

NAMI SLOCO LIBRARY

Subject	Author	Title	Date	Form	Notes	Language	Cost
Addiction	Beattie, Melody	<u>Codependent No More</u>	1987	Paperback	Still relevant, say some readers in 2013	English	\$15.95
Addiction	Velez-Mitchell, Jane	<u>I Want My Journey from Addiction and Overconsumption to a Simpler, Honest Life</u>	2009	Paperback		English	
Addiction	Pinsky, Drew	<u>Cracked: Putting Broken Lives Together Again</u>	2003	Hardcover		English	
Anxiety	Huljich, Paul	<u>Stress Pandemic. 9 Natural Steps to Break the Cycle of Stress &amp; Thrive</u>	2014	Paperback		English	\$16.95
Anxiety	Johnston, Joni E.	<u>The Complete Idiot's Guide to Controlling Anxiety</u>	2006	Paperback		English	
Anxiety	Stossel, Scott	<u>My Age of Anxiety. Fear, hope, dread and the search for peace of mind</u>	2013	Hardcover	Donated by NAMI member.	English	\$27.95
Anxiety	Froggatt, Wayne	<u>Fearless : Your Guide to Overcoming Anxiety</u>	2003	Paperback		English	
Bipolar	Burgess, Wes	<u>The Bipolar Handbook. Real-Life Questions with Up-to-Date Answers</u>	2006	Paperback		English	\$16.00
Bipolar	Duke, Patty	<u>A Brilliant Madness</u>	1992	Hardcover	Biography, an old favorite	English	
Bipolar	Fast, Julia	<u>Loving Someone with Bipolar Disorder. 2nd Edition</u>	2012	Paperback		English	
Bipolar	Fieve, Ronald R.	<u>Bipolar II</u>	2006	Paperback		English	
Bipolar	Forney, Ellen	<u>Marbles. Mania, depression, Michelangelo &amp; Me</u>	2012	Paperback		English	
Bipolar	Haynes, Janine Crowley	<u>My Kind of Crazy. Living in a Bipolar World</u>	2008	Paperback		English	\$12.99
Bipolar	Hornbacker, Marya	<u>Madness. A Bipolar Life</u>	2008	Paperback	Award winning journalist, writer, speaker.	English	\$15.95
Bipolar	Johnson, Linea and Johnson, Cinda	<u>Perfect Chaos. a daughter's journey to survive bipolar. a mother's struggle to save her</u>	2012	Hardcover	Signed by authors, Autobiography	English	
Bipolar	Last, Cynthia	<u>When Someone You Love is Bipolar. Help and Support for You and Your Partner</u>	2009	Paperback	2 Copies.	English	\$16.95
Bipolar	Miklowitz, David	<u>The Bipolar Survival Guide</u>	2011	Paperback		English	
Bipolar	Oliwenstein, Lori	<u>Taming Bipolar Disorder</u>	2004	Paperback		English	
Bipolar	Steel, Danielle	<u>His Bright Light</u>	1998	Hardcover	Biography of her son.	English	
Bipolar	Wootton, Tom	<u>Bipolar in Order. Looking at Depression, Mania, Hallucination and Delusion from the Other Side</u>	2009	Paperback	Signed by author	English	\$18.95
Bipolar	Burgess, Wes	<u>The Bipolar Handbook for Children, Teens, and Families. Real Life Questions with Up-to Date Answers</u>	2008	Paperback		English	\$17.00
Bipolar	Castle, Lana	<u>Bipolar Disorder Demystified</u>	2003	Paperback		English	
Bipolar	Dean, Patty	<u>A New Song: Confessions of a Joyful Manic Depressive</u>	2004	Paperback	Local author, Autobiography, 2 copies	English	
Bipolar	White, Ruth C.	<u>Preventing Bipolar Relapse</u>	2014	Paperback	A lifestyle program to help you maintain a balanced mood & live well	English	\$16.95
Borderline Personality Disorder	Kreger, Randi	<u>The Essential Family Guide to Borderline Personality Disorder</u>	2008	Paperback	New Tools and Techniques to Stop Walking on Eggshells. Signed by author.	English	\$14.95
Borderline Personality Disorder	Manning, Shari	<u>Loving Someone with Borderline Personality Disorder</u>	2011	Paperback	"How to Keep Out-of-Control Emotions from Destroying Your Relationship"	English	\$16.95

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Borderline Personality Disorder	Mason, Paul T. & Kreger, Randi	<u>Stop Walking on Eggshells. 2nd ed.</u>	2010	Paperback		English	
Borderline Personality Disorder	Reiland, Rachel	<u>Get Me Out of Here: My Recovery from Borderline Personality Disorder</u>	2004	Paperback	Autobiography	English	\$12.95
Children	Anglada, Tracy	<u>Brandon and the Bipolar Bear</u>	2009	Paperback	Storybook for ages 4-11	English	\$13.50
Children	Buron, Kari Dunn	<u>When My Worries Get Too Big! A Relaxation Book for Children Who Live with Anxiety</u>	2006	Paperback	Storybook for children	English	\$18.00
Children	Campbell, Bebe Moore	<u>Sometimes My Mommy Gets Angry</u>	2003	Hardcover	Storybook for children	English	
Children	Chansky, Tamar	<u>Freeing Your Child From Anxiety</u>	2004	Paperback		English	
Children	Greene, Ross W.	<u>The Explosive Child. revised and updated</u>	2010	Paperback	"A New Approach for Understanding and Parenting Easily Frustrated, Chronically Inflexible Children"	English	
Children	Harvey, Pat & Penzo, Jeanine A.	<u>Parenting a Child Who Has Intense Emotions</u>	2009	Paperback	"Dialectical Behavior Therapy Skills to Help Your Child Regulate Emotional Outbursts & Aggressive Behaviors"	English	
Children	Hebert, Bryna	<u>My Roller Coaster Feelings Workbook</u>	2008	Paperback		English	
Children	Holloway	<u>The Bipolar Bear Family. When a Parent Has Bipolar Disorder</u>	2006	Paperback	Donated	English	
Children	Huebner, Dawn	<u>What to Do When You Worry Too Much. A Kid's Guide to Overcoming Anxiety</u>	2006	Paperback		English	
Children	Koplewicz, Harold & Robin Goodman (editors)	<u>Childhood Revealed: Art Expressing Pain. Discovery &amp; Hope</u>	1999	Hardcover	Full color art by children & teens	English	
Children	Kutscher, Martin	<u>Kids in the Syndrome Mix of ADHD, LD, Autism Spectrum, Tourette's, Anxiety and More! 2nd edition</u>	2014	Paperback	The one-stop guide for parents, teachers and other professionals	English	\$19.95
Children	Long, Liza	<u>The Price of Silence. A Mom's Perspective on Mental Illness</u>	2014	Hardcover		English	\$25.95
Children	Miklowitz, David	<u>The Bipolar Teen</u>	2008	Paperback		English	
Children	Mondimore, Francis Mark	<u>Adolescent Depression: A Guide for Parents</u>	2002	Paperback		English	
Children	Murphy, Tim	<u>The Angry Child: Regaining Control When Your Child Is Out of Control</u>	2001	Hardcover		English	
Children	Reiff, Michael	<u>ADHD. What Every Parent Needs to Know</u>	2011	Paperback	"Expert Guidance From the American Academy of Pediatrics" 2 copies	English	
Children	Rutledge, R.	<u>The Everything Parent's Guide to Children with Depression</u>	2007	Paperback	2 copies	English	
Children	Stillman, William	<u>The Everything Parent's Guide to Children with Bipolar Disorder</u>	2005	Paperback		English	
Children	Warner, Judith	<u>We've Got Issues. Children and Parents in the Age of Medication</u>	2010	Hardcover	Signed by author	English	

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Subject	Author	Title	Date	Form	Notes	Language	Cost
Depression	Borchard, Therese	<u>Beyond Blue. Surviving Depression &amp; Anxiety &amp; Making the Most of Bad Genes</u>	2010	Hardcover		English	\$21.99
Depression	Brosh, Allie	<u>Hyperbole and a Half: Unfortunate Situations, flawed coping mechanisms, mayhem and other things that happened.</u>	2013	Paperback	By the humorous blogger and author of "Lets Pretend This Never Happened"	English	\$17.99
Depression	Sheffield, Anne	<u>How You Can Survive When They're Depressed: Living and Coping with Depression Fallout</u>	1998	Paperback	Foreword by Mike Wallace	English	
Depression	Thompson, Tracy	<u>The Beast. A Journey Through Depression</u>	1996	Paperback	NAMI Award: Book That Made a Difference, memoir.	English	\$13.95
Diagnosis	Greenberg, Gary	<u>The Book of Woe. The DSM and the Unmaking of Psychiatry</u>	2013	Hardcover	Behind the scenes look at DSM revisions, DSM V.	English	\$28.95
Diagnosis	Hicks, James W.	<u>50 Signs of Mental Illness</u>	2006	Hardcover	"A User-Friendly Alphabetical Guide to Psychiatric Symptoms and What You Should Know About Them"	English	
Diagnosis	Morrison, James	<u>DSM-V Made Easy</u>	2014	Hardcover		English	
Dual Disorders	Kennedy, Patrick J.	<u>A Common Struggle</u>	2015	Hardcover	Signed by author. Mental health issues, addiction, advocacy, treatment, legislation.	English	\$28.95
Dual Disorders	McGovern, Mark	<u>Living With Co-occurring Addiction and Mental Health Disorders</u>	2009	Paperback		English	\$15.95
Dual Disorders	Watkins, Ted	<u>Dual Diagnosis</u>	2001	Paperback		English	
Dual Disorders	Hornbacker, Marya	<u>Sane. Mental Illness. Addiction and the 12 Steps</u>	2010	Paperback	Award winning journalist, writer, speaker	English	\$14.95
DVD Addiction	Kapadia, Asif	<u>Amy</u>	2015	DVD	Story of Amy Winehouse in her own words, featuring unseen archival footage and unheard tracks.	English, Spanish Subtitles	\$11.99
DVD Bipolar	Forbes, Maya	<u>Infinitely Polar Bear</u>	2015	DVD	Dad at home recovering, cares for daughters while Mom is away at school. He quickly finds himself in over his head.	English, French Subtitles	\$17.99
DVD Borderline Personality Disorder	Laurence, Eliot	<u>Welcome to Me</u>	2014	DVD	Woman with BPD pursues her lifelong dream of becoming the next Oprah.	English, Spanish Subtitles	\$11.99
DVD Children	Belsher, Jody	<u>The Other Side of Cannabis: Negative Effects of Marijuana on Our Youth</u>	2015	DVD	Documentary	English	\$25.00
DVD Children	Sesame Workshop	<u>Deployments. Homecomings. Changes</u>	2008	DVD	Includes guide for parents and caregivers. Courtesy of SLO Vet Center.	English & Spanish	

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DVD Children	Sesame Workshop	<u>When Families Grieve</u>	2010	DVD	Includes guide for parents and caregivers. Courtesy of SLO Vet Center.	English & Spanish	
DVD Depression	Boden, Anna	<u>It's Kind of a Funny Story</u>	2011	DVD	Coming of age story, 15 yr old admits self to psychiatric ward.	English	\$14.98
DVD Depression	Kenneally, Christopher	<u>Side by Side. A Journey with Depression. A Funny Look at Serious Survival</u>	2007	DVD	A comedian's story of depression, addiction, recovery.	English	
DVD Dual Diagnosis	Moverman, Oren	<u>Love &amp; Mercy</u>	2015	DVD	Amazing Story of The Beach Boys' Brian Wilson, music, mental health struggles. Schizoffective disorder/addiction.	English, Spanish Subtitles	\$14.99
DVD Family	Amador, Xavier	<u>Learn to LEAP. Listen-Empathise-Agree-Partner</u>	2014	DVD	Companion to Amador's book <u>I Am Not Sick. I Don't Need Help!</u>	English	\$24.95
DVD OCD	Breckman, Andy	<u>Monk. the premier TV episode</u>	2002	DVD		English	
DVD Other	Docter, Pete	<u>Inside Out</u>	2015	DVD	Disney Pixar journey into the mind where 5 emotions are hard at work. Appropriate for the whole family.	English	\$14.94
DVD Other	Faithnet NAMI	<u>Mental Illness &amp; the Role of the Faith Community in Recovery</u>	2007	DVD	A Christian perspective 2 Copies	English	
DVD Other	Ruston, Delaney	<u>Crisis in Control. a living will for mental health</u>	2010	DVD	Creating a Psychiatric Advance Directive (PAD)	English	
DVD PTSD	Johnson, Liza	<u>Return</u>	2011	DVD	Adjusting from a wartime environment to a civilian life.	English	
DVD Schizophrenia	Cadigan, John	<u>People Say I'm Crazy</u>	2004	DVD		English	
DVD Schizophrenia	Friedenberg, Richard	<u>Of Two Minds</u>	2012	DVD		English	
DVD Schizophrenia	Greco, Joseph	<u>Canvas</u>	2006	DVD		English	
DVD Schizophrenia	Lopez, Steve	<u>The Soloist</u>	2009	DVD	A homeless Juilliard-trained musician living with schizophrenia.	English	
DVD Schizophrenia	Nasar, Sylvia	<u>A Beautiful Mind</u>	2001	DVD		English	
DVD Schizophrenia	Ortho-McNeil-Janssen Pharmaceuticals, Inc	<u>Mindstorm. A Virtual Hallucination</u>	2007	DVD	Sights and sounds of the world from the patient's side. 6 minutes	English	
DVD Schizophrenia	Ruston, Delaney	<u>Unlisted. A Story of Schizophrenia</u>	2010	DVD	Documentary of a daughter's determination to help her father and mend her torn family.	English	
DVD Stigma	Berman, Barry	<u>Benny &amp; Joon</u>	1993	DVD		English	

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DVD Stigma	California Mental Health Services Authority (CalMHSA)	<u>Each Mind Matters. California's Mental Health Movement. Stories of Hope. Resilience and Recovery</u>		DVD	38 individual stories 2-6 minutes long. Californians who have been affected by mental illness.	English	
DVD Stigma	Deirdre O'Connor	<u>Call me Crazy: A Five Film</u>	2013	DVD	A compilation of 5 stories surrounding mental illness, recovery, stigma.	English	
DVD Stigma	Quick, Matthew	<u>Silver Linings Playbook</u>	2012	DVD		English	
DVD Stigma	Transitions Mental Health Association	<u>Journey of Hope 2014: Featuring Keris Jän Myrick</u>	2014	DVD	Donated by Transitions Mental Health Association	English	
DVD Suicide	Each Mind Matters	<u>Directing Change Student Video Contest</u>	2014	DVD	High school & Univ. of CA students create PSA's, take action on suicide. 2 Copies	English	
DVD Suicide	Kopple, Barbara	<u>Running From Crazy</u>	2013	DVD	Mariel Hemingway documentary family suicides, mental illness.		
DVD Suicide	QPR	<u>QPR Gatekeeper Training for Suicide Prevention</u>	2002	DVD		English	
DVD Suicide	SAMHSA	<u>Stories of Hope and Recovery: A Video Guide for Suicide Attempt Survivors</u>	2012	DVD		English	
Eating Disorder	Brown, Harriet	<u>Brave Girl Eating. A Family's Struggle with Anorexia</u>	2010	Paperback		English	\$14.99
Eating Disorder	Costin, Carolyn and Schubert, Gwen	<u>8 Keys to Recovery From An Eating Disorder. Effective Strategies From Therapeutic Practice and Personal Experience</u>	2012	Paperback		English	
Eating Disorder	Lock, James and Le Grange, Daniel	<u>Help Your Teenager Beat an Eating Disorder</u>	2005	Paperback		English	
Family	Amador, Xavier	<u>I Am Not Sick: I Don't Need Help</u>	2007	Paperback	How to Help Someone with Mental Illness Accept Treatment	English	\$21.95
Family	Amador, Xavier	<u>I Am Not Sick: I Don't Need Help</u>	2012	Paperback	How to Help Someone with Mental Illness Accept Treatment. 10th Anniversary Edition.	English	\$21.95
Family	Canfield, Jack	<u>Chicken Soup for the Soul. All in the Family</u>	2009	Paperback	101 Incredible Stories about Our Funny, Quirky, Lovable & Dysfunctional Families	English	
Family	Carter, Rosalynn	<u>Helping Someone with Mental Illness</u>	1998	Paperback	Signed by Rosalynn Carter	English	
Family	Cleese, Alyce & Bates, Brian	<u>How to Manage Your Mother</u>	2000	Hardcover	Highly recommended by a NAMI member, International best seller	English	
Family	Donaldson-Pressman, Stephanie	<u>The Narcissistic Family. Diagnosis and Treatment</u>	1994	Paperback	Adult children of dysfunctional families. Family relationships. Still relevant.	English	\$48.00

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Family	Friel, John & Friel, Linda	<u>An Adult Child's Guide to What's "Normal"</u>	1990	Paperback	some readers say still relevant 2013	English	
Family	Gravitz, Herbert	<u>Mental Illness and the Family: Unlocking the Doors to Triumph</u>	2004	Paperback		English	
Family	Inman, Susan	<u>After Her Brain Broke. Helping My Daughter Recover Her Sanity</u>	2010	Paperback	Signed by Susan Inman	English	
Family	Karp, David A.	<u>The Burden of Sympathy. How Families Cope with Mental Illness</u>	2001	Hardcover	Still relevant.	English	\$25.00
Family	Klein, Stanley & John Kemp	<u>Reflections from a Different Journey: What Adults with Disabilities Wish All Parents Knew</u>	2004	Hardcover		English	
Family	Komrad, Mark S.	<u>You Need Help! A Step-by-Step Plan to Convince a Loved One to Get Counseling</u>	2012	Paperback		English	\$14.95
Family	Luxenberg, Steve	<u>Annie's Ghosts. A Journey into a Family Secret</u>	2009	Paperback	Signed by Steve Luxenberg	English	
Family	McGonigle, Chris	<u>Surviving Your Spouse's Chronic Illness: A Compassionate Guide</u>	1999	Paperback		English	\$13.95
Family	Morey, Bodie & Mueser, Kim T.	<u>The Family Intervention Guide to Mental Illness: Recognizing Symptoms &amp; Getting Treatment</u>	2007	Paperback		English	\$17.95
Family	Myers, Edward	<u>Teens, Loss, and Grief</u>	2004	Paperback		English	
Family	Sederer, Lloyd I.	<u>The Family Guide to Mental Health Care. Advice on Helping Your Loved Ones</u>	2013	Hardcover		English	
Family	Wexler, David B.	<u>Is He Depressed or What? What to Do When the Man You Love Is Irritable, Moody and Withdrawn</u>	2005	Paperback		English	
Family	Widdifield, Mary & Widdifield, Elin	<u>Behind the Wall. The True Story of Mental Illness As Told By Parents</u>	2015	Paperback	Parents tell the dramatic true stories of grief, hope, and recovery. Includes advice from the authors to parents.	English	\$16.95
Family	Woolis, Rebecca	<u>When Someone You Love Has a Mental Illness. A Handbook for Family, Friends and Caregivers</u>	2003	Paperback		English	\$15.95
Family	Earley, Pete	<u>Crazy: A Father's Search Through America's Mental Health Madness</u>	2006	Hardcover		English	
Finances	Elias, Stephen & Urbatsch, Kevin	<u>Special Needs Trusts. Protect Your Child's Financial Future</u>	2013	Paperback	2 Copies.	English	\$34.99
Finances	Morton, David A.	<u>Nolo's Guide to Social Security Disability: Getting and Keeping Your Benefits. 6th ed.</u>	2012	Paperback		English	
Finances	Morton, David A.	<u>Nolo's Guide to Social Security Disability: Getting and Keeping Your Benefits. 7th ed.</u>	2014	Paperback		English	\$39.99
Finances	Urbatsch, Kevin	<u>Administering the California Special Needs Trust</u>	2011	Paperback	A guide for assisting a person with a disability as Trustee of a SNT	English	\$26.95
Finances	Walling, Michael	<u>The Guide: Social Security Benefits and Work Incentives. 21st Edition</u>	2013	Paperback		English	
Hoarding	Frost, Randy O. & Steketee, Gail	<u>STUFF. Compulsive Harding and the Meaning of Things</u>	2010	Paperback		English	

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Hoarding	Morgenstern, Julie	<u>SHED Your Stuff. Change Your Life</u>	2008	Paperback	"A Four-Step Guide to Getting Unstuck"	English	
Hoarding	Neziroglu, Fugen	<u>Overcoming Compulsive Hoarding</u>	2004	Paperback		English	
Hoarding	Palmer, Brooks	<u>Clutter Busting. Letting Go of What's Holding You Back</u>	2009	Paperback		English	\$13.95
Hoarding	Paxton, Matt	<u>The Secret Lives of Hoarders</u>	2011	Paperback	"True Stories of Tackling Extreme Clutter"	English	
Hoarding	Tolin, David F. et al	<u>Buried in Treasures. Help for Compulsive Acquiring. Saving and Hoarding</u>	2007	Paperback		English	
Neuroscience	Sacks, Oliver	<u>The Man Who Mistook His Wife for a Hat and Other Clinical Tales</u>	2006	Hardcover	Collection of clinical stories of people with brain disorders.	English	
Neuroscience	Sharot, Tali	<u>The Optimism Bias. A Tour of the Irrationally Positive Brain</u>	2011	Hardcover		English	
Neuroscience	Taylor, Jill Bolte	<u>My Stroke of Insight. A Brain Scientist's Personal Journey</u>	2009	Paperback	Signed by author	English	
OCD	Adam, David	<u>The Man Who Couldn't Stop: OCD and the True Story of a Life Lost in Thought</u>	2014	Hardcover	An intimate look at the power of intrusive thoughts, how our brains can turn against us, and living with OCD	English	\$26.00
OCD	Elliott, Charles	<u>Obsessive Compulsive Disorder for Dummies</u>	2009	Paperback		English	\$19.99
OCD	March, John	<u>Talking Back to OCD</u>	2007	Paperback	Helping teens & children w/ OCD	English	
OCD	Penzel, Fred	<u>Obsessive Compulsive Disorders: A Complete Guide to Getting Well and Staying Well</u>	2000	Hardcover		English	
Other	Baron-Cohen, Simon	<u>The Science of Evil</u>	2011	Paperback	On empathy and the origins of cruelty.	English	\$16.99
Other	Craviotto, Darlene	<u>An Agoraphobic's Guide to Hollywood. How Michael Jackson Got Me Out of the House</u>	2011	Paperback	Signed by Darlene Craviotto	English	
Other	Dobbins, Carolyn	<u>What a Life Can Be: One Therapist's Take on Schizo-Affective Disorder</u>	2011	Paperback		English	
Other	Hartmann, Thom	<u>The Edison Gene: ADHD and the Gift of the Hunter Child</u>	2003	Paperback		English	
Other	Jacobs, Gregg D.	<u>Say Good Night to Insomnia</u>	2009	Paperback	NAMI member highly recommends this book.	English	16.99
Other	Merriam, Karen	<u>Searching for Connection. An Exploration of Trauma, Culture and Hope</u>	2006	Hardcover	SLO County author. 2 copies	English	
Other	Nesch, Sonya	<u>Advocating for Someone with a Mental Illness</u>	2004	Paperback		English	
Other	Oakley, Barbara	<u>Evil Genes. Why Rome Fell. Hitler Rose. Enron Failed. and my Sister Stole My Mother's Boyfriend</u>	2008	Paperback		English	
Other	PDR Network	<u>The PDR Pocket Guide to Prescription Drugs</u>	2012	Paperback		English	
Other	Pera, Gina	<u>Is It You, Me or Adult A.D.D.? Stopping the Roller Coaster When Someone You Love Has A.D.D.</u>	2008	Paperback		English	
Other	Schouten, Ronald	<u>Almost a Psychopath. Do I (or Does Someone I Know) Have a Problem with Manipulation and Lack of Empathy?</u>	2012	Paperback		English	
Other	Sicile-Kira, Chantal	<u>Autism Life Skills</u>	2008	Paperback		English	
Other	Stout, Martha	<u>The Sociopath Next Door</u>	2005	Paperback		English	

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Other	Twenge, Jean M. and Campbell, W. Keith	<u>The Narcissism Epidemic. Living in the Age of Entitlement</u>	2009	Paperback		English	
Other	West, Cameron	<u>First Person Plural: My Life as a Multiple</u>	1997	Hardcover	Local author, Autobiography	English	
Other	Willey, Liane Holliday	<u>Pretending to Be Normal</u>	1999	Paperback		English	
PTSD	Armstrong, Keith	<u>Courage After Fire</u>	2006	Paperback		English	\$14.95
PTSD	Nadel, Carolina	<u>Daddy's Home</u>	2011	Hardcover	Help with explaining PTSD to children.	English	
PTSD	Rosenthal, Michele	<u>Your Life After Trauma. Powerful Practices to Reclaim Your Identity</u>	2015	Paperback	Provides us with a roadmap for going forward.	English	\$24.95
PTSD	Schiraldi, Glenn R.	<u>The Post Traumatic Stress Disorder Sourcebook, 2nd Edition</u>	2009	Paperback		English	
PTSD	Van Der Kolk, Bessel	<u>The Body Keeps the Score. Brain, Mind, and Body in the Healing of Trauma</u>	2014	Paperback		English	\$18.00
Recovery	Al-Anon Family Groups	<u>How Al-Anon Works for Families and Friends of Alcoholics</u>	1995	Hardcover		English	\$16.50
Recovery	Al-Anon Family Groups	<u>Paths to Recovery. Al-Anon's Steps, Traditions and Concepts</u>	1997	Hardcover		English	
Recovery	Boyle, Gregory	<u>Tattoos on the Heart. The Power of Boundless Compassion</u>	2010	Paperback	Speaker at NAMI CA Convention 2016, Minister Boyle runs Homeboy Industries, a gang-intervention program in Los Angeles.	English	\$14.99
Recovery	Friends in Recovery	<u>The 12 Steps for Adult Children</u>	1996	Paperback	For adults who grew up in chaos.	English	
Recovery	Fruchey, Deborah	<u>Is There Room for Me. Too?</u>	2010	Paperback	3 copies. Ms. Fruchey spoke at April 2012 NAMI SLO Meeting.	English	
Recovery	Lundberg, Gary B.	<u>I Don't Have to Make Everything All Better</u>	1995	Paperback	Learn to walk emotionally with the people you care about, empower them to solve their own problems. Still relevant.	English	\$16.00
Schizophrenia	Gur, Raquel E. & Johnson, Ann Braden	<u>If Your Adolescent Has Schizophrenia. An Essential Resource for Parents</u>	2006	Paperback		English	
Schizophrenia	Holman, Virginia	<u>Rescuing Patty Hearst</u>	2003	Hardcover	Biography	English	
Schizophrenia	Levine, Jerome & Levine, Irene	<u>Schizophrenia for Dummies</u>	2009	Paperback		English	
Schizophrenia	MacPhee, Bill	<u>To Cry a Dry Tear</u>	2014	Paperback	Founder of Sz Magazine tells his story.	English	\$12.95
Schizophrenia	McLean, Richard	<u>Recovered, not cured. A Journey Through Schizophrenia</u>	2003	Paperback	Biography. Insight into schizophrenia and psychotic thinking and behavior. Creative illustrations.	e	\$14.95
Schizophrenia	Saks, Elyn	<u>The Center Cannot Hold</u>	2007	Paperback	Autobiography	English	



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Schizophrenia	Torrey, E. Fuller	<u>Surviving Schizophrenia. 6th Edition</u>	2013	Paperback	3 Copies.	English	\$16.99
Schizophrenia	Tracey, Patrick	<u>Stalking Irish Madness. Searching for the Roots of My Family's Schizophrenia</u>	2008	Hardcover	Won the Ken Book Award from NAMI for outstanding literary contribution to the understanding of mental illness.	English	
Schizophrenia	Wyden, Peter	<u>Conquering Schizophrenia. A Father. His Son and a Medical Breakthrough</u>	1997	Hardcover	Autobiography	English	
Schizophrenia	Lachenmeyer, Nathaniel	<u>The Outsider: A Journey into My Father's Struggle with Madness</u>	2000	Hardcover		English	
Schizophrenia	Brasfield, Lynette	<u>Nature Lessons</u>	2003	Hardcover	A novel about growing up in a family with a schizophrenic mother	English	\$18.99
Spanish	Alexander, Rolf	<u>El Poder Curativo de la Mente</u>	1999	Paperback	2 copies	Spanish	\$10.95
Spanish	Amador, Xavier	<u>No Estoy Enfermo. No Necesito Ayuda!</u>	2012	Paperback		Spanish	\$21.95
Spanish	Calle, Ramiro	<u>Ante La Ansiedad</u>	1990	Paperback	Tecnicas de Auroayuda para Superar la Angustia y el Estres	Spanish	\$27.95
Spanish	Freeman, Lucy	<u>La Lucha Contra el Miedo</u>	2005	Paperback	Una Revelacion enel Psicoanalisis de la Mujer	Spanish	\$15.99
Spanish	Gil, Rosa Maria	<u>La Paradoja de Maria.</u>	1996	Paperback	Como Pueden las Latinas Fortalecer Su Autoestima, sin Abandonar Sus Tradiciones	Spanish	\$16.95
Spanish	Lahaye, Tim	<u>Usted Se Enoja Porque Quiere</u>	1980	Paperback		Spanish	\$12.99
Spanish	Lozano-Vranich, Belisa	<u>Las Siete Creencias</u>	2004	Paperback	Una guia para ayudar a las Latinas a reconocer y superar la depresion	Spanish	\$12.95
Spanish	Markham, Ursula	<u>Manual Antiestres para la mujer</u>	1999	Paperback		Spanish	\$18.00
Spanish	Woolis, Rebecca	<u>Cuando un ser querido sufre una Enfermadad Mental</u>	2010	Paperback	Un manual para familiares, amigos y cuidadores	Spanish	\$22.95
Stigma	Corrigan, Patrick	<u>Don't Call Me Nuts: Coping with Stigma</u>	2001	Paperback		English	
Stigma	Kalb, Claudia	<u>Andy Warhol was a Hoarder. Inside the Minds of History's Great Personalities</u>	2016	Hardcover		English	\$24.00
Suicide	Asher, Jay	<u>Thirteen Reasons Why</u>	2008	Paperback	Offers teens and parents alike a great story on an important topic.	English	\$10.99
Suicide	Briggs, Kevin	<u>Guardian of the Golden Gate. Protecting the Line Between Hope and Despair</u>	2015	Hardcover	Author spoke at 2016 Journey of Hope in Pismo Beach. Reaching out to individuals.	English	\$12.96

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Subject	Author	Title	Date	Form	Notes	Language	Cost
Suicide	Dreazen, Yochi	<u>The Invisible Front. Love and Loss in an Era of Endless War</u>	2014	Hardcover	2 Copies. Military family loses one son to suicide & one in combat, now fight the suicide epidemic. At Journey of Hope 2015	English	\$26.00
Suicide	Dunne, Edward J. (editor)	<u>Suicide and Its Aftermath</u>	1987	Hardcover	Not outdated, say readers in 2013 & 2015	English	
Suicide	Hartley, Mariette & Commire, Anne	<u>Breaking the Silence: Overcoming a Family History of Alcoholism and Suicide</u>	1990	Paperback		English	
Suicide	Hines, Kevin	<u>Cracked, Not Broken. Surviving and Thriving After a Suicide Attempt</u>	2013	Hardcover	Attempted suicide by jumping off Golden Gate Bridge. His inspirational survival and recovery.	English	
Suicide	Jamison, Kay Redfield	<u>Night Falls Fast: Understanding Suicide</u>	1999	Hardcover	NAMI Award: Book That Made a Difference	English	
Suicide	Rappaport, Nancy	<u>In Her Wake</u>	2009	Hardcover	"A Child Psychiatrist Explores the Mystery of Her Mother's Suicide" Signed by author	English	
Suicide	Rivedal, Josh	<u>The Gospel According to Josh. A 28-Year Gentile Bar Mitzvah</u>	2013	Paperback	Signed by author	English	