

## NAMI NJ Recommended Books For Mental Health

Book Title	Author's first name	Author's last name	Link
<i>Welcome to the Jungle</i>	Sheri	Van Dijk	<a href="http://www.barnesandnoble.com/s/?category_id=734375">http://www.barnesandnoble.com/s/?category_id=734375</a>
<i>Youth with the Bipolar Disorder</i>	David	Hunter	<a href="http://www.barnesandnoble.com/s/?category_id=734375">http://www.barnesandnoble.com/s/?category_id=734375</a>
<i>Bipolar Disorders</i>	Hal	Marcovitz	<a href="http://www.barnesandnoble.com/s/?category_id=734375">http://www.barnesandnoble.com/s/?category_id=734375</a>
<i>Investigating Depression &amp; Bipolar Disorder</i>	Abigail	Meisel	<a href="http://www.barnesandnoble.com/s/?category_id=734375">http://www.barnesandnoble.com/s/?category_id=734375</a>
<i>Depression &amp; Bipolar Disorder</i>	Vatsal	Thakkar	<a href="http://www.barnesandnoble.com/s/?category_id=734375">http://www.barnesandnoble.com/s/?category_id=734375</a>
<i>Bipolar Disorders</i>	Jennifer	Landau	<a href="http://www.barnesandnoble.com/s/?category_id=734375">http://www.barnesandnoble.com/s/?category_id=734375</a>
<i>Bipolar Disorders</i>	Mellissa	Abramovitz	<a href="http://www.barnesandnoble.com/s/?category_id=734375">http://www.barnesandnoble.com/s/?category_id=734375</a>
<i>Bipolar Disorder- A Roller Coaster</i>	Judith	Peacock	<a href="http://www.barnesandnoble.com/s/?category_id=734375">http://www.barnesandnoble.com/s/?category_id=734375</a>
<i>Depression &amp; Bipolar</i>	Alvin	Silverstein	<a href="http://www.barnesandnoble.com/s/?category_id=734375">http://www.barnesandnoble.com/s/?category_id=734375</a>
<i>Madness: A Bipolar Life</i>	Marya	Hornbacher	<a href="http://www.barnesandnoble.com/s/?category_id=734375">http://www.barnesandnoble.com/s/?category_id=734375</a>
<i>The Lives They Left Behind</i>	Darby	Penney	<a href="http://www.goodreads.com/shelf/show/mental-illness-non-fiction">http://www.goodreads.com/shelf/show/mental-illness-non-fiction</a>
<i>Darkness Visible: A Memoir of Madness</i>	William	Styron	<a href="http://www.goodreads.com/shelf/show/mental-illness-non-fiction">http://www.goodreads.com/shelf/show/mental-illness-non-fiction</a>
<i>Girl Interrupted</i>	Susanna	Kaysen	
<i>Detour from Normal</i>	Ken	Dickson	<a href="https://www.goodreads.com/book/show/19513093-detour-from-normal">https://www.goodreads.com/book/show/19513093-detour-from-normal</a>
<i>Nowhere Near Normal: A Memoir of OCD</i>	Traci	Foust	<a href="https://www.goodreads.com/book/show/9376595-nowhere-near-normal">https://www.goodreads.com/book/show/9376595-nowhere-near-normal</a>
<i>My Alien Self: My Journey Back to Me</i>	Amanda	Green	<a href="https://www.goodreads.com/book/show/15840188-my-alien-self">https://www.goodreads.com/book/show/15840188-my-alien-self</a>
<i>My Mother's Bipolar, So What Am I?</i>	Angella	Grett	<a href="https://www.goodreads.com/book/show/1363085.My_Mother_s_Bipolar_So_What_Am_I">https://www.goodreads.com/book/show/1363085.My_Mother_s_Bipolar_So_What_Am_I</a>
<i>Mad House: Growing Up in the Shadow of Mentally Ill Siblings</i>	Clea	Simon	<a href="https://www.goodreads.com/book/show/451589.Mad_House">https://www.goodreads.com/book/show/451589.Mad_House</a>
<i>Witness to the Dark: My Daughter's Troubled Times. A Comedy of Emotions.</i>	Bob	Larsted	<a href="https://www.goodreads.com/book/show/17443632-witness-to-the-dark">https://www.goodreads.com/book/show/17443632-witness-to-the-dark</a>
<i>Letters to a Young Madman: A Memoir</i>	Paul	Gruchow	<a href="https://www.goodreads.com/book/show/15826607-letters-to-a-young-madman">https://www.goodreads.com/book/show/15826607-letters-to-a-young-madman</a>
<i>Defying Mental Illness</i>	Paul	Komarek	<a href="https://www.goodreads.com/book/show/13005482-defying-mental-illness">https://www.goodreads.com/book/show/13005482-defying-mental-illness</a>
<i>No Comfort Zone: Notes on Living with Post Traumatic Stress Disorder</i>	Marla	Handy	<a href="https://www.goodreads.com/book/show/10229952-no-comfort-zone">https://www.goodreads.com/book/show/10229952-no-comfort-zone</a>
<i>My Schizophrenic Life: The Road to Recovery from Mental Illness</i>	Sandra Yuen	Mackay	<a href="https://www.goodreads.com/book/show/9061745-my-schizophrenic-life">https://www.goodreads.com/book/show/9061745-my-schizophrenic-life</a>
<i>I Hate You, Don't Leave Me: Understanding the Borderline Personality</i>	Jerold J. Kreisman, Hal Straus		<a href="https://www.goodreads.com/book/show/145391.I_Hate_You_Don_t_Leave_Me">https://www.goodreads.com/book/show/145391.I_Hate_You_Don_t_Leave_Me</a>

<i>Wasted: A Memoir of Anorexia and Bulimia</i>	Marya	Hornbacher	<a href="https://www.goodreads.com/book/show/46815.Wasted">https://www.goodreads.com/book/show/46815.Wasted</a>
<i>His Bright Light: The Story of My Son, Nick Traina</i>	Danielle	Steel	<a href="https://www.goodreads.com/book/show/82816.His_Bright_Light">https://www.goodreads.com/book/show/82816.His_Bright_Light</a>
<i>Crazy: A Father's Search Through America's Mental Health Madness</i>	Pete	Earley	<a href="http://www.amazon.com/exec/obidos/tg/detail/-/0399153136/qid=1142523356/namiord-20/104-4337325-1013507">http://www.amazon.com/exec/obidos/tg/detail/-/0399153136/qid=1142523356/namiord-20/104-4337325-1013507</a>
<i>11 of The Most Realistic Portrayals of Mental Illness in Novels</i>			<a href="http://www.bustle.com/articles/24100-11-of-the-most-realistic-portrayals-of-mental-illness-in-novels">http://www.bustle.com/articles/24100-11-of-the-most-realistic-portrayals-of-mental-illness-in-novels</a>