Recommended reading.
I personally endorse the following literature. I feel that these books are accurate and compassionate depictions of various mental health conditions. They are organized by condition and updated regularly. I have recommended only books that I have read. Julie Ridge, LCSW-R, President and Founder. (last updated April, 2019)

General mental health conditions:
- Darryl Cunningham, “Psychiatric Tales. eleven graphic stories about mental illness,” c. 2011.
- Mary Jane Ward, “The Snakepit,” c. 1946. (fictionalized account of the true story)

anxiety and obsessive compulsive disorders:
• Emily Ford, with Michael R. Liebowitz MD and Linda Wasmer Andrews, “What You Must Think of Me, a firsthand account of one teenager’s experience with social anxiety disorder,” Oxford University Press, c. 2007.
• Sophie Riegel, “Don’t Tell Me to Relax! one teen’s journey to survive anxiety (and how you can too),” c. 2019.
• Amy Wilensky, “Passing for Normal (a memoir of compulsion),” c. 1999.

attention-deficit/hyperactivity disorder:
• Russell A. Barkley, Ph.D., “Taking Charge of ADHD, the complete, authoritative guide for parents,” c. 1995.

autism spectrum:
• Howard Buten, Ph.D., “Through the Glass Wall, a therapist’s lifelong journey to reach the children of autism,” c. 2004.
• Kathy Hoopmann, “All cats have Asperger Syndrome,” c. 2006.
• Antoine de Saint Exupery, “The Little Prince,” c. 1943.

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• Andrew Solomon, “Far From the Tree,” c. 2012.
• Daniel Tammet, “Born on a Blue Day, inside the extraordinary mind of an autistic savant,” c. 2006. Tammet sees numbers as shapes, color, and textures, a condition known assynesthesia. He can perform extraordinary calculations in his head. He can learn to speak new languages fluently from scratch, in a week. This is his story, as told by him.

bipolar and depressive disorders:
• Tracy Anglada, “Brandon and the Bipolar Bear, a story for children with bipolar disorder,” c. 2009, for children.
• Diane and Lisa Berger, “We Heard the Angels of Madness, a family guide to coping with manic depression,” c. 1991, non-fiction.
• Terri Cheney, “The Dark Side of Innocence, growing up bipolar,” c. 2011, autobiography.
• Dr. Ronald Fieve, “Bipolar Breakthrough,” c. 2009, non-fiction.
• Dr. Ronald Fieve, “Bipolar II,” c. 2000, non-fiction.
• Ellen Forney, “Marbles. mania, depression, Michelangelo, & me,” c. 2014. This graphic memoir shows and tells what it feels to be manic, depressed, artistic and distinctly individual. A NY Times bestseller.
• Chris Gethard, “A Bad Idea I’m About to Do, true tales of seriously poor judgment and stunningly awkward adventure,” c. 2012. (non-fiction, depression & suicide)
• Kevin Hines, “Cracked, Not Broken,” c. 2013. A highly personal heartfelt autobiography by Kevin Hines, the 26th person to survive a Golden Gate Bridge

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jump. His book tells of his recovery, life with bipolar disorder and advocacy work.

- Chamique Holdsclaw, “Breaking Through, beating the odds shot after shot,” 2012. (bipolar)
- Cait Irwin, with Dwight L. Evans M.D., “Monochrome Days, a firsthand account of one teenager’s experience with depression,” c. 2007, non-fiction.
- Patrick Jamieson, Ph.D., with Moira A Rynn, M.D., “Mind Race, a firsthand account of one teenager’s experience with bipolar disorder,” c. 2006, non-fiction.
- Matthew Johnstone, “I Had a Black Dog.”
- Anne Sheffield, “Depression Fallout (the impact of depression on couples and what you can do to preserve the bond),” c. 2003. (depression)
- Bruce Springsteen, “Born to Run,” 2016. (depression)
- Ned Vizzini, “It’s Kind of a Funny Story,” c. 2006, fictionalized account of the author’s stay on a psychiatric award. (depression and suicide)

disruptive behavior disorders (oppositional defiant, intermittent explosive and conduct disorders), sociopathy & psychopathy:
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• August Aichhorn, “Wayward Youth,” a study in psychoanalytic technique for juveniles with delinquent behaviors, forward by Sigmund Freud, first printing 1925, revised and adapted in 1963.
• Paul Babiak, Ph.D. & Robert D. Hare, Ph.D., “Snakes in Suits. when psychopaths go to work,” c. 2006.
• James Garbarino, Ph.D., “Lost Boys, why our sons turn violent and how we can save them,” c. 1999.
• Dr. Robert Hare, “Without Conscience, the disturbing world of the psychopaths among us,” c. 1993.
• Helen Morrison, M.D. and Harold Goldberg, “My Life among the Serial Killers, inside the minds of the world’s most notorious murderers,” c. 2004.
• Bruce Perry, MD, “The Boy Who Was Raised as a Dog, and other stories from a child psychiatrist’s notebook,” c. 2006.
• Mark Salzman, “True Notebooks, a writer’s year at juvenile hall,” c. 2003.
• Andrew Solomon, “Far From the Tree,” c. 2012.
• Nancy, Terena & Beth Thomas, “Dandelion on My Pillow, Butcher Knife Beneath (the true story of an amazing family that lived with and loved kids who killed), c. 2002.
• Anthony E. Wolf, Ph.D., “Get Out of M Life but first could you drive me and Cheryl to the Mall?,” c. 1991 (the material is not dated!).

eating disorders (including anorexia and bulimia):
• Carrie Arnold, with B Timothy Walsh, M.D., “Next to Nothing, a firsthand recommended reading - page 5
account of one teenager’s experience with eating disorder,” Oxford University Press, c. 2007.


neurocognitive disorders (including dementias and Alzheimer’s):


neurodevelopmental disorders, (including learning disabilities and intellectual disabilities):

- Braaten PhD, Ellen and Brian Willoughby, PhD, “Bright Kids Who Can’t Keep Up,” c. 2014.

**psychotic disorders, including schizophrenia:**
• Patrick Cockburn & Henry Cockburn, “Henry’s Demons, living with schizophrenia, a father and son’s story,” c. 2011, non-fiction.
• Anne Deveson, “Tell Me I’m Here, One Family’s Experience of Schizophrenia”, c. 1991, non-fiction.
• Lori Schiller and Amanda Bennett, “The Quiet Room”, c. 1994, autobiography.
• Kurt Snyder, with Racquel E. Gur, M.D., Ph.D. and Linda Wasmer Andrews, “Me, Myself, and Them, a firsthand account of one young person’s experience with schizophrenia,” c. 2007, autobiography.
• Andrew Solomon, “Far From the Tree,” c. 2012, non-fiction.
• Ken Steele and Claire Berman, “The Day the Voices Stopped (a Memoir of Madness and Hope), c. 2001, autobiography.
• E. Fuller Torrey, M.D., “Surviving Schizophrenia, a manual for families, patients, and providers,” c. 2006, non-fiction.
• Mark Vonnegut, MD, “Just Like Someone without Mental Illness Only More So,” a memoir, c. 2011.

**substance use and addictive disorders:**
• Anonymous, “Go Ask Alice. (a real diary),” c. 1971.
• Barbara Cook, with Tom Santopietro, “Then & Now, a memoir,” 2016.
• Kyle Keegan, with Howard B. Moss, M.D., “Chasing the High, a firsthand account of one young person’s experience with substance abuse,” c. 2008.
• Diane Mintz, “In Sickness and in Mental Health,” available on Amazon.
• NIDA and NIMH, “Marijuana: Facts Parents need to Know,” (booklet).
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• *NIDA publications are available free of charge through the NIDA DRUGPUBS Research Dissemination Center. website: http://drugpubs.drugabuse.gov or phone: 877-NIDA-NIH.
• Bill Reynolds, “Fall River Dreams” (the Chris Herren story), non-fiction, c. 1994.

suicide:
• Nina Bingham, “Once the Storm is Over (from grieving to healing after the suicide of my daughter),” c. 2015.
• Chris Gethard, “A Bad Idea I’m About to Do, true tales of seriously poor judgment and stunningly awkward adventure,” c. 2012. (non-fiction, depression & suicide)
• Kevin Hines, “Cracked, Not Broken,” c. 2013. A highly personal heartfelt autobiography by Kevin Hines, the 26th person to survive a Golden Gate Bridge jump. His book tells of his recovery, life with bipolar disorder and advocacy work.
• Dequincy A. Lezine, Ph.D., with David Brent, M.D., “Eight Stories Up, an adolescent chooses hope over suicide,” Adolescent Mental Health Initiative, c. 2008.
• Paul Quinnett, “Suicide, the forever Decision,” latest edition c. 2010.
• Ned Vizzini, “It’s Kind of a Funny Story,” c. 2006. (Vizzini’s novel was made into a movie in 2011. It is a coming-of-age comedy about finding sanity in the most unlikely of places, a Brooklyn psychiatric ward. Focus is on teen anxiety, depression and suicide. Tragically, author Vizzini killed himself in January 2015. He was 32 years old.)

trauma & stressor related disorders:
• Bingham, Nina, “Once the Storm is Over. from grieving to healing after the suicide of my daughter,” c. 2015.

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• John Bowlby - anything he’s written.
• Saroo Brierley, “A Long Way Home,” c. 2015. (made into the major motion picture “Lion” starring Dev Patel in 2016.)
• Emma Donahue, “Room,” c. 2010. fiction. (made into a major motion picture of the same name in 2015.)
• Dave Pelzer, “The Lost Boy, a foster child’s search for the love of a family,” c. 1997.
• Bruce Perry, MD, “The Boy Who Was Raised as a Dog, and other stories from a child psychiatrist’s notebook,” c. 2006. [A PERENNIAL TOP PICK]
• Mark Salzman, “True Notebooks, a writer’s year at juvenile hall,” c. 2003.
• Maia Szalavitz and Bruce D. Perry, M.D., Ph.D., “Born for Love, why empathy is essential and endangered,” c. 2010.
• Malala Yousafzai with Christina Lamb, “I Am Malala, the girl who stood up for education and was shot by the Taliban.” When the Taliban took control of Swat Valley in Pakistan, one girl spoke out. Malala Yousafzai refused to be silenced and fought for her right to an education. In October 2012, when she was 15, Malala was shot in the head while riding the bus home from school. Few expected her to survive. Instead, Malala’s heroic recovery has taken her on an extraordinary journey from her remote village to the UN, to a meeting with President Obama. In 2014 she won the Nobel Peace Prize. A national best seller and must read for today's times. A documentary film has been made based on her story. c. 2015. [A 2016 TOP PICK]
• Bessel Van Der Kolk, M.D., “The Body Keeps the Score, brain, mind, and body in the healing of trauma,” c. 2014.