

## SUGGESTED READINGS

### ADHD

Ramsay, J. Russell, and Anthony L. Rostain. *The Adult ADHD Toolkit: Using CBT to Facilitate Coping Inside and Out*. Rutledge, 2015.

Ratey, John J., and Edward M. Hallowell. *Delivered from Distraction - Getting the Most Out of Life with Attention Deficit Disorder*. Ballantine Books, 2017.

Ratey, John J., and Edward M. Hallowell. *Driven to Distraction: Recognizing and Coping with Attention Deficit Disorder from Childhood to Adulthood*. Random House, 2011.

Safren, Steven A., et al. *Mastering Your Adult ADHD: A Cognitive-Behavioral Treatment Program, Client Workbook*. Oxford UP, 2017.

Zylowska, L. *The Mindfulness Prescription for Adult ADHD: An 8-Step Program for Strengthening Attention, Managing Emotions, and Achieving Your Goals*. Trumpeter, 2012.

### Alzheimer's Disease

Agronin, Marc E. *The Dementia Caregiver: A Guide to Caring for Someone with Alzheimer's Disease and Other Neurocognitive Disorders*. Rowman & Littlefield, 2017.

Mace, Nancy L., and Peter V. Rabins. *The 36-Hour Day: A Family Guide to Caring for People Who Have Alzheimer's Disease, Other Dementias, and Memory Loss*. Johns Hopkins UP, 2017.

Sifton, Carol Bowlby. *Navigating the Alzheimer's Journey*. Health Professions, 2004.

U. S. Department of Health and Human Services. *The Dementias: Hope Through Research*. CreateSpace Independent Publishing Platform, 2016.

### Anxiety Disorders

Brantley, J., and Jon Kabat-Zinn. *Calming Your Anxious Mind: How Mindfulness and Compassion Can Free You from Anxiety, Fear, and Panic*. New Harbinger, 2007.

Clark, David A., and Aaron T. Beck. *The Anxiety & Worry Workbook: The Cognitive Behavioral Solution*. Guildford, 2012.

Clark, David A., and Judith S. Beck. *The Anxious Thoughts Workbook: Skills to Overcome the Unwanted Intrusive Thoughts that Drive Anxiety, Obsessions, and Depression*. New Harbinger, 2018.

## Bipolar Disorders

Jamison, Kay R. *An Unquiet Mind: A Memoir of Moods and Madness*. Vintage, 1995.

Jamison, Kay R. *Night Falls Fast: Understanding Suicide*. Alfred A. Knopf, 1999.

## Borderline Personality Disorder

Aguirre, Blaise, and Gillian Galen. *Mindfulness for Borderline Personality Disorder: Relieve Your Suffering Using the Core Skill of Dialectical Behavior Therapy*. New Harbinger, 2013.

Kreisman, Jerold J., and Hal Straus. *I Hate You--Don't Leave Me: Understanding the Borderline Personality*. TarcherPerigee, 2010.

McKay, Matthew, et al. *The Dialectical Behavior Therapy Skills Workbook: Practical DBT Exercises for Learning Mindfulness, Interpersonal Effectiveness, Emotion Regulation & Distress Tolerance*. New Harbinger, 2007.

## Depressive Disorders

Burns, David D. *Feeling Good: The New Mood Therapy*. Quill, 2000.

Hari, Johann. *Lost Connections: Uncovering the Real Causes of Depression -- and the Unexpected Solutions*. Bloomsbury, 2018.

Segal, Zindel V., et al. *Mindfulness-based Cognitive Therapy for Depression*. Guilford, 2013.

## Frontotemporal Dementia

Kertesz, A. *The Banana Lady and Other Stories of Curious Behavior and Speech*. Trafford, 2006.

U. S. Department of Health and Human Services. *Frontotemporal Disorders: Information for Patients, Families, and Caregivers*. CreateSpace Independent Publishing Platform, 2016.

## Grief

Devine, M. *It's OK That You're Not OK: Meeting Grief and Loss in a Culture That Doesn't Understand*. Sounds True, 2017.

Kubler-Ross, Elisabeth, and David Kessler. *On Grief and Grieving: Finding the Meaning of Grief Through the Five Stages of Loss*. Scribner, 2014.

Riggs, Nina. *The Bright Hour: A Memoir of Living and Dying*. Simon & Schuster, 2017.

## Lewy Body Dementia

U. S. Department of Health and Human Services. *Lewy Body Dementia: Information for Patients, Families, and Professionals*. CreateSpace Independent Publishing Platform, 2016.

## Obsessive-compulsive Disorder

Foa, Edna B., and Reid Wilson. *Stop Obsessing: How to Overcome Your Obsessions and Compulsions*. Bantam, 2001.

Schwartz, Jeffrey M., and Beverly Beyette. *Brain Lock: Free Yourself from Obsessive-Compulsive Behavior*. Harper, 2016.

## Trauma

Cori, Jasmin L. *Healing from Trauma: A Survivor's Guide to Understanding Your Symptoms and Reclaiming Your Life*. De Capo Lifelong Books, 2008.

Levine, Peter A. *Waking the Tiger: Healing Trauma*. North Atlantic, 1997.

Schwartz, Arielle, and Jim Knipe. *The Complex PTSD Workbook: A Mind-Body Approach to Regaining Emotional Control and Becoming Whole*. Althea, 2017.

Van der Kolk, Bessel. *The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma*. Penguin, 2015.

Williams, Mary Beth, and Soili Poijula. *The PTSD Workbook: Simple, Effective Techniques for Overcoming Traumatic Stress Symptoms*. New Harbinger, 2016.