Mental Health

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| Books | Authors | Links |
| Mental Health Emergencies: A Guide to Recognizing and Handling Mental Health Crises | Nick Benas and Michele Hart | https://www.amazon.com/Mental-Health-Emergencies-Recognizing-Handling/dp/1578266742 |
| Ten Days in a Mad-House | Nellie Bly | https://www.amazon.com/Ten-Days-Mad-House-Nellie-Bly/dp/1983739464 |
| Stigma: The Many Faces of Mental Illness | Joy Bruce M.D. | https://www.amazon.com/Stigma-Many-Faces-Mental-Illness/dp/154805741X |
| Look Me in the Eye: My Life with Asperger’s | John Elder Robison | https://www.amazon.com/Look-Me-Eye-Life-Aspergers/dp/0307396185 |
| Man, Who Mistook His Wife for A Hat | Oliver Sacks and Jonathan Davis | https://www.amazon.com/Man-Who-Mistook-His-Wife/dp/1491514078 |
| Change Your Brain, Change your Life | Daniel G. Amen, MD | https://www.amazon.com/Change-Your-Brain-Revised-Expanded/dp/110190464X?dchild=1&keywords=Change+Your+Brain+Change+Your+Life+by+Daniel+Amen&qid=1622774391&s=books&sr=1-2&linkCode=ll1&tag=mental-health-books-06-20&linkId=8e7da505d5368072024b357866afe327&language=en\_US&ref\_=as\_li\_ss\_tl&correlationId=4b2ba49e-e5d9-4d5d-bd5a-a7ee50d66fe1 |
| Hope and Help for Your Nerves: End Anxiety Now | Dr. Claire Weekes | https://www.amazon.com/Hope-Help-Your-Nerves-Anxiety/dp/0593201906?dchild=1&keywords=Hope+and+Help+for+Your+Nerves&qid=1623358416&sr=8-1&linkCode=ll1&tag=mental-health-books-06-20&linkId=af1ef0403d4f6e0489cc63749fce7b2f&language=en\_US&ref\_=as\_li\_ss\_tl&correlationId=498575b6-937a-4f53-9948-d9e30a61bb13 |
| Recovery: Freedom from Our Addictions | Russell Brand | https://www.amazon.com/Recovery-Freedom-Addictions-Russell-Brand/dp/125018245X?dchild=1&keywords=Recovery%3A+Freedom+from+Our+Addictions+by+Russell+Brand&qid=1622774300&s=books&sr=1-3&linkCode=ll1&tag=mental-health-books-06-20&linkId=97458e6b9518ae508ef326ad0c0c5fea&language=en\_US&ref\_=as\_li\_ss\_tl&correlationId=1734ab68-99e1-4489-8757-293bb52b8022 |
| Maybe You Should Talk to Someone | Lori Gottlieb | https://www.amazon.com/Maybe-You-Should-Talk-Someone/dp/1328662055?dchild=1&keywords=Maybe+You+Should+Take+to+Someone+by+Lori+Gottlieb&qid=1622774633&s=books&sr=1-1&linkCode=ll1&tag=mental-health-books-06-20&linkId=4941a4e766dc7209155721a9933d8a0c&language=en\_US&ref\_=as\_li\_ss\_tl&correlationId=28aa2025-3b32-4980-9041-df6aae907766 |
| Emotional First Aid | Guy Winch, PhD, | https://www.amazon.com/Emotional-First-Aid-Rejection-Everyday/dp/0142181072?dchild=1&keywords=Emotional+First+Aid+by+Guy+Winch%2C+Ph.D.&qid=1622774818&s=books&sr=1-1&linkCode=ll1&tag=mental-health-books-06-20&linkId=ba64d6101b73581fbb0618f763e97caa&language=en\_US&ref\_=as\_li\_ss\_tl&correlationId=ff503b30-91b2-458f-babf-03b032ee16a0 |
| The Body Keeps the Score | Dr. Bessel van der Kolk | https://www.amazon.com/Body-Keeps-Score-Healing-Trauma/dp/0143127748?&linkCode=ll1&tag=mental-health-books-06-20&linkId=cfcf065112b4660119a641532414eaa0&language=en\_US&ref\_=as\_li\_ss\_tl&correlationId=b2902b07-ae2f-46f4-9cce-c1a17d99cc6b |
| Detox Your Thoughts | Andrea Bonior, Ph.D. | https://www.amazon.com/Detox-Your-Thoughts-Negative-Self-Talk/dp/1452184879/ref=as\_li\_ss\_tl?ie=UTF8&linkCode=sl1&tag=self01b-20&linkId=365887b9932af440ec3c4f24f6fd1d84&language=en\_US |
| Essential Art Therapy Exercises | Leah Guzman | https://www.amazon.com/Essential-Art-Therapy-Exercises-Techniques/dp/1646111621/ref=as\_li\_ss\_tl?ie=UTF8&linkCode=sl1&tag=self01b-20&linkId=0d1be35d8b1260c9d862bf21e8a0059a&language=en\_US |
| Anxiety Relief for Teens | Regine Galanti, Ph.D. | https://www.amazon.com/Anxiety-Relief-Teens-Essential-Mindfulness/dp/0593196643/ref=as\_li\_ss\_tl?ie=UTF8&linkCode=sl1&tag=self01b-20&linkId=878809ef5fd33bd8f699b85903061d3d&language=en\_US |
| Rising Strong | Brené Brown, Ph.D. | https://www.amazon.com/Rising-Strong-Ability-Transforms-Parent/dp/081298580X/ref=as\_li\_ss\_tl?ie=UTF8&linkCode=sl1&tag=self01b-20&linkId=7229a6fa7adc65e05df58ff367664745&language=en\_US |
| Man’s Search for Meaning | Viktor E. Frankl, Ph.D. | https://www.amazon.com/Mans-Search-Meaning-Viktor-Frankl/dp/0807014273/ref=as\_li\_ss\_tl?ie=UTF8&linkCode=sl1&tag=self01b-20&linkId=e8b170cb36565ea526b9192145920ba5&language=en\_US |
| Joy on Demand | Chade-Meng Tan | https://www.amazon.com/dp/0062378872/ref=as\_li\_ss\_tl?ie=UTF8&linkCode=sl1&tag=self01b-20&linkId=28f2c19164b8bebf1ac35cfcca322097&language=en\_US |
| The Courage to Be Disliked | Ichiro Kishimi and Fumitake Koga | https://www.amazon.com/Courage-Be-Disliked-Phenomenon-Happiness-ebook/dp/B078MDSV8T/ref=as\_li\_ss\_tl?ie=UTF8&linkCode=sl1&tag=self01b-20&linkId=23d97c58cff766b65b8b171c4a8cf934&language=en\_US |
| Radical Compassion | Tara Brach, Ph.D. | https://www.amazon.com/Radical-Compassion-Learning-Yourself-Practice/dp/0525522816/ref=as\_li\_ss\_tl?ie=UTF8&linkCode=sl1&tag=self01b-20&linkId=790ca0f9e36addbf169ffd48f5ce179c&language=en\_US |
| The Anxiety and Phobia Workbook | Edmund J. Bourne, Ph.D. | https://www.amazon.com/Anxiety-Phobia-Workbook-Edmund-Bourne/dp/1684034833/ref=as\_li\_ss\_tl?ie=UTF8&linkCode=sl1&tag=self01b-20&linkId=02501d4775a2eeee72647ec4f30ba84f&language=en\_US |