



Additions to Jan 28, 2008 CMHA Booklist

Accident of Nature / Harriet McBryde Johnson. Henry Holt & Co., c2006. A novel for young people about living with a handicap.

After the Affair: Healing the Pain and Rebuilding Trust When a Partner Has Been Unfaithful / Janis Abrahms Spring. Harper, c1996, c2006.

Anxiety / Jeffrey Kosick. Creative Management Solutions, 200?. CD

Anxiety Disorders / Bruce M. Hyman & Cherry Pedric, Twenty-First Century Books, c2006.

Assert Yourself: Developing Power-Packed Communication Skills to Make Your Points Clearly, Confidently, and Persuasively / Lisa Contini. SkillPath Publications, c1996.

Beautiful Boy: a Father's Journey Through His Son's Addiction / David Sheff. Houghton Mifflin, c2008.

Beyond the Blues: A Guide to Understanding and Treating Prenatal and Postpartum Depression , 2nd ed./ Shoshana S. Bennett & Pec Indman. Moodswings Press, c2006.

The Bipolar Disorder Answer Book: Answers to More Than 275 of Your Most Pressing Questions / Charles Atkins. Sourcebooks, Inc. , c2007.

Break the Bipolar Cycle: A Day-To-Day Guide to Living With Bipolar Disorder / Elizabeth Brondolo & Xavier Amador. McGraw-Hill, c2008.

Broken Trust: Stories of Pain, Hope, and Healing From Clerical Abuse Survivors and Abusers / Patrick Fleming, et al. Crossroad Pub., c2007.

Canvas. Screen Media Films, c2007. DVD. A family deals with schizophrenia.

Clouds and Clocks: a Story for Children Who Soil / Matthew Galvin. Magination Pr., c1989.

Coercive Control: The Entrapment of Women in Personal Life / Evan Stark. Oxford University Press, c2007. (Abused wives & women)

Critical Incident Stress / Jeffrey Hosick. Critical Management Solutions, c200?. CD

Diagnosis Asperger's : Nick Dubin's Journey of Self-discovery. Gray Center for Social Learning and Understanding, c 2006. (Older teens and up)

Disorganized Children: A Guide for Parents and Professionals / Samuel M. Stein & Uttom Chowdhury. Jessica Kingsley Pub., c2006. (Neuro-Developmental Problems)

Down Syndrome /Phillip Margulies. Rosen Pub., c2007.

Drawn From Memory: A Personal Story of Healing Through Art / E. J. Cockey. Ovation Books, c2007.

Every Teen Has Challenges. Five Star Educational, c2004. DVD. "For every young adult ages 13-19."

First Responders to Abnormal Psychology: Applications For Police, Firefighters and Rescue Personnel / William I. Dorfman & Lenore E. Walker. Springer, c2007.

Girls' Business: Friendship and Bullying in Schools. Distribution Access, c2005. DVD
Got Parts?:An Insider's Guide to Managing Life Successfully with Dissociative -Identity Disorder /ATW. Loving Healing Press, c2005.

Grief: If It Is Such a Universal Experience, Why Do I Feel So Alone? / Jeffrey Hosick. Creative Management Solutions, c200?. DVD

Guiding Your Teenager With Special Needs Through the Transition From School to Adult Life: Tools For Parents / Mary Korpi. Jessica Kingsley Pub., c2008.

The Happiness Solution: Finding Joy and Meaning in an Upside Down World / Alan Gettis. Trafford Pub., c2006.

How To Cope With Depression: A Complete Guide for You and Your Family / Raymond DePaulo & Keith Russell Ablow, Fawcett Columbine, c1989.

I Am Not Sick: How to Help Someone With Mental Illness Accept Treatment / Xavier Amador. Vida Press, c2007.

I Have No Intention of Saying Good-bye: Parents Share Their Stories of Hope and Healing After a Child's Death, new ed. / Sandy Fox. Writer's Club Press, c2002,c2005.

Illness and Healing: Images of Cancer / Robert Pope. Robert Pope Foundation, c2004, c1991.

It Hurts When I Poop: a Story for Children Who Are Scared to Use the Potty /Howard J. Bennett. Magination Press, c2007.

Jenny is Scared! When Sad Things Happen in the World / Carol Shuman. Magination Press, c2003. (For young children)

Labelled: Mentally Ill / Nova Scotia Department of Health. Densmore's Video Presentations, c2008. DVD

Let's Talk About Alcohol / Sarah Leveté. Stargazer Books, c2007. (For Children)
Let's Talk About Drugs / Sarah Leveté, Stargazer Books, c2007. (For Children)

Letting Go of Anger: the Eleven Most Common Anger Styles & What to do About Them, 2nd ed. /Ronald T. Potter-Efron & Patricia S. Potter-Efron. New Harbinger Pub., c2006.

Love in the Land of Dementia: Finding Hope in the Caregiver's Journey / Deborah Shouse. Creativity Connection Press, c2006.

The Macho Paradox: Why Some Men Hurt Women and How All Men Can Help / Jackson Katz. Sourcebooks, Inc., c2006.

Making Your Thoughts Work For You / Wayne Dyer & Byron Katie. Hay House Inc., c2007. 4 CDs

Manie et Depression: Comprendre et Soigner les Troubles Bipolaires / Marc-Louis Bourgeois. Odile Jacob, c2007.

Medicating Young Minds: How To Know if Psychiatric Drugs Will Help Or Hurt Your Child / Glen R Elliott. STC Healthy Living, c2006.

Mind Over Basketball: Coach Yourself to Handle Stress / Jane Weierbach and Elizabeth Phillips-Hershey. Magination Press, c2008. For children.

Not Like You / Deborah Davis. Clarion Books, c2007. Novel for young adults about a teen dealing with her mother's alcoholism.

The OCD Answer Book: Professional answers to More Than 250 Top Questions About Obsessive-Compulsive Disorder / Patrick B. McGrath. Source books Inc., c2007.

Overcoming Anxiety Self-Help Programme: A 3-Part Programme based on Cognitive Behavioural Techniques / Helen Kennerley. Constable & Robinson, c2006. On cover: Overcoming Anxiety Self-Help Course...Part Two

Parent's Guide to Eating Disorders: Supporting Self-Esteem, Healthy Eating, & Positive Body Image at Home, 2nd ed. / Marcia Herrin. & Nancy Matsumoto. Gurze Books, c2007.

The Postpartum Husband: Practical Solutions for Living With Postpartum Depression / Karen Kleiman.

A Promise of Hope: the Astonishing True Story of a Woman Afflicted With Bipolar Disorder and the Miraculous Treatment That Cured Her / Autumn Stringam. Collins, c2007.

Providing Health Care for Individuals with Intellectual Disability and Mental Health Conditions in Rural Settings: Problems, Practice, and Progress / John Holderegger & Ann R. Poindexter. NADD Press, c2006.

Putting Anger to Work For You! / Ruth & Joel Schroeder. SkillPath Publications, c1995.

Rachel in the World: a Memoir / Jane Bernstein. Univ. of Illinois Press, c2007.
(A Mother's story of life with her intellectually disabled daughter)

Recovered, Not Cured: A Journey Through Schizophrenia / Richard McLean. Allen & Unwin, c2003.

Severe Autism, Denied Support: Struggling to Survive in the Mainstream / Leonard Jayson. Trafford Publishing, c2007.

Skinny Boy: a Young Man's Battle and Triumph Over Anorexia / Gary A. Grahl. American Literacy Media, c2007.

Somebody Somewhere: Breaking Free From the World of Autism / Donna Williams. Jessica Kingsley Publishers, c1994, c1999.

Special Brothers and Sisters: Stories and Tips for Siblings of Children with a Disability or Serious Illness / Annette Hames and Monica McCaffrey. Jessica Kingsley Pub., c2005.

Still My Grandma / Veronique Van den Abeele. Eerdmans Books for Young Readers c2006. For young children about Alzheimer's Disease.

Talking to Alzheimer's: Simple ways to Connect When You Visit With a Family Member or Friend / Claudia J. Strauss. New Harbinger Pub., c2001.

Teaching Children With Down Syndrome About Their Bodies, Boundaries, and Sexuality: A Guide for Parents and Professionals / Terri Couwenhoven. Woodbine House, c2007.

They Can't Find Anything Wrong: 7 Keys to Understanding, Treating, and Healing Stress Illness / David D. Clarke. Sentient Pub, c2007.

Thoughts & Feelings: Taking Control of Your Moods & Your Life, 3rd. ed. / Matthew McKay, et.al. New Harbinger Pub., c2007.

Tics and Tourette's: Breakthrough Discoveries in Natural Treatments / Sheila J. Rogers. Association For Comprehensive NeuroTherapy, c2005.

Tobacco Information for Teens: Health Tips About the Hazards of Using Cigarettes, Smokeless Tobacco, and Other Nicotine Products / ed. By Karen Bellenir. Omnigraphics, c2007.

Treating Bulimia in Adolescents: a Family-Based Approach / Daniel le Grange & James Lock. Guilford Press, c2007.

Treatment Manual for Anorexia Nervosa: a Family-Based Approach / James Lock et.al.

Guilford Press, c2001.

Understanding Nonverbal Learning Disabilities: A Common-Sense Guide For Parents And Professionals / Maggie Mamen. Jessica Kingsley Pub., c2007.

The Very Ordered Existence of Merilee Marvelous / Suzanne Crowley. Greenwillow Books, c2007. (Novel for young people about Asperger's)

Your Defiant Teen: Ten Steps to Resolve Conflict and Rebuild Your Relationship / Russell A. Barkley and Arthur L. Robin. Guilford Press, c2008.