



## **Recommended Mental Health Awareness Reading List Addiction**

### *Addiction*

- Addictive Thinking: Understanding Self-Deception, Abraham Twerski
- Broken: My Story of Addiction and Redemption, William Cope Moyers
- Chasing the High: A Firsthand Account of One Young Person's Experience with Substance Abuse, Kyle Keegan
- Drinking: A Love Story, Caroline Knapp
- Moments of Clarity: Voices from the Front Lines of Addiction and Recovery, Christopher Kennedy Lawford

### *Anxiety*

- 100 Questions & Answers About Anxiety, Khleber Atwell
- The Anxiety and Phobia Workbook, Edmund Bourne
- The Anxiety Workbook for Teens: Activities to Help You Deal with Anxiety and Worry, Lisa Schab

### *Bipolar Disorder*

- An Unquiet Mind: A Memoir of Moods and Madness by Kay Redfield Jamison
- The Bipolar Disorder Survival Guide: What You and Your Family Need to Know, David J. Miklowitz
- The Bipolar Teen: What You Can Do to Help Your Child and Your Family, David J. Miklowitz

### *Chronic Pain*

- Living with Chronic Pain: The Complete Health Guide to the Causes and Treatment of Chronic Pain, Jennifer Schneider
- Living with It Daily: Meditations for People with Chronic Pain, Patricia Nelson
- The Mindfulness Solution to Pain: Step-by-Step Techniques for Chronic Pain Management, Jackie Gardner-Nix
- Pain Recovery: How to Find Balance and Reduce Suffering from Chronic Pain, Mel Pohl
- The Pain Survival Guide: How to Reclaim Your Life, Dennis Turk
- Complementary and Alternative Medicine
- Guided Meditation Practices with Audio CD, Mark Williams and Jon Kabat-Zinn
- Mosby's Complete How to Use Herbs, Nutrients & Yoga in Mental Health Care, Richard Brown
- Commentary & Alternative Medicine: A Research-Based Approach, Lyn W. Freeman

### *Depression*

- 100 Questions & Answers About Depression, Ava Albrecht
- Monochrome Days: A Firsthand Account of One Teenager's Experience with Depression, Cait Irwin
- The Noonday Demon: An Atlas of Depression, Andrew Solomon
- On the Edge of Darkness: Conversations About Conquering Depression, Kathy Cronkite

### *Eating Disorders*

- 100 Questions & Answers About Anorexia Nervosa, Sari Shepphird
- Binge No More: Your Guide to Overcoming Disordered Eating, Joyce Nash
- Life Without ED: How One Woman Declared Independence from Her Eating Disorder and How You Can Too, Jenni Schaefer
- Next to Nothing: A Firsthand Account of One Teenager's Experience with an Eating Disorder, Carrie Arnold

### *Mindfulness*

- Five Good Minutes - 100 Morning Practices to Help You Stay Calm and Focused All Day Long, Jeffrey Brantley and Wendy Millstine
- The Mindful Way Through Depression, Mark Williams
- The Miracle of Mindfulness, Thich Nhat Hanh
- Wherever You Go There You Are, Jon Kabat-Zinn

### *Post-Traumatic Stress Disorder*

- Once a Warrior, Always a Warrior: Navigating the Transition from Combat to Home, Including Combat Stress, PTSD, and TBI, Charles W. Hoge
- The PTSD Workbook: Simple, Effective Techniques for Overcoming Traumatic Stress, Mary Beth Williams
- Waking the Tiger: Healing Trauma: The Innate Capacity to Transform Overwhelming Experiences, Peter A. Levine

### *Schizophrenia*

- The Center Cannot Hold: My Journey through Madness, Elyn Saks
- The Day The Voices Stopped: A Memoir of Madness and Hope, Ken Steele
- Me, Myself and Them: A Firsthand Account of One Young Person's Experience with Schizophrenia, Kurt Snyder

### *Suicide*

- After Suicide: A Ray of Hope for Those Left Behind, E. Betsy Ross Sanity
- Dying to Be Free: A Healing Guide for Families After a Suicide, Bev Cobain
- Eight Stories Up: An Adolescent Chooses Hope Over Suicide, DeQuincy Lezine
- Grace: A Journey of Suicide, Survival and Strength, Judy Collins
- Why Suicide?: Questions and Answers About Suicide, Suicide Prevention, and Coping with the Suicide of Someone you Know, Eric Marcus

## **Recommended Mental Health Reading List for Teens and Family**

- Beyond the Blues: a Workbook to Help Teens Overcome Depression, Lisa Schab
- Bipolar Teen: What You Can Do To Help Your Child and Your Family, David Jay Miklowitz
- Chasing the High: A Firsthand Account of One Young Person's Experience with Substance Abuse, Kyle Keegan
- Don't Let Your Emotions Run Your Life for Teens: Dialectical Behavior Therapy Skills for Helping You Manage Mood Swings, Control Angry Outbursts, and Get Along With Others, Shari Van Dijk
- Eight Stories Up: An Adolescent Chooses Hope Over Suicide, DeQuincy Lezine
- Help Your Teenager Beat an Eating Disorder, James Lock
- Helping Teens Who Cut: Understanding and Ending Self-Injury, Michael Hollander
- If Your Adolescent Has an Anxiety Disorder: An Essential Resource for Parents, Edna Foa

- If Your Adolescent Has an Eating Disorder: An Essential Resource for Parents, B. Timothy Walsh
- It Gets Better: Coming Out, Overcoming Bullying, and Creating a Life Worth Living, Dan Savage
- Me, Myself, and Them: A Firsthand Account of One Young Person's Experience with Schizophrenia, Kurt Snyder
- Monochrome Days: A Firsthand Account of One Teenager's Experience with Depression, Cait Irwin
- Next to Nothing: a Firsthand Account of One Teenager's Experience with an Eating Disorder, Carrie Arnold
- Shyness & Social Anxiety Workbook for Teens, Jennifer Shannon
- Still Here with Me: Teenagers and Children on Losing a Parent, Suzanne Sjöqvist
- Surviving Your Child's Adolescence: How to Understand and Even Enjoy The Rocky Road To Independence, Carl Pickhardt
- Teens Under the Influence: The Truth About Kids, Alcohol, and Other Drugs; How to Recognize the Problem, and What To Do About It, Katherine Ketcham
- The 4-1-1 On Surviving Teenhood: Helpful Tips For Parents, Michele Skafianos
- The Thought That Counts: A Firsthand Account of One Teenager's Experience With Obsessive-Compulsive Disorder, Jared Kant
- 12 Steps Unplugged: A Young Person's Guide to Alcoholics Anonymous, John Rosengren
- What You Must Think Of Me: A Firsthand Account of One Teenager's Experience With Social Anxiety Disorder, Emily Ford
- Young, Sober & Free: Experience, Strength, and Hope For Young Adults, Shelly Marshall