

TOPIC	TITLE	AUTHOR	DESCRIPTION
Addiction	<i>In the Realm of Hungry Ghosts</i>	Gabor Mate, MD	Based on Gabor Maté's two decades of experience as a medical doctor and his groundbreaking work with the severely addicted on Vancouver's skid row, <i>In the Realm of Hungry Ghosts</i> radically reenvision this much misunderstood field by taking a holistic approach. <i>In the Realm of Hungry Ghosts</i> argues persuasively against contemporary health, social, and criminal justice policies toward addiction and those impacted by it. The mix of personal stories—including the author's candid discussion of his own "high-status" addictive tendencies—and science with positive solutions makes the book equally useful for lay readers and professionals.
Anorexia	<i>Unbearable Lightness - A Story of Loss and Gain</i>	Portia de Rossi	"I didn't decide to become anorexic. It snuck up on me disguised as a healthy diet, a professional attitude. Being as thin as possible was a way to make the job of being an actress easier . . ."
Anxiety	<i>My Age of Anxiety - Fear, Hope, Dread and the Search for Peace of Mind</i>	Scott Stossal	Drawing on his own longstanding battle with anxiety, Scott Stossel presents a moving and revelatory account of a condition that affects some 40 million Americans. Stossel offers an intimate and authoritative history of efforts by scientists, philosophers, and writers to understand anxiety. We discover the well-known who have struggled with the condition, as well as the afflicted generations of Stossel's own family. Revealing anxiety's myriad manifestations and the anguish it causes, he also surveys the countless psychotherapies, medications, and often outlandish treatments that have been developed to relieve it.
Asperger's	<i>Look Me in the Eye - My Life with Asperger's</i>	John Elder Robison	Ever since he was young, John Robison longed to connect with other people, but by the time he was a teenager, his odd habits—an inclination to blurt out non sequiturs, avoid eye contact, dismantle radios, and dig five-foot holes (and stick his younger brother, Augusten Burroughs, in them)—had earned him the label "social deviant." It was not until he was forty that he was diagnosed with a form of autism called Asperger's syndrome. That understanding transformed the way he saw himself—and the world. A born storyteller, Robison has written a moving, darkly funny memoir about a life that has taken him from developing exploding guitars for KISS to building a family of his own. It's a strange, sly, indelible account—sometimes alien yet always deeply human.
Bipolar Disorder	<i>Manic</i>	Terri Cheney	An attractive, highly successful Beverly Hills entertainment lawyer, Terri Cheney had been battling debilitating bipolar disorder for the better part of her life. Cheney describes her roller-coaster existence with shocking honesty, giving brilliant voice to the previously unarticulated madness she endured. Brave, electrifying, poignant, and disturbing, <i>Manic</i> does not simply explain bipolar disorder—it takes us into its grasp and does not let go.

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Bipolar Disorder	<i>Madness - A Bipolar Life</i>	Marya Hornbacher	At age twenty-four, Hornbacher was diagnosed with Type I rapid-cycle bipolar, the most severe form of bipolar disorder. Through scenes of astonishing visceral and emotional power, she takes us inside her own desperate attempts to counteract violently careening mood swings by self-starvation, substance abuse, numbing sex, and self-mutilation. How Hornbacher fights her way up from a madness that all but destroys her, and what it is like to live in a difficult and sometimes beautiful life and marriage -- where bipolar always beckons -- is at the center of this brave and heart-stopping memoir. Madness delivers the revelation that Hornbacher is not alone: millions of people in America today are struggling with a variety of disorders that may disguise their bipolar disease. And Hornbacher's fiercely self-aware portrait of her own bipolar as early as age four will powerfully change, too, the current debate on whether bipolar in children actually exists.
Bipolar Disorder	<i>An Unquiet Mind: A Memoir of Moods and Madness</i>	Kay Redfield Jamison	In her bestselling classic, <i>An Unquiet Mind</i> , Kay Redfield Jamison changed the way we think about moods and madness. Dr. Jamison is one of the foremost authorities on manic-depressive (bipolar) illness; she has also experienced it firsthand. Here Jamison examines bipolar illness from the dual perspectives of the healer and the healed, revealing both its terrors and the cruel allure that at times prompted her to resist taking medication. <i>An Unquiet Mind</i> is a memoir of enormous candor, vividness, and wisdom—a deeply powerful book that has both transformed and saved lives.
Borderline Personality Disorder	<i>Girl, Interrupted</i>	Susanna Kayson	In 1967, after a session with a psychiatrist she'd never seen before, eighteen-year-old Susanna Kaysen was put in a taxi and sent to McLean Hospital. She spent most of the next two years in the ward for teenage girls in a psychiatric hospital as renowned for its famous clientele—Sylvia Plath, Robert Lowell, James Taylor, and Ray Charles—as for its progressive methods of treating those who could afford its sanctuary. Kaysen's memoir encompasses horror and razor-edged perception while providing vivid portraits of her fellow patients and their keepers. It is a brilliant evocation of a "parallel universe" set within the kaleidoscopically shifting landscape of the late sixties. <i>Girl, Interrupted</i> is a clear-sighted, unflinching document that gives lasting and specific dimension to our definitions of sane and insane, mental illness and recovery.
Borderline Personality Disorder	<i>The Buddha and the Borderline: My Recovery from Borderline Personality Disorder through Dialectical Behavior Therapy, Buddhism, and Online Dating</i>	Kiera Van Gelder	Kiera Van Gelder's first suicide attempt at the age of twelve marked the onset of her struggles with drug addiction, depression, post-traumatic stress, self-harm, and chaotic romantic relationships—all of which eventually led to doctors' belated diagnosis of borderline personality disorder twenty years later. <i>The Buddha and the Borderline</i> is a window into this mysterious and debilitating condition, an unblinking portrayal of one woman's fight against the emotional devastation of borderline personality disorder. This haunting, intimate memoir chronicles both the devastating period that led to Kiera's eventual diagnosis and her inspirational recovery through therapy, Buddhist spirituality, and a few online dates gone wrong. Kiera's story sheds light on the private struggle to transform suffering into compassion for herself and others, and is essential reading for all seeking to understand what it truly means to recover and reclaim the desire to live.

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Depression	<i>Willow Weep for Me: A Black Woman's Journey Through Depression</i>	Meri Nana-Ama Danquah	This moving memoir of an African-American woman's lifelong fight to identify and overcome depression offers an inspirational story of healing and emergence. Wrapped within Danquah's engaging account of this universal affliction is rare and insightful testimony about what it means to be black, female, and battling depression in a society that often idealizes black women as strong, nurturing caregivers. A startlingly honest, elegantly rendered depiction of depression, <i>Willow Weep for Me</i> calls out to all women who suffer in silence with a life-affirming message of recovery. Meri Danquah rises from the pages, a true survivor, departing a world of darkness and reclaiming her life.
Depression	<i>A Pelican in the Wilderness</i>	Robert Griggs	"It is remarkable that the Psalms are transportable from ancient contest to contemporary context. Robert Griggs has deftly transported them into his own story of depression, anguish and recovery of health, life, and faith. This book offers honest, courageous testimony, the telling of a life that will encourage others to tell their lives with truth and live in hope." - Walter Brueggemann, author of <i>Praying the Psalms</i>
Depression	<i>Furiously Happy - A Funny Book About Horrible Things</i>	Jenny Lawson	In <i>Furiously Happy</i> , a humor memoir tinged with just enough tragedy and pathos to make it worthwhile, Jenny Lawson examines her own experience with severe depression and a host of other conditions, and explains how it has led her to live life to the fullest: "I've often thought that people with severe depression have developed such a well for experiencing extreme emotion that they might be able to experience extreme joy in a way that 'normal people' also might never understand. And that's what <i>Furiously Happy</i> is all about." Jenny's readings are standing room only, with fans lining up to have Jenny sign their bottles of Xanax or Prozac as often as they are to have her sign their books. <i>Furiously Happy</i> appeals to Jenny's core fan base but also transcends it. There are so many people out there struggling with depression and mental illness, either themselves or someone in their family—and in <i>Furiously Happy</i> they will find a member of their tribe offering up an uplifting message (via a taxidermied roadkill raccoon).
Depression	<i>Shadows in the Sun - Healing from Depression and Finding the Light Within</i>	Gayathri Ramprasad	A first-of-its-kind, cross-cultural lens to mental illness through the inspiring story of Gayathri's thirty-year battle with depression. This literary memoir takes readers from her childhood in India where depression is thought to be a curse to life in America where she eventually finds the light within by drawing on both her rich Hindu heritage and Western medicine to find healing.
Depression	<i>The Noonday Demon - An Atlas of Depression</i>	Andrew Solomon	<i>The Noonday Demon</i> examines depression in personal, cultural, and scientific terms. Drawing on his own struggles with the illness and interviews with fellow sufferers, doctors and scientists, policy makers and politicians, drug designers, and philosophers, Andrew Solomon reveals the subtle complexities and sheer agony of the disease as well as the reasons for hope. <i>The Noonday Demon</i> is Andrew Solomon's National Book Award-winning, bestselling, and transformative masterpiece on depression—"the book for a generation, elegantly written, meticulously researched, empathetic, and enlightening" (Time)—now with a major new chapter covering recently introduced and novel treatments, suicide and anti-depressants, pregnancy and depression, and much more.

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Depression	<i>Darkness Visible - A Memoir of Madness</i>	William Styron	A work of great personal courage and a literary tour de force, this bestseller is Styron's true account of his descent into a crippling and almost suicidal depression. Styron is perhaps the first writer to convey the full terror of depression's psychic landscape, as well as the illuminating path to recovery.
Family Mental Illness	<i>Not My Father's Son - A Memoir</i>	Alan Cumming	With ribald humor, wit, and incredible insight, Alan seamlessly moves back and forth in time, integrating stories from his a painful childhood in Scotland, growing up under the heavy rule of an emotionally and physically abusive father, and his experiences today as the celebrated actor of film, television, and stage. At times suspenseful, at times deeply moving, but always incredibly brave and honest, Not My Father's Son is a powerful story of embracing the best aspects of the past and triumphantly pushing the darkness aside.
Family Mental Illness	<i>Let's Pretend this Never Happened (A Mostly True Memoir)</i>	Jenny Lawson	When Jenny Lawson was little, all she ever wanted was to fit in. That dream was cut short by her fantastically unbalanced father and a morbidly eccentric childhood. It did, however, open up an opportunity for Lawson to find the humor in the strange shame-spiral that is her life, and we are all the better for it. In the irreverent Let's Pretend This Never Happened, Lawson's long-suffering husband and sweet daughter help her uncover the surprising discovery that the most terribly human moments—the ones we want to pretend never happened—are the very same moments that make us the people we are today. For every intellectual misfit who thought they were the only ones to think the things that Lawson dares to say out loud, this is a poignant and hysterical look at the dark, disturbing, yet wonderful moments of our lives.
Family Mental Illness	<i>Blessed are the Crazy</i>	Sarah Griffith Lund	Rev. Lund takes the lid off mental illness in this raw, honest look at her father's battle with bipolar disorder. The helpless sense of déjà vu as her brother struggles with his own mental illness, and serving as spiritual advisor for her cousin, a mentally ill man executed for murder. Through the challenges and despair, she shows how churches can be safe havens for people who have brain diseases and for their loved ones. "A brave and beautiful memoir, told with compassion and tenderness". -Anna Carter Florence "Sarah affirms that to tell the true story is to heal. Her faith comes alive in the telling and we, as reader, can find hope in her words."- Alan Johnson, UCC Mental Health Network.
Family Mental Illness/Youth	<i>Blessed Youth</i>	Sarah Griffith Lund	Breaking the silence about mental illness with children and teens. Young people are feeling overwhelmed and depressed in greater numbers each year. We must overcome the stigma and shame of talking about mental illness, remove barriers and allow them to flourish. Our youth need to know they are not alone.
Family Mental Illness/Youth	<i>Blessed Youth Survival Guide</i>	Sarah Griffith Lund	This companionship booklet is designed to help youth take care of themselves during the stressful teen years and for the adults in their lives to talk with them about their feelings, fears and give them hope to find ways of navigating this time in their lives.

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Family Mental Illness - Professionals with Personal and/or Family Experience of Mental Illness	<i>Breaking the Silence - Mental Health Professionals Disclose their Personal Experiences</i>	Stephen Hinshaw	People with mental illness are far too often subjected to discrimination and unfair treatment. It is particularly unfortunate that much of this stigmatization comes from the very people they depend upon for help--those in the mental health professions. Too many practitioners and scientists maintain "us-versus-them" attitudes and are extremely reluctant to admit any personal or family experiences of mental illness. This culture of concealment must change, and this book will change it. A groundbreaking collection of moving and inspiring stories of serious mental disorder from trainees, clinicians, and scientists in the mental-health professionals, <i>Breaking the Silence</i> is the first book to reveal the deep commonalities between patients and professionals.
Family Mental Illness/Bipolar Disorder	<i>The Years of Silence Are Past - My Father's Life with Bipolar Disorder</i>	Stephen Hinshaw	This work presents the life history of a philosopher who experienced severe, recurrent, and misdiagnosed mental disorder. The compelling narrative portrays the father's seventy-five years: his childhood and adolescence, his high levels of achievement intermixed with recurrent episodes and brutal hospitalizations, his marriage and family life, his tenderness as a father, and his gradual decline following years of maltreated bipolar disorder. Alternately harrowing and uplifting, this work captures the experience of growing up in a family with severe mental illness as well as the courage and dignity that can emanate from mental disorder.
Family Mental Illness/Bipolar Disorder	<i>All the Things We Never Knew - Chasing the Chaos of Mental Illness</i>	Sheila Hamilton	Even as a reporter, Sheila Hamilton missed the signs as her husband David's mental illness unfolded before her. By the time she had pieced together the puzzle, it was too late. Her once brilliant, intense, and hilarious partner was dead within six weeks of a formal diagnosis of bipolar disorder, leaving his nine-year-old daughter and wife without so much as a note to explain his actions, a plan to help them recover from their profound grief, or a solution for the hundreds of thousands of dollars in debt that they would inherit from him. <i>All the Things We Never Knew</i> takes listeners from David and Sheila's romance through the last three months of their life together and into the year after his death.
Family Mental Illness/PTSD	<i>Once A Warrior, Always A Warrior: Navigating The Transition From Combat To Home-- Including Combat Stress, Ptsd, And Mtbi</i>	Charles Hoge	Recognizing that warriors and family members both change during deployment, he helps them better understand one another's experience, especially living with enduring survival skills from the combat environment that are often viewed as "symptoms" back home. The heart of this book focuses on what's necessary to successfully navigate the transition - "LANDNAV" for the home front. In clear, practical language, Dr. Hoge explores the latest knowledge in combat stress, PTSD (post-traumatic stress disorder), mTBI (mild traumatic brain injury), and other physiological reactions to war, and their treatment options.
Family Mental Illness/Schizophrenia	<i>My Lovely Wife in the Psych Ward</i>	Mark Lukach	A heart-wrenching, yet hopeful, memoir of a young marriage that is redefined by mental illness and affirms the power of love. A story of the fragility of the mind, and the tenacity of the human spirit, <i>My Lovely Wife in the Psych Ward</i> is, above all, a love story that raises profound questions: How do we care for the people we love? What and who do we live for? Breathtaking in its candor, radiant with compassion, and written with dazzling lyricism, Lukach's is an intensely personal odyssey through the harrowing years of his wife's mental illness, anchored by an abiding devotion to family that will affirm readers' faith in the power of love.

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Living Rough on the Streets	Souls in the Hands of Tender God	Craig Rennebohm	Stories of the search for home and healing on the streets. For 20 years UCC minister Craig Rennebohm has spent at least 3 days a week walking the streets of Seattle . His mission? Heling the chronically homeless people everyone else bustles past. He shepherds people with mental illnesses to doctor appointments. He warms folks up with coffee at Starbucks. He tries to get some of the 2,000 + people sleeping rough on any given night into housing. Sensitive and poetic.
OCD	<i>The Man Who Couldn't Stop - OCD and the True Story of a Life Lost in Thought</i>	David Adam	At what point does a harmless idea become a blinding blizzard of unwanted thoughts? Drawing on the latest research on the brain, as well as historical accounts of patients and their treatments, this is a book that will challenge the way you think about what is normal, and what is mental illness
Postpartum Depression	<i>Down Came the Rain - My Journey Through Postpartum Depression</i>	Brooke Shields	In this compelling memoir, Brooke Shields talks candidly about her experience with postpartum depression after the birth of her daughter, and provides millions of women with an inspiring example of recovery.
PTSD	<i>Irritable Hearts - A PTSD Love Story</i>	Mac McClelland	When thirty-year-old, award-winning human rights journalist Mac McClelland left Haiti after reporting on the devastating earthquake of 2010, she never imagined how the assignment would irrevocably affect her own life. Back home in California, McClelland cannot stop reliving vivid scenes of violence. She is plagued by waking terrors, violent fantasies, and crippling emotional breakdowns. She can't sleep or stop crying. Her life in shambles, it becomes clear that she is suffering from Post-Traumatic Stress Disorder. With inspiring fearlessness, McClelland tackles perhaps her most harrowing assignment to date: investigating the damage in her own mind and repairing her broken psyche. But this is also a romance. As she confronts the realities of her diagnosis, she opens up to the love that seems to have found her at an inopportune moment.
Schizophrenia	<i>The Center Cannot Hold - My Journey Through Madness</i>	Elyn R. Saks	Elyn R. Saks is an esteemed professor, lawyer, and psychiatrist and is the Orrin B. Evans Professor of Law, Psychology, Psychiatry, and the Behavioral Sciences at the University of Southern California Law School, yet she has suffered from schizophrenia for most of her life, and still has ongoing major episodes of the illness. <i>The Center Cannot Hold</i> is the eloquent, moving story of Elyn's life, from the first time that she heard voices speaking to her as a young teenager, to attempted suicides in college, through learning to live on her own as an adult in an often terrifying world. Saks discusses frankly the paranoia, the inability to tell imaginary fears from real ones, the voices in her head telling her to kill herself (and to harm others), as well as the incredibly difficult obstacles she overcame to become a highly respected professional. This beautifully written memoir is destined to become a classic in its genre.

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Self-Mutilation	<i>Love in Every Stitch</i>	Lee Gant	This is book of stories of knitting and healing. This deeply hopeful, moving book explores how knitting can trigger tremendous change in one's life and even, in Lee's case, save it. Lee digs herself out of deep dark pit of loss, sorry and grief, alcohol and drugs, self harm, cutting . Row by row, stitch by stitch she "knit, untangled and healed." Lee is a shining example of how someone so desperate, became a force for good, for healing, and inspiration for traumatized teens, and those overwhelmed with hopelessness.
Self-Mutilation	<i>A Bright Red Scream - Self Mutilation and the Language of Pain</i>	Marilee Strong	Self-mutilation is a behavior so shocking that it is almost never discussed. Yet estimates are that upwards of eight million Americans are chronic self-injurers. They are people who use knives, razor blades, or broken glass to cut themselves. Their numbers include the actor Johnny Depp, Girl Interrupted author Susanna Kaysen, and the late Princess Diana. Mistakenly viewed as suicide attempts or senseless masochism—even by many health professionals—"cutting" is actually a complex means of coping with emotional pain. Marilee Strong explores this hidden epidemic through case studies, startling new research from psychologists, trauma experts, and neuroscientists, and the heartbreaking insights of cutters themselves--who range from troubled teenagers to middle-age professionals to grandparents. Strong explains what factors lead to self-mutilation, why cutting helps people manage overwhelming fear and anxiety, and how cutters can heal both their internal and external wounds and break the self-destructive cycle. A Bright Red Scream is a groundbreaking, essential resource for victims of self-mutilation, their families, teachers, doctors, and therapists.
Suicide	<i>The Invisible Front: Love and Loss in an Era of Endless War</i>	Yochi Dreazen	The unforgettable story of a military family that lost two sons - one to suicide and one in combat - and channeled their grief into fighting the armed forces' suicide epidemic. Major General Mark Graham was a decorated two-star officer whose integrity and patriotism inspired his sons, Jeff and Kevin, to pursue military careers of their own. When Kevin and Jeff die within nine months of each other - Kevin commits suicide and Jeff is killed by a roadside bomb in Iraq - Mark and Carol are astonished by the drastically different responses their sons' deaths receive from the Army. While Jeff is lauded as a hero, Kevin's death is met with silence, evidence of the terrible stigma that surrounds suicide and mental illness in the military.
Suicide	<i>Guardian of the Golden Gate Bridge - Protecting the Line between Hope and Despair</i>	Kevin Briggs	For more than two decades, Kevin Briggs lived the kind of life where the smallest details could quite literally be the difference between survival and death. He met hundreds of people in their darkest hours, chased to the edge of one of the world's most popular suicide destinations by demons their closest friends often didn't know about. Talk softly, and slowly. Ask their names, and if they have children. Talk about hope, but make no false promises. Kevin has helped more than 200 people find a reason to keep living. He's lost only two. These are his stories.

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Suicide	<i>The Girl Behind the Door - A Father's Quest to Understand His Daughter's Suicide</i>	John Brooks	An important book for parents, mental health professionals, and teens: "Rarely have the subjects of suicide, adoption, adolescence, and parenting been explored so openly and honestly" (John Bateson, Former Executive Director, Contra Costa County Crisis Center, and author of <i>The Final Leap: Suicide on the Golden Gate Bridge</i>). A moving and riveting memoir about one family's love and tragedy...beautifully researched, and expressed" (Anne Lamott).
Suicide	<i>Singing Lessons - A Memoir of Love, Loss, Hope and Healing</i>	Judy Collins	The respected singer and songwriter describes her journey of loss, grief, and recovery following the 1992 suicide of her son and the near-death of her companion of fifteen years, after which she explored the potential of the human soul.