



# Read Your Mind

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## ATTENTION DEFICIT HYPERACTIVITY DISORDER (ADHD)

**10 Simple Solutions To Adult ADD: How To Overcome Chronic Distraction And Accomplish Your Goals** / Stephanie Sarkis, 2005 (HP)

**ADHD: A Complete And Authoritative Guide** / Michael I. Reiff with Sherill Tippins, 2004 (HC)

**ADHD: Achieving Success In School And In Life** / edited by Barbara P. Guyer, 2000 (HC)

**ADHD: Attention-Deficit Hyperactivity Disorder In Children, Adolescents, And Adults** / Paul H. Wender, 2001 (HC & HP)

**Attention Deficit Disorder: The Unfocused Mind In Children And Adults**, 2005 (HC & HP)

**Delivered From Distraction: Getting The Most Out Of Life With Attention Deficit Disorder** / Edward M. Hallowell and John J. Ratey, 2004 (HC & HP)

**Organizing Solutions For People With Attention Deficit Disorder: Tips And Tools To Help You Take Charge Of Your Life And Get Organized** / Susan C. Pinsky, 2006 (HP)

**Scattered Minds: Hope And Help For Adults With Attention Deficit Hyperactivity Disorder** / Lenard Adler with Mari Florence, 2006 (HC & HP)

## ANXIETY DISORDERS

**10 Simple Solutions To Panic: How To Overcome Panic Attacks, Calm Physical Symptoms & Reclaim Your Life** / Martin M. Antony, Randi E. McCabe, 2004 (HP)

**Anxiety: Orthomolecular Diagnosis And Treatment** / Jonathan Prousky, 2006 (HC)

**Anxiety And Its Disorders: The Nature And Treatment Of Anxiety And Panic** / David H. Barlow, 2002 (HC)

**Anxiety Disorders** / Sucheta Connolly, David Simpson, Cynthia Petty, 2006 (HC)

**Anxiety, Panic and Phobias** / Malcolm H. Lader, Thomas W. Uhde, 2006 (HC)

**Facing Fears: The Sourcebook For Phobias, Fears, And Anxieties** / Ada P. Kahn and Ronald M. Doctor, 2000 (HC)

**Master Your Panic And Take Back Your Life: Twelve Treatment Sessions To Conquer Panic, Anxiety, And Agoraphobia** / Denise F. Beckfield, 2004 (HP)

**Panic And Anxiety Disorder: 121 Tips, Real-Life Advice, Resources & More** / Linda Manassee Buell, 2003 (HP)

**Panic Disorder And Its Treatment** / edited by Jerrold F. Rosenbaum, Mark H. Pollack, 1998 (HC)

**Soothe Your Nerves: The Black Woman's Guide To Understanding And Overcoming Anxiety, Panic, And Fear** / Angela Neal-Barnett, 2003 (HC & HP)

**The Anxious Brain: The Neurobiological Basis Of Anxiety Disorders And How To Effectively Treat Them** / Margaret Wehrenberg, Steven Prinz, 2007 (HC)

**Understanding Panic And Other Anxiety Disorders** / Benjamin A. Root, 2000 (HC & HP)

## Obsessive Compulsive Disorder (OCD)

**Brain Lock: Free Yourself From Obsessive-Compulsive Behavior: A Four-Step Self-Treatment Method To Change Your Brain Chemistry** / Jeffrey M. Schwartz with Beverly Beyette, 1997 (HC & HP)

**Hidden Addictions** / Marilyn Freimuth, 2005 (HP)

**Obsessive-Compulsive Disorder** / Jacqueline Adams, 2008 (HP)

**Obsessive-Compulsive Disorder: Help For Children And Adolescents** / Mitzi Waltz, 2000 (HC)

## POST-TRAUMATIC STRESS DISORDER (PTSD)

**After The War Zone: A Practical Guide For Returning Troops And Their Families** / Laurie B. Slone and Matthew J. Friedman, 2008 (HC & HP)

**Courage After Fire** / Keith Armstrong, Suzanne Best and Paula Domenici, 2005 (HC & HP)

**Does Stress Damage The Brain?: Understanding Trauma-Related Disorders From A Mind-Body Perspective** / J. Douglas Bremner, 2002 (HC & HP)

**Flashback: Posttraumatic Stress Disorder, Suicide, And The Lessons Of War** / Penny Coleman, 2006 (HC & HP)

**Healing Journeys: How Trauma Survivors Learn To Live Again** / Linda Daniels, 2004 (HC & HP)

## MOOD AFFECTIVE DISORDERS

### Depression

**100 Questions And Answers About Depression** / Ava T. Albrecht and Charles Herrick, 2006 (HC)

**Advances In The Management And Treatment Of Depression** / edited by John Potokar, Michael E. Thase, 2003 (HC)

**Against Depression** / Peter D. Kramer, 2005 (HC & HP)

**Coping With Depression: From Catch-22 To Hope** / Jon G. Allen, 2006 (HC & HP)

**Dealing With Depression: A Commonsense Guide To Mood Disorders** / Gordon Parker, 2004 (HC)

**Depression: Your Questions Answered** / Melvyn Lurie, 2007 (HC)

**Essential Components Of Cognitive-Behavior Therapy For Depression** / Jacqueline B. Persons, Joan Davidson, Michael A. Tompkins, 2001 (HC)

**Essential Guide To Depression** / American Medical Association, 1998 (HC)

**Hand-Me-Down Blues: How To Stop Depression From Spreading In Families** / Michael D. Yapko, 1999 (HC & HP)

**Out Of The Darkened Room: When A Parent Is Depressed: How To Protect Your Children From The Effects Of Depression In The Family** / William R. Beardslee, 2002 (HC & HP)

### Bipolar Disorder

**Acquainted With The Night: A Parent's Quest To Understand Depression And Bipolar Disorder In His Children** / Paul Raeburn, 2004 (HC & HP)

**Adult Bipolar Disorders: Understanding Your Diagnosis And Getting Help** / Mitzi Waltz, 2002 (HC)

**Bipolar Disorder** / Brian Quinn, 2007 (HC)

**The Bipolar Child: The Definitive And Reassuring Guide To Childhood's Most Misunderstood Disorder** / Demetri F. Papolos and Janice Papolos, 2002 (HC & HP)

**The Everything Health Guide To Adult Bipolar Disorder: Reassuring Advice To Help You Cope** / Jon P. Bloch, 2006 (HC)

**What Goes Up-Surviving The Manic Episode Of A Loved One** / Judy Eron, 2005 (HC & HP)

## EATING DISORDERS

### Anorexia Nervosa

**Am I Thin Enough Yet?: The Cult Of Thinness And The Commercialization Of Identity** / Sharlene Hesse-Biber, 1997 (HC)

**Anorexia Nervosa: Starving For Attention** / Dan Harmon, 1999 (HC & HP)

**In And Out Of Anorexia: The Story Of The Client, The Therapist, And The Process Of Recovery** / Tammie Ronen and Ayelet, 2001 (HC)

**Eating Disorders: A Parents' Guide** / Rachel Bryant-Waugh and Bryan Lask, 2004 (HC)

**Everything You Need To Know About Eating Disorders: Anorexia And Bulimia** / Rachel Kubersky, 1998 (HC & HP)

**The Family Guide To Fighting Fat: A Parent's Guide To Handling Obesity And Eating Issues** / Texas Children's Hospital, 2007 (HC & HP)

**Gaining: The Truth About Life After Eating Disorders** / Aimee Liu, 2007 (HC & HP)

**It's Not About Food** / Carol Emery Normandi and Laurelee Roark, 1998 (HC)

**Lying In Weight: The Hidden Epidemic Of Eating Disorders In Adult Women** / Trisha Gura, 2007 (HC & HP)

**The Anorexia Diaries: A Mother And Daughter's Triumph Over Teenage Eating Disorders** / Linda M. Rio and Tara M. Rio, 2003 (HC & HP)

**The Cult Of Thinness** / Sharlene Nagy Hesse-Biber, 2007 (HC)

**The Eating Disorder Sourcebook: A Comprehensive Guide To The Causes, Treatments, And Prevention Of Eating Disorders** / Carolyn Costin, 1999 (HC)

**The Secret Language Of Eating Disorders: The Revolutionary New Approach To Understanding And Curing Anorexia And Bulimia** / Peggy Claude-Pierre, 1997 (HC & HP)

**Thin** / Lauren Greenfield, 2006 (HC & HP)

### Bulimia Nervosa and Binge-Eating Disorder

**Bulimia** / Loreta M. Medina, 2003 (HC & HP)

**Sensing The Self: Women's Recovery From Bulimia** / Sheila M. Reindl, 2001 (HC & HP)

## SELF-INJURY/CUTTING

**Bleeding To Ease The Pain: Cutting, Self-Injury, And The Adolescent Search For Self** / Lori G. Plante, 2007 (HC)

**Comes The Darkness, Comes The Light: A Memoir Of Cutting, Healing, And Hope** / Vanessa Vega, 2007 (HC & HP)

**Cutting: Understanding And Overcoming Self-Mutilation** / Steven Levenkron, 1998 (HC & HP)

**Cutting The Pain Away: Understanding Self-Mutilation** / Ann Holmes, 2000 (HC & HP)

**Secret Scars: Uncovering And Understanding The Addiction Of Self-Injury** / V.J. Turner, 2002 (HC)

**Self-Injurious Behavior: Gene-Brain-Behavior Relationships** / edited by Stephen R. Schroeder, Mary Lou Oster-Granite, Travis Thompson, 2002 (HC)

**When Your Child Is Cutting: A Parent's Guide To Helping Children Overcome Self-Injury** / Merry E. McVey-Noble, Sony Khemlani-Patel, and Fugen Neziroglu, 2006 (HC)

## SCHIZOPHRENIA

**100 Questions And Answers About Schizophrenia: Painful Minds** / Lynn E. DeLisi, 2006 (HC)

**A Beautiful Mind: The Life Of Mathematical Genius And Nobel Laureate John Nash** / Sylvia Nasar, 2001 (HC & HP)

**Coping With Schizophrenia: A Guide For Patients, Families And Caregivers** / Steven Jones and Peter Hayward, 2004 (HC & HP)

**Diagnosis: Schizophrenia: A Comprehensive Resource For Patients, Families, And Helping Professionals** / [edited by] Rachel Miller and Susan E. Mason, 2002 (HC & HP)

**Getting Your Life Back Together When You Have Schizophrenia** / Roberta Temes, 2002 (HC)

**Schizophrenia** / Christopher D. Frith, 2003 (HC)

**Why Does Schizophrenia Develop At Late Adolescence?: A Cognitive-Developmental Approach To Psychosis** / Chris Harrop and Peter Trower, 2003 (HC)

## TOPICS ON CHILDREN'S ISSUES

**About Children** / Arthur G. Cosby, 2005 (HC)

**Acquainted With The Night: A Parent's Quest To Understand Depression And Bipolar Disorder In His Children** / Paul Raeburn, 2005 (HC & HP)

**Behavioral Problems In Preschool Children: Clinical And Developmental Issues** / Susan B. Campbell, 2002 (HC)

**Bipolar Disorders: A Guide To Helping Children** / Mitzi Waltz, 2000 (HC)

**Coping With An Anxious Or Depressed Child: A Guide For Parents And Caregivers** / Samantha Cartwright-Hatton, 2007 (HC)

**Good Mental Health** / Shirley Wimbish Gray, 2004 (HC & HP)

**Healthy Children Sourcebook: Basic Consumer Health Information About The Physical And Mental Development Of Children Between The Ages Of 3 And 12** / edited by Chad T. Kimball, 2003 (HC & HP)

**Help For Worried Kids: How Your Child Can Conquer Anxiety And Fear** / Cynthia G. Last, 2006 (HC & HP)

**"Help Me, I'm Sad": Recognizing, Treating, And Preventing Childhood And Adolescent Depression** / David G. Fassler and Lynne S. Dumas, 1998 (HC & HP)

**Infant And Early Childhood Mental Health: A Comprehensive, Developmental Approach To Assessment And Intervention** / Stanley I. Greenspan, Serena Wieder, 2006 (HC)

**Overcoming School Anxiety: How To Help Your Child Deal With Separation, Tests, Homework, Bullies, Math Phobia, And Other Worries** / Diane Peters Mayer, 2008 (HC & HP)

## TOPICS ON ADOLESCENTS & TEENS' ISSUES

**Adolescence: Growing Up In America Today** / Joy G. Dryfoos and Carol Barkin, 2006 (HC)

**Adolescents In Crisis: A Guidebook For Parents, Teachers, Ministers And Counselors** / G. Wade Rowatt, Jr., 2001 (HC)

**Balancing Act: A Teen's Guide To Managing Stress** / by Joan Esherrick, 2005 (HC)

**Beating Depression: Teens Find Light At The End Of The Tunnel** / Faye Zucker and Joan E. Huebl, 2007 (HC & HP)

**Bipolar Disorder And Depression** / Susan Dudley Gold, 2000 (HC & HP)

**Bipolar Disorder, Depression, And Other Mood Disorders** / Helen A. Demetriades, 2002 (HC)

**Chill: Stress-Reducing Techniques For A More Balanced, Peaceful You** / Deborah Reber, 2008 (HC & HP)

**Coping With Depression In Young People: A Guide For Parents** / Carol Fitzpatrick, John Sharry, 2004 (HC)

**Drugs And Mental Illness** / Maia Miller, 2000 (HC & HP)

**If Your Adolescent Has Schizophrenia: An Essential Resource For Parents** / Raquel E. Gur and Ann Braden Johnson, 2006 (HC & HP)

**Mental Health Information For Teens: Health Tips About Mental Health And Mental Illness: Including Facts About Anxiety, Depression, Suicide, Eating Disorders, Obsessive-Compulsive Disorders, Panic Attacks, Phobias, Schizophrenia, And More** / edited by Karen Bellenir, 2001 (HC)

**Panic Disorder And Anxiety In Adolescence** / by Sara G. Mattis and Thomas H. Ollendick, 2002 (HC)

**The Disappearing Girl: Learning The Language Of Teenage Depression** / Lisa Machoian, 2005 (HC & HP)

**When Nothing Matters Anymore: A Survival Guide For Depressed Teens** / by Bev Cobain, 2007 (HC & HP)

## TOPICS FOR CAREGIVERS

**Anxiety Disorders: The Caregivers: Information For Support People, Family, And Friends** / Ken Strong, 2003 (HC & HP)

**When Someone You Love Has Alzheimer's** / Earl A. Grollman and Kenneth S. Kosik, 1997

## TOPICS FOR COLLEGE STUDENTS

**College Of The Overwhelmed: The Campus Mental Health Crisis And What To Do About It** / Richard Kadison, Theresa Foy DiGeronimo, 2004 (HC & HP)

**Students' Mental Health Needs: Problems And Responses** / edited by Nicky Stanley and Jill Manthorpe, 2002

## TOPICS ON OLDER ADULT'S ISSUES

**Aging And Mental Health** / Michael A. Smyer and Sarah H. Qualls, 1999 (HC)

**Depression And Suicide Facts For Older Adults, National Institute Of Mental Health, 2000 (HC)**

**Depression In Late Life** / Dan Blazer, 2002 (HC)

**Getting Old Without Getting Anxious: Conquering Late-Life Anxiety** / Peter V. Rabins, 2005 (HC & HP)

**Mental Disorders In Older Adults: Fundamentals Of Assessment And Treatment** / Steven H. Zarit, Judy M. Zarit, 1998 (HC)

**Schizophrenia Into Later Life: Treatment, Research, and Policy** / Carl I. Cohen, 2003 (HC)

## TOPICS ON WOMEN'S ISSUES

**A Deeper Shade of Blue: A Woman's Guide To Recognizing And Treating Depression In Her Childbearing Years** / Ruta Nonacs, 2006 (HC)

**Down Came The Rain** / Brooke Shields, 2005 (HC & HP)

**A Woman Doctor's Guide To Depression: Essential Facts And Up-To-The-Minute Information On Diagnosis, Treatment, And Recovery** / Jane S. Ferber, with Suzanne LeVert, 1997 (HC & HP)

**Behind The Smile: My Journey Out Of Postpartum Depression** / Marie Osmond with Marcia Wilkie and Judith Moore, 2001 (HC & HP)

**Bipolar And Pregnant: How To Manage And Succeed In Planning And Parenting While Living With Manic Depression** / Kristin K. Finn, 2007 (HC & HP)

**Composing Myself: A Journey Through Postpartum Depression** / Fiona Shaw, 1998 (HC & HP)

**Postpartum Depression Demystified: An Essential Guide To Understanding And Overcoming The Most Common Complication After Childbirth** / Joyce A. Venis and Suzanne McCloskey, 2007 (HC & HP)

**The Complete Guide To Mental Health For Women** / edited by Lauren Slater, Jessica Henderson Daniel, and Amy Elizabeth Banks, 2003 (HC & HP)

**Understanding Your Moods When You're Expecting: Emotions, Mental Health, And Happiness--Before, During, And After Pregnancy** / Lucy J. Puryear, 2007 (HC & HP)

**Women's Moods: What Every Woman Must Know About Hormones, The Brain, And Emotional Health** / Deborah Sichel and Jeanne Watson Driscoll, 1999 (HC & HP)

## TOPICS ON MEN'S ISSUES

**I Don't Want To Talk About It: Overcoming The Secret Legacy Of Male Depression** / Terrence Real, 1998 (HC & HP)

**Is He Depressed Or What?: What To Do When The Man You Love Is Irritable, Moody, And Withdrawn** / David B. Wexler, 2005 (HC & HP)

**Lifting The Weight: Understanding Depression In Men, Its Causes And Solutions** / Martin Kantor, 2007 (HC)

**Male Depression, Alcoholism And Violence** / Ihsan M. Salloum, Dennis C. Daley, Michael E. Thase, 2000 (HC)

**Standing In The Shadows: Understanding And Overcoming Depression In Black Men** / John Head, 2004 (HC & HP)

**Stress Blasters: Quick And Simple Steps To Take Control And Perform Under Pressure** / by Brian Chichester, Perry Garfinkel, 1997 (HC)

**The Irritable Male Syndrome: Managing The 4 Key Causes Of Depression & Aggression** / Jed Diamond, 2004 (HC & HP)

**Unmasking Male Depression: Recognizing The Root Cause Of Many Problem Behaviors, Such As Anger, Resentment, Abusiveness, Silence, Addictions, And Sexual Compulsiveness** / Archibald D. Hart, 2001 (HC & HP)

## HEALTHY LIVING

### Mental Health

**Authoritative Guide To Self-Help Resources In Mental Health** / John C. Norcross, 2003 (HC)

**Calm Energy: How People Regulate Mood With Food And Exercise** / Robert E. Thayer, 2001

**Complementary And Alternative Treatments In Mental Health Care** / edited by James Lake, David Spiegel, 2007 (HC)

**Dark Nights Of The Soul: A Guide To Finding Your Way Through Life's Ordeals** / by Thomas Moore, 2004 (HC & HP)

**Fifty Signs Of Mental Illness: A Guide To Understanding Mental Health** / James Whitney Hicks, 2005 (HC & HP)

**Fitness And Exercise Sourcebook: Basic Consumer Health Information About The Physical And Mental Benefits Of Fitness, 2007 (HC)**

**Getting Help: The Complete And Authoritative Guide To Self-Assessment And Treatment Of Mental Health Problems** / Jeffrey C. Wood, 2007 (HC)

**Making A Good Brain Great: The Amen Clinic Program For Achieving And Sustaining Optimal Mental Performance** / Daniel G. Amen, 2005 (HC & HP)

**Mental Health** / Ann Quigley, book editor, 2007 (HC)

**Mental Health Disorders Sourcebook: Basic Consumer Health Information About Anxiety Disorders, Depression, And Other Mood Disorders** / edited by Karen Bellenir, 2000 (HC)

**Mental Health & Mental Illness** / Patricia D. Barry, 1998 (HC)

**The Kitchen Shrink: Foods And Recipes For A Healthy Mind** / Natalie Savona, 2003 (HC)

### Stress Management

**90 Days To Stress-Free Living: A Day-By-Day Health Plan Including Exercises, Diet, And Relaxation Techniques** / C. Norman Shealy, 2002 (HC & HP)

**Active Wellness: A Personalized 10 Step Program For A Healthy Body, Mind** / Gayle Reichler, 1998 (HC)

**All Stressed Up & Nowhere To Go!: A Guide To Dealing With Stress & Creating A Purposeful Life** / Bill Crawford, 1996 (HC & HP)

**Breathe In, Breathe Out: Inhale Energy And Exhale Stress By Guiding And Controlling Your Breathing** / James E. Loehr and Jeffrey A. Migdow, 1999 (HC)

**Controlling Stress And Tension** / Daniel A. Girdano, George S. Everly, Jr., Dorothy E. Dusek, 2001 (HC)

**The Book For People Who Do Too Much** / Bradley Trevor Greive, 2004 (HC)

### En Español

### Depression

**Adios A La Tristeza: La Mejor Manera De Volver A Sonreir** (Good Bye Sadness: It Guides So That You Do Not Depress Yourself) / Felicitas Holdau, 2002 (HC)

**Claves De La Depresión (Keys Of Depression)** / Francisco Alonso-Fernández, 2001 (HC)

**Cómo Superar La Ansiedad Y La Depresión: Qué Hacer Cuando Su Vida Se Descontrola (How To Surpass The Anxiety And The Depression: What To Do When Its Life Is Uncontrolled)** / Joseph J. Luciani, 2005 (HC)

**El Síndrome Del Hombre Irritable: Cómo Controlar Las 4 Causas Que Provocan La Depresión Y La Violencia (Irritable Male Syndrome)** / Jed Diamond, 2006 (HP)

**La Depresión: Su Causa Y Remedio (Depression: Its Cause And Remedy)** / Mariano Gonzalez Ramírez, 2003 (HC)

**Para Romper Los Patrones De La Depresión: No Tienes Por Qué Sufrir Para Vivir (In Order To Break The Patterns Of The Depression: You Do Not Have To Suffer To Live)** / Michael Yapko, 2006 (HC & HP)

### Eating Disorders

**Como Ganar La Batalla Del Peso Con Autoestima: Por Que No Funcionan Las Dietas (Translation Of: The Thin You Within You: Winning The Weight Game With Self-Esteem, C1997)** / Abraham J. Twerski, 1998 (HC)

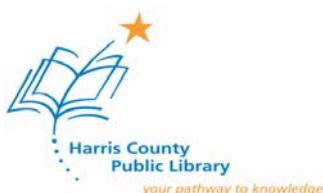
**La Obsesión Por Adelgazar: Bulimia Y Anorexia (The Obsession To Become Thin: Bulimia And Anorexia)** / Santiago Martínez-Fornés, 2001 (HC)

**Trastornos Alimentarios: Anorexia, Bulimia, Comer Compulsivo (Nourishing Upheavals: Anorexia, Bulimia, To Eat Compulsive)** / Cecilia Silva, 2007 (HC)

### Stress

**Estrés. Un Amigo De Por Vida: Cómo Vivir Con Él, Cómo Usarlo Y Vivir Creativamente A Consecuencia Del Estrés (Stress". A Practical Guide To Stress Management.)** / Jenni Adams, 2000 (HC)

**Manual Antiestres Para La Mujer (Anti-Stress Manual For Women)** / Ursula Markham, 1999 (HC)



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