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### Mental Health Resources

Daniel G. Amen

*The End of Mental Illness: How Neuroscience is Transforming Psychiatry and Helping Prevent or Reverse Mood and Anxiety Disorders, ADHD, Addictions, PTSD, Psychosis, Personality Disorders, and More*

616.89 Amen

Hoopla (eAudio, eBook)

David D. Burns

*Feeling Great: the Revolutionary New Treatment for Depression and Anxiety*

616.8527 Burns

Lori Gottlieb

*Maybe You Should Talk to Someone: a Therapist, Her Therapist, and Our Lives Revealed*

616.8914 Gottlieb

Large Type 616.8914 Gottlieb

CD 616.8914 Gottlieb

Stephen P. Hinshaw

*Another Kind of Madness: a Journey through the Stigma and Hope of Mental Illness*

616.89 Hinshaw

Stefan G. Hofmann

*The Anxiety Skills Workbook: Simple CBT and Mindfulness Strategies for Overcoming Anxiety, Fear, and Worry*

616.8522 Hofmann

Ethan Kross

*Chatter: the Voice in Our Head, Why it Matters, and How to Harness It*

Self-Help Kross

eMediaLibrary (eAudio)

Matthew McKay

*The Dialectical Behavior Therapy Skills Workbook*

616.8914 McKay

William Sears

*The Healthy Brain Book: an All-Ages Guide to a Calmer, Happier, Sharper You*

612.82 Sears

Hoopla (eAudio, eBook)

Bessell A. Van der Kolk

*The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma*

616.8521 Van der Kolk

eMediaLibrary (eAudio, eBook)