

A short list of often discussed books. There are many books about the experience of mental illness and many books for the loved ones of those with mental illness, this list is not meant to complete.

100 Days of Hope by Thomas Nelson

A Brilliant Madness by Patty Duke
Bipolar

An Unquiet Mind: A Memoir of Moods and Madness by Kay Redfield Jamison
Bipolar

Bipolar for Dummies by Candida Fink and Joe Kraynak
Bipolar

Bipolar Wellness - How to Recover from Bipolar Illness by Michael Rose
Bipolar

Brain Lock, Twentieth Anniversary Edition: Free Yourself from Obsessive-Compulsive Behavior by Jeffrey M. Schwartz
OCD

Brave Girl Eating: A Family's Struggle with Anorexia by Harriet Brown
Eating Disorders

Cognitive-Behavioral Treatment of Borderline Personality Disorder by Marsha Linehan
Borderline Personality Disorder

Feeling Good by David Burns, MD
Cognitive Therapy

Goodbye ED, hello me by Jenni Schaefer
Eating Disorders

I Am Not Sick, I Don't Need Help! by Xavier Amador MD
Schizophrenia, Anosognosia

I Hate You--Don't Leave Me: Understanding the Borderline Personality by Jerold J. Kreisman and Hal Straus
Borderline Personality Disorder

Improving Mental Health: Four Secrets Hiding in Plain Sight by Dr. Lloyd I. Sederer

Therapy

Intimate Connections by David Burns
Cognitive Therapy

Manic by Terri Cheney
Bipolar

Postcards from the Edge – Carrie Fisher

Prodependence: Moving Beyond Codependency by Robert Weiss

Stop Walking on Eggshells: Taking Your Life Back When Someone You Care About Has Borderline Personality Disorder by Paul T. Mason and Randi Kreger
Borderline Personality Disorder

Surviving Schizophrenia: A Manual for Families, Patients, and Providers by Fuller E. Torrey
Schizophrenia

The Anxiety and Phobia Workbook by Edmund J. Bourne PhD
Anxiety, Phobia

The Best Awful by Carrie Fisher

The Bipolar Handbook by Wes Burgess, MD
Bipolar

The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma by Bessel van der Kolk M.D.
PTSD, Dissociative Disorder

The Borderline Personality Disorder Survival Guide by Alex Chapman and Kim Gratz
Borderline Personality Disorder

The Center Cannot Hold - My Journey Through Madness by Elyn Saks
Schizophrenia

The Complex PTSD Workbook: A Mind-Body Approach to Regaining Emotional Control and Becoming Whole by Arielle Schwartz
PTSD

The Dialectical Behavior Therapy Skills Workbook: Practical DBT Exercises for Learning Mindfulness, Interpersonal Effectiveness by Matthew McKay and Jeffrey C. Wood

Borderline Personality disorder

The Dissociative Identity Disorder Sourcebook (Sourcebooks) by Deborah Haddock
Dissociative Disorder

The Happiness Trap by Russ Harris
ACT Therapy

The Mindfulness Workbook for OCD: A Guide to Overcoming Obsessions and Compulsions Using
Mindfulness and Cognitive Behavioral by Jon Hershfield MFT
OCD

Understanding Mental Disorders: Your Guide to DSM 5 (R) by American Psychiatric Association.
Mental Illness

What Made Maddy Run, by Kate Fagan
Depression