

TABLE OF CONTENTS

- I. **CATEGORY: CHILDHOOD MENTAL HEALTH AND PARENTING (p. 2)**
 - A. **BEHAVIOR + PARENTING (p. 2)**
 - B. **CHILDHOOD TRAUMA / ABUSE / ACES (p. 3)**
 - C. **CHILDHOOD DEFIANCE/ NONCOMPLIANCE (p. 3)**
 - D. **CHILDHOOD ANXIETY (p. 4)**
 - E. **CHILDHOOD DEPRESSION AND BIPOLAR (p. 5)**
 - F. **CHILDHOOD BPD (p. 5)**
 - G. **CHILDHOOD OCD (p. 6)**
 - H. **CHILDHOOD ADHD AND ADD (p. 6)**
 - I. **LEARNING AND INTELLECTUAL DIABILITIES (p. 7)**
- II. **CATEGORY: GENERAL MENTAL AND PHYSICAL HEALTH CONDITIONS (p. 8)**
 - A. **AUTISM (p. 8)**
 - B. **ADHD (p. 8)**
 - C. **ANXIETY (p. 8)**
 - D. **OCD (p. 9)**
 - E. **DEPRESSION (p. 9)**
 - F. **BIPOLAR ILLNESS (p. 10)**
 - G. **BORDERLINE PERSONALITY DISORDER (BPD) (p. 11)**
 - H. **SCHIZOPHRENIA, SCHIZOAFFECTIVE AND PSYCHOSIS (p. 12)**
 - I. **ALCOHOL & DRUG ADDICTION (p. 13)**
- III. **CATEGORY: GENERAL PHYSICAL HEALTH CONDITIONS AND BIOLOGY (p. 14-15)**
 - A. **BRAIN, BIOLOGY, AND MIND (p. 14)**
 - B. **PHYSICAL CONDITIONS (p. 14)**
- IV. **CATEGORY: MENTAL HEALTH (p. 15-17)**
 - A. **GENERAL MENTAL HEALTH (p. 15)**
 - B. **MENTAL HEALTH GUIDES (p. 16)**
 - C. **CODEPENDENCE (p. 16)**
 - D. **FAMILY FOCUSED MENTAL HEALTH (p. 16)**
- V. **CATEGORY: MEMOIRS AND MENTAL HEALTHCARE (p. 17-20)**
 - A. **MEMOIRS and (AUTO)BIOGRAPHIES (p. 18)**
 - B. **POLICY (p. 19)**
 - C. **THERAPY (p. 20)**
- VI. **CATEGORY: THERAPY, MEDICATIONS, AND OTHER (p. 20-22)**
 - A. **CO-OCCURRING ILLNESS (p. 21)**
 - B. **DBT (Dialectical Behavior Therapy) (p. 21)**
 - C. **PRESCRIPTION MEDICATIONS (p. 21)**
 - D. **REFERENCE (p. 22)**
 - E. **SCHOOL RESOURCES (p. 22)**

CHILDHOOD

BEHAVIOR + PARENTING

Shelf 1, Row 1

99 Ways to Drive Your Child Sane	Brita St. Clair	<input type="checkbox"/>
A Mind at a Time: America's Top Learning Expert Shows How Every Child Can Succeed	Mel Levine (Author)	<input type="checkbox"/>
Baby Mood Swings (Spiral-bound)	Jamison, Jocelyn	<input type="checkbox"/>
Bringing up Kids Without Tearing Them Down	Dr. Kevin Leman	<input type="checkbox"/>
Dry All Night: The Picture Book Technique That Stops Bedwetting	Alison Mack	<input type="checkbox"/>
Facing Forward, Talking Backward Stories on the Bus	Toby Ellen Kalman	<input type="checkbox"/>
Hold On to Your Kids: Why Parents Need to Matter More Than	Gordon Neufeld (Author), Gabor Maté MD (Author)	<input type="checkbox"/>
Invisible Grandparenting	Pat Hanson, Ph.D. 2013	<input type="checkbox"/>
I Love My Queer Kid: A Workbook to Affirm and Support Your LGBTQ+ Child or Teen	Campbell Lmhc Marc	<input type="checkbox"/>
Let's Talk About S-E-X: A Guide for Kids 9 to 12 and Their Parents	Sam Gitchel (Author), Lorri Foster (Author)	<input type="checkbox"/>
Raising Human Beings	Ross Greene 2016	<input type="checkbox"/>
Shut Up About Your Perfect Kid!	Gallagher & Korusoian. 2010	<input type="checkbox"/>
Teenage Boys: Surviving and Enjoying These Extraordinary Years	Bill Beausay	<input type="checkbox"/>
The Hurried Child	David Elkind	<input type="checkbox"/>
The Price of Privilege: How Parental Pressure & Material Advantage Are Creating A Generation of Disconnected and Unhappy Kids	Levine, 2008	<input type="checkbox"/>
The Whole-Brain Child	Daniel J. Siegel	<input type="checkbox"/>

BEHAVIOR + PARENTING

Shelf 1, Row 1

Transition to Adulthood: A Resource for Assisting Young People With Emotional or Behavioral Difficulties	Hewitt B. Clark (Editor), Ph.D. Davis, Maryann (Editor)	<input type="checkbox"/>
Your Child's Growing Mind: Brain Development and Learning From Birth to Adolescence	Jane Healy	<input type="checkbox"/>

CHILDHOOD TRAUMA / ABUSE / ACES

Children's Secrets (Classics in Child Development) P	Thomas J. Cottle	<input type="checkbox"/>
Girl Sent Away	Lynne Griffin	<input type="checkbox"/>
Let's Talk about it: A companion guide for parents and teachers	Lynne Griffin	<input type="checkbox"/>
Helping Traumatized Children Learn	Susan Cole, 2005	<input type="checkbox"/>
Hey, Kiddo: A Graphic Novel	Jarrett J. Krosoczka	<input type="checkbox"/>
Mad House: Growing Up in the Shadow of Mentally Ill Siblings	Clea Simon, 1997	<input type="checkbox"/>
The Healing Power of Play: Working with Abused Children	Eliana Gil	<input type="checkbox"/>

CHILDHOOD DEFIANCE / NONCOMPLIANCE

1-2-3 Magic: Effective Discipline for Children 2-12	Thomas W. Phelan	<input type="checkbox"/>
Before It's Too Late	Stanton Samerow, 1989	<input type="checkbox"/>
Defiant Teens	Arthur L. Robin and Russell A. Barkley	<input type="checkbox"/>
Helping the Noncompliant Child: A Clinician's Guide to Parent Training	Forehand & McMahon, 1981	<input type="checkbox"/>
Lost at School: Why Our Kids with Behavioral Challenges are Falling Through the Cracks & How We Can Help Them	Ross Greene, 2014	<input type="checkbox"/>

CHILDHOOD DEFIANCE / NONCOMPLIANCE

Parenting Your Teenager	David Elkind	<input type="checkbox"/>
Raising Your Spirited Child, Third Edition: A Guide for Parents Whose Child Is More Intense, Sensitive, Perceptive, Persistent, and Energetic (Spirited Series)	Mary Sheedy Kurcinka	<input type="checkbox"/>
Taming the Wild Child: From Living Hell to Living Well	Aaron Lederer	<input type="checkbox"/>
The Clinical Child Interview	David B. Baker and Jan N. Hughes	<input type="checkbox"/>
The difficult child	Stanley Turecki	<input type="checkbox"/>
The Explosive Child: A New Approach for Understanding & Parenting Easily Frustrated & Chronically Inflexible Children	Ross Greene, 2014	<input type="checkbox"/>
Treating Explosive Kids	Greene & Ablon, 2006	<input type="checkbox"/>
Understanding the Defiant Child	Barkley, Russell A.	<input type="checkbox"/>

CHILDHOOD ANXIETY

Anxious Kids, Anxious Parents: 7 Ways to Stop the Worry Cycle and Raise Courageous and Independent Children	Reid Wilson and Lynn Lyons LICSW	<input type="checkbox"/>
Befriend Your Brain: A Young Person's Guide to Dealing with Anxiety, Depression, Anger, Freak-Outs, and Triggers	Faith G Harper	<input type="checkbox"/>
I Bet I Won't Fret: A Workbook to Help Children with Generalized Anxiety Disorder	Timothy A. Sisemore PhD	<input type="checkbox"/>
Overcoming Your Child's Fears and Worries	Cathy Creswell (Author), Lucy Willetts (Author)	<input type="checkbox"/>
The Anxiety Cure for Kids: A Guide for Parents & Children	Elizabeth DuPont Spencer	<input type="checkbox"/>
The optimistic child	Martin Seligman	<input type="checkbox"/>

CHILDHOOD ANXIETY		
The Panic Workbook for Teens: Breaking the Cycle of Fear, Worry, and Panic Attacks	Bari Goldman Cohen, Debra Kissen, and Kathi F. Abitbol	<input type="checkbox"/>
Under Pressure: Confronting the Epidemic of Stress and Anxiety in Girl	Lisa Damour Ph.D.	<input type="checkbox"/>
Worried No More: Help and Hope for Anxious Children	Aureen Pinto Wagner	<input type="checkbox"/>

CHILDHOOD DEPRESSION AND BIPOLAR		
Shelf 1, Row 2		
Depression and Bipolar Wellness Guide for parents and teens with depression or bipolar disorder	Families for Depression Awareness	<input type="checkbox"/>
Growing Up Sad: Childhood Depression and Its Treatment	Cytryn & McKaid 1996	<input type="checkbox"/>
If Your Adolescent Has Depression or Bipolar Disorder: An Essential Resource for Parents (Adolescent Mental Health Initiative)	Dwight L. Evans M.D. (Author), Linda Wasmer Andrews (Author)	<input type="checkbox"/>
The Bipolar Child: The Definitive and Reassuring Guide to Childhood's Most Misunderstood Disorder	Demitri Papolos	<input type="checkbox"/>
The ups and downs of raising bipolar child	Candida Fink and Judith Lederman	<input type="checkbox"/>

CHILDHOOD BPD		
Borderline Personality Disorder in Adolescents: What To Do When Your Teen Has BPD	Aguirre, 2014	<input type="checkbox"/>
When Your Daughter Has BPD: Essential Skills to Help Families Manage Borderline Personality Disorder	Daniel S. Lobel, Ph.D. 2017	<input type="checkbox"/>

CHILDHOOD OCD

Freeing Your Child from Obsessive Compulsive Disorder: A Powerful, Practical Program for Parents of Children and Adolescents	Tamar E. Chansky	<input type="checkbox"/>
Helping Your Child with OCD: A Workbook for Parents of Children With Obsessive-Compulsive	Lee Fitzgibbons (Author), Cherlene Pedrick RN (Author)	<input type="checkbox"/>
What to Do When Your Child Has Obsessive-Compulsive Disorder: Strategies and Solutions	Aureen Pinto Wagner	<input type="checkbox"/>

CHILDHOOD ADHD AND ADD

ADD & The College Student: A Guide for High School & College Students With Attention Deficit Disorder	Patricia O. Quinn, 1994	<input type="checkbox"/>
Answers to Distraction	Edward M. Hallowell & John J. Ratey, 2006	<input type="checkbox"/>
Daredevils and Daydreamers	Ingersoll, 1997	<input type="checkbox"/>
Different Learners: Identifying, Preventing, and Treating Your Child's Learning Problems	Jane M. Healy Ph.D.	<input type="checkbox"/>
Driven to Distraction: Recognizing & Coping with Attention Deficit Disorder from Childhood Through Adulthood	Edward Hallowell & John J. Ratey, 1995	<input type="checkbox"/>
Give Your ADD Teen A Chance: A Guide for Parents & Teenagers	Lynn Weiss, 1996	<input type="checkbox"/>
Helping Adolescents with ADHD and Learning Disabilities	Judith Greenbaum	<input type="checkbox"/>
I Just Forgot	Mercer Mayer	<input type="checkbox"/>
Jarvis Clutch: Social Spy	Melvin Levine (Author), Jarvis Clutch	<input type="checkbox"/>
Parenting Children With ADHD: 10 Lessons That Medicine Cannot Teach	Dr. Vincent J. Monastra PhD, 2014	<input type="checkbox"/>
Ryan: A Mother's Story of Her Hyperactive/Tourette Syndrome Child	Susan Hughes	<input type="checkbox"/>

CHILDHOOD ADHD AND ADD		
Scattered Minds: The Origins and Healing of Attention Deficit Disorder	Gabor Maté MD	<input type="checkbox"/>
Succeeding in College With Attention Deficit Disorders	Jennifer S. Bramer and Ph.D. Bramer, Jennifer S.	<input type="checkbox"/>
Taking Charge of ADHD: The Complete, Authoritative Guide for Parents	Russell A. Barkley	<input type="checkbox"/>
Teaching Teens With ADD, ADHD & Executive Function Deficits: A Quick Reference Guide for Teachers and Parents	Chris A. Zeigler Dendy	<input type="checkbox"/>
Teaching the Tiger A Handbook for Individuals Involved in the Education of Students with Attention Deficit Disorders, Tourette Syndrome or Obsessive-Compulsive Disorder	Ph.D. Dornbush, Marilyn P. (Author), Sheryl K. Pruitt (Author)	<input type="checkbox"/>
The Out-of-Sync Child, Third Edition: Recognizing and Coping with Sensory Processing Differences	Carol Stock Kranowitz (Author), Lucy Jane Miller	<input type="checkbox"/>
What Makes Ryan Tick: A Family's Triumph over Tourette Syndrome and Attention Deficiency Hyperactivity Disorder	Susan Hughes	<input type="checkbox"/>

LEARNING AND INTELLECTUAL DISABILITIES		
Diagnosing Learning Disorders: From Science to Practice	Bruce F. Pennington	<input type="checkbox"/>
Intellectual Disability and the Criminal Justice System: Solutions through Collaboration	William B. Packard Ph.D.	<input type="checkbox"/>
Learning Disabilities: A to Z: A Complete Guide to Learning Disabilities from Preschool to Adulthood	Corinne Smith	<input type="checkbox"/>

GENERAL MENTAL HEALTH CONDITIONS

AUTISM		
Aspergers, God and Me	Bryan West	<input type="checkbox"/>
Aspergirls: Empowering Females with Asperger Syndrome	Rudy Simone	<input type="checkbox"/>
Parenting Your Asperger Child: Individualized Solutions for Teaching Your Child Practical Skills	Alan Sohn (Author), Cathy Grayson (Author)	<input type="checkbox"/>
The Complete Guide to Asperger's Syndrome	Tony Attwood	<input type="checkbox"/>
The Social Success Workbook for Teens: Skill-Building Activities for Teens with Nonverbal Learning Disorder, Asperger's Disorder, and Other Social-Skill Problems	Barbara Cooper MPS (Author), Nancy Widdows MS (Author)	<input type="checkbox"/>
The Way I See It: A Personal Look at Autism	Temple Grandin	<input type="checkbox"/>
Thinking in Pictures, Expanded Edition: My Life with Autism	Temple Grandin (Author), Oliver Sacks (Foreword)	<input type="checkbox"/>

ADHD		
More titles in the CHILDHOOD ADHD AND ADD Section		
A New Look at ADHD Inhibition, Time, and Self-Control Program Manual	Russell A. Barkley	<input type="checkbox"/>
ADHD in Adults : What the Science Says	Russell A. Barkley, Kevin R. Murphy, Mariellen Fischer	<input type="checkbox"/>

ANXIETY		
Anxiety and Depression Workbook for Dummies	Charles H. Elliott	<input type="checkbox"/>
Dare: The New Way to End Anxiety and Stop Panic Attacks	Barry McDonagh	<input type="checkbox"/>
Fears and Phobias	Barden, 1989	<input type="checkbox"/>

ANXIETY		
Finding Quiet	J. P. Moreland	<input type="checkbox"/>
The Anxiety and Phobia Workbook	Edmund J. Bourne PhD	<input type="checkbox"/>
The Shyness and social anxiety workbook	Martin M Antony and Richard P. Swinson	<input type="checkbox"/>

OCD		
Freedom from Obsessive Compulsive Disorder: A Personalized Recovery Program for Living with Uncertainty	Jonathan Grayson	<input type="checkbox"/>
Life in Rewind	Edward E. Zine, Michael A. Jenike, and Terry Weible Murphy	<input type="checkbox"/>
Obsessive Compulsive Disorder : New Help for the Family	Herbert L. Gravitz	<input type="checkbox"/>
Obsessive-Compulsive and Related Disorders in Adults: A Comprehensive Clinical Guide	Lorrin Koran	<input type="checkbox"/>
Obsessive-Compulsive Disorders: A Complete Guide to Getting Well and Staying Well	Penzel, 2000	<input type="checkbox"/>
Over and over Again: Understanding Obsessive-Compulsive Disorder	Fugen Neziroglu (Author), Jose A. Yaryura-Tobias (Author)	<input type="checkbox"/>

DEPRESSION		
3,000 Pulses Later: A Memoir of Surviving Depression Without	Martha Rhodes	<input type="checkbox"/>
Boy Meets Depression: Or Life Sucks and Then You Live	Kevin Breel	<input type="checkbox"/>
Depression Wellness Guide for adults with depression and their family and friends	Families for Depression Awareness	<input type="checkbox"/>
Distorted Mind	Michael Fortnam	<input type="checkbox"/>

DEPRESSION

Helping someone Living With depression or bipolar disorder - a handbook for families and caregivers	Families for Depression Awareness	<input type="checkbox"/>
I Don't Want to Talk About It: Overcoming the Secret Legacy of Male Depression	Terrence Real 1997	<input type="checkbox"/>
Living with a black dog	Matthew Johnstone	<input type="checkbox"/>
On the Edge of Darkness / Conversations about Conquering Depression	Kathy Cronkite	<input type="checkbox"/>
Shock: The Healing Power of Electroconvulsive Therapy	Dukakis & Tye, 2006	<input type="checkbox"/>
The Happiness Trap: How to Stop Struggling & Start Living	Russ Harris, 2008	<input type="checkbox"/>
When Someone You Love is Depressed: How to Help Your Loved One Without Losing Yourself	Laura Epstein Rosen (Author), Xavier Francisco Amador (Author)	<input type="checkbox"/>

BIPOLAR ILLNESS

A Brilliant Madness: Living with Manic Depressive Illness	Patty Duke (Author), Gloria Hochman (Contributor)	<input type="checkbox"/>
Journey Not Chosen ... Destination Not Known / Living with Bipolar Disorder	Mary Worthen, 2001	<input type="checkbox"/>
Madness: A Bipolar Life	Marya Hornbacher	<input type="checkbox"/>
Manic-Depressive Illness: Bipolar Disorders and Recurrent Depression	Frederick K. Goodwin (Author), Kay Redfield Jamison (Author)	<input type="checkbox"/>
New Hope for People With Bipolar Disorder	Fawcett, Golden, Rosenfeld, Goodwin, 2000	<input type="checkbox"/>
Surviving Manic Depression: A Manual on Bipolar Disorder for Patients, Families & Providers	Torrey & Knaible, 2002	<input type="checkbox"/>

BIPOLAR ILLNESS

The Bipolar Disorder Survival Guide: What You & Your Family Need to Know,	David Miklowitz,Pj.D. 2002	<input type="checkbox"/>
The Bipolar Workbook: Tools for Controlling Your Mood Swings	Monica Ramirez Basco	<input type="checkbox"/>
Touched with Fire / Manic-Depressive Illness & The Artistic Temperament	Kay Redfield Jamison	<input type="checkbox"/>

BORDERLINE PERSONALITY DISORDER (BPD)

An Unquiet Mind / A Memoir of Moods & Madness	Kay Redfield Jamison	<input type="checkbox"/>
Beyond Borderline: True Stories of Recovery from Borderline Personality	John G. Gunderson	<input type="checkbox"/>
Brain on Fire: My Month of Madness,	Susannah Cahalan, 2013	<input type="checkbox"/>
Darkness Visible / A Memoir of Madness	William Styron	<input type="checkbox"/>
Furiously Happy	Jenny Lawson, 2015	<input type="checkbox"/>
His Bright Light: The Story of Nick Traina	Danielle Steel	<input type="checkbox"/>
Just Like Someone Without Mental Illness Only More So: A Memoir	Mark Vonnegut M.D.	<input type="checkbox"/>
Loving Someone with Borderline Personality Disorder	Shari Y. Manning	<input type="checkbox"/>
Scattershot: My Bipolar Family,	Lovelace, 2008	<input type="checkbox"/>
Skywriting: A Life Out of the Blue	Jane Pauley	<input type="checkbox"/>
Sometimes I Act Crazy: Living with Borderline Personality Disorder	Jerold J. Kreisman and Hal Straus	<input type="checkbox"/>
The Center Cannot Hold: My Journey Through Madness	Elyn R. Saks, 2008	<input type="checkbox"/>
The Eden Express	Mark Vonnegut	<input type="checkbox"/>

BORDERLINE PERSONALITY DISORDER (BPD)		
The Silver Linings Playbook	Matthew Quick, 2008	<input type="checkbox"/>
Understanding and Treating Borderline Personality Disorder: A Guide for Professionals and Families	Perry D. Hoffman and John G. Gunderson	<input type="checkbox"/>
When Hope is Not Enough, Second Edition	Bon Dobbs	<input type="checkbox"/>

SCHIZOPHRENIA, SCHIZOAFFECTIVE AND PSYCHOSIS		
A Beautiful Mind / The Life of Mathematical Genius & Nobel Laureate John Nash	Sylvia Nasar	<input type="checkbox"/>
A Kind of Mirraculas Paradise: A True Story About Schizophrenia	Sandy Allen	<input type="checkbox"/>
After Her Brain Broke	Susan Inman	<input type="checkbox"/>
Delusional Disorder: Paranoia and Related Illnesses	Alistair Munro	<input type="checkbox"/>
Divided Minds: Twin Sisters and Their Journey Through Schizophrenia	Pamela Spiro Wagner (Author), Carolyn Spiro (Author)	<input type="checkbox"/>
Family Involvement in Treating Schizophrenia: Models, Essential Skills, and Process (Haworth Marriage and the Family)	James A. Marley	<input type="checkbox"/>
Insight and Psychosis	Anthony David, Xavier Amador	<input type="checkbox"/>
Is There No Place On Earth for Me?	Susan Sheehan	<input type="checkbox"/>
Living With Schizophrenia: A Family Guide to Making A Difference	Rado & Janicak, 2016	<input type="checkbox"/>
Me, Myself, and Them	Kurt Snyder, Raquel E. Gur M.D.	<input type="checkbox"/>
Muses, Madmen, and Prophets: Hearing Voices and the Borders of Sanity	Daniel B. Smith	<input type="checkbox"/>
No One Cares About Crazy People Paperback	Ron Powers	<input type="checkbox"/>

SCHIZOPHRENIA, SCHIZOAFFECTIVE AND PSYCHOSIS

Nobody's Child	Marie Balter (Author), Richard Katz (Author)	<input type="checkbox"/>
Personal Therapy for Schizophrenia and Related Disorders: A Guide to Individualized Treatment	Gerard E. Hogarty	<input type="checkbox"/>
Schizophrenia: Straight Talk for Family and Friends	Maryellen Walsh	<input type="checkbox"/>
Surviving Schizophrenia / A Manual for Families, Consumers, & Providers (7th Edition)	E. Fuller Torrey	<input type="checkbox"/>
The Collected Schizophrenias	Wang 2019	<input type="checkbox"/>
The Quiet Room: A Journey Out of the Torment of Madness	Schiller & Bennett	<input type="checkbox"/>

ALCOHOL & DRUG ADDICTION

Alcoholics Anonymous	Alcoholics Anonymous	<input type="checkbox"/>
Believable Hope: 5 Essential Elements to Beat Any Addiction	Cartwright & Abraham, 2012	<input type="checkbox"/>
Blackout: Remembering the Things I Drank to Forget	Sarah Hepola	<input type="checkbox"/>
Concerned Intervention / When Your Loved One Won't Quit Alcohol or Drugs	O'Neill & O'Neill 1992	<input type="checkbox"/>
No More Letting Go: The Spirituality of Taking Action Against Alcoholism & Drug Addiction	Debra Jay ,2006	<input type="checkbox"/>
One Day at a Time in Al-Anon	Al-Anon Family Group Headquarters, Inc.	<input type="checkbox"/>
Paths to Recovery: Al-Anon's Steps, Traditions and Concepts	Al-Anon Family Groups	<input type="checkbox"/>
Portrait of an Addict as a Young Man	Bill Clegg	<input type="checkbox"/>
S.O.B.E.R.*	Anita Devlin	<input type="checkbox"/>
Twenty-Four Hours a Day	Anonymous	<input type="checkbox"/>

GENERAL PHYSICAL HEALTH CONDITIONS AND BIOLOGY

BRAIN, BIOLOGY, and MIND		
A User's Guide to the Brain: Perception, Attention, and the Four Theaters of the Brain	John J. Ratey	<input type="checkbox"/>
Drugs, Brains, and Behavior: The Science of Addiction		<input type="checkbox"/>
Human Minds: An Exploration	Margaret Donaldson	<input type="checkbox"/>
Mind Wide Open: Your Brain and the Neuroscience of Everyday Life	Stephen Johnson and Steven Johnson	<input type="checkbox"/>
Nutrient Power: Heal Your Biochemistry and Heal Your Brain	William J. Walsh	<input type="checkbox"/>
The Angel and the Assassin: The Tiny Brain Cell That Changed the Course of Medicine	Donna Jackson Nakazawa	<input type="checkbox"/>
The Body Keeps The Score: Brain, Mind, and Body in The Healing of Trauma	Bessel Van der Kolk M.D.	<input type="checkbox"/>
The Broken Brain / The Biological Revolution in Psychiatry	Nancy C. Andreasen, 1985	<input type="checkbox"/>
The Gene Illusion	Jay Joseph	<input type="checkbox"/>
The Psychological Brain: A New Paradigm for Understanding How the Mind Works	Herbert J. Greenwald PhD	<input type="checkbox"/>
White Gloves: How We Create Ourselves Through Memory	John Kotre	<input type="checkbox"/>

PHYSICAL CONDITIONS		
A Parents' Guide to PANDAS, PANS, and Related Neuroimmune Disorders	Doran, Amabile, Pohlman, Tumminaro, Korbmacher	<input type="checkbox"/>

PHYSICAL CONDITIONS

Brain Under Attack: A Resource for Parents and Caregivers of Children with PANS, PANDAS, and Autoimmune Encephalitis	Beth Lambert MA	<input type="checkbox"/>
Diabetes Burnout: What to Do When You Can't Take It Anymore	William H. Polonsky Ph.D.	<input type="checkbox"/>
Stress-Free Diabetes: Your Guide to Health and Happiness	Joseph P. Nopora Ph.D.	<input type="checkbox"/>
The Complete Family Guide to Dementia: Everything You Need to Know to Help Your Parent and Yourself	Thomas F. Harrison	<input type="checkbox"/>

MENTAL HEALTH

GENERAL MENTAL HEALTH

Awakening the Silence	Elizabeth Hourihan	<input type="checkbox"/>
For Like Minds	Katherine Ponte	<input type="checkbox"/>
Galen's Prophecy: Temperament In Human Nature	Jerome Kagan	<input type="checkbox"/>
Gould Farm: A life of sharing	William John McKee	<input type="checkbox"/>
Healing Trauma: A Pioneering Program for Restoring the Wisdom of Your Body	Peter A Levine	<input type="checkbox"/>
I am Not Sick / I Don't Need Your Help: Helping the Seriously Mentally Ill Accept Treatment	Xavier Amador, 2011	<input type="checkbox"/>
Knit for Health & Wellness:	Betsan Corkhill	<input type="checkbox"/>
Man Against Himself	Karl Menninger, 1956	<input type="checkbox"/>
Peace, Love & Healing: Bodymind Communication & the Path to Self Healing	Bernie Siegel	<input type="checkbox"/>
Permission to Feel	Marc Brackett	<input type="checkbox"/>
The Anxious Generation	Jonathan Haidt	<input type="checkbox"/>

GENERAL MENTAL HEALTH		
The Fifty Minute Hour	Robery Lindner	<input type="checkbox"/>
The Long Shadow of Temperament	Jerome Kagan (Author), Nancy Snidman (Author)	<input type="checkbox"/>
The Myth of Normal: Trauma, Illness, and Healing in a Toxic Culture	Gabor Maté MD (Author), Daniel Maté	<input type="checkbox"/>
The Myths of Happiness: What Should Make You Happy, But Doesn't, What Shouldn't Make You Happy, But Does	Sonja Lyubomirsky	<input type="checkbox"/>
Transforming Madness: New Lives For People Living With Mental Illness	Jay Neugeboren	<input type="checkbox"/>
When Perfect Isn't Good Enough	Martin M Antony and Richard P. Swinson	<input type="checkbox"/>

MENTAL HEALTH GUIDES		
Combating Cult Mind Control: The #1 Best-selling Guide to Protection, Rescue, and Recovery from Destructive Cults	Steven Hassan	<input type="checkbox"/>
Finding My Way A Teen's Guide to Living with a Parent Who Has Experienced Trauma	Ph.D Michelle D. Sherman (Author), DeAnne M. Sherman (Author)	<input type="checkbox"/>
Healing Trauma: A Pioneering Program for Restoring the Wisdom of Your Body	Peter A Levine	<input type="checkbox"/>
How I Stayed Alive When My Brain Was Trying to Kill Me: One Person's Guide to Suicide Prevention	Susan Rose Blauner, 2002	<input type="checkbox"/>
Pathways for Caregivers	United Way of Northern New Jersey	<input type="checkbox"/>
Replanting Lives Uprooted by Mental Illness, a Practical Guide for Families	Nancy Pizzo Boucher	<input type="checkbox"/>
Sexuality Curriculum for Abused Children and Young Adolescents and Their Parents	Sexuality Curriculum for Abused Children and Young Adolescents and Their Parents	<input type="checkbox"/>

MENTAL HEALTH GUIDES		
The Experienced Recovery	Leroy Spaniol, Martin Koehler	<input type="checkbox"/>
The Recovery Workbook	Leroy Spaniol, Martin Koehler	<input type="checkbox"/>
Where to Start: A Survival Guide to Anxiety, Depression, and Other Mental Health Challenges	Mental Health America	<input type="checkbox"/>
You Are Not Alone: The NAMI Guide to Navigating Mental Health—With Advice from Experts and Wisdom from Real People and Families Zando Sampler	MD Ken Duckworth	<input checked="" type="checkbox"/>

CODEPENDENCE		
Breaking Free: A Recovery Workbook for Facing Codependence, 1989	Andrea Wells Miller and Pia Mellody	<input type="checkbox"/>
Codependent No More	Melody Beattie	<input type="checkbox"/>
Codependents Guide to the Twelve Steps	Melody Beattie, 1992	<input type="checkbox"/>
Facing Codependence	Pia Mellody	<input type="checkbox"/>

FAMILY FOCUSED MENTAL HEALTH		
Healing From Family Rifts : Ten Steps to Finding Peace After Being Cut Off From a Family Member	Mark Sichel	<input type="checkbox"/>
Nothing to Hide: Mental Illness in the Family	Jean J. Beard (Author), Peggy Gillespie (Author),	<input type="checkbox"/>
Troubled Journey: Coming to Terms with the Mental Illness of a Sibling Or Parent	Diane T. Marsh	<input type="checkbox"/>
Will I Ever Be Good Enough? Healing the Daughters of Narcissistic Mothers	Karyl McBride, PhD, 2008	<input type="checkbox"/>
You Need Help! A Step By Step Plan to Convince A Loved One to Get Counseling	Komrad, 2012	<input type="checkbox"/>

MEMOIRS AND MENTAL HEALTHCARE

MEMOIRS and (AUTO)BIOGRAPHIES		
A Common Struggle: A Personal Journey Through the Past and Future of Mental Illness and Addiction	Patrick J. Kennedy (Author), Stephen Fried (Author)	<input type="checkbox"/>
Beautiful Boy: A Father's Journey Through His Son's Addiction,	David Sheff, 2008	<input type="checkbox"/>
Behind the Wall: The True Story of Mental Illness as Told by Parents	Mary Widdifield (Author), Elin Widdifield (Author)	<input type="checkbox"/>
Blessed Are the Crazy: Breaking the Silence About Mental Illness, Family & Church	Sarah Griffith Lund, 2014	<input type="checkbox"/>
Cracked, Not Broken: Surviving and Thriving After a Suicide Attempt	Kevin Hines (Author), Daniel J. Reidenberg	<input type="checkbox"/>
Getting My Night Vision	Nancy Pizzo Boucher, 2009	<input type="checkbox"/>
God, If You're Not Up There...	Darrell Hammond	<input type="checkbox"/>
Invisible Girl	Mariel Hemingway & Ben Greenman, 2015	<input type="checkbox"/>
Judge, Jury & Executioner	Huey Freeman	<input type="checkbox"/>
Laurie, Laurie, Hallelujah: Ten Years of Her Thoughts Before Her Suicide	Katz & Katz, 1982	<input type="checkbox"/>
Life In Rewind: The Story of a Young Courageous Man Who Persevered Over OCD & the Harvard Doctor Who Broke all the Rules to Help Him	Murphy, Zenike, Zine, 2010	<input type="checkbox"/>
Loud in the House of Myself: Memoir of a Strange Girl	Stacy Pershall	<input type="checkbox"/>
My Life In Three Acts	Helen Hayes & Katherine Hatch, 1990	<input type="checkbox"/>
Out Came the Sun: Overcoming the Legacy of Mental Illness, Addiction & Suicide In My Family	Mariel Hemingway & Ben Greenman, 2015	<input type="checkbox"/>

MEMOIRS and (AUTO)BIOGRAPHIES		
Resilience: Two Sisters & A Story of Mental Illness	Jessie Close & Pete Early, 2015	<input type="checkbox"/>
The Empty Room: Surviving the Loss of a Brother or Sister At Any Age,	Elizabeth DeVita-Raeburn, 2004	<input type="checkbox"/>
The Glass Castle,	Jeannette Walls, 2006	<input type="checkbox"/>
The Perfect Other: A Memoir of My Sister	Kyleigh Leddy	<input type="checkbox"/>
The Roots of Treason: Ezra Pound and the Secret of St. Elizabeths	E Fuller Torrey	<input type="checkbox"/>
Thirteen Reasons Why	Jay Asher 2017	<input type="checkbox"/>
Twists & Turns: A Mother's Caring Journey: Two Children with Schizophrenia	Ackerman, 1993	<input type="checkbox"/>
Undercurrents / A Life Beneath the Surface	Manning	<input type="checkbox"/>
Wrestling with Our Inner Angels: Faith, Mental Illness, and the Journey to Wholeness	Nancy Kehoe	<input type="checkbox"/>

POLICY		
A Father's Search Through America's Mental Health Madness	Pete Earley	<input type="checkbox"/>
Breakdown: A Clinician's Experience In A Broken System of Emergency Psychiatry	Lynn Nanos, LICSW, 2018	<input type="checkbox"/>
Insane Consequences: How the Mental Health Industry Fails the Mentally Ill	D.J. Jaffee 2017	<input type="checkbox"/>
Mental health proceedings in Massachusetts: A manual for defense counsel	Stan Goldman	<input type="checkbox"/>

POLICY		
Nowhere to Go / The Tragic Odyssey of the Homeless Mentally Ill	E. Fuller Torrey	<input type="checkbox"/>
Psychological and Social Aspects of Psychiatric Disability	Leroy Spaniol, Cheryl Gagne, Martin Koehler	<input type="checkbox"/>
The Psychological and Social Impact of Disability	Robert P. Marinelli, Arthur E. Dell Orto	<input type="checkbox"/>

THERAPY		
A Clinician's Guide to Think Good-Feel Good: Using CBT With Children And Young People	Paul Stallard	<input type="checkbox"/>
Emergency Psychotherapy and Brief Psychotherapy	Leopold Bellak	<input type="checkbox"/>
How to Use Herbs, Nutrients, and Yoga in Mental Health Care	Richard P. Brown	<input type="checkbox"/>
Recovery from Severe Mental Illnesses: Research Evidence and Implications for Practice	Larry Davidson, Leroy Spaniol, Courtenay Harding	<input type="checkbox"/>
Treatment of children with mental illness frequently asked questions about the treatment of mental illness in children	NIMH	<input type="checkbox"/>

THERAPY, MEDICATIONS, AND OTHER

CO-OCCURRING ILLNESS		
A Comprehensive guide for Integrated Treatment of People with Co-occurring Disorders	Leroy Spaniol	<input type="checkbox"/>
Integrated Treatment for Dual Disorders	Kim T. Mueser, Douglas L. Noordsy, Robert E. Drake, Lindy Fox Smith · 2015	<input type="checkbox"/>

DBT (Dialectical Behavior Therapy)		
Coping with BPD	Blaise Aguirre MD	<input type="checkbox"/>
DBT Principles in Action: Acceptance, Change, and Dialectics	Charles R. Swenson	<input type="checkbox"/>
DBT Skills Training Handouts and Worksheets	Marsha Linehan, 2014	<input type="checkbox"/>
DBT Skills Training Manual, 2nd Edition	Marsha Linehan, 2014	<input type="checkbox"/>
Handbook of Good Psychiatric Management for BPD	John G Gunderson	<input type="checkbox"/>
Mindfulness for Borderline Personality Disorder: Relieve Your Suffering Using the Core Skills of Dialectical Behavior Therapy	Aguirre & Galen 2013	<input type="checkbox"/>
Skills Training Manual for Treating Borderline Personality Disorder	Marsha M. Linehan	<input type="checkbox"/>
The Dialectic Behavior Therapy Skills Workbook for Anxiety: Breaking Free from Worry, Panic, PTSD & Other Anxiety Symptoms	Chapman, Gratz & Tull, 2011	<input type="checkbox"/>
The High-Conflict Couple: A Dialectical Behavior Therapy Guide to Finding Peace, Intimacy, and Validation	Alan E. Fruzzetti (Author), Marsha M. Linehan (Foreword)	<input type="checkbox"/>

PRESCRIPTION MEDICATIONS		
Anatomy of an Epidemic: Magic Bullets, Psychiatric Drugs & The Astonishing Role of Mental Illness in America	Robert Whitaker, 2011	<input type="checkbox"/>
Clinical Psychopharmacology Made Ridiculously Simple	James Johnson and John D. Preston	<input type="checkbox"/>
Complete Guide to Prescription & Non Prescription Drugs	Griffith, 2016-2017	<input type="checkbox"/>
Complete Guide to Psychotherapy Drugs and Psychological Disorders	H. Winter Griffith	<input type="checkbox"/>

PRESCRIPTION MEDICATIONS		
Instant Psychopharmacology	Ronald J. Diamond MD	<input type="checkbox"/>
Psychiatric Drugs Explained	David Healy	<input type="checkbox"/>

REFERENCE		
DSM-5-TR		<input type="checkbox"/>
Desk Reference to the Diagnostic Criteria DSM-5		<input type="checkbox"/>

SCHOOL RESOURCES		
The School Discipline Fix: Changing Behavior Using the Collaborative Problem Solving Approach	J. Stuart Ablon (Author), Alisha R. Pollastri (Author)	<input type="checkbox"/>
The Teacher's Guide to Student Mental Health	William Dikel MD	<input type="checkbox"/>