



## Reading List: Depression and Bipolar Disease

1. **An Unquiet Mind: A Memoir of Moods and Madness** (2009). By Kay Redfield Jamison
2. **Break the Bi-Polar Cycle: A Day-by-Day Guide to Living with Bipolar Disorder** (2007). By Elizabeth Brondolo, Ph.D., and Xavier Amador, Ph.D.
3. **Feeling Good: The New Mood Therapy** (2012). By David D. Burns
4. **Mind Over Mood: Change How You Feel by Changing the Way You Think** (1995).  
By Dennis Greenberger and Christine Padesky.
5. **My Feeling Better Workbook: Help for Kids Who Are Sad and Depressed** (2008).  
By Sara Hamil.
6. **The Bipolar Child: The Definitive and Reassuring Guide to Childhood's Most Misunderstood Disorder** (2007). By Dimitri Papolos and Janice Papolos.
7. **The Bipolar Disorder Survival Guide, Second Edition: What You and Your Family Need to Know** (2010). By David J. Miklowitz.
8. **The Bipolar Teen: What You Can Do to Help Your Child and Your Family** (2007.) By David J. Miklowitz and Elizabeth George.
9. **The Mindful Way through Depression: Freeing Yourself from Chronic Unhappiness** (2007). By Mark Williams, John Teasdale, Zindel Segal, and Jon Kabat-Zinn.
10. **Undoing Depression: What Therapy Doesn't Teach You and Medication Can't Give You** (2010). By Richard O'Conner.
11. **When Perfect Isn't Good Enough: Strategies for Coping with Perfectionism** (2009).  
By Martin Anthony and Richard Swinson