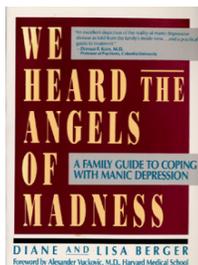


### Have you read any good books lately?

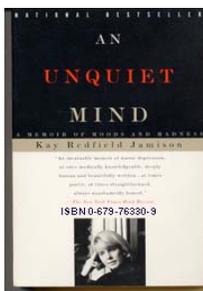
The following list of books and their synopses have been compiled and read by Dorothy Mroz. These books have proven to be helpful to many members of the NAMI PA Scranton support group who are looking for answers and assistance in dealing with mental illness as consumers and family members.



When eighteen year old Mark returned home from his first semester at college, his family thought he was on drugs. In fact, he was suffering from manic depression, a devastating mental illness that affects millions of Americans and their loved ones.

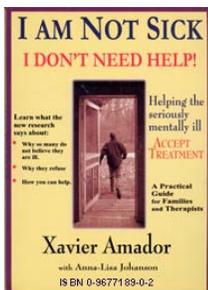
Diane Berger is Mark's mother and Lisa Berger is Diane's sister. Together they share both the intimate and inspiring story of how their family coped with Mark's illness and the valuable information they gathered about manic depression during the course of his treatment.

**ISBN 0-688-11615-9**

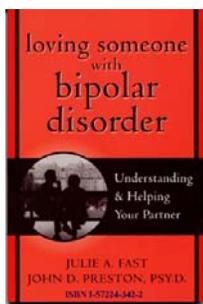


In *An Unquiet Mind* Kay Jamison examines manic-depression from the dual perspectives of the healer and the healed, revealing both its terrors and the cruel allure that at times prompted her to resist taking medication. She has emerged with a memoir of enormous candor, vividness, and wisdom, one of those rare books that have the power to transform lives – and even save them.

**ISBN 0-679-76330-9**



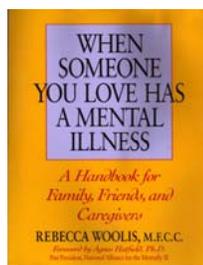
*I Am Not Sick; I Don't Need Help* addresses one of the toughest and most emotional problems in delivering mental health services. Dr. Xavier Amador and Anna-Lisa Johanson tackle this challenge by drawing on their own painful personal experience. The book offers a sensitive presentation of a practical, clinically sound, approach to getting a severely ill person to accept needed treatment. **ISBN 0-9677189-0-2**



This is a first of its kind book. It is written specifically for the partner of a person with bipolar disorder. It can also help anyone who has a loved one with bipolar disorder.

In *Loving Someone with Bipolar Disorder* you can find out how to:

- Identify which coping approaches work and which do not
- Recognize and transform a “bipolar conversation”
- Use new strategies to help manage episodic crises
- Survive the financial turbulence manic spending may cause
- Deal with problematic sexual issues
- Increase closeness and stability in your relationship **ISBN 1-57224-342-2**



*When Someone You Love Has a Mental Illness* addresses short-term daily problems of living with a person with mental illness, as well as long-term planning and care. Of special note are the forty-three “Quick Reference Guides” about such topics as: responding to hallucinations, delusions, violence and anger; helping your loved one comply with treatment plans and medication; deciding if the person should live at home or in a facility; choosing a doctor and dealing with mental health professionals; handling the holidays and family activities; managing stress; helping siblings and adult children with their special concerns. **ISBN 0-87477-695-3**