Recommended Booklist Mental Health Education Conference 2026

Featured Authors/Presenters

***Fix What You Can: Schizophrenia and a Lawmaker's Fight for Her Son** by Mindy Greiling. 2020

***I Am Safe: Trauma-Responsive Practices in Crisis Mental Health** by Chrissy Mignogna. 2024

***Intensive Care: How Congress Shapes Health Policy** by Thomas E. Mann and Norman J. Ornstein. 1995

***After the People Vote: A Guide to the Electoral College** by Dr. Norman J. Ornstein and Walter Berns. Second edition, 1991

*Top Recommended Books

***ADHD Is Awesome: A Guide to (Mostly) Thriving with ADHD** by Kim Dean and Penn Holderness. A positive, practical guide reframing ADHD as a different way of thinking, offering tools and techniques to leverage unique strengths while finding humor in daily challenges. 2024

***BrainStorm: From Broken to Blessed on the Bipolar Spectrum** by Sara Schley. 2022

***You Are Not Alone: The NAMI Guide to Navigating Mental Health—With Advice from Experts and Wisdom from Real People and Families** by Ken Duckworth. 2022

***Laughter in Hell: Use of Humor During the Holocaust** by Steve Lipman. 1993

***The Crusade for Forgotten Souls: Reforming Minnesota's Mental Institutions, 1946–1954** by Susan Bartlett Foote. This award-winning historical book chronicles the public campaign to reform the deeply flawed state asylum system in Minnesota. 2018

***Hidden Valley Road: Inside the Mind of an American Family** by Robert Kolker. 2020

***I Am Not Sick I Don't Need Help: 20th Anniversary Edition** by Xavier Amador. 2020

Breakout Session Topics

How to Talk About Sensitive Issues Between Parents and Children

Listening to Children: Talking With Children About Difficult Issues by Nancy Close. 2002

Talking About Feelings: A Book to Assist Adults in Helping Children Unpack, Understand, and Manage Their Feelings and Emotions by Jayneen Sanders. 2018

Parentspeak: What's Wrong With How We Talk to Our Children--and What to Say Instead by Jennifer Lehr. 2016

Finding the Words: How to Talk With Children and Teens About Death, Suicide, Funerals, Homicide, Cremation, and Other End-of-life Matters by Alan Wolfelt. 2013

Cheeky Worries: A Story to Help Children Talk About and Manage Scary Thoughts and Everyday Worries by Patrick Davey. 2022

Reenvisioning Men's Mental Health

Man Therapy: Therapy the Way a Man Does It by Joe Conrad. 2026

Be One: How to Be A Healthy Man in Toxic Times by Jimmy Rex. 2024

From Broken Boy to Mended Man: A Positive Plan to Heal your Childhood Wounds and Break the Cycle by Patrick M. Morley. 2024

Self-care for Black Men: 100 Ways to Heal and Liberate by Jor-El Caraballo. 2023

Ferment: a Memoir of mental illness, redemption, and winemaking in the Mosel by Patrick Dobson. 2020

Even the Darkest Night: A Father's Journey of Hope and Healing From Paternal Depression by Christopher G. Choukalas. 2026

Strategies for Managing Wellbeing & Relationships During Politically Divisive Times

I Love You, But I Hate Your Politics: How to protect your intimate relationships in a poisonous partisan world by Jeanne Safer, Ph.D. 2019

Everybody Fights: So why not get better at it? by Kim and Penn Holderness, with Dr. Christopher Edmonston. 2021

Hearts Divided: How Politics Shape Our Closest Connections by Emily Van Duyn. 2026

Taking Care of Each Other: Trauma-Informed Communities

Showing Up for One Another: Community, Mental Health, and Collective Healing

Equity-centered Trauma-informed Education by Alex Shevrin Venet. 2021

Trauma-informed Bodywork: A Professional's Guide to Somatic Awareness, Movement Techniques, and Nervous-system Regulation by Chelsea Haverly. 2026

Holistic Trauma Healing: Strategies to Integrate the Body, Mind, and Spirit by Jacqueline N. Jackson. 2025

The Childhood Trauma Recovery Workbook for Adults: Interactive Exercises, Therapeutic Prompts, and CBT/DBT Strategies for Dealing With Depression, Anxiety, Shame, and Other Effects of Abuse by Norman J. Fried. 2024

Trauma-informed Health Care: A Reflective Guide for Improving Care and Services by Karen Treisman. 2024

DBT Dialectic Behavioral Therapy

Simple DBT Coping Skills: **75 Ways to Live Mindfully, Regulate Emotions, Manage Distress, and Improve Relationships** by Suzette Bray. 2026

Real Skills for Real Life: A DBT Guide to Navigating Stress, Emotions, and Relationships by Shireen L. Rizvi. 2026

The 12-week DBT Plan: Skills and Exercises to Improve your Feelings, Habits, and Relationships by Valerie Dunn McBee. 2025

DBT Skills for Highly Sensitive People: Make emotional sensitivity your superpower using dialectical behavior therapy by Emma Lauer. 2023

The Neurodivergence Skills Workbook for Teens: DBT Tools to Help You Deal with Sensory Sensitivity, Manage Emotional Overwhelm & Thrive by Rhiannon Theurer. 2025

The DBT Skills Workbook for Teens With BPD: Navigate Intense Feelings and Thrive With Borderline Personality Disorder by Addison Kay. 2026

The DBT Skills Workbook for Teen Self-harm: Practical Tools to Help You Manage Emotions & Overcome Self-harming Behaviors by Sheri Van Dijk. 2021

Hello, Cruel World: 101+ Alternatives to Suicide for Teens, Freaks, and Other Outlaws by Kate Bornstein. 2025

The Suicide Prevention Family Handbook by Brett Cotter. 2025

Facing Suicide: Understanding Why People Kill Themselves and How We Can Stop Them by James Barrat. 2024

Undead: A Memoir of My Suicide by Madeline Vosch. 2026

Feeling Less Alone in the Sandwich Generation

The Mental Health Contagion: Navigating yourself through a loved one's mental well-being decline by Yvette Murray. 2025

Aren't You Forgetting Someone? Essays From My Mid-life Revenge by Kari Lizer. 2020

Stepping Into Gratitude

Maybe A Note Would Help: Transforming your Life With A Few Kind Words by Kristen Tremonti Reiter. 2026

A Spoonful of Gratitude: Tips to Reduce Stress and Enjoy Life to the Fullest by Najma Khorrami. 2022

I Want to Thank You: How A Year of Gratitude Can Bring Joy and Meaning in A Disconnected World by Gina Hamadey. 2021

The Law of Positivism: Live A Life of Higher Vibrations, Love and Gratitude by Shereen Öberg. 2021

Nature and Mental Health

***Losing Eden: Why Our Minds Need the Wild** by Lucy Jones. Explores the psychological benefits of nature, arguing that human beings need a connection to the natural world for mental health. 2021

***The Nature Fix: Why Nature Makes Us Happier, Healthier, and More Creative** by Florence Williams. A journalistic investigation into how nature—even in small doses—alters our brain chemistry, reduces stress, and boosts creativity. 2017

Heartbreak: A Personal and Scientific Journey by Florence Williams. 2022

***The Well-Gardened Mind: The Restorative Power of Nature** by Sue Stuart-Smith.
A psychiatrist explores the therapeutic benefits of gardening and gardening-related activities on mental well-being. 2020

***H is for Hawk** by Helen Macdonald. A memoir of grief and healing, describing how training a wild goshawk helped the author through the deep depression of losing her father. 2014

***Nature Cure** by Richard Mabey. An account of finding recovery from severe depression through the observation of nature in the English countryside. 2007

***The Natural Health Service** by Isabel Hardman. Highlights the role of nature in treating mental health issues, featuring research and personal stories. 2020

***Our Wild Calling** by Richard Louv. Discusses how relationships with animals can transform our mental health and help heal our own lives. 2019

Last Child in the Woods: Saving our children from Nature Deficit Disorder by Richard Louv. 2008

Nature Principle: Human Restoration and the End of Nature-deficit Disorder by Richard Louv. 2011

<u>Ecotherapy and Specific Environments</u>

***Ecotherapy: Healing with Nature in Mind** by Linda Buzzell. Examines the theory and practice of utilizing nature as a therapeutic tool. 2009

***Blue Mind** by Wallace J. Nichols. Focuses on the mental health benefits of water environments, showing how being near water can calm the nervous system. 2014

***Nature Rx: Improving College-Student Mental Health** by Donald A. Rakow & Gregory T. Eells. Explores "nature prescriptions" as a way to improve mental health in students. 2019

***There's No Such Thing as Bad Weather** by Linda Åkeson McGurk. A look at how Scandinavian outdoor parenting ("friluftsliv") promotes a healthier mindset. 2017

Burnout Recovery: A Neurodivergent-friendly Guide to Healing Burnout Through Nature's Wisdom by Alicia K. Anderson. 2026

Defeating SAD (Seasonal Affective Disorder): A Guide to health and happiness through all seasons by Norman E. Rosenthal, M.D. 2023