

Suggested Books and Websites

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

last updated
28-Apr-2017

EDC (Compiled by f2fnami@gmail.com, Co-Instructors and Support Leaders NAMI)- with input from
library various psychiatrists and psychologists/social-workers, and family support group members -
in SLT 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 Kabat-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 guía 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	Randy 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. Covan, 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 MacPhee'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 Skimishes: 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.min.mih.gov/mediceneptus/advance-directives.html
		National Disability Rights	www.ndrn.org
		Bazon Center for Mental Health Law	www.bazon.org

		Protection & Advocacy (P&A) service has been replaced by Disability Rights California. GOOGLE "Disability Rights + the nme 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/private 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 http://hope4ocd.com/books.php	Bessel A Van Der Kolk
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	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)

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EDC

Glad Monster, Sad Monster, Ed Emberley (for parent to read with the child)
Visiting Feelings (to read with your child) by Lauren Rubenste

<https://www.parent.c/o/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 for Parents Paperback – April 15, 2013	by Russell A. Barkley (Author)
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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 (Author)Page 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.com/a.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.org
			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
			http://www.caregiving.org/wp-content/uploads/2016/02/NAC_Mental_Illness_Study_2016_FINAL_WEB.pdf
		On Pins & Needles: Caregiver's of Adults with Mental Illnesses	
		Advocacy:	
		A Long Road Ahead: Achieving True Parity in Mental Health and Substance Use Care	www.nami.org/parityreport
		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	
		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-rmphd.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 .