

ADULT BOOKS WITH BEHAVIORAL HEALTH THEMES

~Compiled by Behavioral Health Coalition of East Tennessee for 2012 Mental Illness Awareness Week~

- Beattie, M. (1992). *Codependent no more: How to stop controlling others and start caring for yourself* (2nd ed.). Center City, MN: Hazelden. (Description of codependency with real-life examples, personal reflections, exercises, and self-tests to help people overcome their own codependency)
- Carnes, P. (1991). *Don't call it love: Recovery from sexual addiction*. New York: Bantam Books. (A description of sexual addiction and recovery by an eminent specialist and therapist who draws on the testimonies of over 1,000 recovering sexual addicts in the first major scientific study of the disorder)
- Chase, T. (1987). *When Rabbit howls*. New York, NY: E. P. Dutton. (A first-person account of multiple personalities written during the process of psychotherapy by the various alter-egos that rescued the author from a childhood of violent, ritualized sexual abuse by her stepfather)
- Copeland, M. E. (2011). *Wellness Recovery Action Plan: A system for monitoring, reducing, and eliminating uncomfortable or dangerous physical symptoms and emotional feelings* (5th ed.). West Dummerston, VT: Peach Press. (A system to help people with a variety of physical and emotional symptoms to develop self-care skills to monitor symptoms, decrease severity and frequency of symptoms, and improve quality of life)
- Cronkite, K. (1994). *On the edge of darkness: Conversations about conquering depression*. New York, NY: Doubleday. (A description of courageous struggles with the debilitating effects of depression based on interviews with well-known personalities, including Mike Wallace, Kitty Dukakis, and Joan Rivers, who conquered this disease)
- Earley, P. (2006). *Crazy: A father's search through America's mental health madness*. New York, NY: G. P. Putnam's Sons. (Investigation of America's criminalization of people with mental illness, based on the author's battle with the mental health system and jail after his son was diagnosed with bipolar disorder)
- Frey, J. (2003). *A million little pieces*. New York, NY: Talese/Doubleday. (A memoir of drug and alcohol abuse and the rehabilitation experience by a man who has taken his addictions to deadly extremes)
- Ghaemi, N. (2011). *A first-rate madness: Uncovering the links between leadership and mental illness*. New York, NY: Penguin Press. (A psychiatrist's investigation of history and new psychiatric research to explain a strong relationship between mood disorders and successful leadership in times of crisis)
- Gorski, T. (1992). *The staying sober workbook: A serious solution for the problem of relapse* (Rev. ed.). Independence, MO: Herald House. (A detailed tool for recovery from substance abuse by a leading expert on addiction)
- Grandin, T. (2006). *Thinking in pictures: My life with autism* (Exp. ed.). New York: Vintage Books. (The dual perspectives of a gifted animal scientist who is a major designer of livestock-handling facilities and a person with autism, including her description of what it is like to live with autism, recent research, and resources)
- Hallowell, E. M., & Ratey, J. J. (2011). *Driven to distraction: Recognizing and coping with Attention Deficit Disorder from childhood through adulthood* (Rev. ed.). New York, NY: Basic Books. (A reference book on ADHD written by psychiatrists and containing current medical information and case histories)
- Hornbacher, M. (1998). *Wasted: A memoir of anorexia and bulimia*. New York, NY: HarperCollins. (A personal story of a battle with eating disorders, binging/purging, food and body image obsessions, substance abuse, and sex)
- Jamison, K. R. (1999). *Night falls fast: Understanding suicide*. New York, NY: A. A. Knopf. (A study of the growing epidemic of suicide among young people, drawing on the author's personal battle with severe manic-depression and attempted suicide to reveal psychological, medical, and biological aspects)

- Levenkron, S. (2006). *Cutting: Understanding and overcoming self-mutilation* (Rev. ed.). New York, NY: W. W. Norton. (A psychotherapist's explanation of seeking relief from mental pain with self-inflicted physical pain)
- Lyden, J. (1997). *Daughter of the Queen of Sheba: A memoir*. Boston, MA: Houghton Mifflin. (A personal memoir by an NPR foreign correspondent about her childhood in a small Midwestern town with a mother whose manic depression created an exotically delusional and frightening but inspiring figure)
- Mason, P. T., & Kreger, R. (2010). *Stop walking on eggshells: Taking your life back when someone you care about has borderline personality disorder* (2nd ed.). Oakland, CA: New Harbinger Publications. (A description of borderline personality disorder and suggestions for how families and friends can cope while taking care of themselves)
- Matsakis, A. (1996). *I can't get over it: A handbook for trauma survivors* (2nd ed.). Oakland, CA: New Harbinger. (Description of PTSD and the healing process for soldiers and survivors of many other types of trauma)
- Nasar, S. (1998). *A beautiful mind: The life of mathematical genius and Nobel Laureate John Nash*. New York, NY: Simon & Schuster. (The true story of a mathematical genius who was a legend by age 30 when he was diagnosed with schizophrenia and who emerged decades later to win a Nobel Prize in economics)
- Robison, J. E. (2008). *Look me in the eye: My life with Asperger's*. New York, NY: Crown Publishers. (The memoir of a high school dropout who became a productive inventor before diagnosis with Asperger syndrome at age 39)
- Rosenthal, N. E. (2013). *Winter blues: Everything you need to know to beat Seasonal Affective Disorder* (4th ed.). New York, NY: Guilford Press. (A description of seasonal syndromes by the psychiatrist/scientist who identified SAD)
- Sacks, O. (1985). *The man who mistook his wife for a hat and other clinical tales*. New York, NY: Summit Books. (Case studies written by a neurologist to describe the real people who experience a variety of neurological syndromes)
- Saks, E. R. (2007). *The center cannot hold: My journey through madness*. New York, NY: Hyperion. (A memoir of paranoid schizophrenia by an accomplished professor who became symptomatic at age 8, tried to hide the severity of her condition, and overcame many obstacles during her treatment and marriage)
- Schiller, L., & Bennett, A. (1994). *The quiet room: A journey out of the torment of madness*. New York, NY: Warner Books. (A story of courage, persistence, and hope by a woman who at age 17 began to hear voices that took over her life, leading her to suicide attempts, hospitalizations, dramatic weight gains, and cocaine addiction before she found help with a new antipsychotic medication and a life of recovery)
- Secunda, V. (1997). *When madness comes home: Help and hope for the children, siblings, and partners of the mentally ill*. New York: Hyperion. (An exploration of the effect of mental illness on the family, based both on personal experience and a study of adult children and siblings of individuals with mental illness)
- Steele, K., & Berman, C. (2001). *The day the voices stopped: A memoir of madness and hope*. New York, NY: Basic Books. (The story of a leading mental health advocate who developed schizophrenia at age 14 and was in and out of hospitals and halfway houses for three decades)
- Whybrow, P. C. (1997). *A mood apart: Depression, mania, and other afflictions of the self*. New York, NY: Basic Books. (A broad discussion of scientific and clinical perspectives on the study of moods, including the crucial role of moods in human nature and society, by a distinguished psychiatrist and researcher)
- Wurtzel, E. (1995). *Prozac nation: Young and depressed in America*. Boston: Houghton Mifflin. (A memoir of a life-long struggle with depression and addiction, including suicide attempts and cutting)

Note: If you are concerned about your own mental health or that of someone else, BHAC recommends that you consult a mental health professional.