



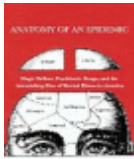
MENTAL HEALTH BOOKLIST

by Wanda Mae Huffaker 8/11

Mental Health is how we think, feel and act as we cope with life. Like physical health it is important at every stage of life. 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. Mental illnesses are common-they affect about one in five families in the U.S. Depression, phobias, bipolar disorder, schizophrenia and many others are real diseases that are often treatable.

Mental Health Booklist

 =place hold on audiobook version of this title



Place hold

ANATOMY OF AN EPIDEMIC

Robert Whitaker

Call #: 616.89 Whi

Magic bullets, psychiatric drugs, and the astonishing rise of mental illness in America.



Place hold

AND I WILL MAKE THEE WHOLE

Rex D. Pinegar; Rick H.

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

Daniel Tammet

Call #: 92 Tammet

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



Place hold

BRAVE GIRL EATING: A Family's Struggle with Anorexia

Harriet Brown

Call #: 616.852 Bro

One family's story and their battle, using the Maudsley approach of restoring the patient to physical health before dealing with psychological issues. A story of determination and love, the book also offers clinical research on eating disorders.





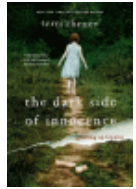
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CRAZY LIKE US: The Globalization of the American Psyche

Ethan Watters

Call #: 616.89 Wat

Western ideas about mental illness are sweeping the globe from experimental, unproven drugs to talk therapy, have clashed with local customs, understandings and religions, leading to a loss of diversity that may never be regained.



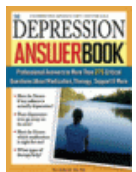
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THE DARK SIDE OF INNOCENCE: Growing Up Bipolar

Terri Cheney

Call #: 92 Cheney

From the "New York Times"-bestselling author of "Manic: A Memoir" comes a gripping and eloquent account of the awakening and unfolding of Cheney's bipolar disorder.



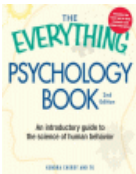
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THE DEPRESSION ANSWER BOOK

Wes Burgess

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.



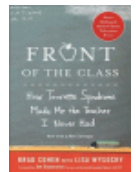
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THE EVERYTHING PSYCHOLOGY BOOK

Kendra Cherry

Call #: 150 Che

How our brains, emotions and behavior work together can be fascinating, and complex. The answers provide better understanding of self and others.



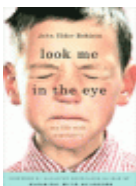
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FRONT OF THE CLASS

Brad Cohen with Lisa Wysocky

Call #: 362.196 Coh

How Tourette Syndrome made me the teacher I never had.



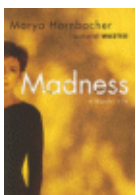
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LOOK ME IN THE EYE: My Life with Asperger's

John Elder Robison

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

Marya Hornbacher

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.





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MOTHER HAD A SECRET

Tiffany Fletcher

Call #: 616.852 Fle

Learning to love my mother and her multiple personalities: a true story.



Place hold

THE PARENTS' GUIDE TO PSYCHOLOGICAL FIRST AID

Gerald P. Koocher; Annette M. La Greca (Annette Marie)

Call #: 649.1 Par

By Oxford Press, helping children and adolescents cope with predictable life crises.



Place hold

THE SECRET LIVES OF HOARDERS

Matt Paxton; Phaedra Hise

Call #: 616.852 Pax

True stories of tackling extreme clutter. The extreme cleaning specialist from A&E's TV show "Hoarders" describes the stories of real clients and addresses the physical challenges associated with working the front lines of hoarding.



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STALKING IRISH MADNESS

By Patrick Austin Tracey

Call #: 616.898 Tra

Searching for the roots of my family's schizophrenia.



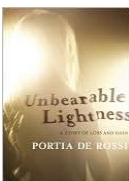
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STUFF

Randy O. Frost and Gail Steketee

Call #: 616.852 Fro

Compulsive hoarding and the meaning of things. Whether we're savers, collectors, or compulsive cleaners, none of us is free of the impulses that drive hoarders to the extremes in which they live.



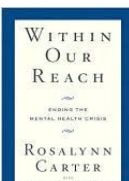
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UNBEARABLE LIGHTNESS

Portia De Rossi

Call #: 791.45 DeR

A story of loss and gain. A revelatory and searing account from "Ally McBeal" and "Arrested Development," star, of the years she spent secretly suffering from bulimia, all the while living under the glare of Hollywood's bright lights.



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WITHIN OUR REACH

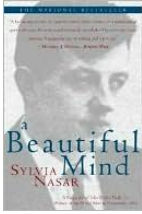
Rosalynn Carter with Susan K Golant and Kathryn E. Cade

Call #: 362.209 Car

Ending the mental health crisis. An inspiring account of a subject that has affected us all, how far we have come since her husband's days on the campaign trail and how far we yet have to go.



Classic Titles



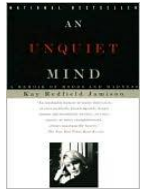
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A BEAUTIFUL MIND

Sylvia Nasar

Call #: 92 Nash

True story of John Nash, math genius and legend who slipped into madness at age 30; through the selflessness of a beautiful woman and the loyalty of the mathematics community he emerged after decades of ghostlike existence to win a Nobel Prize.



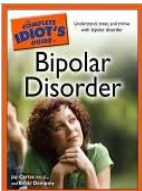
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AN UNQUIET MIND

Kay Redfield Jamison

Call #: 616.895

A memoir of moods and madness. In her bestselling classic, *An Unquiet Mind*, Kay Redfield Jamison changed the way we think about moods and madness.



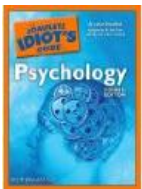
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THE COMPLETE IDIOT'S GUIDE TO BIPOLAR DISORDER

Jay Carter; Bobbi Dempsey

Call #: 616.895 Car

This comprehensive and reliable guide addresses how bipolar disorder is different from other disorders, the latest research into bipolar treatments, and strategies for living with bipolar disorder.



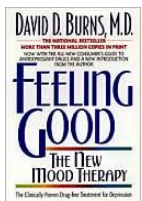
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THE COMPLETE IDIOT'S GUIDE TO PSYCHOLOGY

Joni E. Johnston

Call #: 150 Joh

Students looking for a comprehensive resource to those looking for a self-help book, Comprehensive, but includes contemporary issues such as: fear/anxiety, child psychology, health psychology, mood altering drugs, and forensics.



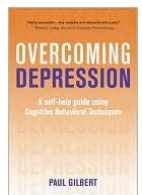
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FEELING GOOD: THE NEW MOOD THERAPY

David D. Burns

Call #: 616.852 Bur

Techniques that will immediately lift your spirits and help you develop a positive outlook on life. All-New Consumer's Guide to Anti-Depressant Drugs as well as the many options available for treating depression.



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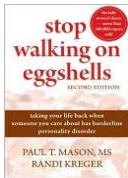
OVERCOMING DEPRESSION

Paul Gilbert

Call #: 616.852 Gil

A self-help guide using cognitive behavioral techniques. New research on understanding and treating depression, particularly the importance of developing compassionate ways of thinking, behaving and feeling.





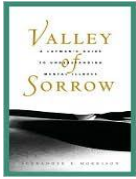
Place hold

STOP WALKING ON EGGSHELLS

Paul T. Mason; Randy Kreger

Call #: 616.858 Mas

Taking your life back when someone you care about has borderline personality disorder.



Place hold

VALLEY OF SORROW

Alexander B. Morrison

Call #: 616.89 Mor

A layman's guide to understanding mental illness. Myths and misconceptions- anxiety disorders- The black dog of depression- Schizophrenia- demons of darkness- Eating disorders- The dark specter of suicide- Not my will but thine be done.