

<b>DBSA San Diego Library Holdings</b>			
	<b>Title</b>	<b>Author</b>	<b>Date</b>
<b>BOOKS</b>	A Beautiful Mind	Sylvia Nasar	1998
	A Blur of Mass Motion: The Poetry and Writings of Erin Winona Flowers	Phyllis Jean Flowers	2003
	A Million Little Pieces	James Frey	2003
	An Unquiet Mind	Kay Redfield Jamison	1995
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	Anatomy of an Illness as Perceived by the Patient: Reflections on Healing and Regeneration	Norman Cousins	1981
	Angel Head	Greg Bottoms	2000
memoir	Beyond Codependency and Getting Better All the Time	Melody Beattie	1989
	Bipolar Disorder: Rebuilding Your Life	Rev. Dr. James T. Stout	2002
codependency	Bipolar Happens		
	blink: the Power of Thinking Without Thinking	Malcom Gladwell	2005
	California Veteran's Resource Book	California Department of Veterans Affairs	2010
	Charting a Course: Improving Our Lives	DBSA 16th Annual Conference	2003
	Codependent No More: How to stop controlling others and start caring for yourself	Melody Beattie	1992
	Crazy: A Father's Search Through America's Mental Health Madness	Pete Earley	2006
	Darkness Visible	William Styron	1990
	Don't Take it Personally: The Art of Dealing with Rejection	Elyne Savage, PhD	2002
post-partum depression	Down Came the Rain ( <i>two copies</i> )	Brooke Shields	2005
memoir about dual diagnosis	Dry	Dustin Burroughs	2003
	EMDR	Francine Shapiro, PhD and Margot Silk Forrest	1997
	Feeling Good: The New Mood Therapy	David Burns	1999
	Full Catastrophe Living	Jon Kabat-Zinn	1990
	Fulltime Living: How to Decide What you Want out of Life, How to Achieve it	Charlotte Hale Allen	1978
	God's Little Instruction Book II		
	Gratitude A Way of Life	Louise Hay and Friends	2007
	Hand Me Down Blues: How to Stop Depression from Spreading in Families	Michael D. Yapko, PhD	2000
	Hooked on Exercise	Prussin MD, Harvey PhD, DiGeronimo	1992
	Hope and Help for Chronic Fatigue Syndrome	Karyn Feiden	1992
	How to Be Happy, Dammit: A Cynics Guide to Spiritual Happiness	Karen Salmansohn	2001
	How We Choose to Be Hapy: The 9 Choices of Extremely Happy People	Rick Foster and Greg Hicks	1999
	I Am Not Sick I Don't Need help	Xavier Amador	2007
	I Don't Want to Talk About It: Overcoming the Secret Legacy of Male Depression	Terrence Real	1997
	In the Meantime ( <i>possibly two copies</i> )	Iyanla Vanzant	1998
	Integrating the Shattered Self: Psychotherapy with Adult Incest Survivors	Nicki Roth	1993

	Islands of Healing: A Guide to Adventure Based Counseling	Schoel, Prouty, and Radcliff	1989
	Jump In!: Even If I Don't Know How to Swim	Mark Burnett	2005
motivation	Listening to Prozac	Peter D Kramer	1993
	Living with our Genes: why they matter more than you think	Dean Hamer and Peter Copeland	1998
	Lost in the Mirror: An Inside Look at Borderline Personality Disorder	Richard Moskowitz, MD	1996
	Lucky	Alice Sebold	2002
rape and recovery	Madness: A Bipolar Life	Marya Hornbacher	2008
	Magical Thinking	Augustin Burroughs	2004
	Managing Social Anxiety: A Cognitive Behavioral Therapy Approach	Debra Hope, Richard Heimberg, Harlan Juster, Cynthia Turk	2000
	Manic: A Memoir	Terri Cheney	2008
	Mindfulness-based Cognitive Therapy for Depression: A new approach to preventing relapse	Zindel V. Segal, J. Mark, G. Williams, and John D. Teasdale	2002
	National Strategy for Suicide Prevention: goals and strategies	US dept of health and human services	2001
	Natural Mental Health: How to take control of your own emotional wellbeing	Carla Wills-Brandon, PhD	2000
	No Shirt. No Shoes... No Problem!	Jeff Foxworthy	1996
	Nothing to hide: Mental Illness in the family	multiple contributors	2002
	Pain Free: A Revolutionary Method for Stopping Chronic Pain	Pete Egoscue with Roger Gittines	1998
	Practicing the Power of Now	Eckart Tolle	2001
	Prozac and the New Anti-Depressants	William Appleton, MD	2000
	Reinvent Your Life: the breakthrough program to end negative behavior...and feel great again	Jeffrey E. Young, PhD and Janet Klosko, PhD	1993
	Restoring Intimacy: The Patient's Guide to Maintaining Relationships During Depression	multiple contributors	1999
	Shock: The Healing Power of Electroconvulsive Therapy	Kitty Dukakis and Larry Tye	2006
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borderline personality disorder	Stop Walking on Eggshells	Paul T. Mason, M.S. and Randi Kreger	1998
	Suicide: The Signs and Solutions	Finley Sizemore	1988
	Take Charge of Bipolar Disorder	Julie A. Fast and John Preston, PsyD	2006
	The Anger Control Workbook	Matthew McKay PhD and Peter Rogers PhD	2000
	The Bipolar Advantage	Tom Wootton	2005
	The Bipolar Disorder Survival Guide: What You and Your Family Need to Know	David J. Miklowitz, PhD	2002
	The Bipolar Workbook: Tools for Controlling Your Mood Swings	Monica Ramirez Basco, PhD	2006
	The Disappearing Girl: Learning the Language of Teenage Depression	Dr. Lisa Machoian	2005
	The Feeling Good Handbook	David D. Burns, MD	1989
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	The Hearts Code: Tapping the Wisdom and Power of Our Heart Energy	Paul Pearsall	1999
	The Maffetone Method: The Holistic, Low-Stress, No-Pain Way to Exceptional Fitness	Dr. Philip Maffetone	2000
	The Medical Mentor: Get the Healthcare You Deserve in Today's Medical System	Bob Sheff, M.D.	2006
	The Monk Who Sold His Ferrari	Robin S. Sharma	1997
	The Noonday Demon: An Atlas of Depression	Andrew Solomon	2001
	The Power of Your Unconscious Mind	Joseph Murphy, PhD, DD	2008
	The Pursuit of Happiness		

	The Tipping Point: How Little Things Can Make a Big Difference	Malcom Gladwell	2002
	Untrain Your Parrot and other no-nonsense instructions on the path of zen	Elizabeth Hamilton	2007
	Voluntary Madness: My Year Lost and Found in the Looney Bin	Norah Vincent	2008
	We Heard The Angels of Madness: A Family Guide to coping with Manic Dep	Diane and Lisa Berger	2002
	What Goes Up: Surviving the Manic Episode of a Loved One	Judy Eron	2005
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	When Someone You Love Has a Mental Illness	Rebecca Woolis, MFCC	1992
	Wishful Drinking	Carrie Fisher	2008
	You Mean I'm Not Lazy, Stupid or Crazy?!	Kate Kelly and Peggy Ramundo	2006
	You The Owners Manual	Michael F Roizen, MD and Mehmet C. Oz	2008
<b>DVD</b>	Fatal Mistakes: Families Shattered By Suicide	American Foundation for Suicide Prevention	1998
	Men Get Depression	Anthem Foundation	2008
	More than Sad: Preventing Teen Suicide		
	More Than Sad: Suicide Prevention Education for Teachers and Other School Personnel	American Foundation for Suicide Prevention	
	More than Sad: Teen Depression		
	Stephen Fry Video		
	Struggling in Silence: Out of the Silence: Physician Depression and Suicide: Medical Student Depression and Suicide	American Foundation for Suicide Prevention	2008
	Struggling in Silence: Physician Depression and Suicide	American Foundation for Suicide Prevention	2008
in a set	The Misunderstood Epidemic: Depression	Iron Zeal Films/Susan Polis Schutz	2010
	The Truth about Suicide: Real Stories of Depression in College with pamphlet	American Foundation for Suicide Prevention	
<b>VHS</b>	"A Brilliant Mind" - PBS Special About John Nash		
	60 Minutes II: ECT	April 2001, 20 minutes	
	60 Minutes II: Suicide		
	A Guide for People Living with Schizophrenia		
	A Guide for the Treatment Team		
	Breaking the Patterns of Depression with Dr. Michael Yapko - tape 3 of 3		
	Chronic Depression Series Volume 2 - Comorbidity: Psychosocial and Family Functioning		
	Dark Glasses & Kaleidoscopes: Living with Manic Depression		
	Eight Leading Experts Answer the Five Most Common Questions About Chronic Depression		
	Health: The Best of Great Minds of Medicine		
	Learning to Live with Bipolar Disorder		
	Partners in Recovery: Creating Successful Practitioner-Consumer Alliances		
	SOS - Suicide Prevention Video		
	Suicide Shouldn't Be a Secret: Teen Suicide Prevention PSA's		
	Understanding Depression		
	West 47th Street: Four People You've Tried Not to Notice		

<b>CD</b>	50 Minutes: Getting the Most out of Therapy	Karinne Greene, JD	
	Advocacy in Action: Making Your Choice Heard	Stephen Propst, MBA	
	Ask the Doctors: John Greden, MD, Joseph Calabrese, MD, and Terence Ketter, MD		
	Bipolar Disorder: Impact of Medicines on Metabolic Issues	Henry A. Nasrallah, MD	
	Crisis Planning	Terry Wise, JD & Betsy Glaser, PhD	
	Cultural Differences in Mood Disorders	Veronica Kelly	
	Learning Environments for Children with Mood Disorders	Donna Gilcher & Karen Clausen	
	Legal Ease: Angela Vickers, JD, Michael Kruley, JD, and Eleanor Laws, JD		
	Mood Disorders: Special Issues For Women	Lori Altshuler, MD	
	Remission is the Goal of Treatment of Depression	Charles Nemeroff, PhD, MD	
	The Infinite Mind: Depression in the Brain ( <i>three copies</i> )		
	Treatment Resistance	David Dunner, MD	
<b>OTHER</b>	Am I Addicted to Work?	pamphlet	
	Bipolar Happens: Tips and Tricks to Manage Bipolar Disorder	Julie A. Fast	2004
	Cognitive Therapy Manual	Sharp Mesa Vista Staff	
	Every Home a Safe Home	pamphlet	
	Overcoming Social Anxiety: Step by Step	cassette tapes and CD	
	The Amen Clinics: A Window Into Human Behavior: Brain SPECT, Guided Assessment and Treatment		
	The Impact of Incest ( <i>two copies</i> )	pamphlet	
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