

## NAMI Schenectady Lending Library Book List

**HOW TO BORROW A BOOK:** (NOTE: Many of these titles may be found at your public library.) If your library does not carry the book, you may request to borrow one book at a time from NAMI Schenectady. Submit a request using “Lending Library Book Request” as the subject of an e-mail request you make to us at [namischenectady@gmail.com](mailto:namischenectady@gmail.com). A book may be borrowed for one month. Include your name, phone #, and home address in your e-mail message. We will contact you to make arrangements for fulfilling your request. Books will only be loaned to the following: 1) persons living within Schenectady County, 2) members of our NAMI affiliate, and 3) students enrolled in one of our NAMI Signature education classes. Thank you for understanding.

Amador, Xavier, Ph.D , I Am Not Sick: I Don't Need Help!: How to Help Someone with Mental Illness Accept Treatment. 10<sup>th</sup> Anniversary edition about the LEAP (Listen, Empathize, Agree, Partner), New York: Vida Press, 2012.

Baxter, Deena, Surviving Suicide: Searching for “Normal” with Heartache & Humor – “a mostly true story” says the author: 2014: Mascot Books

Biancolli, Amy, Figuring SHIT OUT: Love, Laughter, Suicide, and Survival. Local author shares her personal experience in dealing with this tragedy. 2015: Behler Publications.

Cameron, Diane Never Leave Your Dead: A True Story of War Trauma, Murder, and Madness - true story - 2016, Las Vegas: Central Recovery Press. Collins, Judy Sanity and Grace: A Journey of Suicide, Survival and Strength -2003 Penguin Books

Hallowell, Edward M., MD .Because I Come From a Crazy Family: The Making of a Psychiatrist.New York: Bloomsbury Publishing, 2018.

Howard, Ginnah, Doing Time Outside a novel about a family caught between jail, the town bar and a church. Good depiction of loved ones pitted against the addiction and mental illness. 2013 Standing Stone Books, Syracuse

Kaczynski, David Every Last Lie: The Story of the Unabomber and his Family; 2016: Duke Press

Kaye, Randye Ben Behind His Voices: One Family's Journey From Chaos of Schizophrenia to Hope. 2011: Rowan & Littlefield Publishers

Roth, Alisa, Insane: America's Criminal Treatment of Mental Illness.New York: Basic Books, 2018  
Exploration of how the criminal justice system and specifically the country's tough-on-crime policies have contributed to turning our jails and prisons into warehouses for the mentally ill.

Schwartz, Karen Winter: 3 novels :

- Where are the Cocoa Puffs?: A Family's Journey Through Bipolar Disorder
- The Chocolate Debacle - a Mystery Novel about stigma, with a main character in recovery
- Reis's Pieces: Love, Loss and Schizophrenia

Sederer, Dr. Lloyd I, Md, The Family Guide to Mental Health Care. Several copies – 2013: W.W. Norton & Company – authoritative and well-written. Dr. Sederer is a regular speaker at NAMI NYS education conferences.

Sederer, Dr. Lloyd, MD The Addiction Solution: Treating our Dependence on Opioids and Other Drugs New York: Scribner, 2018, dedicated to all persons doing the hard work of making recovery possible.

Shields, Brooke, Down Came the Rain: My Journey Through Postpartum Depression 2005: Hyperion

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