BOOKS ABOUT MENTAL HEALTH

The Bipolar Child (by Dr. Demitri Papulos and Janice Papulos)

The Bipolar Disorder Survival Guide: What You and Your Family Need to Know (by David Miklowitz)
   Edición española: El Trastorno Bipolar: Una Guía Practica para Familias y Pacientes

Bipolarity as a Gift: How to Transform Emotional Instability into a Blessing
   (by Eduardo Grecco)
   Edición española: La Bipolaridad como Don: Cómo Transformar la Inestabilidad Emocional en una Bendición

Black Box (by Julie Schumacher)

The Chemistry of Calm: A Powerful, Drug-Free Plan to Quiet Your Fears and Overcome Your Anxiety
   (by Dr. Henry Emmons)

The Chemistry of Joy: A Three-Step Program for Overcoming Depression Through Western Science and Eastern Wisdom
   (by Dr. Henry Emmons and Rachel Kranz)

Darkness Visible: A Memoir of Madness (by William Styron)

Defying Mental Illness: Finding recovery with Community Resources and Family Support
   (by Paul Komarek and Andrea Schroer)

Emotional Intelligence: Why It Can Matter More Than IQ (by Daniel Goleman)
   Edición española: La Inteligencia Emocional: Por Qué es Más Importante Que el Cociente Intelectual

The Explosive Child: A New Approach for Understanding and Parenting Easily Frustrated, Chronically Inflexible Children (by Dr. Ross Greene)
   Edición española: El Niño Explosivo: Un Nuevo Modelo Para Comprender y Criar Al Niño Fácil de Frustrar y Crónicamente Inflexible

Furiously Happy: A Funny Book About Horrible Things (by Jenny Lawson)

God Place Her in My Path: Lessons Learned from the Furnace of Bipolar Disorder (by Dorothy Ruppert)

I am Not Sick, I Don’t Need Help! How to Help Someone with Mental Illness Accept Treatment (by Xavier Amador)

It’s Nobody’s Fault: New Hope and Help for Difficult Children and Their Parents (by Harold Koplewicz)
Lost at School: Why Our Kids with Behavioral Challenges are Falling Through the Cracks and How We Can Help Them (by Dr. Ross Greene)

New Hope for People with Bipolar Disorder: Your Friendly, Authoritative Guide to the Latest in Traditional and Complementary Solutions (by Dr. Jan Fawcett and Dr. Bernard Golden)

The Noonday Demon: An Atlas of Depression (by Andrew Solomon)
*Edición española: El Demonio de la Depresión: Un Atlas de la Enfermedad*

Obsessive Compulsive Disorder: New Help for the Family (by Herbert Gravitz)

Overcoming Borderline Personality Disorder: A Family Guide for Healing and Change (by Valerie Porr)

Overcoming Panic, Anxiety & Phobias: New Strategies to Free Yourself from Worry and Fear (by Shirley Babior and Carol Goldman)

Straight Talk about Psychiatric Medications for Kids (by Dr. Timothy Wilens and Dr. Paul Hammerness)
*Español: Hoy en día me río del Trastorno Bipolar: Historias de un Bipolar* (by Alexandre Fiuza)

Treating the Explosive Child: The Collaborative Problem-Solving Approach (by Dr. Ross Greene and Dr. J. Stuart Ablon)

Understanding Depression: What We Know and What You Can Do About It (by J. Raymond Depaulo and Leslie Alan Horvitz)

When Bad Things Happen to Good People (by Harold Kushner)
*Edición española: Cuando a la Gente Buena le Pasan Cosas Malas*

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