

Recommended Reading List

"Help Me, I'm Sad"

David G. Fassler, M.D., and Lynne S. Dumas. Recognizing, Treating and Preventing Childhood and Adolescent Depression. This book offers help for parents on recognizing risk factors and symptoms, preventing suicide, finding the right treatment, and prevention. Penguin, 1997. Paperback, 210 pages. ISBN: 0-14-026763-8

Antidepressant Sourcebook, The

Dr. Andrew Morrison's book includes topics such as what to talk about with your doctor, how to start and stop taking medications, and what to expect in the course of treatment. 286 pages, paperback, 1999. ISBN 0-385-49665-6

Anxiety Disease, The

David V. Sheehan, M.D. Explains biological basis of anxiety, reviews treatments with medications and therapy.

Bipolar Disorder Demystified

In clear and compassionate language, Castle helps those who suffer from the illness as well as their friends and family understand the true nature of bipolar disorder, the factors that complicate its diagnosis, and the best ways to cope with it.

Breaking the Patterns of Depression

Micael D. Yapko, Ph.D. Explores ways to recognize triggers for depression, explains how to develop skills to fight depression. Includes case studies, "pause and reflect" points and "learn by doing" exercises. 360 pages, paperback, 1997. ISBN 0385-48370-8

Broken Brain, The

Nancy C. Andreasen, M.D., Ph.D. Readable guide to scientific understanding of schizophrenia, depression, and other mental illnesses. Also seeks to eliminate stigma associated with these illnesses. Perennial Library, 1984. Paperback, 278 pages. ISBN: 0-06-091272-3

Call Me Anna: The Autobiography of Patty Duke

Patty Duke and Kenneth Turan. Autobiography of the young Patty Duke and her struggle with bipolar disorder. 311 pages, paperback, 1987. ISBN 0-553-27205-5

Cognitive-Behavioral Therapy for Bipolar Disorder

Monica Ramirez Basco, Ph.D. and A. John Rush, M.D. Details cognitive-behavioral techniques for managing bipolar disorder. 291 pages, hardcover, 1996. ISBN 1-57230-090-6

Darkness Visible: A Memoir of Madness

William Styron. Intensely personal account of the deep depression which brought Styron to the brink of self-destruction. Insightful and uplifting. 84 pages, paperback, 1990. ISBN 0-679-73639-5

Depression Workbook, The: A Guide for Living with Depression and Manic Depression 2nd Edition

Mary Ellen Copeland, M.S., Workbook for step-by-step guidance to taking responsibility for one's own wellness. 2nd edition. 334 pages, paperback, 2002. ISBN 157224268X

Depression: Voices of an Illness

Booklet and cassette narrated by Rod Steiger. From the award-winning National Public Radio "Voices of an Illness" Series. Personal stories from people living with depression as well as commentary from mental health experts. 1996.

Divalproex and Manic Depression: A Guide

J.W. Jefferson, M.D. and John Griest, M.D. Essential facts about the anticonvulsant valproate and valproic acid (Depakote, Depakene) and their use in treating manic depression. From the Madison Institute of Medicine. 32 pages, booklet, 1999. ISBN 1-890802-24-7
Click on book cover or title to buy from Amazon.com

Electroboy

Put sex, drugs, art forgeries, and manic depression into a blender, run it at top speed for 10 minutes, and out pops Electroboy, Andy Behrman's high-octane autobiography. The story begins as an exhilarating view into the manic's

world, with spontaneous flights to Tokyo, sketchy East Village bars, and a nonstop inner dialogue that makes your pulse race just to keep up. The remainder of the book slows down considerably, starting with Behrman's New Jersey childhood and winding through a successful education, a rapid accumulation of debts, a forged painting scam that lands him in prison, and finally a series of electroshock treatments that allow him to find some balance in life at last. Jill Lightner.

Find A Quiet Corner

Nancy O'Hara. *A Simple Guide to Self-Peace*. With tips for breathing, thinking, and relaxation, this book goes beyond daily meditations to teach you how to unwind and to tap into your hidden inner strength. 115 pages. Paperback, 1995. ISBN: 0-446-67111-8

Helping Someone with Mental Illness

Rosalynn Carter with Susan K. Golant. Step-by-step information on what to do after the diagnosis: seeking the best treatment; evaluating health-care providers; managing workplace, financial, and legal matters. Also addresses the emotional and psychological issues in caregiving for people with mental illness and offers suggestions for how to help fight stigma. Three Rivers Press, 1998. Paperback, 350 pages. ISBN: 0-8129-2898-9

How I Stayed Alive When My Brain Was Trying to Kill Me

Susan Rose Blauner. *One Person's Guide to Suicide Prevention*. Forward by Bernie S. Siegel, M.D. Resources, stories of hope, exercises and "tricks" to help people "outthink suicide." 323 pages. Hardcover, 2002.

How You Can Survive When They're Depressed

Anne Sheffield. Forward by Mike Wallace. *Living and Coping with Depression Fallout*. This book explores depression from the perspective of friends and family members of people with the illness. Through real-life examples, it offers successful coping strategies for everything from setting boundaries to maintaining an outside social life. Three Rivers Press, 1998. Paperback, 306 pages. ISBN: 0-609-80415-4

I Don't Want To Talk about It.

Terrence Real. *Overcoming the Secret Legacy of Male Depression*. This book explores the silent epidemic of depression in men and the stigma of depression's "unmanliness." Real discusses problems such as difficulty with intimacy, workaholicism, alcoholism, abusive behavior and rage as attempts to escape depression. Fireside, 1997. Paperback, 383 pages. ISBN: 0-684-83539-8

Lithium and Manic-Depression: A Guide

John Bohn, M.D. and James W. Jefferson, M.D. Experts cover essential facts about lithium treatment for bipolar disorder in question-and-answer format. 31 pages, booklet, 1999. ISBN 1-890802-18-2

Living When a Young Friend Commits Suicide Or Even Starts Thinking about It.

Earl A. Grollman and Max Malikow. Written to help people cope with the the suicide of a young friend or loved one, this book discusses why people commit suicide, how to deal with the various emotions caused by the suicide of someone you know, how to help someone suicidal, religious issues, and popular misconceptions about suicide. Beacon Press, 1999. Paperback, 109 pages. ISBN: 0-8070-2503-8

Living Without Depression and Manic Depression

Mary Ellen Copeland, M.S. *Sequel to The Depression Workbook*. Step-by-step guidance for overcoming depressive disorders in a workbook format. 263 pages, paperback, 1995. ISBN 1-879237-74-1

Mood Apart, A

Peter C. Whybrow, M.D. *The Thinker's Guide to Emotion and Its Disorders*. A wide-ranging discussion for the layperson about moods, how they are regulated, and the purpose they serve. Particularly helpful to people with mood disorders and their loved ones, but also of interest to anyone curious about mood and emotion. HarperPerennial, 1998. Paperback, 363. ISBN: 0-06-097740-x

Mood Genes

Samuel H. Barondes, M.D. *Hunting for Origins of Mania and Depression*. Can abnormalities in specific genes play a part in the development of mental disorders? If so, can identifying these genes lead to new developments in prevention and treatment? Focusing on bipolar disorder, Dr. Barondes describes the hunt for "mood genes." Oxford University Press, 1998. Paperback, 237 pages. ISBN: 0-19-513106-1

Moodswing

Ronald R. Fieve, M.D. 2nd Revised Edition. Originally published in 1975, this groundbreaking book has provided hope for many people whose lives have been affected by mood disorders. New edition includes information on Bipolar IIB. Bantam, 1997. Paperback, 321 pages. ISBN: 0-553-27983-1

New Hope for People with Bipolar Disorder

Jan Fawcett, M.D., Bernard Golden, Ph.D. and Nancy Rosenfeld. Friendly, authoritative guide to diagnosis, research, and treatment of bipolar disorder. Easy-to-read book offers practical, immediate guidance to anyone living with or affected by this illness. Prima Publishing, 2000. Paperback, 333 pages. ISBN: 0-7615-3008-8

Night Falls Fast

Kay Redfield Jamison. A Psychological and scientific exploration of suicide with many personal stories. The book explores the reasons underlying suicide and helps us to understand the suicidal mind, to better recognize a person at risk and to comprehend the loss of a loved one. 432 pages. ISBN: 0-375-70147-8

Noonday Demon, The: An Atlas of Depression

Andrew Solomon. Bestselling examination of depression in personal, cultural, and scientific terms. Solomon draws on his own struggles with the illness as well as interviews with peers, doctors, scientists, policymakers and others to provide an in-depth exploration of depression. 571 pages 2001. ISBN 0-684-85466-x

Out of the Darkened Room

William R. Beardlee, M.D. When A Parent is Depressed: Protecting Children and Strengthening the Family. Offers advice about what parents and caretakers can do to lessen the impact of depression on children's lives. 294 pages, 2002.

Overcoming Depression

Demitri Papolos, M.D. and Janice Papolos. The Definitive Resource for Patients and Families Who Live with Depression and Manic-Depression. Third Edition, completely revised and updated. Up-to-date medical information and solid advice to help empower patients and families to take active roles in diagnosis and treatment of mood disorders. HarperPerennial, 1997. 411 pages. ISBN: 0-06-092782-8

Panic Disorder: The Medical Point of View

William Kernodle, M.D. Fourth Edition. An information guide addressing symptoms of, facts about, research and treatment for panic attacks and panic disorder. Paperback, 1997, 209 pages. ISBN: 0-9631533-3-1

Recovering from Depression: A Workbook for Teens

Mary Ellen Copeland and Stuart Copans. Revised Edition. This workbook helps teens to recognize why they're depressed, learn what they can do to feel better, and how to build a plan to stay well. Ideal for teens as well as their parents, friends, and healthcare providers. Paul H. Brookes Publishing, 2002. Paperback, 186 pages.

The Bipolar Disorder Survival Guide

Helps patients and family members recognize early warning signs of manic or depressive episodes, cope with triggers of mood swings, resolve medication problems, and learn to collaborate effectively with doctors and therapists.

The Storm in my Brain: Kids and Mood Disorders

Easy-to-read guide for kids. Includes full-color illustrations by children with depression and bipolar disorder. This booklet also features tips for parents and teachers. Booklet, 18 pages. DBSA with the Child and Adolescent Bipolar Foundation, 2003.

Touched with Fire

Kay Redfield Jamison. Manic-Depressive Illness and The Artistic Temperament. A study of the relation between bipolar disorder and the creative impulse. Combines scientific information with stories about respected artists and writers of the past to help us understand connections between art and illness. Free Press Paperbacks, 1993. Paperback, 370 pages. ISBN: 0-684-83183-x.

Triumph Over Fear

Jerilyn Ross. Help and hope for people with anxiety, panic attacks, and phobias with portraits of recovery and a self-help program. 296 pages paperback, 1995. ISBN 0-553-37444-3

Understanding Teenage Depression

Maureen Empfield, M.D., and Nicholas Bakalar. Based on the latest scientific findings, a comprehensive guide to the diagnosis and treatment of teenage depression. Paperback, 250 pages, 2001.

Unquiet Mind, An : A Memoir of Moods and Madness

Kay Redfield Jamison, Ph.D. Autobiographical account of well-known psychologist. Vivid story of her fight with manic depression and determination to overcome the illness. 223 pages, paperback, 1996. ISBN 0-679-44374-6

Wellness Recovery Action Plan

Mary Ellen Copeland, MS, MA. A system for monitoring, reducing and eliminating uncomfortable or dangerous physical symptoms and emotional feelings. 81 pages, paperback, 2000.
Click on book cover or title to buy from Amazon.com

When Someone You Love is Depressed: How to Help Your Loved One Without Losing Yourself

Laura Epstein Rosen, Ph.D. and Xavier Francisco Amador, Ph.D. Through compelling real-life stories and step-by-step advice, the authors offer methods of protecting relationships from depression's destructive impact. 262 pages, paperback, 1997. ISBN 0-684-83407-3

When Words Are Not Enough: The Women's Prescription for Depression and Anxiety

Valerie Davis Raskin, M.D. Offers case studies, practical advice, and the facts about women and depression. 318 pages, paperback, 1997. ISBN 0-553-06713-3