

Mental Health Education Conference 2024

Recommended Book List

Jewish Family and Children's Service of Minneapolis, Jewish Family Service of St. Paul, Hennepin County Library

Moving Mountains: an integrative manual to help youth with intensity, reactivity, and anxiety by Kathy Flaminio and Marit E. Appeldoorn, 2021

I Am Safe: Trauma-Responsive Practices in Crisis Mental Health is written by Chrissy Mignogna~2024

Kardboard House: My Life-Altering Journey Through Lucas' Addiction by Nancy Espuche, 2021

The Joshua Poems by Carolyn Light Bell, 2023

Love's Little Triumphs by Carolyn Light Bell, 2022

We Rise Higher: Poems and Prayers for Graduates by Joe Davis, 2022

Remind Me Again: Poems and Practices for Remembering Who We Are by Joe Davis, 2023

Unearthing Us: Poems and Practices for Discovering Our Fullest Selves by Joe Davis, 2024

You Are Not Alone for Parents and Caregivers, The NAMI Guide to Navigating Your Child's Mental Health by Christine M. Crawford, MD, 2024

I Am Not Sick, I Don't Need Help by Xavier Amador, 2020

You Are Not Alone by Debbie Augenthaler, 2018

Electroboy: a Memoir of Mania by Andy Behrman, 2002

Rewind Replay Repeat: A Memoir of Obsessive-Compulsive Disorder by Jeff Bell, 2007

The Myth of Closure: Ambiguous Loss in a Time of Pandemic and Change by Pauline Boss, 2022

Ambiguous Parables: Poems and Prose of Loss and Renewal by Ted Bowman, 2021

Crossroads, Stories at the intersection Ted Bowman, 2008

Finding Hope When Dreams Have Shattered by Ted Bowman, 2018

Loss of Dreams: A Special Kind of Grief by Ted Bowman, 2022

The Wind Blows, The Ice Breaks: Poems of Loss and Renewal by Ted Bowman and Elizabeth Bourque Johnson, 2010

The Gifts of Imperfection by Brené Brown, 2020

I Thought It Was Just Me (but it isn't): Making the Journey from "What Will People Think?" to "I Am Enough" by Brené Brown, 2008

Rising Strong: How the Ability to Reset Transforms the Way We Live, Love, Parent, and Lead by Brené Brown, 2015

Running with Scissors by Augusten Burroughs, 2002

On the Edge of Darkness: Conversations About Conquering Depression by Kathy Cronkite, 1994

Into the Magic Shop: A Neurosurgeon's Quest by James R. Doty, 2016

Mind Magic: The Neuroscience of Manifestation by James R. Doty, 2024

You are Not Alone: The NAMI Guide to Navigating Mental Health by Ken Duckworth, 2022

I Hope I Get Well; A Memoir of Bipolar Disorder by Adam Gerhardtstein, 2024

Maybe You Should Talk to Someone: A Therapist, Her Therapist, and Our Lives Revealed by Lori Gottlieb, 2019

The Relationship Cure: A Five-Step Guide by John M. Gottman and Joan DeClaire, 2001

Hurry down sunshine by Michael Greenberg, 2008

The Explosive Child: A New Approach for Understanding and Parenting Easily Frustrated, Chronically Inflexible Children by Ross W. Greene, 2021

The Anxious Generation: How the Great Rewiring of Childhood Is Causing an Epidemic of Mental Illness by Jonathan Haidt, 2024

Be Free Where You Are by Thich Nhat Hanh, 2022

A Liberated Mind: How to Pivot Toward What Matters by Steven C. Hayes, PhD, 2019

Madness: A Bipolar Life by Marya Hornbacher, 2008

High Achiever: The Incredible True Story of One Addict's Double Life by Tiffany Jenkins, 2017

Scar Tissue by Anthony Kiedis and Larry Sloman, 2004

Forgetting to Remember: A Healer's Journey of Surviving and Thriving by Deb Kline, 2020

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

Dopamine Nation: Finding Balance in the Age of Indulgence by Ann Lembke, 2021

Undercurrents by Martha Manning, 1994

Scattered Minds: The Origins and Healing of Attention Deficit Disorder by Gabor Maté, 2023

In the Realm of Hungry Ghosts: Close Encounters with Addiction by Gabor Maté MD and Daniel Maté, 2010

Building Bridges of Hope: Overcoming Trauma in the Family Court System by Dawn McCarty et al, 2024

My Grandmother's Hands by Resmaa Menakem, 2017

Haldol and Hyacinths: A Bipolar Life by Melody Moezzi, 2013

Self-Compassion by Kristin Neff, 2015

A Council of Dolls by Mona Susan Power, 2023

The Power of People: 4 Kinds of People Who Can Change Your Life by Verna
Cornelia Price, 2015

Stash: My Life in Hiding by Laura Cathcart Robbins, 2023

Look Me in the Eye: My Life with Asperger's by John Elder Robison, 2007

The College Wellness Guide: A Student's Guide to Managing Mental, Physical,
and Social Health on Campus by Barneson and Casey Rowley, 2021

The Center Cannot Hold: My Journey Through Madness by Elyn R. Saks, 2015

Journey Through the Mental Illness Maze by Marjorie Schaffer, 2021

Beautiful Boy: A Father's Journey Through His Son's Addiction by David Sheff,
2008

Clean: Overcoming Addiction and Ending America's Greatest Tragedy by David
Sheff, 2013

Undoing Drugs: The Untold Story of Harm Reduction and the Future of
Addiction by Maia Szalavitz, 2021

The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma by
Bessel Van der Kolk, 2014

Between Breaths: A Memoir of Panic and Addiction by Elizabeth Vargas, 2016

Unglued: A Bipolar Love Story by Jeffrey Zuckerman, 2020