

Titles added through the 2018 California State Library Initiatives Book Project

1. The 10 Best Anxiety Busters: Simple Strategies to Take Control of Your Worry by Margaret Wahrenburg
2. The Addiction Solution: Treating Our Dependence on Opioids and Other Drugs by Lloyd Sederer
3. Ansiedad: Cómo Enfrentar El Mal del Siglo by Augusto Cury
4. Baffled by Love: Stories of the Lasting Impact of Childhood Trauma Inflicted by Loved Ones by Laurie Kahn
5. Beyond Anger: A Guide for Men: How to Free Yourself from the Grip of Anger and Get More Out of Life (Revised) by Thomas Harbin
6. Blue Dreams: The Science and the Story of the Drugs That Changed Our Minds by Lauren Slater
7. Body Full of Stars: Female Rage and My Passage Into Motherhood by Molly Carol May
8. The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma by Bessel Van Der Kolk
9. The Boy Crisis: Why Our Boys Are Struggling and What We Can Do about It by Warren Farrell
10. The Campus Cure: A Parent's Guide to Mental Health and Wellness for College Students by Marcia Morris
11. Childhood Disrupted: How Your Biography Becomes Your Biology, and How You Can Heal by Donna Jackson Nakazawa
12. Creating Sanctuary: Toward the Evolution of Sane Societies (Revised) by Sandra L. Bloom
13. The Deepest Well: Healing the Long-Term Effects of Childhood Adversity by Nadine Burke Harris
14. Destroying Sanctuary: The Crisis in Human Service Delivery Systems by Sandra L. Bloom
15. The Disordered Mind: What Unusual Brains Tell Us about Ourselves by Eric R. Kandel
16. The Four Gifts of Anxiety: Embrace the Power of Your Anxiety and Transform Your Life by Sherianna Boyle
17. Gut and Psychology Syndrome: Natural Treatment for Autism, Dyspraxia, A.D.D., Dyslexia, A.D.H.D., Depression, Schizophrenia, 2nd Edition (Revised) by Natasha Campbell-McBride MD
18. Hack Your Anxiety: How to Make Anxiety Work for You in Life, Love, and All That You Do by Alicia H. Clark
19. The Heartfulness Way: Heart-Based Meditations for Spiritual Transformation by Kamlesh D. Patel
20. How to Be a Happier Parent: Raising a Family, Having a Life, and Loving (Almost) Every Minute by Kj Dell'antonio
21. How to Change Your Mind: What the New Science of Psychedelics Teaches Us about Consciousness, Dying, Addiction, Depression, and Transcendence by Michael Pollan
22. Just One Thing: Developing a Buddha Brain One Simple Practice at a Time by Rick Hanson
23. Mental Health Inc: How Corruption, Lax Oversight and Failed Reforms Endanger Our Most Vulnerable Citizens by Art Levine
24. Mommy Burnout: How to Reclaim Your Life and Raise Healthier Children in the Process by Sheryl G. Ziegler
25. No Bad Kids: Toddler Discipline Without Shame by Janet Lansbury
26. No-Drama Discipline: The Whole-Brain Way to Calm the Chaos and Nurture Your Child's Developing Mind by Daniel J. Siegel
27. Nurturing Resilience: Helping Clients Move Forward from Developmental Trauma--An Integrative Somatic Approach by Kathy L. Kain
28. Prozac Nation: Young and Depressed in America by Elizabeth Wurtzel
29. Resilient: How to Grow an Unshakable Core of Calm, Strength, and Happiness by Rick Hanson
30. Slow: Simple Living for a Frantic World by Brooke McAlary
31. The Story You Need to Tell: Writing to Heal from Trauma, Illness, or Loss by Sandra Marinella
32. This Close to Happy: A Reckoning with Depression by Daphne Merkin
33. Unmedicated: The Four Pillars of Natural Wellness by Madisyn Taylor. < note: this author living with ANXIETY not psychosis
34. What to Do When I'm Gone: A Mother's Wisdom to Her Daughter by Suzy Hopkins
35. ¡adelante! Ayuda Instantánea Para El Miedo, El Pánico, Las Palpitaciones, Etc / Moving Forward! By Claudia Croos-Muller