

## Books We Recommend



- ***Win the Battle, The 3-Step Lifesaving Formula to Conquer Depression and Bipolar Disorder.*** Bob and Melissa Olson.
- ***I Am Not Sick I Don't Need Help.*** Xavier Amador and Anna-Lisa Johnson.
- ***Overcome Depression. The Definitive Resource for Patients and Families Who Live with Depression and Manic-Depression.*** Demitri Papolos, M.D. and Janice Papolos. HarperPerennial--a division of HarperCollins publishers, N.Y., 1997.
- ***Surviving Schizophrenia. A Manual for Families, Consumers, and Providers.*** E. Fuller Torrey, M.D. Quill--an Imprint of HarperCollins Publishers, N.Y. 2001.
- ***It's Nobody's Fault. New Hope and Help for Difficult Children.*** Harold S. Koplewicz, M.D. Three Rivers Press, N.Y., 1996.
- ***Stop Walking on Eggshells. Taking Your Life Back When Someone You Care About Has Borderline Personality Disorder.*** Paul T. Mason, M.S. and Randi Kreger. New Harbinger Press, Oakland, CA, 1998.
- ***Borderline Personality Disorder Demystified.*** Robert O. Friedel, M.D.
- ***Asperger Syndrome and Difficult Moments.*** Brenda Smith Myles and Jack Southwick, Autism Asperger Publishing Co., Shawnee Mission, KS 1999.
- ***Asperger Syndrome and Adolescence, Practical Solutions for School Success.*** Brenda Smith Myles and Diane Adreon. Autism Asperger Publishing Co., Shawnee Mission, KS, 2001.
- ***The Bipolar Child, The Definitive and Reassuring Guide to Childhood's Most Misunderstood Disease.*** Dimitri Papolos, M.D. and Janice Papolos.
- ***When Someone You Love is Depressed.*** Xavier Amador.
- ***No Longer Alone: Mental Health and the Church.*** John Toews with Eleanor Loewen.
- ***First Person Plural: My Life as a Multiple.*** Cameron West.
- ***The Quiet Room, A Journey Out of the Torment of Madness.*** Lori Schiller and Amanda Bennett. Warner Books, Inc., 1271 Ave. of the Americas, N.Y., N.Y. 1994.

## Books We Recommend



- ***Obsessive Compulsive Disorder: New Help for the Family.*** Herbert Gravitz

- ***When Someone You Love Has a Mental Illness.*** Rebecca Woolis

- ***Beyond Anxiety & Phobia: A Step By Step Guide.*** Edmund G. Bourne

- ***A Family Guide To Coping With Dual Disorders: Addiction And Psychiatric Illness: Co-occurring Disorders Series*** Dennis C. Daley

- ***If Your Adolescent Has An Eating Disorder: An Essential Resource For Parents.*** B. Timothy Walsh and V.L. Cameron