

Mental Health Book Discussion

Tuesday, May 16 at 12:30 pm



Reading Suggestions

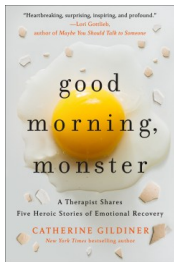
eBooks and eAudiobooks can be accessed through Libby by visiting: <https://lcls.overdrive.com/library/adult/collection/1437565>



Meredith, Alone

by Claire Alexander

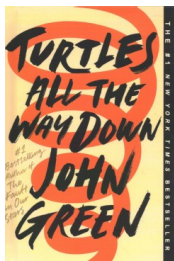
Not leaving her house in 1,214 days, Meredith Maggs is kept company by visits from her best friend, her online support group and her memories of a traumatizing past, but when the world comes knocking at her door, she must find the courage to answer.



Good Morning, Monster

by Catherine Gildiner

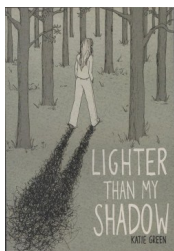
Drawing on her experiences as a clinical psychologist, Gildiner profiles five of her most courageous patients, including a man who was locked away in an attic as a child and a woman who was told daily by her mother that she was a monster.



Turtles All the Way Down

by John Green

Aza Holmes, a high school student with obsessive-compulsive disorder, becomes focused on searching for a fugitive billionaire.



Lighter Than My Shadow

by Katie Green

A graphic memoir in tribute to the challenges of eating disorders, abuse and recovery follows the experiences of a picky eater whose silent starvation-protests ultimately put her life at risk.

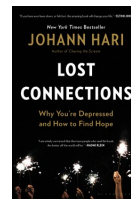


Reasons to Stay Alive

by Matt Haig

In a moving and entirely relatable account, an internationally best-selling author shares his struggle with depression and reveals how he was able to triumph over the disease in order to

live again.



Lost Connections

by Johann Hari

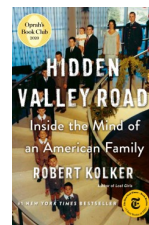
Draws on the work of social scientists who believe that the disorders are less related to brain chemical imbalances than to stressful factors in how people live today



A Long Way Down

by Nick Hornby

Meeting on New Year's Eve on the roof of Topper's House, a London destination infamous as a last stop for suicidal people, a talk show host, a musician, a teenage girl, and a mother share stories about their circumstances and decisions.



Hidden Valley Road

by Robert Kolker

Tells the heartrending story of a midcentury American family with 12 children, 6 of them diagnosed with schizophrenia, that became science's great hope in the quest to understand the disease.



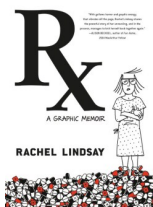
Broken

by Jenny Lawson

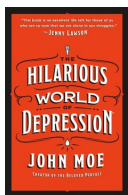
The award-winning humorist shares candid reflections on such topics as her experimental treatment for depression, her escape from three bears and her business ideas for Shark Tank.



Everything Here is Beautiful
by Mira T. Lee
The bond between a responsible, self-contained older sister and her mentally ill, impulsive younger sister is shaped and tested over years marked by the loss of their mother, an impetuous first marriage, a fling, and painful sacrifices.



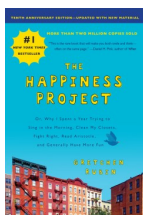
Rx
by Rachel Lindsay
The cartoonist behind Rachel Lives Here Now draws on her experiences with bipolar disorder in a graphic memoir about how mental illness is treated as a commodity and patients must choose between sanity and happiness.



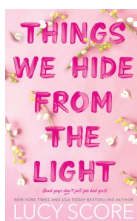
The Hilarious World of Depression
by John Moe
The host of the podcast The Hilarious World of Depression offers a moving portrait of what it means to be depressed.



The Silver Linings Playbook
by Matthew Quick
The Silver Linings Playbook is the riotous and poignant story of how one man regains his memory and comes to terms with the magnitude of his wife's betrayal, an enchanting first novel about love, madness, and Kenny G.



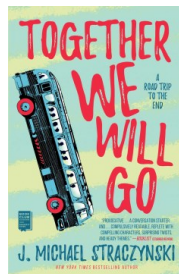
The Happiness Project
by Gretchen Rubin
The author recounts a year she spent focusing on being happy by using common wisdom, current scientific research, and lessons from popular culture on how to be happier.



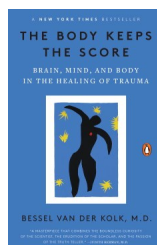
Things we hide from the light
by Lucy Score
Struggling after being shot, Chief of Police Nash Morgan, finds himself drawn to his smart and sexy new neighbor, Lina, is determined to make this mysterious woman his, and that means facing the danger that nearly killed him.



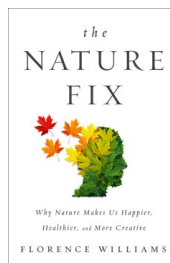
The Fire Never Goes Out
by ND Stevenson
The National Book Award finalist presents a collection of personal essays and mini-comics spanning eight years of the author's young-adult life to reveal the experiences and embarrassments that shaped her career.



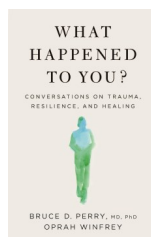
Together We Will Go
by J. Michael Straczynski
Placing an ad for a road trip like no other, Mark Antonelli, a failed young writer, surrounds himself with other disheartened souls who have also decided that this will be their final journey until complications to the initial plan arise as they get closer to their destination.



The Body Keeps the Score
by Bessel A. Van der Kolk
A forefront expert on traumatic stress outlines his own take on healing, explaining how traumatic stress affects brain processes and how to use innovative treatments to reactivate the mind's abilities to trust, engage others and experience pleasure.



The Nature Fix
by Florence Williams
An investigation into the restorative benefits of nature draws on cutting-edge research and the author's explorations with international nature therapy programs to examine the relationship between nature and human cognition, mood and creativity.



What Happened to You?
by Bruce Duncan Perry
Oprah Winfrey and a renowned brain development and trauma expert discuss the impact of trauma and adversity and how healing must begin with a shift to asking, what happened to you?, rather than what's wrong with you?