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MENTAL ILLNESS / MENTAL HEALTH

Mad, Bad, And Sad

Lisa Appignanesi \$33.95

Fascinating history of women, mental illness, and mind doctors from 1800 to present day.

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Tony Atwood \$38.95

Everything you need to know, for therapists & families

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Blaise Aguirre \$27.95

Complete guide to understanding and coping when your teenager has BPD. .Includes latest research

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Christopher Alexander \$37.95

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Understanding Troubled Minds

Sidney Bloch & Bruce Singh \$26.95

Clear account of mental illness in all its manifestations. Looks at available treatments, patterns of illness in women, children, and elderly. The authors, eminent Australian academic psychiatrists, offer hope and optimism.

New Hope For People With Borderline Personality Disorder

Neil Bockian \$35.95

Practical, new self-help book with information on handling symptoms, coping strategies, managing moods.

The Anxiety & Phobia Workbook

Edmund Bourne \$36.95

A practical guide offering help to anyone suffering from panic attacks, agoraphobia, general anxiety, obsessive compulsive disorder.

Addicted And Mentally Ill

Carol Bucciarelli \$29.95

Stories of courage, hope, and empowerment for people who have both problems.

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Catherine Camden-Pratt \$24.95

Traumatic impact of a mentally ill mother on the lives of girls growing up.

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Michael Carr-Gregg \$21.95

When does normal teenage behaviour become something you really need to worry about? Mental health problems in teens and what to do about them.

Wishing Wellness

Lisa Ann Clarke \$29.95

Workbook for children of parents with a mental illness.

Living Without Depression & Manic-Depression

Mary Ellen Copeland \$33.95

Workbook for helping to maintain mood stability. Hope, inspiration and practical steps.

The Depression Workbook

Mary Ellen Copeland \$37.95

2nd Edition Self-help strategies for living with depression and manic-depression.

Children Of Parents With Mental Illness 2nd edition

Vicki Cowling \$36.95

Personal and clinical perspectives of parents, adult children and specialists. Includes critical evaluation of Australian programs for people with mental illness.

Tell Me I'm Here

Anne Deveson \$26.95

Outstanding piece of literature, heart-rending story of a mother facing the realization that her beloved son is schizophrenic.

Dual Diagnosis 2nd Edition

Katie Evans & Michael Sullivan \$54.95

Counseling the mentally ill person who is also a substance abuser. Detailed research –based recommendations for practitioners.

Link Between Childhood Trauma And Mental Illness

Barbara Everett \$77.95

Effective interventions for mental health professionals, especially if they have no background in child abuse work.

Mastering Bipolar Disorder

Kerrie Eyers & Gordon Parker eds \$24.95

Insider's guide to managing mood swings and finding balance. Includes personal stories.

Parenting A Bipolar Child

Gianni Faedda \$33.95

Practical information to assist in diagnosis, treatment and management. What to do and why.

Straight Talk About Your Child's Mental Health

Dr. Stephen V. Faraone \$34.95

Practical guide for taking good care of your child's psychological health. Includes information on treatment, diagnosis, support and signs to watch out for.

Loving Someone With Bipolar Disorder: Understanding and helping your partner

Julie Fast \$29.95

Written specifically for the partner of a person with bipolar disorder (or manic depression).

Bipolar And Pregnant

Kristin Finn \$35.95

Looks at the concerns of women with depression wanting to become pregnant or being pregnant. Advice on preparation, medication, and monitoring behaviour.

Speak Out

Kylie Fitzmaurice ed \$28.95

Stories from young people about mental health, from South Sydney Youth Services. Stories, artwork, practical suggestions, quizzes.

Borderline Personality Disorder

Freeman & Fusco \$49.95

Patient's guide to taking control, & understanding.

Understanding And Treating Borderline Personality Disorder

John Gunderson \$67.95

A guide for professionals and families, suggesting families need to be included in the treatment programme.

The Dissociative Identity Disorder Sourcebook

Deborah Haddock \$29.95

Everything you need to know about diagnosis and treatment, therapy, medications, and self-help. For clients, therapists, and family..

Sexual Abuse In The Lives Of Women Diagnosed With Serious Mental Illness

Maxine Harris ed \$63.00

Treatment, services, and describes case histories.

Treating Chronic And Severe Mental Disorders

Stefan Hofmann ed \$55.95

Handbook of empirically supported interventions for mental health practitioners.

Caring

John Holton \$21.95

Stories from and about people who are carers of someone with a mental illness.

Serious Mental Illness – A Family Affair

Gwen Howe \$19.95

Crucial background information to help us understand the emotional impact mental illness can have on all family members.

What To Do When Your Brain Gets Stuck

Dawn Huebner \$28.95

Workbook guide for children to understand and overcome OCD.

The OCD Workbook

Bruce Hyman \$33.95

Best book available on behaviour therapy for obsessive-compulsive disorder. Easy to read on techniques and strategies. Useful for people with the disorder, families, and therapists.

Coping With OCD

Bruce Hyman \$22.95

Practical strategies for living well with obsessive-compulsive disorder.

Women's Mental Health

Susan Kornstein ed \$69.95

Comprehensive textbook about understanding and providing mental health services for women.

The Essential Family Guide To Borderline Personality Disorder

Randi Kregger \$24.95

Tools and techniques to stop walking on eggshells around these difficult personalities.

Living With Mental Illness

Elizabeth Kuipers \$39.95

Answers many questions for relatives and friends, especially for those caring for the mentally ill at home.

When Someone You Love Is Bipolar

Cynthia Last \$34.95

A therapist with bipolar writes about support for couples.

Understanding The Borderline Mother

Christine Lawson \$79.95

Helping children transcend the intense, unpredictable, and volatile relationship with a borderline mother.

Facing The Fire

John Lee \$36.95

Guide to a healthy relationship with anger. Effective, practical advice. One of the best books available on anger management.

A Gift Of Stories

Julie Leibrich ed \$42.95

Courageous personal stories, contributed by people living with mental illness.

Skills Training Manual For Treating Borderline Personality Disorder

Marsha Linehan \$69.00

Accompanies Linehan's text on the topic.

Cognitive-Behavioral Treatment of Borderline Personality Disorder

Marsha Linehan \$137.95 HC

For practitioners. Special Order only.

Where To Start And What To Ask

Susan Lukas \$24.95

Useful for mental health professionals, students and trainees. Shows how to organize an approach to interviews and assessments.

Recovered, Not Cured: A journey through schizophrenia

Richard McLean \$22.95

McLean's words and pictures give a powerful and accessible insight into the world of psychotic illness. Includes Australian resource list.

Bipolar Disorder

Francis Mondimore \$39.95

Guide for patients and families coping with the difficulties of this disorder.

The Family Intervention Guide To Mental Illness

Bodie Morey \$29.95

A caring comprehensive guide for families, recognizing symptoms, and getting help.

Straight Talk About Your Mental Health

James Morrison \$36.95

Guide to symptoms, and finding help. Evaluates roles of medicines and psychotherapy.

The Complete Family Guide To Schizophrenia

Kim Mueser \$38.95

How to help your loved one get the most out of life, informative for every family dealing with the diagnosis of a family member.

Authoritative Guide To Self-Help Resources In Mental Health

John Norcross et al \$48.95

Full list of self-help books, films, support groups and internet resources. Invaluable for professionals.

The Bipolar Child

Demitri Papolos \$49.95

Definitive guide to childhood's most misunderstood disorder. Coping strategies for parents. Third Edition, completely revised 2006.

Dealing With Depression

Gordon Parker \$26.95

Well known Australian expert shares thoughts on depression.

You Can Beat Depression

John Preston \$29.95

A Guide to prevention and recovery. Highly recommended self-help guide for individuals and family members coping with depression.

Overcoming Addictions

Lisa Roberts \$46.50

Clear guidelines for dual diagnosis, for combining social skills training and relapse prevention in people with schizophrenia.

Get Me Out Of Here

Rachel Reiland \$31.95

Personal story of recovery from Borderline Personality Disorder. Proof that healing is possible.

Schizophrenia

Colin Ross \$49.95

Innovations in diagnosis and treatment, looking at psychological trauma and psychotherapy for schizophrenia. Ross asserts that childhood abuse can play a major role.

Good Practice In Adult Mental Health

Tony Ryan ed \$52.95

Topics of concern to mental health professionals.

The Centre Cannot Hold

Elyn Saks \$38.95

Memoir from a professor and author who also has schizophrenia. Shows how she has achieved a full life of creativity, work and happy relationships.

Out Of Her Mind

Rebecca Shannonhouse ed \$29.95

An anthology of women writing on madness. Gifted and unconventional women, including many well known literary figures write about mental illness.

Getting Your Life Back Together When You Have Schizophrenia

Roberta Temes \$25.95

How to take charge of your illness, and use all the resources available for your treatment.

Surviving Schizophrenia

E. Fuller Torrey \$27.95

Manual for families, consumers, and providers. Excellent guide to a most misunderstood illness. Third up-dated edition, the standard reference book on schizophrenia, and has helped thousands of patients, families, and carers.

Treating Schizophrenia

Sophia Vinogradov ed \$72.95

Up-to-date information and advice on latest discoveries about schizophrenia and treatment, required reading for professionals. Personal experiences, informative.

Getting Help

Jeffrey Wood \$32.95

Complete guide to self-assessment and treatment of mental health problems. Practical advice for anyone questioning their own mental health.

An End To Panic

Elke Zuercker-White \$37.95

Breakthrough techniques for overcoming panic disorder, helpful for anyone with mental illness.

Prices can change without notice due to publisher increases beyond our control.

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