After Eating Disorders / Aimee Liu. Warner, c2007.

The Good Eater: the True Story of One Man's Struggle with Binge Eating Disorder / Ron Saxen. New Harbinger Pub., c 2007.

Help for Eating Disorders: A Parent's Guide to Symptoms, Causes & Treatments / Debra K. Katzman & Leona Pinhas. Robert Rose, c2005.

The Hungry Years: Confessions of a Food Addict / William Leith. Anchor Canada, c2005.

Inside Out: Portrait of an Eating Disorder / Nadia Shivack. Atheneum Books for Young Readers, c2007.

Lying in Weight: the Hidden Epidemic of Eating Disorders in Adult Women / Trisha Gura. HarperCollins, c2007.

Mindless Eating: Why We Eat More Than We Think / Brian Wansink. Bantam, 2006.

Next to Nothing: A Firsthand Account of One Teenager's Experience with an Eating Disorder / Carrie Arnold with Timothy Walsh. Oxford Univ. Pr., c2007.

Over it: A Teen's Guide to Getting Beyond Obsessions with Food and Weight / Carol Emery & Laurelee Roark. New World Library, c2001.

Overcoming Binge Eating / Christopher G. Fairburn. Guilford Press, c1995.

Parenting a Child With an Eating Disorder: Two Parents Speak About Their Journey Through the Process of Recovery. Resource Center Cornell Cooperative Extension, DVD

Perfect Girls, Starving Daughters: the Frightening New Normalcy of Hating Your Body / Courtney E. Martin. Free Press, 2007.

Real Women Have Curves. DVD. HBO, 2003.

Skin / Adrienne Maria Vrettos. Margaret K. McElderry Books, c2006. Fiction. A boy's sister deteriorates from an eating disorder.

Surviving an Eating Disorder: Strategies for Family & Friends, rev. ed. / Michele Siegel et al. Harper Perennial, c1997.

This Mean Disease: Growing Up in the Shadow of My Mother's Anorexia Nervosa /Daniel Becker. Gurze Books, c2005.

Voices of Recovery: Reflections and Insights from Those Who Have Recovered from Eating Disorders. Massachusetts Eating Disorder Assoc., c2003. (Incl. Video and discussion questions. High school and College Students)

Wasted: A Memoir of Anorexia and Bulimia, rev. ed / Marya Hornbacher. Harper, c1998, c2006.

When Dieting Becomes Dangerous: A Guide to Understanding and Treating Anorexia and Bulimia / Deborah M. Michel & Susan G. Willard. Yale Univ. Pr., c2003.

When Your Child Has an Eating Disorder: A Step-by-Step Workbook For Parents and Other Caregivers / Abigail H. Natenshon. Jossey-Bass Pub., c1999.

### **Body Dysmorphic Disorder**

The Broken Mirror: Understanding and Treating Body Dysmorphic Disorder, Rev.ed.. /Katharine A. Phillips. Oxford University Press, c2005.

Feeling Good About the Way You Look: A Program For Overcoming Body Image Problems / Sabine Wilhelm. Guilford Pr., c2006.

This is My Body: a Film by High School Girls. National Film Board, c2006. DVD

## **Anger**

ACT on Life Not on Anger: the New Acceptance and Commitment Therapy Guide to Problem Anger / Georg H. Eifert, et al. New Harbinger Pub., c2006.

The Bully, the Bullied and the By-Stander / Barbara Coloroso. Collins, c2002, 2006

C.A.G.E. The Rage. Cambridge Educational, c2007. For young people. DVD

Down / Norah McClintock. Orca Book Pub., c2007. A young man learns to control his anger. Novel.

Rage: A Step-by-Step Guide to Overcoming Explosive Anger / Ronald T. Potter-Efron. New Harbinger Pub., c2007.

When Anger Hurts: Quieting the Storm Within, 2<sup>nd</sup> ed. / Matthew McKay, Peter D. Rogers, Judith McKay / New Harbinger Pub., c2003.

When Anger Scares You: How to Overcome Your Fear of Conflicts & Express Your Anger in Healthy Ways / John R. Lynch. New Harbinger Pub., c2004.

Your Angry Child: A Guide For Parents / Daniel L. Davis. Haworth Press, c2004.

## **Sleep Disorders**

A Good Night's Sleep / Lawrence J. Epstein. McGraw Hill, c2007.

Sleep Disorders for Dummies / Max Hirshkowitz & Patricia B. Smith. Wiley, c2004.

## **Obsessive-Compulsive Disorder**

Buried in Treasures: Help for Compulsive Acquiring, Saving, and Hoarding / David F. Tolin, et al. Oxford University Press, c2007.

Living With Obsessive Compulsive Disorder / Marie Gius. Book Publishers Network, c2006.

Loving Someone With OCD: Help for You and Your Family / Karen J. Landsman et al. New Harbinger Pub., c2005.

Mr. Worry: A Story About OCD / Holly L. Niner. Albert Whitman & Co., c2004.  
(For young children)

The O.C.D. Workbook: Your guide to Breaking Free from Obsessive-Compulsive Disorder, 2<sup>nd</sup> ed. / Bruce M. Hyman & Cherry Pedrick. New Harbinger Pub., c2005.

Obsessive-Compulsive Disorder: Theory, Research and Treatment / ed. by Ross G. Menzies & Padmal de Silva. Wiley, c2003.

Obsessive-Compulsive Disorders: A Complete Guide to Getting Well & Staying well / Fred Penzel. Oxford University Press, 2000.

Overcoming Compulsive Washing: Free Your Mind from OCD / Paul R. Munford. New Harbinger Pub., c2005.

Talking Back to OCD: The Program That Helps Kids & Teens Say "No Way" and Parents Say "Way To Go" / John S. March. Guilford Press, 2007.

Up and Down the Worry Hill: A Child's Book About Obsessive-Compulsive Disorder and its Treatment, 2<sup>nd</sup> ed. /Aureen Pinto Wagner. Lighthouse Press, c2004.

What to do When Your Brain Gets Stuck: A Kid's Guide To Overcoming OCD / Dawn Huebner. Magination Press,c2005.

### **Special Needs Children**

A Different Kind of Perfect: Writings by Parents on Raising a Child With Special Needs / ed. by Cindy Dowling, et. al. Trumpeter, c2004, 2006.

From Difficult to Delightful in Just 30 Days: How to Improve the Behavior of Your Spirited Child / Jacob Azerrad. McGraw Hill, c2006.

The Explosive Child: A New Approach for Understanding and Parenting Easily Frustrated, Chronically Inflexible Children, rev.ed. / Ross W. Greene. Harper, c1998,c2001, c2005.

Helping Your Socially Vulnerable Child / Andrew R. Eisen & Linda B. Engler. New Harbinger Publications, c2007.

Oh Brother!: Growing Up With a Special Needs Sibling /Natalie Hale. Magination Press, c2004. For children 8-13.

Should You Medicate Your Child's Mind?: A Child Psychiatrist Makes Sense of Whether to Give Kids Psychiatric Medication / Elizabeth J. Roberts. Marlowe & Company, c2006.

Steps to Independence: Teaching Everyday Skills to Children with Special Needs, 4<sup>th</sup> ed / Bruce L. Baker & Alan J. Brightman. Paul H. Brookes Publishing Co., c2004.

Twilight Children: Three Voices No One Heard Until a Therapist Listened. (Abused children) / Torey Hayden. William Morrow, c2005.

The Unhappy Child: What Every Parent Needs to Know / Kenneth M. Condrell. Prometheus Books, 2006.

## **ADHD / Oppositional Defiant Disorder**

AD/HD Parenting Handbook, 2<sup>nd</sup> ed. / Colleen Alexander-Roberts. Taylor Trade Publishing, c2006.

Delivered from Distraction: Getting the Most out of Life with Attention Deficit Disorder / Edward M. Hallowell & John J. Ratey. Ballantine, c2005, 2006. (ADD in adults)

Does Everyone Have ADHD? A Teen's Guide to Diagnosis and Treatment / Christine Petersen. Franklin Watts, c2007.

Genius!: Nurturing the Spirit of the Wild, Odd, and Oppositional Child, Rev.ed. /George T. Lynn & Joanne Barrie Lynn. Jessica Kingsley Pub., c2006.

Not Me, Not Ever / Henri J. Lavoie. Outskirts Press, c2007. (Novel about a boy with oppositional-defiant disorder.)

Peterson's Colleges for Students With Learning Disabilities or AD/HD., 8<sup>th</sup> ed. Peterson's c2003.

Réponses à vos questions: l'hyperactivité T.D.A.H., nouvelle édition / Michel Lecendreux. Editions Solar, c2003.

Your Defiant Child: 8 Steps to Better Behavior / Russell A. Barkley & Christine M. Berton. Guilford Press, c1998.

## **Perfectionism (Personality Trait)**

The Disease to Please: Curing the People-Pleasing Syndrome / Harriet B. Braiker. McGraw Hill, c2001.

When Perfect Isn't Good Enough: Strategies for Coping with Perfectionism / Martin M. Antony & Richard P. Swinson. New Harbinger Publications, c1998.

Zero / Diane Tullson. Novel.

## **Jealousy**

Jealous / Sarah Medina. Heinemann Library, c2007. (Feelings) For Young Children.

## **General**

Beyond Crazy: Journeys Through Mental Illness / Julia Nunes & Scott Simmie. McClelland & Stewart, c2002.

Change Your Brain, Change Your Life: the Breakthrough Program for Conquering Anxiety, Depression, Obsessiveness, Anger, and Impulsiveness / Daniel G. Amen. Three Rivers Press, c1998.

The Complete Idiot's Guide to Managing Your Moods / John D. Preston. Alpha, c2006.

DSM-IV-TR Mental Disorders: Diagnosis, Etiology & Treatment / Michael B. First & Allan Tasman, eds. Wiley, c2004. Reference

The Family Intervention Guide to Mental Illness: Recognizing Symptoms & Getting Treatment / Bodie Morey & Kim T. Meuser. New Harbinger Publications, c2007.

Feeling Better: a Kid's Book About Therapy / Rachel Rashkin. Magination Press, c2005. Healing and the Mind / Bill Moyers. Broadway Books, c1993.

Helping Someone With Mental Illness: A Compassionate Guide for Family, Friends, and Caregivers / Rosalynn Carter. Three Rivers Press, c1998, c1999.

The Human Face of Mental Health & Mental Illness in Canada 2006 / Can. Govt. Publication, c2006.

The Interventionists: Chronicles of a Mental Health Crisis Team. National Film Board, c2006. DVD

The Last Taboo: A Survival Guide to Mental Health Care in Canada / Scott Simmie & Julia Nunes. McClelland & Stewart, c2001.

Lizard People / Charlie Price. Roaring Book Press, c2007. (A young man's mother is mentally ill.)

The Man of my Dreams / Curtis Sittenfeld. Random House, c2007. Novel. (A young woman's anxiety about relationships.)

Mental Illness / Ed. By Mary E. Williams. Thompson Gale, c2007. (Opposing Viewpoints Series)

Mental Illness: Survival and Beyond: A Practical Guide to the Inpatient Psychiatric Experience / Virginia S. Wilson. Trafford, c1998.

A Mood Apart: The Thinker's Guide to Emotion and its Disorders / Peter Whybrow. Harper Perennial, c1997.

Mood Genes: Hunting for Origins of Mania and Depression / Samuel H. Barondes. Oxford Univ. Press, c1998.

Pure Spring / Brian Doyle. Greenwood Books / House of Anansi, c2007. Novel for teens. (A young man encounters mental illness.)

Shock Therapy: A History of Electroconvulsive Therapy in Mental Illness / Edward Shorter & Dan Healy. Univ. of Toronto Press, c2007.

Snake Pits, Talking Cures & Magic Bullets: A History of Mental Illness / Deborah Kent. Twenty-First Century Books, c2003. (For Teens)

Thoughts Without a Thinker: Psychotherapy From a Buddhist Perspective / Mark Epstein, foreword by the Dalai Lama. Basic Books, c1995.

Toward a Psychology of Awakening: Buddhism, Psychotherapy, and the Path of Personal and Spiritual Transformation / John Welwood. Shambala, c2002.

When Someone You Love has a Mental Illness: A Handbook for Family, Friends and Caregivers, rev. ed. / Rebeca Woolis & Jeremy P. Tarcher / Penguin, c1992., c2003.

### **Addictions / Alcoholism**

Chained to the Desk: a Guidebook for Workaholics, their Partners and Children, and the Clinicians Who Treat Them / Bryan E. Robinson. New York University Press, c2007.

Dual Diagnosis: Key Readings in Addiction Psychiatry / Ed. By Richard N. Rosenthal. Brunner-Routledge, c2003.

Freedom From Addiction / David Simon & Deepak Chopra. Health Communications Inc., c2007.

Get Your Loved One Sober: Alternatives to Nagging, Pleading and Threatening / Robert J. Meyers & Brenda L. Wolfe. Hazelden, c2004.

Glass / Ellen Hopkins. Margaret K. McElderry Books, c2007. (A novel about addiction)

Huffing: the Latest Facts About Inhalant Abuse. Human Relations Media, [c2006] DVD Version.

Loaded: Women and Addiction / Jill Talbot. Seal Press, c2007.

Understanding Addiction and Recovery Through a Child's Eyes: Help, Hope and Healing For the Family / Jerry Moe. Health Communications, Inc., c2007.

The Year of My Miraculous Reappearance / Catherine Ryan Hyde. Knopf, c2007. (Novel for teens)

### **PTSD/War Neurosis**

Post-Traumatic Stress Disorder for Dummies / Mark Goulston. Wiley Pub., c2008.

A Terrible Thing Happened / Margaret M. Holmes. Magination Press, c2000. (For Children)

Back from the Front: Combat Trauma, Love and the Family / Aphrodite Matsakis. Sidram Institute Press, 2007.

## **Borderline Personality Disorder**

Get Me Out Of Here: My Recovery from Borderline Personality Disorder / Rachel Reiland. Hazelden, c2004.

Sometimes I Act Crazy: Living with Borderline Personality Disorder / Jerold J. Kreisman & Hal Straus. John Wiley & Sons Inc., c2004.

## **Love-Hate Relationships /Codependent Relationships**

Doormats & Control Freaks: How to Recognize, Heal or End Codependent Relationships / Rebekah Lewis, New Horizon Press, c2005.

It's So Hard to Love You: Staying Sane When Your Loved One is Manipulative, Needy, Dishonest, or Addicted / Bill Klatte & Kate Thompson. New Harbinger Pub., c2007.

## **Abused Women /Abused Children**

Beyond Betrayal: Taking Charge of Your Life After Boyhood Sexual Abuse / Richard B. Gartner. John Wiley & Sons, c2005.

If I Am Missing Or Dead / Janine Latus. Simon & Schuster, c2007.

Stolen Beauty: Healing the Scars of Child Abuse / Amy Madden. Syren Book Co., c2007.

## **Munchausen By Proxy**

Sickened: the True Story of a Lost Childhood / Julie Gregory. Bantam, c2003.

## **Parent & Teenager**

Yes, Your Teen is Crazy!: Loving Your Kid Without Losing Your Mind / Michael J. Bradley. Harbor Press, c2003.

Yes, Your Parents Are Crazy: A Teen Survival Guide / Michael J. Bradley. Harbor Press, c2004.

## **Children and Divorce**

The Co-Parenting Survival Guide: Letting Go of Conflict After a Difficult Divorce / Elizabeth S. Thayer & Jeffrey Zimmerman. New Harbinger Pub., c2001.

Vicki Lansky's Divorce Book for Parents: Helping Your Children Cope With Divorce and Its Aftermath / Vicki Lansky. Book Peddlers, c1989, c1991, c1996, c2005.

Dinosaurs Divorce: a Guide for Changing Families / Laurene Kransky Brown & Marc Brown. Little, Brown & Co., c1986.

## **Repetitive Behavior Disorder**

The Hair-Pulling Problem: A Complete Guide to Trichotillomania / Fred Penzel.  
Oxford Univ. Pr., c2003.

Tic Disorders, Trichotillomania, and other Repetitive Behavior Disorders: Behavioral Approaches to Analysis and Treatment/Douglas W. Woods & Raymond G. Miltenberger, eds. Springer, c2001. C2006.

## **Multiple Personality Disorder**

Switching Time: A Doctor's Harrowing Story of Treating a Woman With 17 Personalities / Richard K. Baer. Crown, c2007.

## **Forgiveness**

The Forgiving Self: the Road From Resentment to Connection / Robert Karen. Anchor Books, c2001.

## **Stuttering**

Unspeakable. National Film Board, c2006. DVD

## **ASD / Asperger's / Autism**

1001 Great Ideas for Teaching and Raising Children with Autism Spectrum Disorders / Ellen Notbohm & Veronica Zysk. Future Horizons, c2003.

Asperger Syndrome and Difficult Moments: Practical Solutions for Tantrums, Rage, and Meltdowns, 2<sup>nd</sup> ed. / Brenda Smith Myles & Jack Southwick. Autism Asperger Publishing Co., c1999 c2005.

L'antenne cassée: ou autism expliqué aux tous-petits / Jocelyne Tardef. Les Éditions Corne de Brume, c2004. (For very young children)

Autism Spectrum Disorders: The Complete Guide to Understanding Autism, Asperger's Syndrome, Pervasive Developmental Disorder, and other ASD's / Chantal Sicile-Kira. Berkley Pub. Group, c2004.

Can I Tell You about Asperger Syndrome?:A Guide for Fiends and Family / Jude Welton. Jessica Kingsley Pub., c2004.(For Children)

Emergence: Labeled Autistic /Temple Grandin & Margaret M. Scariano. Warner, c1986.

Engaging Autism: Using the Floortime Approach to Help Children Relate, Communicate and Think / Stanley I. Greenspan & Serena Wieder. DaCapo Pr., c2006.

Kids in the Syndrome Mix of ADHD, LD, Asperger's, Tourette's, Bipolar and More!: The One-Stop Guide for Parents, Teachers and Other Professionals / Martin L. Kutscher. Jessica Kingsley Pub., c2003, c2005.

Look me in the Eye: My Life with Asperger's / John Elder Robison. Random House Audio, c2007. (5 CDs)

Look me in the Eye: My Life with Asperger's / John Elder Robison. Crown Publishers, c2007.

Louder Than Words: A Mother's Journey in Healing Autism / Jenny McCarthy. Dutton, c2007.

Normal People Scare Me: A Film About Autism / Taylor Cross & Keri Bowers. Normal Films, c2006. DVD

Pretending to be Normal: Living with Asperger's Syndrome / Liane Holliday Willey. Jessica Kingsley Publishers, c1999.

Self-Help Skills For People With Autism: A Systematic Teaching Approach / Stephen R. Anderson, et al. Woodbine House, c2007.

Sortir de l'autisme / Jacqueline Berger. Buchet Chastel, c2007.

Thinking in Pictures: My life with Autism, expanded ed. / Temple Grandin. Vintage Books, c1995, c2006.

Understanding Autism for Dummies / Stephen M. Shore & Linda G. Rastelli. Wiley, c2006.

Unwritten Rules of Social Relationships: Decoding Social Mysteries Through the Unique Perspectives of Autism / Temple Grandin & Sean Barron. Future Horizons, Inc., c2005.

## **Tourette Syndrome**

Children with Tourette Syndrome: A Parent's Guide, 2<sup>nd</sup> ed. / ed. by Tracy Lynne Marsh. Woodbine House, c2007.

Introducing ... Sasha Abramowitz / Sue Halpern. Farrar, Straus Giroux, c2005. Novel for children.

Life, interrupted: the True Story of a life Driven by Tourette's / James McConnel. Headline Pub. Group, c2006.

Pete: My Journey with Tourette's / Pete Bennett. (Pete from Big Brother) Harper, c2006, c2007.

Why Do You Do That? A Book About Tourette Syndrome for Children and Young People / Uttom Chowdhury and Mary Robertson. Jessica Kingsley Pub., c2006.

## **Self Help**

The Body Mind Soul Solution: Healing Emotional Pain Through Exercise / Bob Livingstone. Pegasus Books, c2007.

Focusing / Eugene T. Gendlin. Bantam, c1978, c1981.

Full Catastrophe Living: Using the Wisdom of Your Body and Mind to Face Stress, Pain and Illness / Joan Kabat-Zinn. (15<sup>th</sup> Anniversary ed.) Delta, c2005.

How to Win Friends and Influence People / Dale Carnegie. Simon & Schuster, c1936, c1964, c1981.

How to Stop Worrying and Start Living: Time-Tested Methods For Conquering Worry, rev.ed. / Dale Carnegie. Pocket Books, c1984.

Learned Optimism: How to Change your Mind and your Life / Martin E.P. Seligman. Vintage Books, c1990, c1998, C2006.

Loving What Is: Four Questions that can Change your Life / Byron Katie. Three Rivers Press, c2002.

Mental Traps: the Overthinker's Guide to a Happier Life /Andre Kukla. Anchor Canada c2007.

The Miracle of Mindfulness: A Manual On Meditation / Trich Nhat Hanh. Beacon Press, c1975, c1976, c1987.

The Power is Within You / Louise L. Hay. Hay House, c1991. Also available in CD.

Self-Coaching: The Powerful Program to Beat Anxiety & Depression, Rev. 2<sup>nd</sup> ed / Joseph J. Luciani. Wiley, c2007.

The Secret / Rhonda Byrne. Atria Books, Beyond Words Publications, c2006.

The Seven Spiritual Laws of Success / Deepak Chopra. Amber-Allen Pub. c1994, c2007.

The Seven T's: Finding Hope and Healing in the Wake of Tragedy / Judy Collins. Jeremy P. Tarcher / Penguin, c2007.

A Thousand Names for Joy: Living in Harmony with the Way Things Are / Byron Katie. Harmony Books, c2007. Also available on CD.

Turning the Mind into an Ally / Sakyong Mipham. Riverhead Books, c2003.

You Can Heal Your Life / Louise L. Hay. DVD. Hay House, c2006. (Also available on CD)

## **Dementia/Alzheimer's Disease**

Alzheimer's Activities That Stimulate the Mind /Emilia C. Bazan-Salazar. McGraw-Hill, c2005.

Beyond Memory: a Documentary about Dementia. National Film Board, c2007. DVD

Inside Alzheimer's: How to Hear and Honor Connections with a Person Who Has Dementia / Nancy Pearce. Forrason Press, c2007.

Memory Adrift: the Daily Life of Four Women With Alzheimer's / A film by Pauline Voisard. National Film Board, c2007. DVD

Striped Shirts and Flowered Pants: a Story About Alzheimer's Disease for Young Children / Barbara Schnurbush. Magination Press, c2007.

The 36-hour Day: A Family Guide to Caring for People with Alzheimer Disease, other Dementias, and Memory Loss Later in Life, 4<sup>th</sup> ed. / Nancy L. Mace & Peter V. Rabins. Johns Hopkins University Press, c1999, c1991, c1981, c2006.

Voices of Alzheimer's:The Healing Companion: Stories for Courage, Comfort and Strength / Ed. By The Healing Project. LaChance Pub., c2007. "Voices of" Series, No.2

## **Bipolar / Manic-Depressive Illness**

The Bipolar Child: The Definition and Reassuring Guide to Childhood's Most Misunderstood Disorder, 3<sup>rd</sup> ed. / Demetri Papolos & Janice Papolos. Broadway Books, c2006.

Bipolar Disorder: A Guide for Patients and Families, 2<sup>nd</sup> ed. / Francis Mark Mondimore. John Hopkins Univ. Pr., c1999, c2006.

The Bipolar Handbook: Real-Life Questions with Up-To-Date Answers / Wes Burgess. Avery, c2006.

Bloodletting: A Memoir of Secrets, Self-Harm & Survival / Victoria Leatham. New Harbinger Pub., c2006.

Crazy for Life: the Hit Play That Takes a Naked Look at Mental Illness. Written and Performed by Victoria Maxwell. DVD

Flight From Darkness. National Film Board, c2007. DVD

Living Well With Depression and Bipolar Disorder: what Your Doctor Doesn't Tell You...That You Need To Know / John McManamy. Collins, c2006.

Loving Someone with Bipolar Disorder: Understanding & Helping Your Partner / Julie A. Fast & John D. Preston. New Harbinger Pub., c2004.

New Hope For People With Bipolar Disorder: Your Friendly, Authoritative Guide to the Latest in Traditional and Complementary Solutions / Jan Fawcett, et. al. Three Rivers Press, c2000, c2007.

Parenting a Bipolar Child: What to Do and Why / Gianna L. Faedda & Nancy B. Austin. New Harbinger Pub., c2006.

A Promise of Hope / Autumn Stringam. Harper Collins Audio Books, c2007. Audio, MP3.

Surviving Manic Depression: A Manual on Bipolar Disorder for Patients, Families and Providers / E. Fuller Torrey & Michael B. Knable. Basic Books, c2002.

Understanding the Mind of Your Bipolar Child: the Complete Guide to the Development, Treatment, and Parenting of Children with Bipolar Disorder / Gregory T. Lombardo. St. Martin's, c2006.

An Unquiet Mind: A Memoir of Moods and Madness / Kay Redfield Jamison. Vintage Books, c1995.

What Goes Up... Surviving the Manic Episode of a Loved One / Judy Eron. Barricade Books, c2005.

## **Schizophrenia**

Apprendre à connaître la schizophrénie: une leure d'espoir: un manual de référence pour les familles et les soignants. Societé Canadienne de Schizophrénie, c2003.

The Complete Family Guide to Schizophrenia: Helping Your Loved One To Get The Most Out Of Life / Kim T. Mueser & Susan Gingerich. Guilford Press, c2006

Getting Your Life Back Together When You Have Schizophrenia / Roberta Temes. New Harbinger Pub., c2002.

Me, Myself, and Them: A Firsthand Account of One Young Person's Experience With Schizophrenia / Kurt Snyder with Raquel E. Gur & Linda Wasmer Andrews. Oxford Univ. Press, c2007.

The Quiet Room: A Journey Out of the Torment of Madness / Lori Schiller & Amanda Bennett. Warner, c1994.

Schizophrenia Revealed: From Neurons to Social Interactions / Michael Foster Green. W.W. Norton, c2003.

Surviving Schizophrenia: A Manual for Families, Patients and Providers, 5<sup>th</sup> ed. / E. Fuller Torrey. Collins, c1983, 1988, 1995, 2001, 2006.

## **Depression**

The Chemistry of Joy: A Three-Step Program for Overcoming Depression Through Western Science and Eastern Wisdom / Henry Emmons with Rachel Krantz. Simon & Schuster, c2006.

The Disappearing Girl: Learning the Language of Teenage Depression / Lisa Machoian. Penguin, c2005.

Darkness Visible: A Memoir of Madness / William Styron. Modern Library, c1990.

Depression & Your Thyroid: What You Need To Know / Gary S. Ross & Peter Bieling. New Harbinger, c2006.

The Estrogen-Depression Connection: The Hidden Link Between Hormones & Women's Depression / Karen J. Miller & Steven A. Rogers. New Harbinger Pub.,c2007.

Feeling Good: the New Mood Therapy, rev. and updated. / David. D. Burns. Avon, c1980, c1999.

Helping Your Teen Overcome Depression: A Guide for Parents / Miriam Kaufman. Key Porter, c2000.

I Don't Want To Talk About It: Overcoming The Secret Legacy of Male Depression / Terrence Real. Scribner, c1997.

If Your Adolescent Has Depression or Bipolar Disorder: An Essential Resource for Parents / Dwight L. Evans & Linda Wasmer Andrews. Oxford Univ. Pr., c2005.

The Mindful Way Through Depression: Freeing Yourself From Chronic Unhappiness / Mark Williams et al. Guilford Pr., c2007.

The Opposite of Music / Janet Ruth Young. Atheneum Books for Young Readers, c2007. Novel.

Over the Boards: The Ron Ellis Story / Ron Ellis with Kevin Shea. Fenn, c2002.

Peaceful Mind: Using Mindfulness & Cognitive Behavioral Psychology to Overcome Depression / John R. McQuaid & Paula E. Carmona. New Harbinger Pub, c2004.

Prozac Nation: Young & Depressed in America: a Memoir / Elizabeth Wurtzel. Riverhead Books, c1994, 1995, c2000.

Sad / Sarah Medina. Heinemann Library, c2007. (Feelings) For Young Children.

Samantha Jane's Missing Smile: a Story About Coping With the Loss of a Parent / Julie Kaplow & Donna Pincus. Magination Press, c2007.

Understanding Teenage Depression: A Guide to Diagnosis, Treatment and

Management / Maureen Empfield & Nicholas Bakalar. Henry Holt & Co., c2001.

When Nothing Matters Anymore: A Survival Guide For Depressed Teens / Bev Cobain. Free Spirit Pub., c2007.

When Someone Your Love Is Depressed: How to Help Your Loved One Without Losing Yourself / Laura Epstein Rosen & Xavier Francisco Amador. Simon & Schuster, c1996.

### **Postpartum Depression**

A Deeper Shade of Blue: a Woman's Guide to Recognizing and treating Depression in Her Childbearing Years / Ruta Nonacs. Simon & Schuster, c2006.

Depression After Childbirth: How to Recognize, Treat and Prevent Postnatal Depression, 4<sup>th</sup> ed. / Katharina Dalton with Wendy M. Holton. Oxford University Press, c2001.

The Ghost in the House: Motherhood, Raising Children, and Struggling With Depression / Tracy Thompson. HarperCollins, c2006.

Hillbilly Gothic: A Memoir of Madness and Motherhood / Adrienne Martini. Free Press, c2006.

Mood and Anxiety Disorders During Pregnancy and Postpartum / Lee S. Cohen & Ruta M. Nonacs. American Psychiatric Pub., Inc., c2005

The Mother-to-Mother Postpartum Depression Support Book / Sandra Poulin. Berkley Books, c2006.

Overcoming Postpartum Depression & Anxiety / Linda Sebastien. Addicus Books, c2006.

Postpartum Depression Demystified: an Essential Guide to Understanding and Overcoming the Most Common Complication After Childbirth / Joyce A. Venis & Suzanne McCloskey. Marlowe & Co., c2007.

Postpartum Depression for Dummies / Shoshana S. Bennett. Wiley, cc2007.

What Am I Thinking? Having a Baby After Postpartum Depression / Karen Kleiman. Xlibris Corporation, c2005.

### **Seasonal Affective Disorder**

Winter Blues: Everything You Need To Know To Beat Seasonal Affective Disorder, rev. ed. / Norman E. Rosenthal. Guilford Press, c2006.

## **Suicidal Behavior**

Night Falls Fast: Understanding Suicide / Kay Redfield Jamison. Vintage Books, c1999.

Will's Choice: A Suicidal Teen, A Desperate Mother, and A Chronicle of Recovery / Gail Griffith. Harper, c2005.

## **Anxiety and Phobias**

The Anxiety and Phobia Workbook, 4<sup>th</sup> ed. / Edmund Bourne. New Harbinger Publications, c2005.

Don't Panic: Taking Control of Anxiety attacks, rev.ed. / R. Reid Wilson. Harper Perennial, c1996.

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