



Mental Health Booklist

By : W.M. Huffaker 07/09

Mental health is how we think, feel and act as we cope with life. It also helps determine how we handle stress, relate to others and make choices. Like physical health, mental health is important at every stage of life, from childhood and adolescence through adulthood. Everyone feels worried, anxious, sad or stressed sometimes. But with a mental illness, these feelings do not go away and are severe enough to interfere with your daily life. It can make it hard to meet and keep friends, hold a job or enjoy your life. Mental illnesses are common – they affect about one in five families in the U.S. These disorders – depression, phobias, bipolar disorder, schizophrenia and many others - are real diseases that you cannot will or wish away. Fortunately, they are often treatable. Medicines and therapy can improve the life of most people with mental illnesses. (Medline Plus)



Place hold

ADHD AND ME: What I Learned from Lighting Fires at the Dinner Table

By Taylor, Blake E.S.

Call #: 618.928 Tay

Impulsive and hyperactive, the author tells the bad and good sides of growing up with ADHD.



Place hold

AND I WILL MAKE THEE WHOLE: Helping Families with Mental Health Concerns

By Pinegar, Rex D.

Call #: 362.204 And

True stories from LDS families dealing with mental illness, including Harold B. Lee and Donny Osmond.



Place hold

BORN ON A BLUE DAY: Inside the Extraordinary Mind of an Autistic Savant

By Tammet, Daniel

Call #: 92 Tammet

Daniel Tammet learns languages in a week, knows all 22,000 numbers of pi, yet differently than most autistic savants, is able to live independently.



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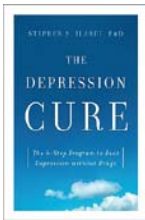
BREAKING FREE: My Life with Dissociative Disorder

By Walker, Herschel; Brozek, Gary; Maxfield, Charlene

Call #: 92 Walker

Herschel Walker, a retired NFL player with millions, a Heisman, a cherished wife and son, and a garage full of cars almost lost to dissociative disorder and a Berretta.





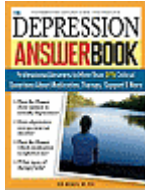
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THE DEPRESSION CURE: The 6 Step Program to Beat Depression Without Drugs

By Ilardi, Stephen S

Call #: 616.852 Ila

A clinically proven 6-step program for beating depression by reclaiming lifestyle elements from our evolutionary past.



Place hold

THE DEPRESSION ANSWER BOOK

By Burgess, Wes

Call #: 616.852 Bur

Depression is not merely a bad day or a blue mood—it's a serious disorder that affects people both mentally and physically.



Place hold

FLASHBACK: Posttraumatic Stress Disorder, Suicide, and the Lessons of War

By Coleman, Penny

Call #: 616.852 Col

Written by the widow of a young Vietnam vet who ultimately commits suicide, the author examines PTSD and its role in veteran suicide.



Place hold

FINDING IRIS CHANG: Friendship, Ambition and the Loss of an Extraordinary Mind

By Kamen, Paula

Call #: 973.92 Kam

A biography of the author of *The Rape of Nanking*, by her longtime friend, describing her decline into mental illness and paranoia and her suicide at age 36.



Place hold

FRONT OF THE CLASS: How Tourette Syndrome Made Me the Teacher I Never Had

By Cohen, Brad; Wysocky, Lisa

Call #: 362.196 Coh

As a child with Tourette's, Brad was ridiculed, beaten, mocked, and shunned. This story of unwavering determination proves anyone can make their dreams come true.



Place hold

HIDE AND SEEK: How I Laughed at Depression, Conquered my Fears and Found Happiness

By Aron, Wendy

Call #: 616.852 Aro

A hysterical account of a quest for happiness. Longing for the good ol' days when hospitalized with depression, Aron's learns to cope with a plan of acceptance, forgiveness, and gratitude.





Place hold

LOOK ME IN THE EYE: My Life with Asperger's

By Robison, John Elder

Call #: 616.858 Rob

Self diagnosed with Asperger's, a classic car restorer, pyrotechnic, engineer, genius for 'KISS' who has been labeled lazy, weird, and sociopathic, discusses his life.



Place hold

MADNESS: A Bipolar Life

By Hornbacher, Marya

Call #: 616.895 Hor

Extreme mood swings led to diagnosis of bipolarity, and a family history with anecdotes of madness going back generations. But Hornbacher sees not only the losses of madness, but the things gained as well.



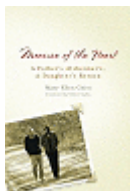
Place hold

MANIC: A Memoir

By Cheney, Terri

Call #: 92 Cheney

L.A. lawyer's life of bipolar disorder that yanks her from despair, exuberance, paralyzing lethargy, and seductions to suicide attempts in impetuous pursuits to find more hazards in treatment side effects.



Place hold

MEASURE OF THE HEART: A Father's Alzheimer's, a Daughter's Return

By Geist, Mary Ellen

Call #: 362.196 Gei

An account of two years spent helping a person with Alzheimer's stay in this world is both travel guide and love story—neither in the conventional sense, offers helpful suggestions and practical advice.



Place hold

PLEASE DON'T LABEL MY CHILD: Break the Doctor-Diagnosis-Drug Cycle

By Shannon, Scott M. with Heckman, Emily

Call #: 618.928 Sha

If use of childhood psychiatric medications continues at its current pace, half of all U.S. children will be on some drug; argues that physicians misdiagnose and over-diagnose a number of disorders; convincing case for child's nutrition, sleep habits, home and school environment and other issues before turning to meds.



Place hold

PUPPY CHOW IS BETTER THAN PROZAC: The True Story of a Man and the Dog Who Saved His Life

By Goldstein, Bruce with Amico Tom.

Call #: 636.752 Gol

A spiral of bipolar disorder: \$18,000 on helicopter rides over Hawaiian volcanoes, talking to Satan in Central Park. Therapy, medication couldn't heal, like a ball of fur.





Place hold

STALKING IRISH MADNESS: Searching for the Roots of my Family's Schizophrenia

By Tracey, Patrick

Call #: 616.898 Tra

Exploring the family's "Irish madness," includes the lore of fairies (who capture minds from those who lose them), attempting to make sense of the mental illness.



Place hold

SWITCHING TIME

By Baer, Richard K.

Call #: 616.852 Bae

After sessions with a patient showing symptoms of depression and complaining of spousal abuse, Baer discovers that she has "alters," or alternate personalities, which came into being at different times in response to horrific childhood abuse.



Place hold

WHEN THE LABELS DON'T FIT: A New Approach to Raising a Challenging Child

By Probst, Barbara

Call #:649.153 Pro

Argues that society is quick to diagnose and label children who think or act outside the box as having a psychiatric disorder or disease.



Place hold

WHEN TO WORRY: How to Tell If Your Teen Needs Help—And What to Do About It

By Boesky, Lisa

Call #: 616.89 Boe

Helps parents distinguish typical teenage behaviors (moody, defiant, unfocused, unpredictable, angry or overly-sensitive) from those that merit concern.

CLASSIC TITLES



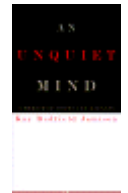
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A BEAUTIFUL MIND

By Nasar, Sylvia

Call #: 92 Nash

The true story of John Nash, math genius, legend by age thirty when he slipped into madness; emerging after decades of ghostlike existence to win a Nobel Prize.



Place hold

AN UNQUIET MIND

By Jamison, Kay Redfield

Call #: 616 895 Jam

From a leading international authority on manic-depressive illness comes a remarkable personal testimony of her own struggle since childhood with manic-depression, and how it has shaped her life.





Place hold

STOP WALKING ON EGGSHELLS: Taking Your Life Back When Someone You Care About Has Borderline Personality Disorder

By Mason, Paul T. and Kreger Randi

Call #: 616.858 Mas

A self-help guide for family members and friends of individuals with BPD to understand this self destructive condition, learn to cope, get off the emotional roller coasters and care for themselves.



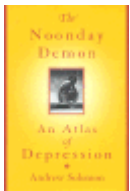
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SURVIVING SCHIZOPHRENIA: A Manual for Families, Patients, and Providers

By Torry, Fuller E.

Call #: 616.898 Tor

Describes the nature, causes, symptoms, and history of schizophrenia. Provides information and answers to the questions most often asked.



Place hold

THE NOONDAY DEMON: An Atlas of Depression

By Solomon, Andrew

Call #: 616.852 Sol

An account of Solomon's personal experience with depression.