

FRANK RIDGE MEMORIAL FOUNDATION, INC

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. I have recommended only books that I have read (clearly, I have not read everything written on every subject). Julie Ridge, LCSW-R, President and Founder. (last updated April 2022)

General mental health conditions:

- Xavier Amador, with Anna-Lisa Johanson, I am Not Sick, I Don't Need Help! (helping the seriously mentally ill accept treatment), c. 2000.
- American Psychiatric Association, Diagnostic and Statistical Manual of Mental Disorders (DSM-5), c. 2013.
- Mimi Baird, He Wanted the Moon. The madness and medical genius of Dr. Perry Baird and his daughter's quest to know him. "Dr. Baird's bipolar disease followed a common arc. He was a high-energy child, a stellar, indefatigable student, a charismatic doctor just finishing his postgraduate training when psychosis struck at age 29. Things went downhill at an unsteady, stuttering pace. Dr. Baird had periods of stability during which he married and did some excellent medical work, but delusions and increasingly bizarre, sometimes violent behavior always intervened. He lost his medical license and was hospitalized repeatedly, never to any lasting effect. All the barbaric psychiatric treatments of the time were summoned to help him: canvas straitjackets, cocoons of ice-cold wet sheets used to calm agitated patients, shock treatments, insulin injections and frontal lobotomy. None worked."¹ Autobiography, c. 2015
- Ann Braden Johnson, Out of Bedlam. the truth about deinstitutionalization, c. 1990.
- Rosalynn Carter, with Susan K. Golant, Helping Someone with Mental Illness, c. 1999.
- Darryl Cunningham, Psychiatric Tales. eleven graphic stories about mental illness, c. 2011.
- Susanna Kaysen, Girl, Interrupted, c. 1993. (memoir)
- Deborah Kent, Snake Pits, Talking Cures, & Magic Bullets. a history of mental illness, c. 2003
- Jeffrey A. Lieberman, MD with Ogi Ogas, Shrinks. The Untold Story of Psychiatry, c. 2015.
- Luke Meyer, editor, Better Mental Health Magazine, www.bmhmag.com.
- Sherwin B. Nuland, Doctors. The Biography of Medicine, 1988.
- Howard W. Polsky, Cottage Six. the social system of delinquent boys in residential treatment, original edition 1962, reprinted in 1977.
- Edgar Allan Poe, short story The System of Dr. Tarr, c. 1946. Stonehurst Asylum, a major motion picture, was based on this Poe short story.
- Mark Ragins, M.D., medical director MHA (mental health association) Village, A Road to Recovery, revised c. 2010.
- Alisa Roth, Insane. America's Criminal Treatment of Mental Illness, c. 2018.

¹ NY Times Book Review, Feb 23, 2015.

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- Theodore Isaac Rubin, M.D., Lisa & David. the extraordinary story of two troubled adolescents struggling to find their places in the real world, based on Dr. Rubin's case histories, c. 1962.
- Robin Simons, After the Tears. parents talk about raising a child with a disability, c. 1987.
- Andrew Solomon, Far From the Tree, c. 2012.
- E. Fuller Torrey, MD, American Psychosis. How the federal government destroyed the mental illness treatment system, c. 2014.
- E. Fuller Torrey, MD, The Insanity Offense, c. 2012.
- E. Fuller Torrey, MD, Out of the Shadows (confronting America's mental illness crisis), c. 1997.
- Ned Vizzini, It's Kind of a Funny Story, c. 2006.
- Mary Jane Ward, The Snakepit, c. 1946. (fictionalized account of the true story)

anxiety and obsessive compulsive disorders:

- Martin M. Antony, PhD and Peter J. Norton, PhD, The Anti-Anxiety Workbook, c. 2009.
- Kari Dunn Buron, When My Worries Get Too Big! a relaxation book for children who live with anxiety, c. 2006.
- Raeann Dumont, The Sky is Falling. understanding and coping with phobias, panic, and obsessive-compulsive disorders, c. 1996.
- 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.
- Jared Douglas Kant, with Martin Franklin Ph.D. and Linda Wasmer Andrews, The Thought That Counts. a firsthand account of one teenager's experience with Obsessive-compulsive disorder, Oxford University Press, c. 2008.
- Sophie Riegel, Don't Tell Me to Relax! one teen's journey to survive anxiety (and how you can too), c. 2019.
- Michael A. Tompkins, Ph.D. and Katherine Martinez, PsyD, My Anxious Mind. a teen's guide to managing anxiety and panic, Magination Press, c. 2010.
- Ned Vizzini, It's Kind of a Funny Story, c. 2006.
- Amy Wilensky, Passing for Normal (a memoir of compulsion), c. 1999.

attention-deficit/hyperactivity disorder:

- American Academy of Pediatrics, ADHD, a complete and authoritative guide, c. 2004.
- Russell A. Barkley, Ph.D., Taking Charge of ADHD, the complete, authoritative guide for parents, c. 1995.
- Thomas E. Brown, Ph.D., Attention Deficit Disorder: The Unfocused Mind in Children and Adults, Yale University Press, c. 2005.
- Edward M. Hallowell, M.D., and John J. Ratey, M.D., Driven to Distraction, recognizing and coping with attention deficit disorder from childhood through adulthood, c. 1994.
- John F. Taylor, Ph.D., The Survival Guide for Kids with ADHD, c. 2006.
- Henry Winkler and Lin Oliver, Here's Hank, c. 2014.

autism spectrum disorders:

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- Howard Buten, Ph.D., Through the Glass Wall, a therapist's lifelong journey to reach the children of autism, c. 2004.
- Julia Cook, illustrations by Carrie Hartman, Personal Space Camp, a children's book, 2016.
- Temple Grandin, Rescued by a cow and a Squeeze, c. 2003.
- Temple Grandin, Animals in Translation, c. 2005.
- Temple Grandin, Developing Talents, c. 2004.
- Temple Grandin and Margaret M Scariano, A true story. Emergence. labeled autistic, c. 1986.
- Temple Grandin, Thinking in Pictures, c. 2006.
- Mark Haddon, The Curious Incident of the dog in the Night-time, c. 2003.
- Kathy Hoopmann, All cats have Asperger Syndrome, c. 2006.
- Judith Newman, To Siri with Love. A mother, her autistic son, and the kindness of machines, c. 2017.
- Ellen Notbohm, Ten Things Every Child with Autism Wishes You Knew, c.2005.
- Antoine de Saint Exupery, The Little Prince, c. 1943.
- John Elder Robison, look me in the eye. my life with asperger's, c. 2008.
- John Elder Robison, Raising Cubby, c. 2013.
- Oliver Sacks, The Man Who Mistook His Wife for a Hat, chapter on autistic savant twins entitled The Twins, c. 1985.
- Daniel Stefanski (an autistic kid), How to talk to an Autistic Kid, c. 2011.
- Andrew Solomon, Far From the Tree, c. 2012.
- Andrew Solomon, Far From the Tree, young adult edition,”c. 2017.
- Ron Suskind, Life, Animated. a story of sidekicks, heroes, and autism, c. 2014.
- 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.
- Wes Burgess, M.D., Ph.D., The Bipolar Handbook for Children, Teens and Families, c. 2008, non-fiction.
- Nell Casey, editor, Unholy Ghost, writers on depression, c. 2002, non-fiction.
- Terri Cheney, The Dark Side of Innocence, growing up bipolar, c. 2011, autobiography.
- Kathy Cronkite, On the Edge of Darkness, c. 1995, autobiography. (depression)
- Patty Duke, A Brilliant Madness, c. 1992, autobiography. (bipolar)
- Pete Early, Crazy. A Father's Search Through America's Mental Health Madness, c. 2006, autobiography.
- Dr. Ronald Fieve, Bipolar Breakthrough, c. 2009, non-fiction.
- Dr. Ronald Fieve, Bipolar II, c. 2000, non-fiction.

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- David G. Fassler, MD and Lynne S. Dumas, Help Me, I'm Sad (recognizing, treating and preventing childhood and adolescent depression), c. 1997, 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.
- Ellen Forney, Rock Steady. Brilliant advice from my bipolar life, c. 2018.
- 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)
- Bryna Hebert, My Bipolar Roller coaster Feelings Book, c. 2005, for children.
- 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.
- 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.
- Kay Redfield Jamison, An Unquiet Mind, c. 1995, autobiography.
- Kay Redfield Jamison, Manic Depressive Illness, c. 1990, non-fiction.
- Kay Redfield Jamison, Night Falls Fast, c. 1999, autobiography. (depression)
- Kay Redfield Jamison, Touched with Fire. manic depressive illness and the artistic temperament, c. 1993, non-fiction.
- Matthew Johnstone, Living with a Black Dog. his name is depression, c. 2006, graphic novel.
- Matthew and Aimsley Johnstone, Living with a black dog. How to take care of someone with depression while looking after your self, c. 2008, graphic novel.
- Matthew Johnstone, I Had a Black Dog, c. 2008, graphic novel.
- Judith Lederman and Candida Fink, M.D., The Ups and Downs of Raising a Bipolar Child, a survival guide for parents, c. 2003.
- Demetri Papolos, M.D. and Janice Papolos, The Bipolar Child, c.1999, non-fiction.
- Jane Pauley, Skywriting, c. 2005, autobiography, (depression and bipolar).
- Michael Rosen, illustrated by Quentin Blake, Sad Book, c. 2004.
- Norman E. Rosenthal, MD, Winter Blues. everything you need to know to beat seasonal affective disorder, c. 2006, non-fiction.
- Anne Sheffield, Depression Fallout (the impact of depression on couples and what you can do to preserve the bond), c. 2003. (depression)
- Anne Sheffield, How you can Survive When They're Depressed, c. 1998.
- Andrew Solomon, The Noonday Demon, c. 2001, non-fiction, (depression), a NY Times Best Seller.
- Bruce Springsteen, Born to Run, 2016. (depression)
- William Styron, Darkness Visible, c. 1990, autobiography, (depression).
- Elizabeth Swedos, My Depression, c. 2005, autobiography.
- James Taylor, Break Shot, c. 2020, autobiography on audio-books.

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- E. Fuller Torrey, M.D., Ann E Bowler, M.S., Edward H Taylor, PhD, Irving Gottesman, PhD, Schizophrenia and Manic-depressive Disorder. The biological roots of mental illness as revealed by the landmark study of identical twins, c. 1994.
- Ned Vizzini, It's Kind of a Funny Story, c. 2006, fictionalized account of the author's stay on a psychiatric ward. (depression and suicide)
- Mark Vonnegut (forward by Kurt Vonnegut), The Eden Express. A Memoir of Insanity, c. 1975, second publication in 2002, autobiography, (bipolar with psychotic features).
- Mark Vonnegut, MD, Just Like Someone Without Mental Illness Only More So. A memoir, c. 2011, (bipolar with psychotic features).
- Elizabeth Wurtzel, Prozac Nation, c. 1995, autobiography, (bipolar).

NOTE: if you have time to read only one book from this list, I recommend Ellen Forney's illustrated autobiography Marbles, Mania, Michelangelo and Me. This single book, through graphic illustration, terrific writing, humor and heartbreak, pulls you inside the world of depression and mania in a way no typical book can.

disruptive behavior disorders (oppositional defiant, intermittent explosive and conduct disorders), sociopathy & psychopathy:

- Frank Abagnale, Catch Me If You Can, c. 1980. (autobiography).
- 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.
- Andrew Durham, Young Men Surviving Child Sexual Abuse. research stories and lessons for therapeutic practice, c. 2003.
- 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.
- Clifford Irving, The Hoax, c. 1981 (autobiography).
- Mark Katz, On Playing a Poor Hand Well. insights from the lives of those who have overcome childhood risks and adversities, c. 1997.
- 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.
- Michael Newton, The Encyclopedia of Serial Killers. A study of the chilling criminal phenomenon, from the Angels of Death to the Zodiac Killer, c. 2000.
- Dorothy Otnow Lewis, M.D., Guilty by Reason of Insanity. A psychiatrist explores the minds of killers, c. 1998.
- Bruce Perry, MD, The Boy Who Was Raised as a Dog. and other stories from a child psychiatrist's notebook, c. 2006.
- Howard W. Polsky, Cottage Six. the social system of delinquent boys in residential treatment, original edition 1962, reprinted in 1977.
- Ann Rule, The Stranger Beside Me, (the shocking inside story of serial killer Ted Bundy), latest edition 2009.
- Mark Salzman, True Notebooks. a writer's year at juvenile hall, c. 2003.
- Andrew Solomon, Far From the Tree, c. 2012.

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- Martha Stout, ph.d., The Sociopath Next Door, c. 2005.
- 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.
- Jennifer Toth, What Happened to Johnny Jordan, the story of a child turning violent, c. 2002.
- Nancy Boyd Webb, Working with Traumatized Children in Child Welfare, c. 2006.
- Anthony E. Wolf, Ph.D., Get Out of My Life but first could you drive me and Cheryl to the Mall?, c. 1991 (the material is not dated!).
- Leslie Bailey Wright and Mindy B. Loiselle, Back On Track. Boys Dealing with Sexual Abuse (for boys age 10 and up), c. 1997.

dissociative identity disorder (formerly known as split or multiple personality disorder):

- Deborah Bray Haddock, Dissociative Identity Disorder Sourcebook, c. 2001.
- Truddi Chase, When Rabbit Howls, the story of a woman with 92 personalities, Autobiography. c. 1987. [Truddi Chase died in early 2021. She was 75.]
- Daniel Keyes, The Minds of Billy Milligan. The story of Billy Milligan and his 23 identities. Biography. c. 1982. [Billy Milligan died in 2014 at the age of 59.]
- Peter A. Levine with Ann Fredrick, Waking the Tiger, healing trauma, c. 1997.
- Robert O. Oxnam, A Fractured Mind, my life with multiple personality disorder. Autobiography. c. 2005.
- Maggie Phillips & Claire Frederick, Healing the Divided Self, clinical and Ericksonian Hypnotherapy for posttraumatic and dissociative conditions, c. 1995.
- Theodore Isaac Rubin, M.D., Lisa & David. Based on case studies of two of Dr. Rubin's patients. Made into a major motion picture starring Sidney Poitier, Lukas Haas and Brittany Murphy. c. 1962.
- Flora Rhea Schreiber, Sybil. The classic true story of a woman possessed by sixteen personalities. Made into a television movie starring Sally Field and Joanne Woodward. Biography. c. 1973.
- Chris Costner Sizemore (the real Eve), A Mind of My Own. Autobiography. c. 1989.
- Olga R. Trujillo, the sum of my parts ... a survivor's story of dissociative identity disorder. Autobiography. c. 2011.
- Bessel Van Der Kolk, M.D. The Body Keeps the Score, brain, mind and body in the healing of trauma, c. 2014.

eating disorders (including anorexia and bulimia):

- Carrie Arnold, with B Timothy Walsh, M.D., Next to Nothing, a firsthand account of one teenager's experience with eating disorder, Oxford University Press, c. 2007.
- Toni Bentley, Winter Season, a Dancer's Journal, c. 1982 (autobiography).
- Lacy J. Davis and Jim Kettner, Ink in Water, an illustrated memoir ... or, how I kicked anorexia's ass and embraced body positivity!, a graphic autobiography, c. 2017.
- Katie Green, Lighter Than my Shadow, a graphic autobiography, c. 2013.
- Judith Matz, LCSW & Ellen Frankel, LCSW, Beyond a Shadow of a Diet: The Therapist's Guide to Treating Compulsive Eating Disorders, c. 2014.
- Sapphire, Push, c. 1997. Precious Jones, an illiterate 16-year-old, has up until now been invisible to the father who rapes her, the mother who batters her, and the

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authorities who dismiss her as just one more of Harlem's casualties. But when Precious meets a determined and radical teacher, we follow her on a journey of education and enlightenment as she learns not only how to write about her life, but how to make it truly her own. The novel was made into the major motion picture Precious, directed by Lee Daniels.

neurocognitive disorders (including dementias and Alzheimer's):

- John Bayley, Elegy for Iris: A Memoir, c. 1999.
- Roz Chast, Can't we talk about something more Pleasant? a memoir, national book award finalist and NY Times bestseller, adult comic book, c. 2014.
- Alex Demetris, Dad's Not All There Any More: A comic about dementia, c. 2016.
- Lisa Genova, Still Alice, c. 2007
- Kent L Karosen and Chana Stiefel, Why Can't Grandma Remember My Name, c. 2016.
- Sarah Leavitt, Tangles: A Story about Alzheimer's, My Mother, and Me, graphic novel, c. 2012.
- Nancy L, Mace, MA and Peter V Rabins, MD, MPH, The 36-Hour Day, a family guide to caring for people who have alzheimer's disease, related dementias, and memory loss, 5th Edition, c. 2011 by the Johns Hopkins Press.
- Paco Roca, Wrinkles, c. 2016.
- Oliver Sacks, Musicophilia, tales of music and the brain, c. 2007.
- Jane Seskin, LCSW, Older, Wiser, Shorter. an emotional trip to the membership of the senior class, c. 2019.
- Dana Walrath, Aliceheimer's: Alzheimer's Through the Looking Glass, graphic novel, c. 2013.

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

- Braaten PhD, Ellen and Brian Willoughby, PhD, Bright Kids Who Can't Keep Up, c. 2014.
- Julia Cook, illustrations by Carrie Hartman, Personal Space Camp, a children's book, 2016.
- Leslie Holzhauser-Peters & Leslie True, Making sense of Children's Thinking and Behavior, c. 2008.
- Jason Kingsley and Mitchell Levitz, Count Us In, growing up with Down Syndrome, c. 1994.
- Jerzy Kosinski, Being There, c. 1970.
- Kranowitz M.A., Carol Stock, The Out-of-Sync Child. recognizing and coping with sensory processing disorder, c. 2005.
- Richard Lavoie, It's So Much Work to Be Your Friend, helping the child with learning disabilities find social success, c. 2005.
- Sally Shaywitz, M.D., Overcoming Dyslexia. a new and complete science-based program for reading problems at any level, c. 2005.
- Robin Simons, After the Tears, parents talk about raising a child with a disability, c. 1987.
- Andrew Solomon, Far From the Tree, c. 2012.

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- Andres Solomon, Far From the Tree, how children and their parents learn to accept one another ... our differences unite us, c. 2017.
- Ron Suskind, Life Animated, a story of sidekicks, heroes, and autism, 2014.
- Pamela B. Tanguay, Nonverbal Learning Disabilities at School, c. 2002.

obsessive compulsive disorders:

- Martin M. Antony, PhD and Peter J. Norton, PhD, The Anti-Anxiety Workbook, c. 2009.
- Jeff Bell, Rewind, Replay, Repeat. A memoir of Obsessive-Compulsive disorder, c. 2007.
- Kari Dunn Buron, When My Worries Get Too Big! a relaxation book for children who live with anxiety, c. 2006.
- Raeann Dumont, The Sky is Falling, understanding and coping with phobias, panic, and obsessive-compulsive disorders, c. 1996.
- Jared Douglas Kant, with Martin Franklin Ph.D. and Linda Wasmer Andrews, The Thought That Counts, a firsthand account of one teenager's experience with obsessive-compulsive disorder, Oxford University Press, c. 2008.
- Sophie Riegel, Don't Tell Me to Relax! One Teen's Journey to Survive Anxiety (and how you can too), c. 2019
- Michael A. Tompkins, Ph.D. and Katherine Martinez, PsyD, My Anxious Mind, a teen's guide to managing anxiety and panic, Magination Press, c. 2010.
- Amy Wilensky, Passing for Normal (a memoir of compulsion), c. 1999.

personality disorders - the Cluster 'B's - antisocial (including sociopathy and psychopathy), borderline, histrionic and narcissistic and conduct disorder CD:

- Frank Abagnale, Catch Me If You Can, c. 1980. Autobiography. (APD)
- 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. (CD and APD)
- Paul Babiak, Ph.D. & Robert D. Hare, Ph.D., Snakes in Suits. when psychopaths go to work, c. 2006. (several Cluster 'B' PDs)
- Andrew Durham, Young Men Surviving Child Sexual Abuse, research stories and lessons for therapeutic practice, c. 2003.
- Bill Eddy, LCSW, Esq., 5 Types of People Who Can Ruin Your Life, c. 2018. (All of the Cluster 'B' PDs)
- James Garbarino, Ph.D., Lost Boys, why our sons turn violent and how we can save them, c. 1999. (APD)
- Dr. Robert Hare, Without Conscience, the disturbing world of the psychopaths among us, c. 1993. (several Cluster 'B' PDs)
- Diana B. Henriques, The Wizard of Lies. Bernie Madoff and the death of trust, c. 2012. (several Cluster 'B' PDs)
- Ian Hughes, Disordered Minds: How Dangerous Personalities Are Destroying Democracy, c. 2018. A compelling and timely account of the dangers posed by narcissistic leaders and a stark warning of the conditions in which this psychopathy flourishes.
- Clifford Irving, The Hoax, c. 1981. Autobiography. (several Cluster 'B' PDs)

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- Susanna Kaysen, Girl, Interrupted, c. 1993. Memoir. (Borderline Personality disorder.)
- Andrew Kirtzman, Betrayal. The life and lies of Bernie Madoff, c. 2010. (several Cluster 'B' PDs)
- 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. (several Cluster 'B' PDs)
- Michael Newton, The Encyclopedia of Serial Killers. A study of the chilling criminal phenomenon, from the Angels of Death to the Zodiac Killer, c. 2000. (several Cluster 'B' PDs)
- Dorothy Otnow Lewis, M.D., Guilty by Reason of Insanity. A psychiatrist explores the minds of killers, c. 1998. (several Cluster 'B' PDs)
- Howard W. Polsky, Cottage Six. the social system of delinquent boys in residential treatment, original edition 1962, reprinted in 1977. (CD and APD)
- Ann Rule, The Stranger Beside Me, the shocking inside story of serial killer Ted Bundy, latest edition c. 2009. (APD, sociopathy and psychopathy)
- Mark Salzman, True Notebooks, a writer's year at juvenile hall, c. 2003. (CD and APD)
- Andrew Solomon, Far From the Tree, c. 2012. (Chapter on Crime demonstrates APD)
- Martha Stout, ph.d., The Sociopath Next Door, c. 2005. (APD, sociopathy and psychopathy)
- 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. (APD)
- Jennifer Toth, What Happened to Johnny Jordan, the story of a child turning violent, c. 2002. (CD and APD)
- Nancy Boyd Webb, Working with Traumatized Children in Child Welfare, c. 2006. (CD and APD)
- Leslie Bailey Wright and Mindy B. Loiselle, Back On Track. Boys Dealing with Sexual Abuse (for boys age 10 and up), c. 1997.

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.
- Anne Deveson, Resilience, c. 2003. Non-fiction.
- Hannah Green, I Never Promised You A Rose Garden, c. 1964, fiction.
- Michael Greenberg, Hurry Down Sunshine, c. 2008, non-fiction.
- Steven Lopez, The Soloist, c. 2008, non-fiction.
- Sylvia Nasar, A Beautiful Mind, c. 1995. Biography. Became a major motion picture of the same name starring Russel Crowe.
- Elyn Saks, The Center Cannot Hold, c. 2007, autobiography.
- Lori Schiller and Amanda Bennett, The Quiet Room, c. 1994, autobiography.
- Susan Sheehan, Is There No Place on Earth for Me?, c. 1995. Non-fiction. A Pulitzer Prize Winner.

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- 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.
- E. Fuller Torrey, M.D., Ann E Bowler, M.S., Edward H Taylor, PhD, Irving Gottesman, PhD, Schizophrenia and Manic-depressive Disorder. The biological roots of mental illness as revealed by the landmark study of identical twins, c. 1994.
- Mark Vonnegut (forward by Kurt Vonnegut), The Eden Express, A Memoir of Insanity, c. 1975, second publication in 2002, autobiography.
- Mark Vonnegut, MD, Just Like Someone without Mental Illness Only More So, a memoir, c. 2011.
- Brian Wilson (the Beach Boys), I am Brian Wilson, a memoir, 2016.

substance use and addictive disorders:

- Anonymous, Go Ask Alice. (a real diary), c. 1971.
- Anonymous, Narcotics Anonymous, c. 1982 first printing. 6th edition c. 2008.
- David Carr, The Night of the Gun, c. 2008.
- Barbara Cook, with Tom Santopietro, Then & Now, a memoir, c. 2016.
- Ben Falk, Robert Downey Jr. The Fall and Rise of the Comeback Kid, c. 2010.
- Chris Herren and Bill Reynolds, Basketball Junkie, c. 2011.
- Charles Jackson, The Lost Weekend, c. 1944. Fiction.
- Leslie Jamison, The Recovering, intoxication and its aftermath, 2018. Non-fiction. [A 2018 TOP PICK.]
- Kristen Johnston, Guts: The Endless Follies and Tiny Triumphs of a Giant Disaster, c. 2013.
- 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 National Institute on Drug Abuse, US Department of Health and Human Services, NIH, Drug Facts, 2012 Monitoring the Future report. (NIDA publication)
- NIDA and NIMH, Marijuana: Facts Parents need to Know, (booklet).
- National Institute on Drug Abuse, NIH, US Department of Health and Human Services, Principles of Drug Addiction Treatment, a research-based guide, last updated 2017.
- National Institute on Drug Abuse, NIH, US Department of Health and Human Services, Principles of Adolescent Substance Use Disorder Treatment, a research-based guide, last updated January 23, 2017.
- 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.
- David Sheff, beautiful boy. a father's journey through his son's addiction, c. 2008. autobiography.

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- Nic Sheff, Tweak: growing up on methamphetamines, c. 2008. autobiography.
- Nic Sheff, We All Fall Down, living with addiction, c. 2011. autobiography.
- Bill W., As Bill Sees It, The A.A. Way of Life ... selected writings of A.A.'s co-founder, c. 1967 (first printing).

suicide:

- Jill Bialosky, History of a Suicide, my sister's unfinished life, c. 2011.
- 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.
- William Styron, Darkness Visible, a memoir of madness, c. 1990.
- William Styron, The Suicide Run, five tales of the marine corps, (Pulitzer Prize winner), c. 2009.
- 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:

- Nujood Ali, with Delphine Minoui, I am Nujood, Age 10 and Divorced, NY: Broadway Books, c. 2010.
- Lynda Barry, One! Hundred! Demons!, an illustrated memoir, c. 2002.
- Nina Bingham, Once the Storm is Over. from grieving to healing after the suicide of my daughter, c. 2015.
- Mark Bixler, The Lost Boys of Sudan: An American Story of the Refugee Experience, c. 2006. (made into a major motion picture The Good Lie in 2014.)
- Gay Block and Malka Drucker, Rescuers. Portraits of Moral Courage in the Holocaust, c. 1992.
- 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.)
- Marie Colvin, On the Front Line. The collected journalism of Marie Colvin, Harper Press, c. 2012.
- Paul Conroy, Under the Wire. Marie Colvin's Final Assignment, Weinstein Books, c. 2013.
- Anne Deveson, Resilience, c. 2003.
- Emma Donahue, Room, c. 2010. fiction. (made into a major motion picture of the same name in 2015.)

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- Andrew Durham, Young Men Surviving Child Sexual Abuse, research stories and lessons for therapeutic practice, c. 2003.
- Eliana Gil, The Healing Power of Play, working with abused children, c. 1991.
- Daniel Hughes, Ph.D. Building the Bonds of Attachment, awakening love in deeply troubled children, c. 1998.
- Mark Katz, On Playing a Poor Hand Well, insights from the lives of those who have overcome childhood risks and adversities, c. 1997.
- Gregory C. Keck, Ph.D. and Regina M. Kupecky, L.S.W., Parenting the Hurt Child, helping adoptive families heal and grow, c. 2002.
- Daniel Keyes, The Minds of Billy Milligan, c. 1982. The extraordinary story of Billy Milligan and his 23 identities. Non-fiction.
- Ronald Kruk, Hacksaw Ridge: the true story of Desmond Doss, c. 2017.
- John Lewis, Andrew Aydin & Nate Powell, March. Book One, c. 2013.
- John Lewis, Andrew Aydin & Nate Powell, March. Book Two, c. 2015.
- John Lewis, Andrew Aydin & Nate Powell, March. Book Three, c. 2016.
- Nelson Mandela, Long Walk to Freedom, autobiography, c. 1994.
- Michelle Obama, Becoming, c. 2018.
- Robert O. Oxnam, A Fractured Mind, my life with multiple personality disorder, 2005. Non-fiction.
- Dave Pelzer, A Child Called 'It,' one child's courage to survive, c. 1995.
- Dave Pelzer, The Lost Boy, a foster child's search for the love of a family, c.1997.
- Matt de la Pena, illustrator Loren Long, LOVE, a picture book teaching children the many faces of love, c. 2018.
- 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]
- Maggie Phillips & Claire Frederick, Healing the Divided Self, clinical and Ericksonian Hypnotherapy for posttraumatic and dissociative conditions, c. 1995.
- Ashley Rhodes-Courter, three little words, A Memoir, c. 2008. The tale of Rhodes-Courter harrowing road through foster care and abuse.
- Niels P. Rygaard, Severe Attachment Disorder in Childhood, c. 2006.
- Mark Salzman, True Notebooks, a writer's year at juvenile hall, c. 2003.
- Flora Rhea Schreiber, Sybil, c. 1973. The classic true story of a woman possessed by sixteen personalities. Made into a television movie starring Sally Field and Joanne Woodward. Non-fiction.
- David Small, Stitches, a memoir, childhood trauma, NY Times Bestseller, graphic novel, c. 2009.
- Maia Szalavitz and Bruce D. Perry, M.D., Ph.D., Born for Love, why empathy is essential and endangered, c. 2010.
- Nancy Thomas, When Love is not Enough, a guide to parenting children with RAD- Reactive Attachment Disorder, c. 2005 - updated version.
- Jennifer Toth, What Happened to Johnny Jordan, the story of a child turning violent, c. 2002.
- Olga R. Trujillo, the sum of my parts ... a survivor's story of dissociative identity disorder, c. 2011. Non-fiction.
- 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

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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
- Nancy Boyd Webb, Working with Traumatized Children in Child Welfare, c. 2006.
- Leslie Bailey Wright and Mindy B. Loisel, Back On Track. Boys Dealing with Sexual Abuse (for boys age 10 and up), c. 1997.