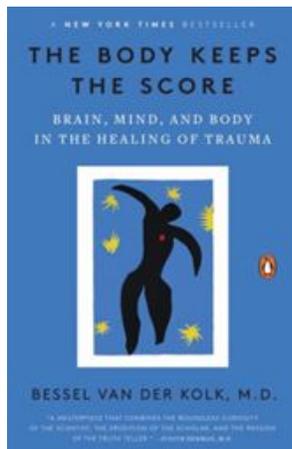


# October 2020: Mental Health Readings and Resources

## Adult Nonfiction



***The Body Keeps the Score* by Bessel van der Kolk** (Available as Audiobook through [Hoopla](#))

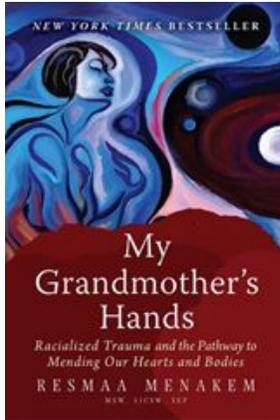
“Dr. Bessel van der Kolk, one of the world’s foremost experts on trauma, has spent over three decades working with survivors. In *The Body Keeps the Score*, he uses recent scientific advances to show how trauma literally reshapes both body and brain, compromising sufferers’ capacities for pleasure, engagement, self-control, and trust. He explores innovative treatments—from neurofeedback and meditation to sports, drama, and yoga—that offer new paths to recovery by activating the brain’s natural neuroplasticity. Based on Dr. van der Kolk’s own research and that of other leading specialists, *The Body Keeps the Score* exposes the tremendous power of our relationships both to hurt and to heal—and offers new hope for reclaiming lives.” --Goodreads



***Mental Health: Prevention* by Dr. Shafiq Yasin** ([Ebook](#) available through [Hoopladigital.com](#))

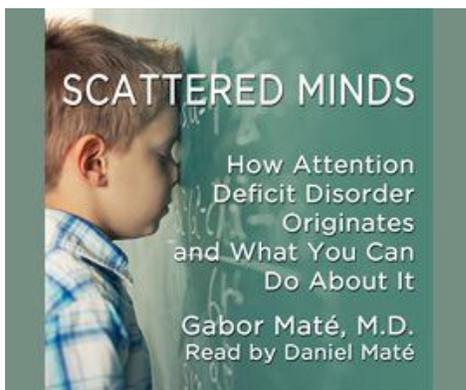
“*Mental Health: Prevention* is a simple yet comprehensive guide to a wide range of causes of mental illnesses. It was written so that the average person can understand the causes, and prevention of these debilitating conditions.

It takes an approach that covers the entire lifespan of a person from genetics to elder abuse. Mental illness can be caused by a wide range of biological and external factors, and it is hoped that if these are understood, illnesses and relapses can be prevented.” --Hoopla



***My Grandmother's Hands: Racialized Trauma and the Pathway to Mending Our Hearts and Bodies* by Resmaa Menakem**  
([Ebook](#) available for download through Hoopladigital.com)

“The body is where our instincts reside and where we fight, flee, or freeze, and it endures the trauma inflicted by the ills that plague society. In this groundbreaking work, therapist Resmaa Menakem examines the damage caused by racism in America from the perspective of body-centered psychology. He argues this destruction will continue until Americans learn to heal the generational anguish of white supremacy, which is deeply embedded in all our bodies.” --blackmentalhealth.com

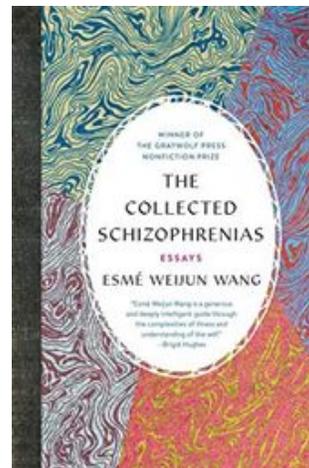


***Scattered Minds: How Attention Deficit Disorder Originates and What You Can Do***

***About It* by Gabor Maté** (Available as [Audiobook](#) through Hoopladigital.com)

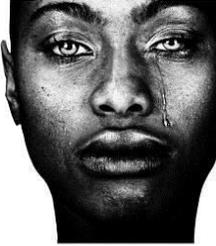
“Written from the inside by a person who himself has ADD, with the wisdom gained through years of medical practice and research, *Scattered Minds* explodes the myth of ADD as a genetically based illness, offering real hope and advice for children and adults who live with this disorder.” --Hoopla.com

## Essays



***The Collected Schizophrenias* by Esmé Weijun Wang** (Print copy available through [Carnegie Library System](#) )

“I tell myself that should delusion come to call, or hallucinations crowd my senses again, I might be able to wrangle some sense out of the senseless.” So writes Esmé Weijun Wang in her brave and indelible memoir-in-essays about living with schizoaffective disorder. Combining raw autobiography and astute cultural criticism, she elucidates an illness so often misunderstood.” --Oprahmag.com

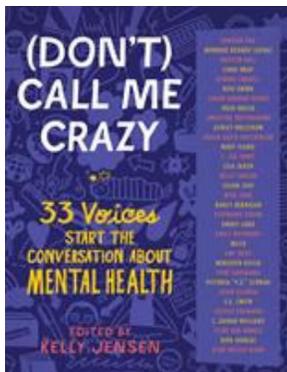


*The Color of Hope:*  
PEOPLE OF COLOR MENTAL  
HEALTH NARRATIVES  
CO-EDITED BY  
VANESSA HAZZARD & IRESHA PICOT, M.Ed.

***The Color of Hope: People of Color Mental Health Narratives*** Co-edited by **Vanessa Hazzard and Iresha Picot** (Print copy available through [Carnegie Library System](#) )

“The contributors represent those living with or affected by loved ones with depression, bipolar disorder, borderline personality disorder, post-traumatic stress disorder, schizophrenia, and other conditions.

They are men and women, children and adults, political prisoners, college students, politicians, musicians, business people, artists, fathers, mothers, daughters...all of African, Latino, and Asian descent. Their narratives add to the tapestry of the human experience and without them, our history is incomplete.” --AbeBooks



***Don't Call Me Crazy: 33 Voices Start the Conversation About Mental Health*** –

**Edited By Kelly Jensen** ( [Print copy](#) available through library system)

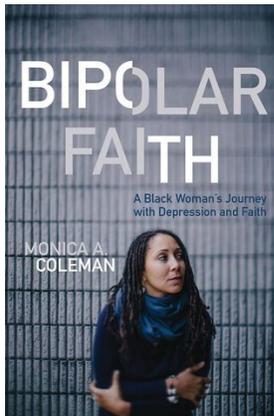
"(Don't) Call Me Crazy is a conversation starter and guide to better understanding how our mental health affects us every day. Thirty-three writers, athletes, and artists offer essays, lists, comics, and illustrations that explore their personal experiences with mental illness, how we do and do not talk about mental health, help for better understanding how every person's brain is wired differently, and what, exactly, might make someone crazy.” --Goodreads



***I'm Telling the Truth, but I'm Lying*** by **Bassey Ikpi** (Available as ebook and audiobook through [Hoopla](#) , and as a print copy through the [Carnegie Library System](#))

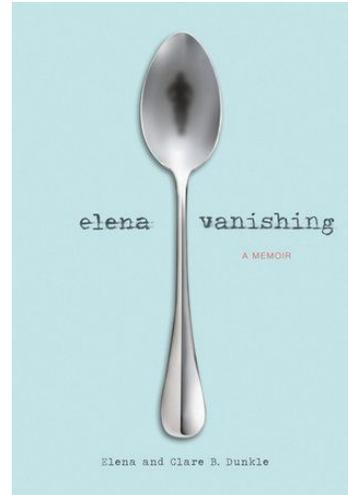
“A deeply personal collection of essays exploring Nigerian-American author Bassey Ikpi's experiences navigating Bipolar II and anxiety throughout the course of her life.” --Goodreads

## Memoirs



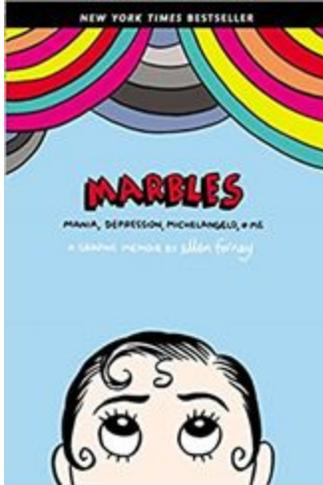
***Bipolar faith: A black woman's journey in depression and faith*** by **Monica Coleman**  
(Print copy available through [Carnegie Library System](#))

“Bipolar Faith is both spiritual autobiography and a memoir of mental illness. In this powerful book, Monica A. Coleman shares her life-long dance with trauma, depression, and the threat of death. Coleman offers a rare account of how the modulated highs of bipolar II can lead to professional success, while hiding a depression that even her doctors rarely believed. Only as she was able to face her illness was she able to live faithfully with bipolar. And in the process, she discovered a new and liberating vision of God.” --Goodreads



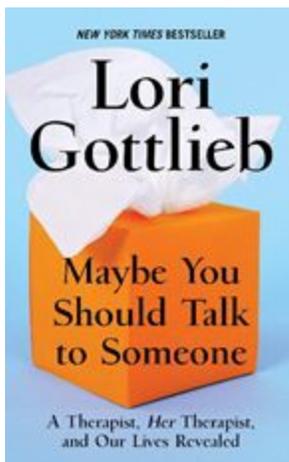
***Elena Vanishing***, by **Elena Dunkle and Clare B. Dunkle** (Available as ebook through [Hoopla](#) and through the [Carnegie Library System](#) )

“Seventeen-year-old Elena is vanishing. Every day means renewed determination, so every day means fewer calories. This is the story of a girl whose armor against anxiety becomes artillery against herself as she battles on both sides of a lose-lose war in a struggle with anorexia. Told entirely from Elena's perspective over a five-year period and co-written with her mother, award-winning author Clare B. Dunkle, Elena's memoir is a fascinating and intimate look at a deadly disease, and a must read for anyone who knows someone suffering from an eating disorder.” --Goodreads



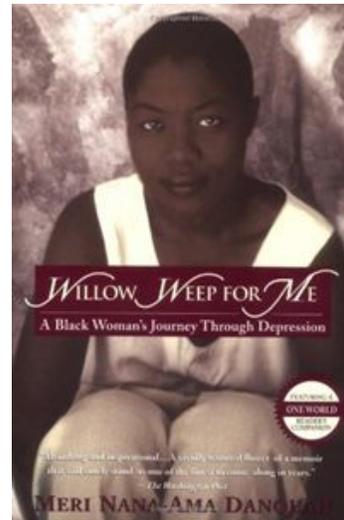
***Marbles: Mania, Depression, Michelangelo, and Me: A Graphic Memoir*** by Ellen Forney ([Print copy](#) available through Carnegie Library System)

“Cartoonist Ellen Forney explores the relationship between “crazy” and “creative” in this graphic memoir of her bipolar disorder, woven with stories of famous bipolar artists and writers.” --Goodreads



***Maybe you should talk to someone: A therapist, her therapist, and our lives revealed*** by Lori Gottlieb ([Print copy](#) available through Carnegie Library System)

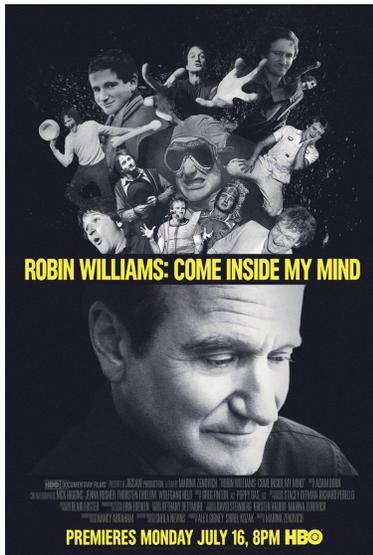
“One day, Lori Gottlieb is a therapist who helps patients in her Los Angeles practice. The next, a crisis causes her world to come crashing down. Enter Wendell, the quirky but seasoned therapist in whose office she suddenly lands. With his balding head, cardigan, and khakis, he seems to have come straight from Therapist Central Casting. Yet he will turn out to be anything but.” --Goodreads



***Willow Weep for Me*** by Meri Nana-Ama Danquah ([Print copy](#) available through Carnegie Library System)

“This moving memoir of an African-American woman's lifelong fight to identify and overcome depression offers an inspirational story of healing and emergence. Wrapped within Danquah's engaging account of this universal affliction is rare and insightful testimony about what it means to be black, female, and battling depression in a society that often idealizes black women as strong, nurturing caregivers.” --Goodreads

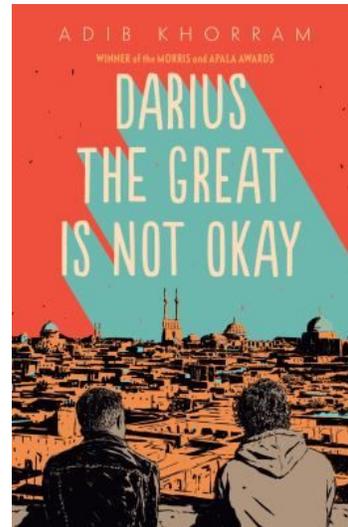
## Movies



***Robin Williams: Come Inside My Mind***  
([DVD available](#) through Carnegie Library System)

“This intimate portrait examines one of the world's most inventive comedians. Told largely through Robin's own voice and using a wealth of never-before-seen archival footage, the film goes through the extraordinary life and career of Robin Williams.” --Rotten Tomatoes

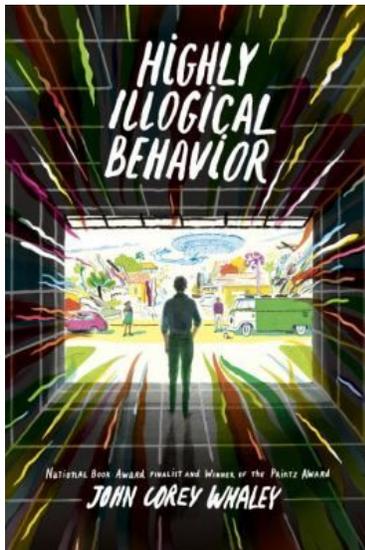
## Young Adult Fiction



***Darius the Great is not Okay*** by Adib Khorram ([Print copy](#) available through Carnegie Library System)

“Darius Kellner speaks better Klingon than Farsi, and he knows more about Hobbit social cues than Persian ones. He's about to take his first-ever trip to Iran, and it's pretty overwhelming—especially when he's also dealing with clinical depression, a disapproving dad, and a chronically anemic social life. In Iran, he gets to know his ailing but still formidable grandfather, his loving grandmother, and the rest of his mom's family for the first time. And he meets Sohrab, the boy next door who changes everything.

” --Goodreads



***Highly Illogical Behavior* by John Corey Whaley** (Available as [Print copy](#) through Carnegie Library System)

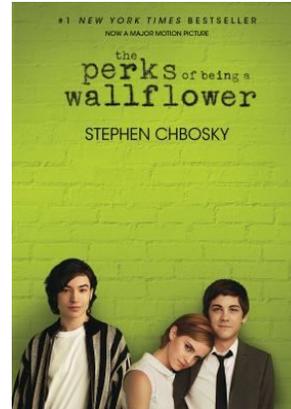
“Sixteen-year-old Solomon is agoraphobic. He hasn’t left the house in three years, which is fine by him.

Enter Lisa.

Ambitious Lisa desperately wants to get into the second-best psychology program for college (she’s being realistic). But is ambition alone enough to get her in?

Determined to “fix” Sol, Lisa steps into his world, along with her charming boyfriend, Clark, and soon the three form an unexpected bond. But, as Lisa learns more about Sol and he and Clark grow closer and closer, the walls they’ve built around themselves start to collapse and their friendships threaten to do the same.”

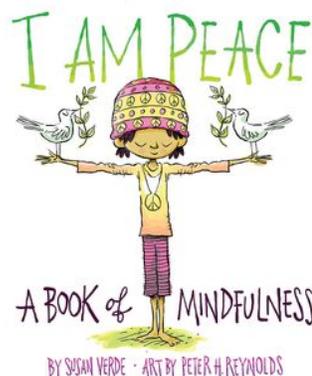
--Goodreads



***The Perks of Being a Wallflower* by Stephen Chbosky** (available as print book, audiobook on CD, and a DVD version of the movie through [Carnegie Library System](#))

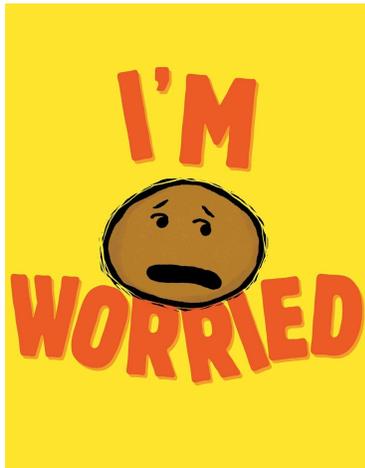
“Through Charlie, Stephen Chbosky has created a deeply affecting coming-of-age story, a powerful novel that will spirit you back to those wild and poignant roller coaster days known as growing up.” --Goodreads

## *Youth Books*



***I Am Peace* by Susan Verde** (This and other books from the “I Am” series available through [Carnegie Library System](#))

“Mindfulness means being fully in the present moment. Children can learn how to manage their emotions, make good choices, and balance their busy lives by learning to be mindful, express emotions through speech, find empathy through imagination, and wonder at the beauty of the natural world.” --Goodreads



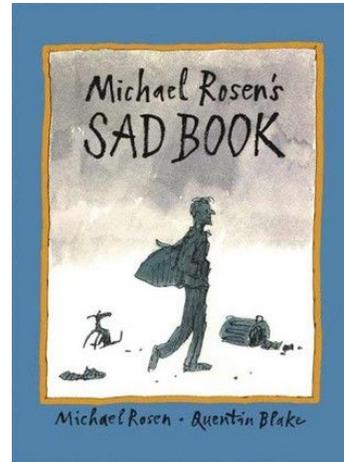
***I'm Worried* by Michael Ian Black** ([Print copy](#) available through Carnegie Library System)

“Potato is worried. About *everything*.

Because *anything* might happen.

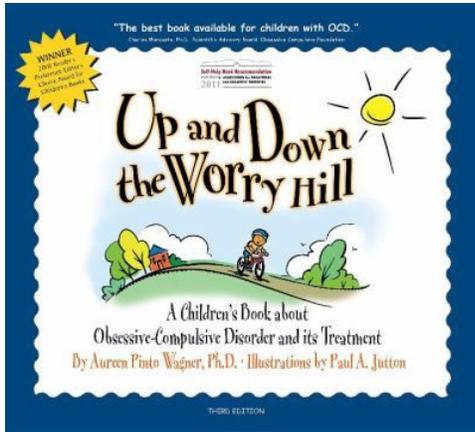
When he tells his friends, he expects them to comfort him by saying that everything will be okay. Except they don't. Because it might not be, and that's okay too. Still, there's one thing they can promise for sure: no matter what happens...they will always be by his side.”

--Goodreads



***Michael Rosen's Sad Book* by Michael Rosen** ([Print copy](#) available through the Carnegie Library System)

“Sad things happen to everyone, and sometimes people feel sad for no reason at all. What makes Michael Rosen sad is thinking about his son, Eddie, who died suddenly at the age of eighteen. In this book the author writes about his sadness, how it affects him, and some of the things he does to cope with it—like telling himself that everyone has sad stuff (not just him) and trying every day to do something he can be proud of. Expressively illustrated by the extraordinary Quentin Blake, this is a very personal story that speaks to everyone, from children to parents to grandparents, teachers to grief counselors. Whether or not you have known what it's like to feel deeply sad, the truth of this book will surely touch you.” --Goodreads



***Up and Down the Worry Hill: A Children's Book about Obsessive-Compulsive Disorder and its Treatment by Aureen Pinto Wagner***

([Print copy](#) available through Carnegie Library System)

“In this uniquely creative and heart-warming book, Dr.

Wagner, an internationally recognized expert in the treatment of childhood OCD, uses the powerful real-life

metaphor of the Worry Hill to describe OCD and its treatment clearly and simply through the eyes of a child.”

--Goodreads