

Recommended Book List

- Bipolar Disorder: An Unquiet Mind – Jamison
Manic Depressive Illness – Goodwin
Guide for Patients and Families – Mondimore
Living with Manic Depression – Copeland
New Hope for Bipolar Disorder – Fawcett
Touched with Fire – Jamison
Bipolar Survival Guide – Mellowitz
Bipolar Child—Demitri & Janice Papolos
- Depression: Feeling Good – Burns
Mind Over Mood – Greenberger and Padesky
- Suicide: Night Falls Fast – Jamison
- Anxiety: Anxiety – Goodwin
The Anxiety Disease – Sheehan
Anxiety and Phobia Workbook – Bourne
Mind Over Mood – Greenberger and Padesky
Don't Sweat the Small Stuff – Carlson
- PTSD: PTSD Workbook – Williams
- ADHD: Driven to Distraction – Hallowell
Taking Charge of ADHD – Barkley
Your Hyperactive Child – Ingersoll
ADHD & Me – Taylor
Women with Attention Deficit Disorder – Solden
What Makes Ryan Tick –Susan Hughes
- ODD: The Explosive Child – Greene
The Defiant Child - Douglas Riley
- Parenting: 1-2-3 Magic – Phelan
Power Parenting – Flick
Assertive Discipline – Canter
Love and Logic – Faye

Anger Control: Safe People – Townsend and Cloud
 Boundaries – Cloud
 Anger Control – McKay
 Angry all the Time – Potter, Efron
 Letting Go of Anger – Potter, Efron

OCD: Just Checking - Colas
 The Boy Who Couldn't Stop Washing - Rapoport
 Tormenting Thoughts and Secret Ritual – Osborn
 Kids Like Me – Foster
 Imp of the Mind (Intrusive Thoughts) – Baer

Substance Abuse: Alcoholics Anonymous – Alcoholics Anonymous World Services
 Twelve Steps and Twelve Traditions – Alcoholics Anonymous
 Beyond the Yellow Brick Road: Our Children and Drugs – Meehan
 Dual Diagnosis Recovery Sourcebook – Ortman
 Adolescent Drug and Alcohol Abuse – Babbit
 When the Drug War Hits Home: Healing the Family Torn Apart... -
 Stamper

Divorce: Divorce Busting – Weiner-Davis
 After the Affair – Spring
 Too Good to Leave, Too Bad to Stay – Kirrchenbaum
 Boys and Girls Book on Divorce – Gardner
 Getting Divorced Without Ruining Your Life – Margulies
 Mom's House, Dad's House
 Divorce & New Beginnings—Genevieve Clapp

Abuse/Neglect: Courage to Heal Workbook – Davis

Eating Disorders: The Golden Cage - Bruch
 Eating in the Light of the Moon - Johnston
 Surviving an Eating Disorder: Strategies for Friends and Families –
 Siegal
 The Body Betrayed – Zerbe
 Runaway Eating – Bulik and Taylor

Psychosis: The Broken Brain – Andreason

Dementia: 26 Hour Day – Rabins

Autism: The Autistic Spectrum – Wing
There's A Boy in Here –Judy & Sean Barron
The Autistic Brain –Temple Grandin
The Complete Guide to Asperger's Syndrome –Tony Attwod

Grief/Loss: Grief's Courageous Journey – Caplan
Grief Recovery Handbook – James and Friedman
When Bad Things Happen to Good People – Kushner

Christian Coping: You've Gotta Keep Dancing: Choosing Joy – Tim Hansel

Motivation/Success: The 7 Habits of Highly Effective People – Stephen Covey
The Traveler's Gift – Andy Andrews