

# BOOKS ABOUT MENTAL HEALTH

**The Bipolar Child** (by Dr. Demitri Papolos and Janice Papolos)

**The Bipolar Disorder Survival Guide: What You and Your Family Need to Know** (by David Miklowitz)  
*Edición española: El Trastorno Bipolar: Una Guía Práctica 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*

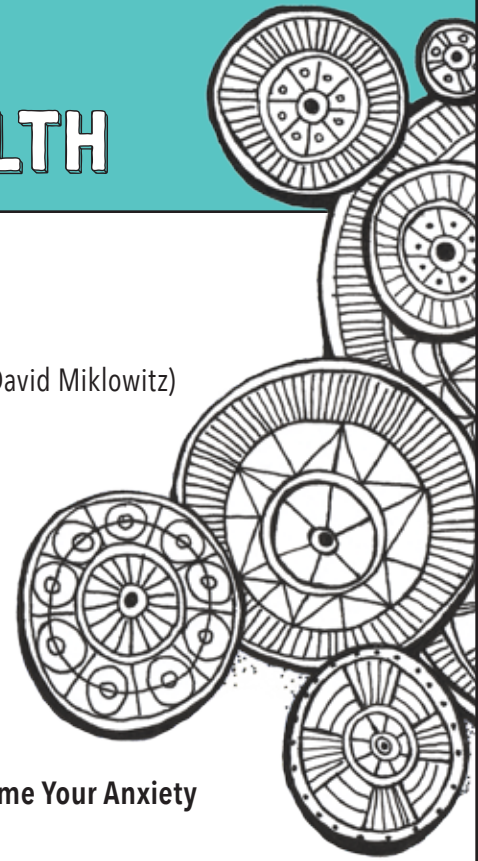
**The Explosive Child: A New Approach for Understanding and Parenting Easily Frustrated, Chronically Inflexible Children** (by Dr. Ross Greene)  
*Edición española: El Niño Explosivo: Un Nuevo Modelo Para Comprender y Criar Al Niño Fácil de Frustrar y Crónicamente Inflexible*

**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 Hamerness)

*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*



Presented by



This exhibit was produced by the Science Museum of Minnesota with Heureka, The Finnish Science Centre and their partners, Ciência Viva and Cité Des Sciences & L'industrie.



Supported by

