

## ARAFMI Library Book List

Category	Sub Category	Title	Author	No
Self Help		A Helping Hand with Life	Morton, Cynthia J	
Stress		Acute Stress Disorder & Post Traumatic Disorder – Guidelines for the treatment of Adults with.....	Australian Mental Health Centre	
Stress		Acute Stress Disorder & Post Traumatic Disorder – Information for people with.....	Australian Mental Health Centre+	
Stress		Acute Stress Disorder & Post Traumatic Disorder – Practitioners guide,	Australian Mental Health Centre	
Suicide		After Suicide	Clark, Dr Sheila	
Misc		Ambiguous Loss	Boss, Pauline	
Self-Help		An Angel Healed Me	Theresa Cheung	
Bipolar		An Unquiet Mind	Kay Redfield Jamison	
Anorexia	Eating Disorder	Anorexia Nervosa	Palmer, RL	2
Depression		Anxiety and Depression – A practical guide to recovery	Priest, Professor Robert	
Other Disorders	Anxiety	Anxiety Attack – Don't Panic	Fox, Bronwyn	
Drugs		Australian Drug Guide	Lipfall Jonthan	
Depression		Back from the Brink Too – Helping your loved one overcome Depression	Cowan, Graeme	2
Schizophrenia		Beautiful Mind, A	Nassar, Sylvia	
Misc		Bedlam on the Streets	Knowles, Caroline	
Suicide		Bereavement after Suicide	Appleby, OAM & George McLean PhD	
Bipolar		Best of Times The Worst of Times, The	Rowe, Penelope & Jessica Rowe	
Self Help		Beyond Fear	Rowe, Dorothy	
Other Disorders	Self Help	Beyond Sympathy	Harris-Lord, Janice	
Misc		Beyond the Verandahs	Ashgrove Writers'	
Bipolar	Bipolar	Bipolar Child, the	Demitri MD & Janice Papolos	
Bipolar		Bipolar Disorder	Mondimore, Francis Mark	
OCD		Boy who couldn't stop washing, the	Rapoport, Dr J,	
OCD		Brainlock	Schwartz, Jeffrey M.D.	
Depression		Breaking the Patterns of Depression	Michael D Yapko Ph.D.	
Bipolar	Depression	Brilliant Madness, A	Duke, Patty & Hockman, Gloria	

Bipolar		Broken Open	Craig Hamilton	
Mental Illness		Brothers and Sisters	SANE	
Misc		Burden of Sympathy, The	Karp, David A	
Misc		Carers	SANE	
Self Help		Carers Companion, The	Dept of Veterans' Affairs	
Mental Illness	Bipolar	Caring for Chronic Mentally Ill	Gerhart, Ursula	
Misc		Caring.....and other highwire acts	Holton, John	
Self Help		Celebrate You	Tallard-Johnson, J	
Self Help		Children of the Self-Absorbed	Brown, Nina	
Addiction	General	Co-Dependence – Misunderstood, Mistreated	Wilson-Schaff, Anne	
Other Disorders		Cognitive Therapy for Personality Disorders	Young, Jeffrey E	
Schizophrenia	Orthomolecular	Common Questions on Schizophrenia	Hofer, Abraim	
Depression		Control your Depression	Lewinsohn/Youngren & Zeiss	
Bulimia	Eating Disorder	Coping with Bulimia	French, Barbara	
Bipolar	Depression	Coping with Depression and Elation	McKeon, Patrick	
Other Disorders	Grief	Coping with Grief	McKissock, Mal & Dianne	
Self Help		Coping with Mental Health Problems	ARAFMI QLD	
Bipolar		Daughter of the Queen of Sheba	Lyden, Jacki	
Depression		Dealing with Depression	Parker, Gordon	
Orthomolecular	Depression	Dealing with Depression Naturally	Baumel, Sid	
Depression		Defeating Depression – Run it Away	Stewart, John	
Orthomolecular		Depression and Natural Medicine	Elkins, Rita	
Depression		Depression Workbook, the	Copeland, Mary Ellen	
Other Disorders		Don't Panic	Reid Wilson	
Self Help		Double Dare to be You	Abata, Russell M	
Misc		Drugs	SANE	
Self Help		Dual Diagnosis	ARAFMI QLD	
Other Disorders		Dual Diagnosis – an integrated approach to Treatment	Watkins, Lewellen & Barrett	
Self Help		Dual Disorders Recovery Book	Hazeldon Association	
Self Help		Dying Was The Best Thing That Ever Happened To Me- Stories of Healing and Wisdom along life"s journey	Hablitzel, William E. M.D.	
Other Disorders	Eating Disorders	Eating Disorder Source Book	Costin, Carolyn	

Anorexia	Eating Disorder	Eating Disorders – The facts	Abraham, Suzanne & Llewellyn-Jones, Derek	
Eating Disorders		Eating Disorders Management of Obesity, Bulimia and Anorexia Nervosa	Agras, Stewart W	
Bipolar	Bipolar	Ecstasy and Agony – Living with Mood Swings	Grounds, David & Armstrong, June	
Self Help		Emotional Toolkit, the - 7 Power-Skills to Nail Your Bad Feelings	Mininni, Darlene	
Misc	Drugs	Empowering Families	Susan P Koningen	
Misc		Facing the Unthinkable	Writers Collective	
Bipolar		Fairytales in Reality – My victory over manic depression	Orum, Margo	
Breakdown	Stress	Falling Apart	Epstein, Michael & Hoskingk Sue	
Mental Illness	Schizophrenia	Families as Allies in Treatment of the Mentally Ill	Lefley, H.P. Ph.D., Johnson, Dale Ph.D.	
Schizophrenia		Families Coping with Schizophrenia	Atkinson, Jacqueline M and Coia, DA	
Mental Illness		Families of the Mentally Ill	Hatfield, Agnes B and Lefley, Harriet P	
Mental Illness		Family Caregiving in Mental Illness	Lefley, Harriet P.	2
Self-Help		Feeling Better – A Guide to Mood Management	Kidman AM, Antony, PhD	
Self Help		Feeling Good - the new mood therapy	Burns, David	
Self Help		Feeling Good Handbook, The	David D. Byrns	
Depression		Fight your Dark Shadow	Rosensvald, T & Oei, T. & Schmidt,	
Other Disorders	Eating Disorders	Fighting with Food – Overcoming Bulimia Nervosa	Huon, Gif & Brown L <i>Donated</i>	
Mental Illness	Schizophrenia	Flying with Paper Wings – Reflections on living with madness	Jeffs, Sandy	
Other Disorders	Eating Disorders	Freeing Someone you Love from Eating Disorders	Eades, Mary Dan <i>Donated</i>	
Other Disorders		From Panic to Power	Bassett, Lucinda	
Other Disorders	Stress	From Stress to Success	Williams, Xanria	
Self Help		Fully Human-Fully Alive	Powell, John <i>Donated</i>	
Self Help		Further Along the Road Less Travelled	Peck, Scott M	
B.P.D.	Other Disorders	Get Me Out Of Here	Reiland, Rachel	
Anorexia	Eating Disorder	Golden Cage, The	Bruch, Hilde	
Self Help		Good-Bye to Guilt	Jampolsky, G	
Booklet		Guide for Carers	From Sane	
Self Help		Guide to Coping, A	Family Drug Support	5
Self Help		Happiness is a Healthy Life	Smith, Lendon	
Self Help		Heal Your Body	Hay, Louise	

Self Help		Healing and Wholeness	Sandford, John A	
Self Help		Healing the Family Tree	McCall, Kenneth Dr	
Self Help		Healthy Living	SANE Guide	
Suicide		Hearing the Cry	Appleby, M and Condonis, M	2
Schizophrenia	Self Help	Hearing Voices	Watkins, John	
Depression		Help for Depression and Anxiety	Cabot, Dr Sandra	2
Self Help		Help Yourself to Mental Health	Manning, M	
Self Help		Helping Relationship, The	Branner, Lawrence	
Depression	Suicide	Helping your Child Cope with Depression and Suicidal Thoughts	Shamoo, Tonia & Patros, Phillip	
Mental Illness	Bipolar	Hidden Victims Hidden Healers	Johnson, Julie Tallard	
Bipolar		His Bright Light – The Story of Nick Traina	Steel, Danielle	
Self Help	Orthomolecular	Homeopathic Medicine for Mental Health	Smith, Trevor MD	
Misc		Humanizing Health Care	Sears, Melanie	
Mental Illness		I am not sick I don't need help!	Amador, Xavier	
Other Disorders	B.P.D.	I Hate You Don't Leave Me	Kreisman, Jerold J M.D. and Strays, Hal.	
Schizophrenia		I Know This Much Is True	Lamb, Wally	
Mental Illness		Imagining Robert – My Brother, Madness and Survival	Neugeboren, Jay	
Self Help		Intimacy and Solitude	Dowrick, Stephanie	
Schizophrenia		Is Dad Crazy	Liddicut, Jan	3
Eating Disorders		It's not what you eat it's why you eat it"	Colclough, Beechy	
Mental Illness		Joe's Diary	SANE	
Self Help		Key to Caring, The	Schultz, Cynthia & Noel	
Suicide		Leaving Early	Donaghy, Bronwyn	
Bipolar		Life on a Roller Coaster	Madeline Kelly	2
Schizophrenia		Lillians Story	Granville, Kate	
Misc		Lines in the Sand	Deveson, Anne	
Self Help		Listen to Me, Listen to You	Katzman, Anne	
Other Disorders		Living It Up	Aisbett, Bev	
Depression		Living with a Black Dog	Johnstone, Matthew and Ainsley	
Other Disorders	Anxiety	Living with Anxiety	Montgomery & Morris	
Self Help		Living with Fear	Marks, Isaac M	

Schizophrenia		Living with Schizophrenia	Watkins, John	
Misc		Living with the Passive Aggressive Man		
Self Help		Losing the 20 <sup>th</sup> Century Blues	WA Association for Mental Health	
BPD		Lost In the Mirror	Richard Moshovitz	
Misc		Madness in the Streets	Isaac & Armat	
Misc		Mapping the Mind	Carter, Rita	
Self Help		Medication and other Treatments	SANE Guide	
Mental Illness	Mental Illness	Mending Minds	Heston, Leonard L MD	
Misc		Mental Health Act 2000 Qld Act No 16	Qld Government Publication	
Depression	Bipolar	Moodswing	Fieve, Ronald R, M.D.	
Depression		More Than Just the Blues	Dr Joseph Rey	
Suicide		Mum, it's nothing personal, but I want to Die.	Harvey, Janice	
Schizophrenia		My Sister's Keeper	Margaret Mosman	
Mental Illness		My Story	Pelzer, Dave	
Orthomolecular		Natural Healing Schizophrenia	Edelman, Eva	
Suicide		Night Falls Fast – Understanding Suicide	Jamison, Kay Redfield	
Mental Illness		Nine Lives	Singh, Lesley	
Suicide		No Middle Name – A Mother talks about youth suicide	Brasch, Tilly	
Misc		Nonviolent Communication – A Language of Life	Rosenberg, Marshall B	
Orthomolecular		Nutrition & Mental Illness	Pfeiffer, Carl C	
Orthomolecular		Nutrition for Women	Somer, Elizabeth M.A.R.D.	
Orthomolecular		Nutritional Influences on Mental Illness	Werbach	
Psychology	OCD	Obsessive Compulsive Disorder – The Facts	De Sylver, Padmal & Rachman	
Orthomolecular		Omega-3 Connection, the	Stoll, Dr Andrew	
Bi-Polar		One Step At A Time	Power, Winty	
Orthomolecular		Optimum Nutrition for the Mind	Holford, Patrick	
Bipolar	Bipolar	Out of my Mind	Benjamin, Ben & Dougherty, Ian	
Mental Illness		Out of the Shadows	Camden Pratt, Catherine	
Schizophrenia		Outsider, the	Lachenmeyer, Nathaniel	
OCD		Over and Over Again	Nezirogly Fugen Ph.D.	
OCD	Other Disorders	Passing for Normal	Wilenski, Amy	
Depression		Postnatal Depression	Fettling, Lisa	
Other Disorders	Anxiety/Panic	Power Over Panic	Fox, Browyn	

Orthomolecular		Prescription for Nutritional Healing	Balch, James F M.D.	
Misc		Psychological Trauma	Van der Kolk, BA, M.D.	
Mental Illness		Recognition and Management of Early Psychosis, the	McGorry, P D. and Jackson, Henry	
Schizophrenia		Recovered, not Cured	Deveson, Anne	
Misc		Resilience	Deveson, Anne	
Misc		Return to Community	Carling, Paul J.	
Psychology		Road Less Travelled, The	Peck, Scott M	
Schizophrenia		Romulus, My Father	Gaita, Raimond	
Schizophrenia		Schizophrenia – Straight Talk for Family and Friends	Walsh, Maryellen	
Bipolar	Schizophrenia	Schizophrenia & Manic Depression Disorder	Torrey, Fuller M.D., Bowler, Ann M.S. Gottesman, Irving Ph.D.	
Schizophrenia		Schizophrenia, A Fresh Approach	Howe, Gwen	
Schizophrenia		Schizophrenias, The	Pfeiffer; Mailloux & Forsythe	
Anorexia	Eating Disorder	Secret Language of Eating Disorders, the	Peggy Claude-Pierre	
Self Help		Sorting Out Self Esteem	Brecht, G	
Self Help		Self-Care for Caregivers	Samples, Pat & Larsen, Diane & Marvin	
Self Help	Coping	Shine on Again	Dooley, Dr. Des	
Self-Help		Shopping for a Shrink	Zemek, Todd	
Misc		Solitude	Storr, A	
Other Disorders	Borderline P.Dis.	Sometimes I Act Crazy	Kreisman JJ MD and Strauss Hal	
Schizophrenia		Sometimes Madness is Wisdom	Taylor, Kendall	
Mental Illness		Speak Out – Stories from young people about mental illness	South Sydney Youth Services	
Self Help		Speaking from Experience	SANE	
Suicide		Staying Alive	SANE	
Anorexia	Eating Disorder	Stick Figure	Fontana, Christine	
Misc		Stigma	SANE	
OCD		Stop Obsessing	Edna Foa & Reid Wilson	
Self Help		Stop Procrastinating	Emery, Bill Lee <i>Donated</i>	
Self Help		Stop the World I Want to Get Back On	Peddy, Elaine and Patrick, Leonie	
Other Disorders	B.P.D.	Stop Walking on Eggshells (About Borderline Personality Disorders)	Mason, Paul T	
Schizophrenia		Story of Barbara, the	Fryer, Katherine H.	
Schizophrenia		Story of Neale, The	Bycroft, Claire	2

Mental Illness		Straight Talking about Mental Illness	Kelly, Madeline	
Schizophrenia	Mental Illness	Strange Places – A memoir of Mental Illness	Elliott, Will	
Self Help		Strategies of Optimism	Peiffer, Vera	
Stress		Stress – Your Questions Answered	Simmons, Rochelle	
Stress		Stress Owner's Manual, the	Boenisch, Ed	
Suicide		Suicide Prevention Project – January 2012	The Community Broadcasting Assoc	
Suicide		Suicide Prevention Project – May 2012	The Community Broadcasting Assoc	
Suicide		Suicide Prevention Project – November 2011	The Community Broadcasting Assoc	
Self-Help		Supporting People with Psychiatric Disabilities	ARAFMI QLD	
Bipolar		Surfing the blues	Rzecki, Catherine	
Mental Illness		Surviving Mental Illness	Hatfield, Agnes	
Schizophrenia		Surviving Schizophrenia	Torrey, E. Fuller	
Misc		Surviving Still Ten Years on...	Arafmi Tasmania	
Suicide		Surviving the Pain	Appleby, Margaret	3
Mental Illness	Bipolar	Survivors, The	ARAFMI, Launceston	
Depression		Taking Care of Yourself and Your Family	Ashfield, John	
Schizophrenia		Tell Me I'm Here	Devison, Anne	2
Depression		The Chemistry of Joy – A three-step Program for Overcoming Depression	Emmons, Henry, M.D.	
Depression		The Deepest Blue	Lauren Docket	
Misc		The Man who Mistook his Wife for a Hat	Sacks, Oliver	
Anorexia	Eating Disorder	The Secret Language of Eating Disorders	Peggy Claude-Pierre	
Bipolar	Schizophrenia	The Skipping Stone	Waswow, Mona	
Self Help		This is Life	Brinsmead, Robert D	
Mental Illness		To Dance Across The Heavens	Hill, Alvina	
Bipolar		Touched with Fire	Jamison, Kay Redfield	
Self-Help		Tough Love	York, Phyllis & David <i>Donated</i>	
Self Help		Tough Love Solutions	York, Phyllis & David and Ted Wachtel	
Mental Illness		Trips and Journeys	Strauss, John	
Misc		Twenty Five Years – Twenty Five Stories	ARAFMI QLD	
Mental Illness		Understanding Mental Illness	Tallard Johnson, Julie	
Self Help	Psychiatry	Understanding Psychiatry	Wilkie, William	
Other Disorders	B.P.D.	Understanding the Borderline Mother	Dawson, Christine Ann	
Mental Illness		Understanding Troubled Minds	Bloch, Sydney	

Mental Illness		Unless	Carol Shields	
Schizophrenia		Walking on Eggshells	Bowler, F M	2
Self Help		Wealth Within, The	Meares, A	
Misc		What Happens When I'm Gone	Endeavour Foundation	
Schizophrenia		What really causes Schizophrenia	Foster, Harold, D	
Misc		What Were They Thinking	Felton, B	
Schizophrenia		What's Daniel Doing?	McFadden, Ruth	
Self Help	Depression	When Helping You is Hurting Me, Escaping the Messiah Triangle	Berry, Carmen Renee	
Depression		When Living Hurts	Yapko, Michael D	
Mental Illness		When Madness Comes Home	Secunda, Victoria	
OCD		When Once is not Enough	White, Kerrin M.D.	
Mental Illness		When to Really Worry	Carr-Gregg, Michael	
Other Disorders		When We Means Me	Long, Zoe & Co	
Self-Help		Wherever You Go, There You Are Mindfulness Meditation for Everyday Life	Kabat-Zinn, Jon	
Self Help		Will the Real Me Please Stand Up	Powell, J	
Depression	OCD	Wings of Madness	Buchanan, Jo	
Schizophrenia		Women & Schizophrenia	David Castle	
Other Disorders	Panic	Working Through Panic	Bronwyn Fox	
Misc		Working with Monsters	Clarke, John	
Misc		Yet my Wings are Dusty	Southside Education	
Self Help		You Can Heal Your Life	Hay, Louise	
Mental Illness		You're Not Alone	SANE	
Misc		Your Miracle Brain	Carper, Jean	