

The following books have been recommended by members of NAMI Jackson County.

[Additional suggestions are welcome; send to dgking@siu.edu]

Shrinks: The Untold Story of Psychiatry, by Jeffrey A. Lieberman

“The fascinating story of psychiatry's origins, demise, and redemption, by the former President of the American Psychiatric Association.” Fascinating indeed, but also perhaps a bit too optimistic.

An Unquiet Mind, by Kay Redfield Jamison

Recounts the author's personal experience with bipolar disorder. Jamison is not only a person living with bipolar disorder, she is also a psychiatrist who has coauthored a major textbook on bipolar.

Loving Someone with Bipolar Disorder: *Understanding and Helping Your Partner*,

by Julie A. Fast and John D. Preston

Bipolar Disorder for Dummies, by Candida Fink and Joe Kraynak

Blessed Are the Crazy: *Breaking the Silence about Mental Illness, Family, and Church*,

by Sarah Griffith Lund

Hyperpole and a Half, by Allie Brosh

A poignant personal account of depression, illustrated with quirky cartoons.

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

Guidance for anyone who hopes to help someone whose mental illness prevents them from recognizing the need for help.

Shrinks: The Untold Story of Psychiatry, by Jeffrey A. Lieberman

A readable, insider's account of psychiatry's often troubled past and promising future.

Infectious Madness, by Harriet Washington

Discusses the role of infectious diseases as risk factors in mental illness.

All the Things We Never Knew, by Sheila Hamilton

Written for caregivers to offer guidance for navigating our dysfunctional mental health system.

The Anatomy of Addiction, by Akikur Mohammed, MD

Includes a chapter on dual diagnosis (i.e., mental illness accompanied by addiction).

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