



El Dorado County

NAMI El Dorado
County donated
these books to
library = "x"

last updated
28-Apr-2017

Suggested Books and Websites

EDC library in SLT **LTCC library** (Compiled by f2fnami@gmail.com, Co-Instructors and Support Leaders NAMI)- with input from various psychiatrists and psychologists/social-workers, and family support group members - J&A Nelson

		GENERAL:	AUTHOR
x	x	I Am Not Sick, I Don't Need Help (How to Help Someone with Mental Illness Accept Treatment)	Xavier Amador
x		NO ESTOY ENFERMO, no necesito ayuda! Como ayudar a un enfermo mental a aceptar el tratamiento. (Spanish Edition) (Spanish) Edicion del X aniversario Edition	Xavier Amador
	x	DSM 5. Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition (DSM-5) is the standard classification of mental disorders used by mental health professionals in the United States	
x	ltcc	Crazy, A Father's Search Through America's Mental Health Madness	Pete Earley
EDC		When Someone You Love Has a Mental Illness - 2015	Rebecca Woolis
EDC		A Mind That Found Itself (1908) Google "A Mind That Found Itself" - free copy of .pdf ebook	Clifford Whittingham Beers
		Chronic Sorrow	Susan Roos
EDC		The Family Guide to Mental Health Care	Lloyd Sederer, MD
EDC		The Innocent Man (2008, non-fiction)	John Grisham
x	x	The Illustrated Happiness Trap: How to Stop Struggling and Start Living: (A guide to ACT: mindfulness program to reduce stress)	Russ Harris
x	x	Drugged: The Science and Culture Behind Psychotropic Drugs.	Richard J. Miller
		The Normal One: Life With a Difficult or Damaged Sibling	Jeanne Safer
x		The Price of Privilege	Madeline Levine, Ph.D
x		El precio del privilegio/ The Price of Privilege: Como la presion de los padres y las ventajas materiales estan creando una generacion de jovenes ... Parental Pressure and Ma (Spanish Edition) (Spanish) Paperback – February 28, 2008	Madeline Levine, Ph.D.
x		Change your Brain, Change your Life	Dr. Amen
		The Price of Silence: A Mom's Perspective on Mental Illness	Liza Long
x		My Stroke of Insight: A Brain Scientist's Personal Journey	Jill Bolte Taylor, Ph.D
EDC-slt		Buddha's Brain: The Practical Neuroscience of happiness, love & wisdom	Rick Hanson, Ph.D
	x	A Common Struggle: A Personal Journey Through the Past and Future of Mental Illness and Addiction by Patrick J. Kennedy and Stephen Fried Summary & Analysis Paperback – November 13, 2015	by instaread
x	x	A Common Struggle: A Personal Journey Through the Past and Future of Mental Illness and Addiction	Robert Kennedy
EDC-slt	x	Out came the sun : overcoming the legacy of mental illness, addiction, and suicide in my family / Mariel Hemingway with Ben Greenman.	by Hemingway, Mariel,
	x	Infectious madness : the surprising science of how we "catch" mental illness	Harriet A. Washington.

DEPRESSION:			
x	ltcc	The Mindful Way Through Depression: Freeing Yourself From Chronic Unhappiness (Book & CD)	Mark Williams, John Tresdale, Zindel Segal, and Joe Kabar-Zinn
		The Depression Workbook	Mary Ellen Copeland, M.S.
EDC		The Feeling Good Handbook	David Burns, M.D.
		Overcoming Depression: A Cognitive Therapy Approach 2nd Edition	Freeman, M. Jane Yates, Sharon
EDC		Overcoming Depression: A Step-by-Step Approach to Gaining Control Over Depression	Paul Gilbert
EDC		The Cognitive Behavioral Workbook for Depression: A Step-by-Step Program	William Knaus & Albert Ellis
x		The Gospel According to Josh: A 28-Year Gentile Bar Mitzvah	(depression)By Josh Rivedel
x	ltcc	Change Your Brain, Change Your Life	Daniel Amen, M.D.
		Imagine Me Gone - a novel by Adam Haslett	Adam Haslett
BIPOLAR (Manic Depression):			
x	x	Haldol and Hyacinths: A Bipolar Life	Melody Moezzi
EDC	ltcc	Manic: A Memoir	Terri Cheney
	ltcc	Madness: A Bipolar Life	Marya Hornbacher
x		My Kind of Crazy: Living in a BiPolar World	Janine Crowley Haynes
		Take Charge of Bipolar Disorder: A 4 Step Plan for You and Your Loved Ones to Manage the Illness & Create Lasting Stability	Julie Fast (www.juliefast.com)
EDC		Voices of Bipolar	by Richard Gore, LaChance Publishing
x		Break the Bipolar Cycle: A day by day guide to living with bipolar	Elizabeth Brondolo & Xavier Amador
		The BiPolar Workbook: Tools for controlling your mood swings	Monica Ramrez Basco, Ph.D.
EDC-slt		His Bright Light	Danielle Steel
x		Trastorno bipolar: Una guia para el paciente y su familia (Spanish Edition) (Spanish) Paperback – February 5, 2015	by Georgina Romo Lizarraga
x		Bipolar 101: A practical guide to identifying triggers, managing medications, coping with symptoms, and more	Ruth White, Ph.D., M.S.W. (bipolar herself) & John Preston, Psy.D.
x	x	Regular & Decaf: One friend with Schizophrenia, One friend with Bi-polar, one cup at a time	Andrew Gadtke
	ltcc	The Unquiet Mind: A Memoir of Moods & Madness	Kay Redfield Jamison
		The Bipolar Advantage	Tom Wooten

		SCHIZOPHRENIA:	
x	x	The Center Cannot Hold: My Journey Through Madness	Elyn Saks
x	ltcc	Surviving Schizophrenia: A Family Manual	E. Fuller Torrey, M.D.
x		Esquizofrenia (Spanish Edition)	Instituto Nacional de la Salud Mental
x		Manual de Esquizofrenia y Trastorno Bipolar: Una herramienta integral para el paciente e indispensable para la familia (Spanish Edition)	
x		Divided Minds: Twin Sisters and Their Journey Through Schizophrenia	Pamela Spiro Wagner & Carolyn Spiro, M.D.
		The Quiet Room: A Journey Out of the Torment of Madness	Schiller & Bennett
x		Ben Behind His Voices	Randye Kaye
x	x	Regular & Decaf: One friend with Schizophrenia, One friend with Bi-polar, one cup at a time	Andrew Gadtke
		Crazy All The Time	Frederick L. Covar, M.D.
EDC		The Complete Family Guide to Schizophrenia	Mueser and Gingerich
		Living Outside Mental Illness: Qualitative Studies of Recovery in Schizophrenia	Larry Davidson
EDC-slt		Things I Overheard While Talking to Myself	Alan Alda
		Lowboy (novel about a 16 year old with paranoid schizophrenia)	John Wray
		To Cry A Dry Tear: Bill McPhee's journey of hope and recovery with schizophrenia	Bill MacPhee
x		Schizophrenia A Blueprint for Recovery	Milt Greek
x		Esquizofrenia: Un Manual Para La Recuperacion Total (Spanish Edition)	Milt Greek

		IDENTIFYING BEHAVIORAL CHALLENGES IN CHILDREN / TEENS	NAMI Basics class - additional reading list
x	x	The Teenage Brain: A Neuroscientist's Survival Guide to Raising Adolescents and Young Adults	Frances E. Jensen, MD
		When to Worry: How to Tell If Your Teen Needs Help and What to Do About It	Lisa Boesky
		The Caring Family: Living with Chronic Mental Illness	Kayla F. Bernheim
		Survival Strategies for Parenting Children With BiPolar Disorder: Innovative Parenting and Counseling Techniques for Helping Children with BiPolar Disorder	George T. Lynn
EDC-slt		His Bright Light: The Story of Nick Traina	Danielle Steel
		Treating Explosive Kids: The Collaborative Problem Solving Approach	Ross W. Greene, Ph.D.
x		The Explosive Child: A New Approach for Understanding and Parenting Easily Frustrated, Chronically Inflexible Children	Ross W. Greene, Ph.D.
x		El Niño Explosivo: Un Nuevo Modelo Para Comprender y Criar Al Niño Fácil de Frustrar y Crónicamente Inflexible (Spanish Edition)	Ross W. Greene, Ph.D.
EDC		Parenting with Love and Logic (April, 2006)	
EDC		The Incredible Years: A Troubleshooting Guide for Parents of Children 2-8 (May 2015)	
EDC		1-2-3 Magic: 3-Step Discipline for Calm, Effective, and Happy Parenting (Feb, 2016)	
		Win the Whining War & Other Skirmishes: A Family Peace Plan (Jan, 1991) - used copies available on Amazon	
EDC		Lost at School: Why Our Kids With Behavioral Challenges Are Falling Through The Cracks and How We Can Help Them	Ross W. Greene, Ph.D.
		Wrightslaw: From Emotion to Advocacy: The Special Ed Survival Guide.	Pete & Pam Wright
x		The Price of Privilege	Madeline Levine, Ph.D.
x		El precio del privilegio/ The Price of Privilege: Como la presion de los padres y las ventajas materiales estan creando una generacion de jovenes ... Parental Pressure and Ma (Spanish Edition) (Spanish) Paperback – February 28, 2008	Madeline Levine, Ph.D.
x	x	8 Keys to End Bullying: Strategies for Parent...	Signe Whitson, Babette Rothschild
		DVD: Race to Nowhere: The Dark Side of America's Achievement Culture (documentary, 85 min, pg-13)	Available on iTunes, Amazon, check local library
		Helpful Websites: from NAMI Basics	
		Good resource for people with disabilities	www.networkofcare.org
		Advance Directives	www.michigan.gov/medicinematters/advance directives.html
		National Disability Rights	www.ndrn.org
		Bazelon Center for Mental Health Law	www.bazelon.org

		Protection & Advocacy (P&A) service has been replaced by Disability Rights California. GOOGLE "Disability Rights + the name of your state, if not CA"	disabilityrightsCA
		Team of Advocates for Special Kids	www.taskca.org
		To apply for Medical/Food Stamps online	www.c4yourself.com
		Dental Services for Medical	www.denti-cal.ca.gov
		Alphabetical list of mental health meds	www.nimh.nih.gov/health/publications/mental-health-medications/alphabetical-list-of-medications.html
		Good illustration of the brain	www.pub.org/brain
		List of federally/privately supported research using human volunteers	www.ClinicalTrials.gov
		Single point access for all consumer health info produced by NIH	www.health.nih.gov
		Dr Ross Greene's website	www.livesinthebalance.org
		Stuart Ablon's website	www.thinkkids.org
		Transition-Aged Youth Information (ask your NAMI basics instructor about this)	www.nami.org
		IDEA.ed.gov - one stop shop related to "The Individuals with Disabilities Education Act - law enacted in 2004"	idea.ed.gov
		dredf.org - Disability Rights Education & Defense Fund - national civil rights and policy center	DREDF.org
		Brain & Behavior Research Foundation - excellent free replayable webinars showing current brain studies	bbrfoundation.org
		kidsinthehouse.com - parenting tips and parent resource center - they charge annual fee of about \$50/year to access most content.	kidsinthehouse.com
		Borderline Personality Disorder	
x		DBT Skills Training Manual	Marsha M. Linehan
x		Loving Someone with Borderline Personality Disorder: How to Keep Out-of-Control Emotions from Destroying Your Relationship Paperback – June 29, 2011	Kay Redfield Jamison
		OCD and PTSD and Hoarding...	
X		Andy Warhol was a Hoarder	Claudia Kalb
x		The Mindfulness Workbook for OCD: A Guide to Overcoming Obsessions and Compulsions Using Mindfulness and Cognitive Behavioral Therapy (New Harbinger Self-Help Workbooks) Paperback – December 1, 2013	Jon Hershfield MFT
x		The Body Keeps Score: Brain, Mind and Body in the Healing of Trauma	Bessel A Van Der Kolk
		http://hope4ocd.com/books.php	
EDC		Stop Obsessing! How to Overcome your Obsessions and Compulsions	Edna Foa and Reid Wilson
EDC-slt		Brain Lock: Free Yourself from Obsessive-Compulsive Behavior	Jeffrey Schwartz
x	ltcc	The Body Keeps Score: Brain, Mind and Body in the Healing of Trauma	Bessel A Van Der Kolk
		Trauma and Recovery: The Aftermath of Violence - from Domestic Abuse to Political Terror	Judith Herman, MD
		A Matter of Inches: How I survived in the Crease and Beyond	Clint Malarchuk (Douglas County, NV resident and NAMI member)
		LETTING GO OF TOXIC RELATIONSHIPS:	
x		Cutting Loose: An Adult Guide to Coming to Terms with Your Parents	Howard M. Halpern, Ph.D.

x		Wizard of Oz and other Narcissists	Eleanor Payson, M.S.W
EDC-slt	ltcc	Disarming the Narcissist: Surviving and Thriving with the Self-Absorbed Paperback – July 1, 2013	Wendy Terrie Behary LCSW
EDC		CoDependent No More	Melody Beattie
EDC-slt		The Language of Letting Go	Melody Beattie
		ANXIETY & PHOBIAS:	
x		The Anxiety and Phobia Workbook	Edmund Bourne, Ph.D.
x		Venza sus temores: Ansiedad, fobia y pánico (Masters/Salud) (Spanish Edition)Aug 1, 2015	by Reneau Z. Peurifoy
		Healing Anxiety & Depression	Daniel Amen, M.D.
		SUICIDE:	
EDC		The Suicidal Mind	Edwin Shneidman
EDC-slt		Why Suicide?	Eric Marcus
EDC	ltcc	Night Falls Fast: understanding suicide	Kay Redfield Jamison

DEATH & GRIEF:

x	The Grief Recovery Handbook	J. J. & Frank Cherry
	The Paradoxes of Mourning: Healing Your Grief with Three Forgotten Truths	Alan Wolfelt
	The Wilderness of Grief: Finding Your Way	Alan Wolfelt
	What Helped Me When My Loved One Died	Earl Grollman
	Readings for Remembrance: A Collection for Funerals & Memorial Services	Eleanor Munro
x	The Jewish Way in Death and Mourning	Maurice Lamm
	That You May Live Long: Caring for Our Aging Parents, Caring for Ourselves	Richard Address & Hara Person
	A Heart of Wisdom: Making the Jewish Journey from Mid-Life Through the Elder Years	Susan Berrin
	PAIN MANAGEMENT & ADDICTION:	
x	The Thirteenth Step: Addiction in the Age of Brain Science	Markus Heilig
	A Day Without Pain	Mel Pohl, MD, FASAM
x	The Pain Antidote: The Proven Program to Help You Stop Suffering from Chronic Pain, Avoid Addiction to Painkillers--and Reclaim Your Life	Mel Pohl, MD, FASAM
	Stanford University's pain management research:	http://med.stanford.edu/paincenter/research.html

Books for Children (for parent to read with child)

x	Why is Mommy Sad? A Child's Guide to Parental Depression Paperback – July 3, 2006	by MD Paul D. Chan (Author), Laurie A. Faust (Illustrator)
x	The Bipolar Bear Family: When a Parent Has Bipolar Disorder Paperback – September 14, 2006	by Angela Holloway (Author)

EDC Glad Monster, Sad Monster, Ed Emberley (for parent to read with the child)

EDC Visiting Feelings (to read with your child) by Lauren Rubenstein

<https://www.parentco.com/10-books-to-help-children-understand-mental-illness/>

GOOGLE: books to help children understand mental illness

Other...ADHD

x Taking Charge of ADHD, Third Edition: The Complete, Authoritative Guide by Russell A. Barkley (Author)
for Parents Paperback – April 15, 2013

AUTISM:

x		Guia para padres sobre el Trastorno del Espectro Autista (Spanish Edition) (Spanish) Paperback – November 1, 2014	by Instituto Nacional de la salud Mental (AuthorPage 6 of 10)
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DRUG ABUSE, HISTORY, and RESEARCH:			
		National Institute on Drug Abuse	http://www.drugabuse.gov
x	x	Drugged: The Science and Culture Behind Psychotropic Drugs.	Richard J. Miller
		Going to Pot: Why the Rush to Legalize Marijuana is Harming America.	William Bennet and Robert White
		Psychopharmacology: Straight Talk on Mental Health Medications	Joseph Wegmann
		Reefer Sanity, Seven Great Myths about Marijuana	Kevin A. Sabet, Ph.D
		The American Disease: Origins of Narcotic Control	David F. Musto
		Marijuana: What's a Parent to Believe	Timmen L. Cermak, MD
		The Science of Marijuana	Leslie Iversen
		Article in Mercury News - simple explanation why it is important to wait until the brain is FULLY developed before taking cannabis.	http://mercurynews.ca.newsmemory.com/publink.php?shareid=74fc93853
		Article on when brain is fully developed, ways to build a healthy brain	http://mentalhealthdaily.com/2015/02/18/at-what-age-is-the-brain-fully-developed/
OTHER SOURCES OF INFO & SUPPORT:			
		NAMI (National Alliance on Mental Illness)	www.nami.org
		Brain & Behavior Research: The Brain & Behavior Research Foundation offers FREE monthly webinars. Fantastic library of FREE webinars available for replay.	bbrfoundation.org
		National Institute Mental Health	NIMH.nih.gov psychiatry.org
		Psychology Today (great magazine but also excellent on-line source to learn about providers in your zip code including their bio)	psychologytoday.com
		The "consumer reports" of Mental Health apps	psyberguide.org
		https://www.psychu.org	www.psychu.org
		OK2TALK.org (where teens and young adults can share)	ok2talk.org
		NAMIAir (free mobile app - anonymous - for teens and young people to express)	https://www.nami.org/Find-Support/Air-App
		TED Series (short 20 min videos on-line)	www.ted.talks.com/talks
		Substance Abuse and Mental Health Services Admin	www.samhsa.gov
		Schizophrenia and Related Disorders Alliance of America	www.sardaa.org
		Categorical Spending on Health Care Research	report.nih.gov/categorical_spending.aspx
		BringChangeToMind.Org (actress Glenn Close sponsor)	BringChangeToMind.org
		VoicesDocumentary.com	VoicesDocumentary.com
		HealthyPlaces.com (for consumers / peers)	HealthyPlaces.com
		EachMindMatters (Movement in CA - peer stories)	www.eachmindmatters.org
		RA1SE -Recovery After Initial Schizophrenia Episode	https://raiseetp.org
		PREP - psychosis recovery - early treatment	http://prepwellness.org
		FEP - First Episode Psychosis whitepaper	http://www.nimh.nih.gov/health/topics/schizophrenia/raise/nimh-white-paper-csc-for-fep_147096.pdf

		Brainsway (transcranial magnetic stimulation) for treatment resistant depression and/or those with treatment resistant schizophrenia.)	http://www.brainsway.com/us/about-brainsway
		Special Needs Alliance Attorney's (mental health specialty)	www.specialneedsalliance.org
		ABLE (financial tax-free accounts that can supplement a special needs trust.)	http://www.realeconomicimpact.org/news/?id=460
		http://www.realeconomicimpact.org/public-policy/able-act.aspx	
		CA AB 1424	
		CA AB 1424 Form - google "El Dorado County 1424"	
		Who is my Legislature?	Whoismyrepresentative.com
		California's IN-HOME SUPPORTIVE SERVICES (IHSS) PROGRAM	http://www.cdss.ca.gov/agedblinddisabled/pg1296.htm
		On Pins & Needles: Caregiver's of Adults with Mental Illnesses	http://www.caregiving.org/wp-content/uploads/2016/02/NAC_Mental_Illness_Study_2016_FINAL_WEB.pdf
		Advocacy:	
		A Long Road Ahead: Achieving True Parity in Mental Health and Substance Use Care	www.nami.org/parity-report
		NAMI State Mental Health Legislation 2014: Trends, Themes and Effective Practices	www2.nami.org/Template.cfm?Section=Policy_Reports&Template=/ContentManagement/ContentDisplay.cfm&ContentID=172851
		NAMI Public Policy Platform: Sep 2014 Tenth Edition	www.nami.org/getattachment/About-NAMI/Where-NAMI-Stands-on-Public-Policy/Public-Policy-Platform_9-22-14.pdf
		Google "Grading the States in Mental Health"	www.nami.org/gtsTemplate09.cfm?Section=Grading_the_States_2009
		Class action suit at Santa Clara, CA county jail over use of solitary and inhumane conditions for those with mental illness. First in the nation!	http://www.sfgate.com/bayarea/article/Suit-slams-Santa-Clara-County-Jail-s-use-of-6643822.php
		Google "CA Athiest jailed over faith-based recovery gets \$2M in settlement."	www.huffingtonpost.com/2014/10/15/barry-a-hazle-jr-atheist-settlement_n_5987630.html

		Google "Class action lawsuit in AZ leads to prison reform in AZ - limits on solitary confinement."	www.aclu.org/prisoners-rights/arizona-agrees-major-improvements-prison-health-care-crucial-limits-solitary
		Mental Health Court	Google: Mental Health Court (your city, state)
		Favorite TED Talks or Webinars:	<i>Dozens of new ones every month...google TED Talk Mental Illness</i>
		Google "TED Series - Early Intervention of Mental Illness" All mental illnesses / schizophrenia	http://www.ted.com/talks/thomas_insel_toward_a_new_understanding_of_mental_illness
		Google "TED Series - Trauma and schizophrenia" (Schizophrenia)	http://www.ted.com/talks/eleanor_longden_the.voices_in_my_head
		Google "TED Series - Childhood Trauma Affects Health"	http://www.ted.com/talks/nadine_burke_harris_how_childhood_trauma_affects_health_across_a_lifetime
		Google "TED Series - A Neural portrait of the human mind" (Schizophrenia)	www.ted.com/talks/nancy_kanwisher_the_brain_is_a_swiss_army_knife?language=en
		TED Talk - Fantastic short Video on Schizophrenia by Dr. Elyn Saks. (Schizophrenia)	www.ted.com/speakers/elyn_saks
		Newsweek: Sep 2016: Can Blood Tests Detect Schizophrenia and other Mental Illnesses?	http://www.newsweek.com/2016/09/09/blood-tests-detect-schizophrenia-mental-illness-493955.html
		Google: BBRFoundation.org Identifying Risk Factors and Protective Pathways in Schizophrenia. (Schizophrenia)	https://bbrfoundation.org/meet-the-scientist-july-2014
		Google: Brain Networks in Schizophrenia and Bi-Polar Disorder: Targets for Novel Therapies. (Schizophrenia)	https://bbrfoundation.org/meet-the-scientist-june-2014
		TED Talk Video. Fantastic Video on ECT - Dr. Sherwin Nuland on his positive experience with Electroshock Therapy (Depression)	http://www.ted.com/talks/sherwin_nuland_on_electroshock_therapy?language=en
		The power of vulnerability: Brené Brown	TED Talks
		Listening to shame: Brené Brown	TED Talks
		The Happiness Advantage: Linking Positive Brains to Performance: Shawn Achor	TED Talks

MOVIE	HAPPY -watch this movie called "HAPPY" "Happiness is a skill that can be learned." Here is the interview with Dr. Richard Davidson- https://www.webpsychology.com/professor-richard-j-davidson-happiness-skill-can-be-learned#SmartPlayerWrapper_190216	www.thehappymovie.com (available free on netflix)
MOVIE list	Google "Mental Disorders in Films"	https://en.wikipedia.org/wiki/Mental_disorders_in_film
MOVIE	13 Reasons Why	Netflix Original Movie
	Wellness Recovery Action Plan (WRAP): http://mentalhealthrecovery.com/wrap-is/	
	FREE DBT Workbooks:	
	http://ny-dbt-rmphi.weebly.com/uploads/3/0/5/9/30590917/9781572246799.pdf	
	http://www.bipolarsjuk.se/pdf/Handbook%20in%20DBT%20Group.pdf	
	Psyberguide.org -- non-profit working to become the "consumer reports" of mental health App - also google "best free mental health apps for my phone" Apps such as Happify, Optimism, TZ Mood Tracker,	www.happify.com
	Just For Fun	
	Just for fun, try finding 3 good things each day and share with your loved one. Limit your "not so great things about the day" to 1 thing. This can generate some very positive thinking when done over time. I originally learned this technique from a psychiatrist, then read about it in an article in Psychology Today. Later I found this website.	www.actionforhappiness.org .