



South Okanagan Similkameen Mental Wellness Society
A community partner of B.C. Schizophrenia Society

#118 – 246 Martin Street, Penticton, B.C. V2A 5K3
Ph: 250-493-7338. Email: info@sosmws.com

“A Reason to Hope; The Means to Cope”

LIBRARY CATALOGUE

ADDICTION

Dual Diagnosis of Major Mental Illness and Substance Disorder by Kenneth Minkoff & Robert E. Drake

Opioids: A Survivor's Guide
funded by BC Centre on Substance Use

Paths to Recovery: Al-Anon's Steps, Traditions, and Concepts
by Al-Anon Family Groups

Passages Through Recovery: An Action Plan for Preventing Relapse by Terence T. Gorski

Sober... and Staying That Way: The Missing Link in the Cure of Alcoholism
by Susan Powter

Survival Handbook for the Newly Recovering
by Scott Sheperd, PhD

ADHD / ADD

Attention Deficit Hyperactivity Disorder: A Handbook for Diagnosis and Treatment, 2nd Edition by Russell A. Barkley

Adult ADD: The Complete Handbook by David B. Suddereth, MD & Joseph Kandel, MD

The Hyperactive Child, Adolescent, and Adult: Attention Deficit Disorder Through the Lifespan by Paul H. Wender, MD

Living with Attention Deficit Disorder and Attention Deficit Hyperactivity Disorder: A Guide for Parents and Teachers by Attention Deficit Disorder Support Association

ANGER

The Basics of Anger by Gary K. McKay, PhD
-7 copies-

The Dance of Anger: A Woman's Guide to Changing the Patterns of Intimate Relationships by Harriet Lerner, PhD

ANXIETY

From Panic to Power: Proven Techniques to Calm Your Anxieties, Conquer Your Fears, and Put You in Control of Your Life by Lucinda Bassett

Helping Your Anxious Child: A Step by Step Guide for Parents by Ronald M. Rapee, PhD, et al

How to Control Your Anxiety Before It Controls You by Albert Ellis, PhD

When Perfect Isn't Good Enough: Strategies for Coping with Perfectionism by Martin M. Anthony, PhD & Richard P. Swinson, MD

BIPOLAR DISORDER

A Brilliant Madness: Living with Manic-Depressive Illness by Patty Duke & Gloria Hochman



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An Unquiet Mind: Memoir of Moods and Madness by Kay Redfield Jamison

The Bipolar Child: The Definitive and Reassuring Guide to Childhood's Most Misunderstood Disorder
by Demitri Papolos, MD & Janice Papolos

Bipolar Disorder: An Owner's Manual
by Paul E. Termansen, MD

The Bipolar Workbook
by Monica Ramirez Basco, PhD

Call Me Anna: The Autobiography of Patty Duke by Patty Duke & Kenneth Turan

Crazy for Life: A True Story in One Act
by Victoria Maxwell

Mood Genes: Hunting for Origins of Mania and Depression by Samuel H, Barondes

Raising a Moody Child: How to Cope with Depression and Bipolar Disorder by Mary A, Fristad, PhD & Jill S. Goldberg Arnold, PhD

Survival Strategies for Parenting Children with Bipolar Disorder by George T. Lynn, MA

BORDERLINE PERSONALITY DISORDER

Stop Walking on Eggshells: Taking Your Life Back When Someone You Care About Has Borderline Personality Disorder
by Paul T. Mason, MS & Randi Kreger

CHILD & YOUTH

Because Life Goes On: Helping Children and Youth Live with Separation and Divorce
by Health Canada
-2 copies

Children Are Not Paper Dolls: A Visit with Bereaved Siblings by Erin Linn Levy

Little Yogis – Fun Exercise by Wai Lana

Kids Speak Up: Shining Light on Mental Illness by CMHA

Mama's Cloud by Jessica Williams

Mental Health and Highschool Curriculum Guide by TeenMentalHealth.org

Scare Away the Dark by Wendy Tarasoff

Someone in My Family has a Mental Illness
by Lyne Brindamour, MSW

What is ADHD? An Information Booklet for Children with ADHD by CMHA
-12 copies-

When Things are Sad and Gloomy: Understanding Mental Illness in Your Family – For Children Who Have a Parent with Depression by BCSS
-2 copies-



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When Things Get Really Weird: For Children Who Have a Parent with Schizophrenia
by BCSS
-2 copies-

DEATH & DYING

Blooms and Butterflies: Life After Loss
by Faris Jean
-2 copies-

Lost in a Void... Until I Found Rainbows
by Theresa Fitzpatrick

On Death and Dying: What the Dying Have to Teach Doctors, Nurses, Clergy, and Their Own Families by Elisabeth Kubler-Ross

Working It Through: An Elisabeth Kubler-Ross Workshop on Life, Death, and Transition by Elisabeth Kubler-Ross

DEPRESSION

Beating the Blues: New Approaches to Overcoming Dysthymia and Chronic Mild Depression by Michael E. Thase, MD & Susan S. Lang

Depression and Its Treatment by John H. Griest, MD & James W. Jefferson, MD

Depression: What Families Should Know
by Elaine Fantle Shimberg

Feeling Good: The New Mood Therapy
by David D. Burns, MD

Growing Up Sad: Childhood Depression and Its Treatment by Leon Cytryn, MD & Donald McKnew, MD

Hand-Me-Down Blues: How to Stop Depression from Spreading in Families
by Michael D. Yapko, PhD

How to Survive When They're Depressed: Living and Coping with Depression Fallout
by Anne Sheffield
-2 copies-

I Don't Want to Talk About It: Overcoming the Secret Legacy of Male Depression
by Terrence Real

Late Life Depression
by Patrick Mathiasen, MD & Suzanne Levert

Restoring Intimacy: The Patient's Guide to Maintaining Relationships During Depression by National Depressive and Manic-Depressive Association

When Nothing Matters Anymore: A Survival Guide for Depressed Teens
by Bev Cobain, RNC

When the Blues Won't Go Away: New Approaches to Dysthymic Disorder and Other Forms of Chronic Low-Grade Depression by Robert Hirschfeld, MD

Winter Blues: Seasonal Affective Disorder
by Norman E. Rosenthal, MD



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Winter Depression: S.A.D. by Angela Smyth

EATING DISORDERS

Eating Disorders: The Facts by Suzanne Abraham and Derek Llewellyn-Jones

The Echo Glass by Heather Morrall

Empty: A Story of Anorexia by Christie Pettit

Food Addiction: The Body Knows
by Kay Sheppard

Lost in the Mirror by Miranda Moti

Perfect: Anorexia and Me by Emily Halban

The Twelve Steps of Overeaters Anonymous
by Overeaters Anonymous

Wasted: A Memoir of Anorexia and Bulimia
by Marya Hornbacher

EMOTIONS AND HEALTH

A Complete Guide to Your Emotions and Your Health by Emrika Padus

FAMILY SUPPORT

A Family Affair: Helping Families Cope with Mental Illness by The Group for the Advancement of Psychiatry

A Good Life: For You and a Relative with a Disability by Al Etmanski

The Burden of Sympathy: How Families Cope with Mental Illness by David A. Karp

Did I Do Something Wrong? A Supportive Guide for Parents and Loved Ones of People in Therapy by Heidi H. Spencer, PhD

Family Interventions in Mental Illness
by Agnes B. Hatfield

Families of the Mentally Ill: Meeting the Challenges by Agnes Harfield
-2 copies-

Grieving Mental Illness: A Guide for Patients and Their Caregivers by Virginia Lafond

How to Live with a Mentally Ill Person: A Handbook of Day to Day Strategies
by Christine Adamec

It's Nobody's Fault: New Hope and Help for Difficult Children by Harold Koplewicz, MD

Mental Illness in the Family: Issues and Trends by Beverley Aboosh & April Collins

Mind Gone Astray
by Wayne Kallio, B.Ed, MA

Self-Esteem: A Family Affair
by Jean Illsley Clarke

Straight Talk About Psychiatric Medications for Kids by Timothy E. Wilens, MD



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Understanding and Living with People Who Are Mentally Ill: Techniques to Deal with Mental Illness in the Family

by James E. Soukup, NCACII, MBA, PsyD

When Madness Comes Home: Help and Hope for Families of the Mentally Ill

by Victoria Secunda

When Someone You Love Has a Mental Illness: A Handbook for Family, Friends, and Caregivers by Rebecca Woolis, MFT

Who Turned Out the Light? A Guide for Families Who Have a Relative with Mental Illness by CMHA

-3 copies-

FORENSIC PSYCHIATRY

Murderous Minds on Trial: Terrible Tales from a Forensic Psychiatrist's Case Book by Stanley Semrau, MD, & Judy Gale

Forensic Psychiatric Services: Information for Families by BCSS

-4 copies-

MENTAL ILLNESS – General

A Consumer's Survival Guide to Modern Day Psychiatry by Christopher J. Heather, RN, CS

Beyond Crazy: Journeys Through Mental Illness by Julia Nunes & Scott Simmie

Insane Consequences: How the Mental Health Industry Fails the Mentally Ill by DJ Jaffe

Out of the Shadows: Confronting America's Mental Illness Crisis by E. Fuller Torrey, MD

Towards Recovery and Wellbeing by the Mental Health Commission of Canada

Transforming Madness: New Lives for People Living with Mental Illness by Jay Neugeboren

Wellness Modules by BC Partners for Mental Health and Addictions Information
-5 copies-

INTIMACY

The Dance of Intimacy: A Woman's Guide to Courageous Acts of Change in Key Relationships by Harriet Lerner, PhD

NEUROLOGICAL DISORDERS

The Man Who Mistook His Wife for a Hat and Other Clinical Tales by Oliver Sacks

OBSESSIVE COMPULSIVE DISORDER

Just Checking: Scenes from the Life of an Obsessive-Compulsive by Emily Colas

Obsessive Compulsive Disorder: A Survival Guide for Family and Friends by Roy C.



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The Boy Who Couldn't Stop Washing: The Experience of Obsessive-Compulsive Disorder by Judith L. Rapoport, MD

The Imp of the Mind: Exploring the Silent Epidemic of Obsessive Bad Thoughts by Lee Baer, PhD

The Sky is Falling: Understanding and Coping with Phobias, Panic, and Obsessive-Compulsive Disorders by Raeann Dumont
-2 copies-

When Once is Not Enough: Help for Obsessive Compulsives by Gail Steketee, PhD & Kerrin White, MD

PSYCHOTHERAPY/COUNSELLING

Choices: Interviewing and Counselling Skills for Canadians (3rd Edition) by Bob Shebib

The Drama of the Gifted Child: The Search for the True Self by Alice Miller

Early Psychosis: A Guide for Mental Health Clinicians by UBC Psychiatry Department

Love's Executioner and Other Tales of Psychotherapy by Irvin D. Yalom

Motivational Interviewing in Health Care: Helping Patients Change Behaviour by Stephen Rollnick et al

Motivational Interviewing with Adolescents and Young Adults by Sylvie Naar-King & Mariann Suarez

The Theory and Practice of Group Psychotherapy by Irvin D. Yalom

Treating Chronically Mentally Ill Women by Leona L. Bachrach, PhD & Carol C. Nadelson, MD

Women in Therapy: New Psychotherapies for a Changing Society by Violet Franks & Vasanti Burtle

SCHIZOPHRENIA

Boggles Brown – My Cartoon Life in the Land of Schizophrenia by Brad James

Coping with Schizophrenia: A Guide for Families by Kim T. Mueser, PhD & Susan Gingerich, MSW
-2 copies-

The Family Face of Schizophrenia: Practical Counsel from America's Leading Experts by Patricia Backlar

Family Involvement in Treating Schizophrenia: Models, Essential Skills, and Process by James A. Marley, PhD

The Ghosts Behind Him by Doris Ray
-3 copies-



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If Your Adolescent Has Schizophrenia: An Essential Resource for Parents
by Raquel E. Gur, PhD & Ann Braden Johnson, PhD

If I Played My Life: Poems by People with Schizophrenia by Kate Goldsmith

Is There No Place on Earth for Me?
by Susan Sheehan
-2 copies-

Learning About Schizophrenia: Rays of Hope... A Reference Manual for Families and Caregivers
by Schizophrenia Society of Canada
-3 copies-

Learning About Schizophrenia: Rays of Hope... A Reference Manual for Families and Caregivers – 3rd Edition
by Schizophrenia Society of Canada
-2 copies-

Living and Working with Schizophrenia: Information and Support for Patients and Their Families, Friends, Employers, and Teachers by Jeffries et al

Practice Guideline for the Treatment of Schizophrenia
by the American Psychiatric Association

The Quiet Room: A Journey Out of the Torment of Madness
by Lori Schiller & Amanda Bennett
-2 copies-

Schizophrenia: Breaking Down the Barriers
by S.G. Holliday et al

Schizophrenia: From Mind to Molecule
by Nancy C. Andreasen, MD, PhD
-2 copies-

Schizophrenia and Manic-Depressive Disorder: The Biological Roots of Mental Illness as Revealed by the Landmark Study of Identical Twins
by E. Fuller Torrey, MD et al

Schizophrenia: Straight Talk for Families and Friends by Maryellen Walsh

Social Skills Training for Schizophrenia: A Step-by-Step Guide by Alan S. Bellack et al
-2 copies-

Surviving Schizophrenia: A Family Manual
by E. Fuller Torrey, PhD
-2 copies-

Surviving Schizophrenia: A Manual for Families, Consumers, and Providers
by E. Fuller Torrey, MD
-2 copies-

Tell Me I'm Here: The Courageous Story of One Family's Experience with Schizophrenia
by Anne Deveson

Understanding and Coping with Schizophrenia: 14 Principles for the Relatives by Ken Alexander



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Understanding Schizophrenia: A Guide to the New Research on Causes and Treatment
by Richard S.E. Keefe & Philip D. Harvey
-2 copies-

The Unhinging of Wings: Poems by Margo Button (on Schizophrenia)
-2 copies-

Why Does Schizophrenia Develop at Late Adolescence: A Cognitive-Developmental Approach to Psychosis
by Chris Harrop & Peter Trower

9 Highland Road: Sane Living for the Mentally Ill by Michael Winerip

SELF-HARM

A Bright Red Scream: Self-Mutilation and the Language of Pain by Marilee Strong

Cutting: Understanding and Overcoming Self-Mutilation by Steven Levenkron

Skin Game: A Cutter's Memoir
by Caroline Kettlewell

Women Who Hurt Themselves: A Book of Hope and Understanding by Dusty Miller

SELF-HELP

A New Earth: Awakening Your Life's Purpose
by Eckhart Tolle

An Awakening Spirit: Meditations for Women by Women edited by Peg Streep

The Basics of Self-Acceptance "Lori's Books"
by Don Dinkmeyer, PhD

The Basics of Stress Management by Len Sperry, MD/PhD & Jon Carlson, PsyD/EdD
-4 copies-

Broken Toys, Broken Dreams
by Terry Kellogg, MA

Call Me Crazy: Stories from the Mad Movement by Irit Shimrat

Change Your Thoughts – Change Your Life: Living the Wisdom of the Tao
by Dr. Wayne W. Dyer

Codependent No More: How to Stop Controlling Others and Start Caring for Yourself by Melody Beattie

Communication: Key to Your Marriage
by H, Norman Wright

Compassion and Self-Hate: An Alternative to Despair by Theodore I. Rubin, MD

Coping with Fibromyalgia by Beth Ediger

Dreamhealer 2: A Guide to Healing and Self-Empowerment by ADAM

Do One Thing Different: Ten Simple Ways to Change Your Life by Bill O'Hanlon



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End the Struggle and Dance with Life: How to Build Yourself Up When the World Gets You Down by Susan Jeffers, PhD

Moments: Stories About Special Moments in People's Lives by CMHA
-3 copies-

Making Choices: Discover the Joy in Living the Life You Want to Lead
by Alexandra Stoddard

No Longer Alone: Mental Health and the Church by John Toews
-2 copies-

Remembering Wholeness: A Spiritual Monel for Healing and Recovery
by Donna Martin, MA

No More Headaches
by the Editors of Prevention Magazine

The Power of Self-Esteem
by Nathaniel Branden, PhD

Safe and Secure: Seven Steps on the Path to a Good Life for People with Disabilities
by Al Etmanski

Safe and Secure: Six Steps to Creating a Good Life for People with Disabilities
by Al Etmanski

Seeking Mino-Pimastisiwin: An Aboriginal Approach to Helping
by Michael Anthony Hart

Self-Esteem: Master Your Own Identity
by Matthew McKay, PhD & Patrick Fanning

When the Game is Over It All Goes Back in the Box by John Ortberg

When Parents Love Too Much: Freeing Parents and Children to Live Their Own Lives
by Laurie Ashner & Mitch Meyerson

Why People Don't Heal and How They Can
by Caroling Myss, PhD

SUICIDE

Night Falls Fast: Understanding Suicide
by Kay Redfield Jamison

The Power to Prevent Suicide: A Guide for Teens Helping Teens
by Richard D. Nelson, PhD & Judith C. Galas

Suicide: The Forever Decision – For Those Thinking About Suicide, and For Those Who Know, Love, or Counsel Them
by Paul G. Quinnett

Suicide in Canada
by Antoon A. Leenaars et al

Teenage Suicide by M. Nikki Goldman, PhD

TOURETTE SYNDROME

Children with Tourette Syndrome: A Parent's Guide by Tracy Haerle



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Living with Tourette Syndrome
by Elaine Fantle Shimberg

*Ryan: A Mother's Story of Her
Hyperactive/Tourette Syndrome Child*
by Susan Hughes