

Recommended Booklist MHEC 2025

Haldol & Hyacinths: A Bipolar Life, Melody Moezzi

The Rumi Prescription: How an Ancient Mystic Poet Changed My Modern Manic Life, Melody Moezzi

***Loving Someone with a Mental Illness or History of Trauma: Skills, Hope, and Strength for Your Journey (2025, Johns Hopkins University Press)*
*Michelle D. Sherman, PhD, ABPP, and DeAnne M. Sherman***

***I'm Not Alone: A Teen's Guide to Living with a Parent Who Has a Mental Illness or History of Trauma (2nd edition, 2024, Seeds of Hope Books) by*
*Michelle D. Sherman, PhD, ABPP, and DeAnne M. Sherman***

Darkness Visible: A Memoir of Madness, William Styron

The Bell Jar, Sylvia Plath

An Unquiet Mind: A Memoir of Moods and Madness, Kay Redfield Jamison

Touched with Fire: Manic-Depressive Illness and the Artistic Temperament,
Kay Redfield Jamison

The Center Cannot Hold: My Journey Through Madness, Elyn Saks

72 Hour Hold, Bebe Moore Campbell

The Noonday Demon: An Atlas of Depression, Andrew Solomon

Marbles: Mania, Depression, Michelangelo, and Me, Ellen Forney

Rock Steady: Brilliant Advice from My Bipolar Life, Ellen Forney

A First-Rate Madness: Uncovering the Links Between Leadership and Mental Illness, Nassir Ghaemi

Sure, I'll Join Your Cult: A Memoir of Mental Illness and the Quest to Belong Anywhere, Maria Bamford

Crazy Like Us: The Globalization of the American Psyche, Ethan Watters

Hyperbole and a Half: Unfortunate Situations, Flawed Coping Mechanisms, Mayhem, and Other Things That Happened, Allie Brosh

Heart Berries: A Memoir, Terese Marie Mailhot

Wishful Drinking, Carrie Fisher

The Upward Spiral, Alex Korb

The Glass Castle, Jeanette Walls

Unholy Ghost; Writers on Depression, Nell Casey

Electroboy, Andy Behrman

The Recovering: Intoxication and its Aftermath, Leslie Jamison

Hunger: A Memoir of (My) Body, Roxane Gay

Burnout: The Secret to Unlocking the Stress Cycle, Emily Nagoski & Amelia Nagasaki

The Bipolar Disorder Survival Guide: What You and Your Family Need to Know, David J. Miklowitz

Anatomy of an Epidemic: Magic Bullets, Psychiatric Drugs, and the Astonishing Rise of Mental Illness in America, Robert Whitaker

Maybe You Should Talk to Someone: A Therapist, Her Therapist, and Our Lives Revealed, Lori Gottlieb

Furiously Happy: A Funny Book About Horrible Things, Jenny Lawson

What My Bones Know: A Memoir of Healing from Complex Trauma, Stephanie Foo

Why We Sleep: Unlocking the Power of Sleep & Dreams, Matthew Walker

I'm Telling the Truth, but I'm Lying, Bassegy Ikpi

Lit: A Memoir, Mary Karr

The Collected Schizophrenias, esme Weijun Wang

Manic: A Memoir, Terri Cheney

Prozac Nation, Elizabeth Wurtzel

The Anxious Generation: How the Great Rewiring of Childhood is Causing an Epidemic of Mental Illness, Jonathan Haidt

Losing Lizzy, Lehman Riley (Minneapolis father writing on grief)

Visiting Feelings, Lauren Rubenstein, Magination Press

Red: A Crayon's Story, Michal Hall, Greenwillow

Worry Says What?, Allison Edwards, , NCYI

What to do when your temper flares, Huebner, Magination Press

Ahn's Anger, Gail Silver, Plum Blossom Books

The Amazing Erik, Huber, Redleaf Lane

My Mouth is a volcano, Julia Cook, NCYI

Train your dragon to follow rules, Steve Herman

I love you stinky face, Lisa McCourt, Cartwheel Books

The Red Thread, an adoption fairy tale, Grace Lin

I love me, I love you by Anne Pryor

The Body Keeps the Score by Bessel A. van der Kolk

Anchored by Deb Dana