

CMHA Library List 2018

Alzheimer's

Coping With Alzheimer's – Oliver, Rose

Dementia and Wandering Behavior – Silverstein, Nina

Different Minds: Living with Alzheimer Disease – Drew, Lorna

The Dying of the Light: Living with Alzheimer's Disease – Olson, Arthur

Living in the Labyrinth: A Personal Journey Through the Maze of Alzheimer's – McGowin, Diana

Shared Stories from Daughters of Alzheimer's – Granger, Persis

100 Questions & Answers about Alzheimer's Disease – Wisniewski, Thomas

Anxiety

Anxiety Disorders – Caldwell, Paul

Anxiety Disorders: An Information Guide – Rector, Neil

Dancing With Fear: Controlling Stress... and Anxiety – Foxman, Paul

Don't Panic: Taking Control of Anxiety Attacks – Wilson, Read

The Feeling Good Handbook – Burns, David

Healing Anxiety and Depression – Amen, Daniel

Overcoming Anxiety for Dummies – Elliott, Charles

Overcoming the Fear of Fear: How to Reduce Anxiety Sensitivity – Watt, Margo

Bipolar

Bipolar Disorder: A Guide for Patients and Families 3rd Ed. – Mondimore, Francis

Bipolar Disorder: An Information Guide – Bipolar Clinic Staff

Bipolar for Dummies – Fink Jaynak

The Bipolar Handbook – Burgess, Wes

The Bipolar Disorder Survival Guide – Miklowitz, David

Break the Bipolar Cycle – Brondolo, Elizabeth

The Everything Health Guide to Adult Bipolar Disorder – Bloch, Jon

Facing Bipolar – Federman, Russ

Less than Crazy: Living Fully With Bipolar II – Dougherty, Karla

New Hope for People with Bipolar Disorder – Fawcett, Jan

A Promise of Hope: A Story of a Woman Afflicted with Bipolar Disorder – Stringham, Autumn

A Brilliant Madness – Patty Duke, Gloria Hochman

Brain Injury

Brain Injury – Cooper, Alan

Child and Youth/Parenting

A Family Guide to Concurrent Disorders – O’Grady, Skinner

Angry Octopus: A Relaxation Story – Lite, Lori

Acquainted with the night: A Parent’s Quest to Understand Depression and Bipolar Disorder –
Raeburn, Paul

The Asperger Plus Child – Lynn, George

The Burden of Sympathy: How Families Cope with Mental Illness – Karp, David

Can I Catch it Like a Cold: Coping with a Parent’s Depression– Joe Weissmann

Cool Cats, Calm Kids: Relaxation and Stress Management for Young People – Williams, Mary.

Don’t Let Your Kids Kill You: A Guide of Drug and Alcohol Addicted Children – Rubin, Charles

Family Education in Mental Illness– Hatfield, Agnes

FASD Strategies not Solutions

The Goodnight Caterpillar: A Children’s Relaxation Story – Lite, Lori

“Help Me, I’m Sad”: Recognizing, Treating and Preventing Childhood and Adolescent Depression
– Fassler, David

How You Can Help: A Toolkit for Families

The Hugging Tree – Jill Neimark

It’s Complicated: The Social Lives of Networked Teens – Boyd, Danah

Kids Speak Up: Shining Light on Mental Illness - Hull Child and Family Services

Living With FASD: A Guide for Parents – Graefe, Sara

Mindfulness for Teen Anger – Purcell, Mark and Jason Murphy

Mindfulness for Teen Anxiety – Willard, Christopher

More than Moody: Recognizing and Treating Adolescent Depression – Koplewicz, Harold

Borderline Personality Disorder: An Information Guide for Families – Centre for Addiction and Mental Health

The PTSD Workbook for Teens – Palmer, Libbi

Reclaiming Youth at Risk –Brendtro, Brokenleg, Bockern

Silent Heroes: Courageous Families Living with Depression and Mental Illness – Focht, Maureen

The Social Success Workbook for Teens – Cooper, Barbara

Souls are Made of Endurance: Surviving Mental Illness in the Family – Govig, Stewart

Stress Relief for Kids – Belknap, Martha

Surviving a Borderline Parent – Roth, Kimberlee

When Teens Abuse Their Parents – Cotterell, Barbara

When Madness Comes Home: Help and Hope for the Families of the Mentally Ill –Secunda, Victoria

When a Parent is Depressed – Beardslee, William

Cognitive Behavioural Therapy

Cognitive Behavioural Therapy: An Information Guide – Rector, Neil

Cognitive Behavioural Therapy for Dummies – Branch, Rhena

Mind over Mood: Change How You Feel by Changing the Way you Think – Greenberger, Dennis

Think Good – Feel Good – Starlland, Paul

Death/Grief

How to Go On Living When Someone You Love Dies – Rando, Therese

Coping with Grief: A Self Help Guide – Komar, C.A.

Depression

Beyond the Blues – Schab, Lisa

Depressive Illness: An Information Guide– Bartha, Christina

Depression for Dummies – Smith, Laura

The Depression Workbook – Copeland, Mary Ellen

Depression: Your Questions Answered – Lurie, Melvyn

Living Without Depression & Manic Depression – Copeland, Mary Ellen

A Map for the Journey: Living Meaningfully with Recurring Depression – Dickie, Nan

The Mindful Way through Depression – Williams, Mark

Overcoming Depression – Papolos, Demitri

Seasonal Affective Disorder for Dummies – Smith, Laura

An Unquiet Mind: A Memoir of Moods and Madness – Jamison, Kay

We Fly, We Cry: Our Lives with Manic-Depression – Sakals, BettyAnne

We Heard the Angels of Madness: A Family Guide to Coping with Manic Depression – Berger, Diane and Lisa

When Someone You Love is Depressed – Rosen, Laura

Eating Disorders

Daily Affirmations for Compulsive Eaters – Ward, Susan

Food Addiction: The Body Knows – Sheppard, Kay

Food Addiction: Healing Day by Day – Sheppard, Kay

From the First Bite: A Complete Guide to Recovery from Food Addiction – Sheppard, Kay

Intuitive Eating: A Recovery Book for the Chronic Dieter – Tribole, Evelyn

A New Beginning: Stories of Recovery from Relapse – Overeaters Anonymous

Potatoes not Prozac – DesMaisons, Kathleen

The Ultimate Weight Solutions – McGraw, Phil

Mental Illness

"I am not sick I don't need help!" How to Help Someone with Mental Illness Accept Treatment – Amador, Xavier

After Her Brain Broke – Inman, Susan

Canadian Journal of Community Mental Health

Can't Sleep, Can't Stay Awake: A Woman's Guide to Sleep Disorders – Kryger, Meir

Electroshock: Healing Mental Illness – Fink, Max

Emotional First-Aid Manual – Stewart, John

Helping Someone with Mental Illness – Carter, Rosalynn

The Last Taboo: A Survival Guide to Mental Health Care in Canada – Simmie, Scott

The Truth about Mental Illness – Whitfield, Charles

When Someone You Love Has a Mental Illness – Woolis, Rebecca

50 Signs of Mental Illness – Hicks, James

Inside a Cutter's Mind: Understanding and Helping Those Who Self-Injure – Clark, Jerusha

Miscellaneous

Canadian Patient's Book of Rights – Lorne Rozovsky

Diagnostic and Statistical Manual of Mental Disorders – 4th Ed American Psychiatric Association

Health Living - Kelty Mental Health

The Wounded Healer – Novwen, Henri J. M.

Cultivating Canada - Mathur, Ashok; Dewar, Jonathan; DeGagne, Mike

Diagnostic and Statistical Manual of Mental Disorders – 4th Ed American Psychiatric Association

Safe and Secure: 7 steps on the path to a good life for people with Disabilities – Al Etmanski 2015

Neurodevelopmental Disorders

Answers to Distraction – Hallowell, Edward

Driven to Distraction: Recognizing and Coping with Attention Deficit Disorder – Hallowell, Edward

10 Simple Solutions to Adult ADD – Sarkis, Stephanie

Obsessive-Compulsion Disorders

Obsessive-compulsive disorders: An Information Guide– Rector, Neil

Loving Someone with OCD – Landsman, Karen

The OCD Workbook 3rd Ed. – Hyman, Bruce and Cherry Pedrick

The Sky is Falling: Understanding and Coping with Phobias, Panic and Obsessive-compulsive Disorders – Dumont, Raeann

Stop Obsessing: How to Overcome Your Obsessions and Compulsions – Foa, Edna

Personality Disorders

Borderline Personality Disorder for Dummies – Elliott, Charles

Get Me Out of Here: My Recovery from Borderline Personality Disorder – Reiland, Rachel

The Osiris Complex: Case-studies in Multiple Personality Disorder – Ross, Colin

Sometimes I act Crazy: Living with Borderline Personality Disorder – Kreisman, Jerold

Stop Walking on Eggshells: Taking Your Life Back When Someone You Care About Has Borderline Personality Disorder – Mason, Paul

The Angry Heart – Overcoming Borderline and Addictive Disorders – Ronald, Joseph

Post-Traumatic Stress

Broken Wings: A Flight Attendant's Journey – Andersen, Nattanya

Mind-body Workbook for PTSD – Block, Stanley and Carolyn Block

Post-Traumatic Stress Disorder for Dummies – Goulston, Mark

The Post-Traumatic Stress Disorder Sourcebook – Schiraldi, Glenn

The Post-Traumatic Stress Workbook – Williams, Mary Beth

Woman, Abuse and Trauma Therapy – Haskell, Lori

Psychosis

First Episode Psychosis: An Information Guide– Romano, Donna

Women and Psychosis: An Information Guide– Blake, Pamela

Arctic Spring: Potential for Growth in Adults with Psychosis and Autism – Tremelloni, Laura

Beyond Psychosis – Bell, Paul

Insight and Psychosis – Amador, Xavier

Promoting Recovery from First Episode Psychosis: A Guide for Families – Baker, Sabrina

Early Psychosis – A Guide for Mental Health Clinicians – University of BC

Schizophrenia

Schizophrenia: An Information Guide– Paterson, Jane

The Complete Family Guide to Schizophrenia– Mueser, Kim

Divided Minds: Twin Sisters and Their Journey through Schizophrenia – Wagner, Pamela

The Family Face of Schizophrenia – Backlar, Patricia

Getting Your Life Back Together When You Have Schizophrenia – Temes, Roberta

Learning about Schizophrenia: Rays of Hope– Schizophrenia Society of Canada

The Shell People: My Story of Schizophrenia – Mercato, Sharon

Surviving Schizophrenia– Torrey, E. Fuller

Schizophrenia: Hearing Voices – Schneider: MacDonald

Schizophrenia: The Journey to Recovery– Canadian Psychiatrist Association

Surviving Schizophrenia Revised Edition – Torrey, E. Fuller

Self-Care/Self Help

Accessing the Healing Power of the Vagus Nerve – Stanley Rosenberg

Family Self-Care and Recovery from Mental Illness

Chicken Soup for the Caregiver's Soul – Canfield, Jack

Codependent No More: How to Stop Controlling Others and Start Caring for Yourself – Beattie, Melody

The Dance of Anger: A Woman's Guide to Changing the Patterns of Intimate Relationships – Lerner, Harriet



The Dark Side of the Light Chasers: Reclaiming Your Power, Creativity, Brilliance and Dreams – Ford, Debbie

Fat is a Feminist Issue: A Self-Help Guide for Compulsive Eaters – Orbach, Susie

Full Catastrophe Living: Using the Wisdom of Your Body and Mind to Face Stress, Pain, and Illness – Kabat-Zinn, Jon

How to Quit Drugs for Good: A Complete Self-Help Guide – Dorsman, Jerry

How to deal with Anger: A 5 –step, CBT-based plan for managing anger and overcoming frustration – Isabel Clarke

Overcoming Compassion Fatigue: A practical Resilience Workbook – Martha Teater and John Ludgate

It's All Too Much: An Easy Plan for Living a Richer Life with Less Stuff – Walsh, Peter

The Light Shall Set You Free – Milanovich, Norma

Nonviolent Communication: A Language of Life – Rosenberg, Marshall

Overcoming Panic and Agoraphobia – Silove, Derrick

The Relaxation & Stress Reduction Workbook – Davis, Martha

The Upside of Stress: why stress is good for you and how to get good at it – Kelly McGonigal

Safe and Secure: Six Steps to Creating a Good Life for People with Disabilities– Etmanski, Al

The Seat of the Soul – Zukav, Gary

The Secret of the Brain Chip: A Self-Help Guide for People Suffering from Psychosis – Hert, Marc

Soul Stories – Zukav, Gary

Happy Go Yoga: simple poses to relieve pain, reduce stress, and add joy – Christine Chen

101 Mindful Ways to Build Resilience: Cultivate Calm, Clarity, Optimism & Happiness Each Day - Altman, Donald, M.A., LPC

The Little Book of Mindfulness: 10 Minutes a Day to Less Stress, More - Collard, Patrizia

Stress Management for Dummies – Elkin, Allen

Ten Days to Self-Esteem – Burns, David

You Mean I'm not Lazy, Stupid or Crazy! The Classic Self-Help Book for Adults with Attention Deficit Disorder – Kelly, Kate

Substance Use

Addiction: An Information Guide– Herie, Marilyn

Adult Children of Alcoholics – Woititz, Janet

Concurrent Substance Use and Mental Health Disorders: An Information Guide – Skinner, W.J

Addiction & Recovery for Dummies – Shaw, Brian

Co-occurring Addiction and Mental Health Disorders – McGovern, Mark

The Everything Health Guide to Addiction and Recovery – Simmons, Linda

Management of Alcohol, Tobacco and other Drug Problems –Centre for Addictions and Mental Health

The Addiction Recovery Skills Workbook: changing addictive behaviours using CBT, Mindfulness, and Motivational Interviewing Techniques – Suzette Glasner-Edwards and Richard A. Rawson

Substance Abuse Treatment and the Stages of Change: Selecting and Planning Interventions - Connors, Diclemente, et al.

Thinking Simply About Addiction: A Handbook for Recovery – Sandor, Richard

Suicide

Suicide Intervention Handbook – Living Works

After Suicide Loss: Coping with your Grief – Bob Baugher, Ph.D. and Jack Jordan, Ph.D.

Reasons to Stay Alive – Matt Haig

Tattered Teddies – Center of Suicidal prevention