

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 be complete.

### **Mental Health Book List**

- 100 Days of Hope by Thomas Nelson
- Postcards from the Edge – Carrie Fisher
- Prodependence: Moving Beyond Codependency by Robert Weiss
- The Best Awful by Carrie Fisher
- The Dialectical Behavior Therapy Skills Workbook: Practical DBT Exercises for Learning Mindfulness, Interpersonal Effectiveness by Matthew McKay and Jeffrey C. Wood
- Understanding Mental Disorders: Your Guide to DSM 5® by American Psychiatric Association

### **Mental Health Book List for Adults**

- My Lovely Wife in the Psych Ward By: Mark Lukach
- Trauma Stewardship: An Everyday Guide to Caring for Self While Caring for Others By: Laura Van Dernoot Lipsk and Connie Burk
- The Power of Positive Thinking by Norman Vincent Peale
- The Body Keeps the Score by Bessel van der Kolk
- The Four Agreements by Don Miguel Ruiz
- You Are a Badass: How to Stop Doubting Your Greatness and Start Living an Awesome Life by Jen Sincero
- Untamed by Glennon Doyle
- What Happened to you? By Oprah Winfrey and Dr. Bruce Perry

### **Mental Health Book List for Teens**

- Just Breathe: Meditation, Mindfulness, Movement, and More By: Mallika Chopra
- All the Bright Places by Jennifer Niven
- Girl in Pieces by Kathleen Glasglow
- It's Kind of a Funny Story by Ned Vizzini
- Still Life with Tornado by A.S. King
- Turtles All the Way Down by John Green
- Little & Lion by Brandy Colbert
- Are U Ok? A Guide to Caring for Your Mental Health by Kati Morton
- Heads Up. Changing Minds on Mental Health by Melanie Siebert

### **Mental Health Book list for Children**

- Maybe Tomorrow by Charlotte Agell
- I'm Happy-Sad Today: Making Sense of Mixed-Together Feelings Book by: Lory Britain
- When Sadness is at Your Door By: Eva Eland
- Mindfulness for Little Ones: Playful Activities to Foster Empathy, Self-Awareness, and Joy in Kids By: Heidi France
- Taking Time By: Jo Loring-Fisher
- Super George and The Invisible Shield By: Laurie P. Mendoza
- A Blue Kind of Day By: Rachel Tomlinson

- Ruby Finds A Worry By: Tom Percival
- The Goodbye Book By: Todd Parr

### **Mental Health Books for Parents**

- Peaceful Parent, Happy Kids: How to Stop Yelling and Start Connecting By: Dr. Laura Markham
- The Whole-Brain Child: 12 Revolutionary Strategies to Nurture Your Child’s Developing Mind, Survive Everyday Parenting Struggles, and Help Your Family Thrive By: Daniel J. Siegel
- Why Do I Feel So Worried?: Follow the Arrows from Anxiety to Calm—A Guide for Kids and Parents By: Tammi Kirkness
- Raising Good Humans by Hunter Clarke-Fields
- Never Let Go: How to Parent Your Child Through Mental Illness by Suzanne Alderson
- Raising Troubled Kids: Help for Parents of Children With Mental Illness or Emotional Disorders by Margaret Puckette

### **Anxiety**

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

### **Bipolar**

- A Brilliant Madness by Patty Duke
- An Unquiet Mind: A Memoir of Moods and Madness by Kay Redfield Jamison
- Bipolar for Dummies by Candida Fink and Joe Kraynak
- Bipolar Wellness – How to Recover from Bipolar Illness by Michael Rose
- The Bipolar Handbook by Wes Burgess, MD

### **Borderline Personality Disorder**

- Cognitive-Behavioral Treatment of Borderline Personality Disorder by Marsha Linehan
- I Hate You – Don’t Leave Me: Understanding the Borderline Personality by Jerold J. Kreisman and Hal Straus
- Stop Walking on Eggshells: Taking Your Life Back When Someone You Care About Has Borderline Personality Disorder by Paul T. Mason and Randi Kreger
- The Borderline Personality Disorder Survival Guide by Alex Chapman and Kim Gratz
- The Dialectical Behavior Therapy Skills Workbook: Practical DBT Exercises for Learning Mindfulness, Interpersonal Effectiveness by Matthew McKay and Jeffrey C. Wood

### **Depression**

- What Made Maddy Run by Kate Fagan

### **Dissociative Disorder**

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

### **Eating Disorders**

- Brave Girl Eating: A Family's Struggle with Anorexia by Harriet Brown
- Goodbye ED, Hello Me by Jenni Schaefer

### **OCD**

- Brain Lock, Twentieth Anniversary Edition: Free Yourself from Obsessive-Compulsive Disorder by Jeffrey M. Schwartz
- The Mindfulness Workbook for OCD: A Guide to Overcoming Obsessions and Compulsions Using Mindfulness and Cognitive Behavioral by Jon Hershfield MFT

### **PTSD**

- The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma by Bessel van der Kolk MD
- The Complex PTSD Workbook: A Mind-Body Approach to Regaining Emotional Control and Becoming Whole by Arielle Schwartz

### **Schizophrenia**

- I Am Not Sick, I Don't Need Help! By Xavier Amador MD
- Surviving Schizophrenia: A Manual for Families, Patients, and Providers by Fuller E. Torry
- The Center Cannot Hold – My Journey Through Madness by Elyn Saks

### **Therapy**

- Feeling Good by David Burns, MD
- Improving Mental Health: Four Secrets Hiding in Plain Sight by Dr. Lloyd I. Sederer
- The Happiness Trap by Russ Harris

