

RESOURCE ROOM
BOOK LIST A-Z

BOOKS	
A New Day, A New L: A Guided Journal (with DVD)	1
Addictive Personality (Teen Mental Health)	1
The ADHD-Autism Connection	1
Adult Children of Alcoholics	1
A Hole in the Sidewalk	1
A Legacy of Madness	3
Alcoholics Anonymous - Big Book 4th Edition	2
Alcoholics Anonymous - Little Book 4th Edition	6
An Unquiet Mind: A Memoir of Moods and Madness	1
Anger and Anger Management (Teen Mental Health)	1
Anger Workbook, The	1
Angry Heart, The : Overcoming Borderline and Addictive Disorders: An Interactive Self-Help Guide	2
Aspergers Syndrome and Sensory Issues	2
At Wit's End: What you Need to Know When a Loved One Is Diagnosed with Addiction and Mental Illness	1
Autism Aspergers: Solving the Relationship Puzzle	1
Bad Childhood - Good Life	1

RESOURCE ROOM
BOOK LIST A-Z

Believing in Myself: Self Esteem Daily Mediations	1
Bipolar Disorder for Dummies	1
Bipolar Disorder, Second Edition: A Family-Focused Treatment Approach	1
Bipolar Disorder Survival Guide, The: What You and Your Family Need to Know	1
Bipolar Disorder: A Guide for Patients and Families (2nd Edition)	2
Bipolar Handbook,The: Real-Life Questions with Up-to-Date Answers	1
Bipolar Workbook, The : Tools for Controlling Your Mood Swings	1
Breaking Free From Boomerang Love (Getting unhooked from Abusive Borderline Relationships)	1
Borderline Personality Disorder Demystified: An Essential Guide for Understanding and Living with BPD	1
Borderline Personality Disorder: Meeting the Challenges to Successful Treatment (Social Work in Mental Health)	1
Borderline Personality Disorder Survival Guide, The	1
Borderline Personality Disorder,The Essential Family Guide to : New Tools and Techniques to Stop Walking on Eggshells	1
Borderline Personality Disorder: The Facts	1
Break the Bipolar Cycle: A Day-by-Day guide to Living with Bipolar Disorder	1
Brilliant Madness, A : Living with Manic Depressive Illness	1
Center Cannot Hold, The: My Journey Through Madness	1
Changing Course: Healing from Loss, Abandonment, and Fear	1

RESOURCE ROOM
BOOK LIST A-Z

Child with Special Need, The	1
Codependent No More	1
Codependent No More Workbook	1
Cognitive-Behavioral Therapy for Bipolar Disorder, Second Edition	1
Cognitive-Behavioral Therapy for Severe Mental Disorders	1
Cognitive Behavioral Workbook for Depression, The: A Step-by-step Program (Workbook)	1
Complete Family Guide to Schizophrenia, The: Helping Your Loved One Get the Most Out of Life	2
The Courage To Grieve - Creative Living, Recovery, & Growth Through Grief	2
Damaged Goods	1
Daily Reflections	5
Dance of Defiance, The : A Mother and Son Journey With Oppositional Defiant Disorder -	1
Daughters of Madness: Growing Up and Older with a Mentally Ill Mother (Women's Psychology)	2
Deceived Facing Sexual Betrayal, Lies, and Secrets	1
Delivered from Distraction: Getting the Most out of Life with Attention Deficit Disorder	1
Depression Workbook 2nd Edition	1
Depression and Mood Disorders (Teen Mental Health)	1
Diagnostic and Statistical Manual of Mental Disorders DSM-IV-TR Fourth Edition (Text Revision)	1

RESOURCE ROOM
BOOK LIST A-Z

Dialectical Behavior Therapy Skills Workbook: Practical DBT Exercises for Learning Mindfulness, Interpersonal Effectiveness, Emotion Regulation, & Distress Tolerance (New Harbinger Self-Help Workbook)	3
Discombobulated: An Inspiring Journey of Hope Through Mental Illness	1
Disorganized Mind, The: Coaching Your ADHD Brain to Take Control of Your Time, Tasks, and Talents	1
Dual Disorders Recovery Book, The	5
The Essential Family Guide To Borderline Personality Disorder (New Tools & Techniques to Stop Walking on Eggshells)	1
Exuberance: The Passion for Life	1
The Explosive Child	1
Family Intervention Guide to Mental Illnesses, The: Recognizing Symptoms & Getting Treatment	1
Finding Alice	1
For the Love of Bipolar	2
Freeing Our Families from Perfectionism	1
Friends and Family Bipolar Survival Guide	1
Full Catastrophe Living: Using the Wisdom of Your Body and Mind to Face Stress, Pain, and Illness	1
Get It Done When You're Depressed	2
Get Me Out of Here: My Recovery from Borderline Personality Disorder	2
Getting Your Life Back Together When You Have Schizophrenia	1
Getting Your Life Back: The Complete Guide to Recovery from Depression	2

RESOURCE ROOM
BOOK LIST A-Z

Good Friends Are Hard to Find	1
Helping Someone with Mental Illness: A Compassionate Guide for Family, Friends, and Caregivers	1
Holding Time: The Breakthrough Program for Happy Mothers and Loving Self-Confident Children Without Tantrums, Tugs-of-War, or Sibling Rivalry	1
How Does Your Engine Run?	1
How to Handle Hard-to-Handle Kids	1
100 Questions & Answers About Schizophrenia	1
Hurry Less Worry Less at Christmastime	1
I Am Not Sick I Don't Need Help	1
Inside Outside: Building a Meaningful Life After the Hosital	2
Intimate Treason: Healing the Trauma for Partners Confronting Sex Addiction	1
It Will Never Happen to Me	1
I Wasn't Ready to Say Goodbye	3
The Language of Letting Go: Daily Meditations on Codependency	2
A Leader's Guide to the Alert Program for Self-Regulation	1
Living When A Loved One Has Died	1
Living Without Depression and Manic Depression: A Workbook for Maintaining Mood Stability (New Hardinger Workbooks)	1
Look Me in the Eye: My Life with Asperger's	1

RESOURCE ROOM
BOOK LIST A-Z

Love Is a Choice: Recovery for Codependent Relationships	1
Loving Someone with Bipolar Disorder -	3
Loving Someone with OCD: Help for You and Your Family	1
Make Believe Games and Activities for Imaginative Play	1
Making Sense of Children's Thinking and Behavior: A Step by Step Tool for Understanding Children Diagnosed With NLD, Asperger's, HFA, PDD-NOS, and Other Neurological Differences -	1
Manic Depression and Creativity	2
Measuring Treatment Progress	1
Me, Myself, and Them: A Firsthand Account of One Young Person's Experience with Schizophrenia (Adolescent Mental Health Initiative)	1
Mental Illness: A Handbook for Caregivers	1
Mental Illness: A Homecare Guide	1
Mindfulness and Acceptance Workbook for Anxiety, The : A Guide to Breaking Free from Anxiety, Phobias, and Worry Using Acceptance and Commitment Therapy	1
Mindfull Way Through Depression,The : Freeing Yourself from Chronic Unhappiness	1
My Dad Loves Me, My Dad has a Disease	2
My Mother's BiPolar, So What Am I	1
The New Codependency	1
New Hope for People with Borderline Personality Disorder: Your Friendly, Authoritative Guide to the Latest in Traditional and Complementary Solutions	1
Night Falls Fast: Understanding Suicide	2

RESOURCE ROOM
BOOK LIST A-Z

No Time to Say Goodbye: Surviving The Suicide of A Loved One	1
Obsessive-Compulsive Disorders: A Complete Guide to Getting Well and Staying Well	1
OCD Workbook, The: Your guide to Breaking Free from Obsessive-Compulsive Disorder	1
Of Course You're Angry	2
Our Voices: First-Person Accounts of Schizophrenia	1
Out-of-Sync Child, The : Recognizing and Coping with Sensory Processing Disorder, Revised Edition	2
Overcoming Depression One Step at a Time: The New Behavioral Activation Approach to Getting Your Life Back (New Harbinger Self-Help Workbook)	1
Overcoming Generalized Anxiety Disorder - Client Manual: A Relaxation, Cognitive Restructuring, and Exposure-Based Protocol for the Treatment of GAD (Best Practices for Therapy)	1
Overcoming Obsessive Thoughts: How to Gain Control of Your OCD	1
Parenting a Bipolar Child: What to Do and Why	1
Post-Traumatic Stress Disorder Sourcebook, The: A Guide to Healing, Recovery, and Growth	1
Problem Child or Quirky Kid?	1
Psychopathic Free	2
Raising Adopted Children	1
Raising a Sensory Smart Child: The Definitive Handbook for Helping Your Child with Sensory Integration Issues	1
Raising Troubled Kids: Help for Parents of Children With Mental Illness or Emotional Disorders	1
Recovered, Not Cured: A Journey Through Schizophrenia	1

RESOURCE ROOM
BOOK LIST A-Z

Repeat After Me	1
Schizoaffective: A Happier and Healthier Life	1
Schizophrenia for Dummies	1
Schizophrenia: A Very Short Introduction (Very Short Introductions)	1
Schizophrenia: The Positive Perspective, 2nd edition: Explorations at the Outer Reaches of Human Experience	1
Self-Coaching: The Powerful Program to Beat Anxiety and Depression, 2nd Edition, Completely Revised and Updated	1
Sensational Kids: Hope and Help for Children with Sensory Processing Disorder	1
Shock Waves: A Practical Guide to Living with a Loved One's PTSD	2
Social Skills Training for Schizophrenia, Second Edition: A Step-by-Step Guide (TREATMENT MANUALS FOR PRACTITIONERS)	1
Sometimes I Act Crazy: Living with Borderline Personality Disorder	1
Stop Me Because I Can't Stop Myself : Taking Control of Impulsive Behavior	1
STOP Obsessing: How to Overcome Your Obsessions and Compulsions (Revised Edition)	1
Stop Walking on Eggshells Workbook, The: Practical Strategies for Living With Someone Who Has Borderline Personality Disorder	1
Strangers Talk	1
Surviving the Holidays	1
Taking Charge of Bipolar Disorder: A 4-Step Plan for You and Your Loved Ones to Manage the Illness and Create Lasting Stability	2
Thin Enough: My Spiritual Journey Through the Living Death of an Eating Disorder -	1

RESOURCE ROOM
BOOK LIST A-Z

Today I will do one thing- Daily Reading for Awareness & Hope	9
Touched with Fire: Manic-Depressive Illness and the Artistic Temperament	1
Treating Explosive Kids	1
Twelve Steps and Dual Disorders	7
Twelve Steps and Twelve Traditions	9
Twenty Things adopted Kids Wish Their Adoptive Parents Knew	1
Understanding Your Schizophrenia Illness: A Workbook	1
Using a Brief Intervention to Motivate Clients to Get Help	1
What to Do When Someone You Love Is Depressed, Second Edition: A Practical, Compassionate, and Helpful Guide	1
What to Do When You Worry Too Much: A Kid's Guide to Overcoming Anxiety (What to Do Guides for Kids) -	2
What to Do When Your Bad Habits Take Hold: A Kid's Guide to Overcoming Nail Biting and more (What to Do Guides for Kids) -	1
What to Do When Your Brain Gets Stuck: A Kid's Guide to Overcoming OCD (What to Do Guides for Kids) -	1
What to Do When Your Temper Flares: A Kid's Guide to Overcoming Problems with Anger (What to Do Guides for Kids) -	1
When Hope is Not Enough	1
When Misery is Company	3
When Someone You Love Has a Mental Illness	5
Working in the Dark	5

RESOURCE ROOM
BOOK LIST A-Z

Why Am I Still Depressed? Recognizing and managing the Ups and Downs of Bipolar II and Soft Bipolar Disorder	1
You're Not Who You Think You Are	1
DVD'S	
28 Days (Special Edition)	1
ABC News 20/20 Schizophrenia	2
ABC News Primetime Family Secrets: Inside Addiction	1
Addiction (4 Disc Set)	1
Canvas	1

RESOURCE ROOM
BOOK LIST A-Z

Clean and Sober	1
Depression: Out of the Shadows	2
Double Jeopardy: Addiction and Depression	1
Guided Mindfulness Meditation	1
Healthy Body, Healthy Mind	2
Investigative Reports: Shattered Mind	2
Inside Outside - Building a Meaningful Life After the Hospital	2
Men Get Depression	1
Mindfulness for Beginners	1
Minds on the Edge Facing Mental Illness	1
World's Most Dangerous Drug: National Geographic	1
Understanding Addiction	1
Understanding Bi-Polar Disorder	1
Understanding Mental Illness and Schizophrenia	2
Unimagined Bridges (Ear Acupuncture Treatment for Disaster Trama)	1
VHS TAPES	
ABILIFY - A Guide for Family and Friends of People Living with Schizophrenia	1

RESOURCE ROOM
BOOK LIST A-Z

Bipolar Live	1
"Concepts in Schizophrenia Pathophysiology and Treatment"	2
Critical Connections (American Psychiatric Association) - A schizophrenia Awareness Vidro	1
Journey of Hope - Physical Causes of Mental Illness	2
Life After Trauma - What Every Person Should Know (Pfizer)	1
Lionel Aldrich Schizophrenia	1
Manic-Depression	2
NAMI Family-to-Family Tribute Video	1
NAMI Science & Treatment Video	1
OCD - Understanding Obsessive-Compulsive Disorder (Pfizer)	3
People Say I'm Crazy	1
Profiles of Success Volume 8 Helping to Create New Possibilities for Patients withn Schizophrenia (Risperdal Consta (risperidone)Long Lasting Injection	1
Profiles of Success in Schizophrenia (Risperdal Consta (risperidone)Long Lasting Injection	1
Seroquel (treatment with) - A Guide for Patients & Their Families	1
Social & Independent Living Skills (Community Re-Entry)	1
Suicide: It's More Common Than You Think	1
Taking Control of Depression - Mending the Mind	2