

# Depression

American Medical Association

Essential Guide to Depression, Pocket Books, 1998

Clear authoritative health information for your family

238 pgs.

Beck, Aaron, M.D.

Cognitive Therapy of Depression, Guilford Publishing, 1981

This bestselling classic work shows how psychotherapists can effectively treat depressive disorders with accompanying problems such as anxiety, suicide threats and the subtle dynamics such as doctor / patient relationships.

425 pgs.

Burns, David, M.D.

Feeling Good: The New Mood Therapy, Signet Books, 1980 (2 Copies)

Dr. Burns has been one of the prime developers of Cognitive Therapy, upon which Feeling Good is based. Section headings include: Theory and Research, Practical Applications, "Realistic" Depressions, Prevention and Personal Growth, Defeating Hopelessness and Suicide, Coping with the Stresses and Strains of Daily Living and The Chemistry of Mood.

416 pgs.

Casey, Nell

Unholy Ghost, Harper Collins, 2001

Unholy Ghost is a unique collection of essays about depression that, in the spirit of William Styron's Darkness Visible, finds vivid expression for an elusive illness suffered by more than one in five Americans today.

299 pgs.

Copeland, Mary Ellen, M.S.

Learning to Cope with Depression and Manic Depression, Peach Press, 1991

184 pgs.

Copeland, Mary Ellen, M.S.

Living Without Depression and Manic Depression, New Harbinger Publications, 1994

A workbook for maintaining mood stability.

264 pgs.

Court, Bryan L. and Gerald E. Nelson, M.D.

Bipolar Puzzle Solution, Accelerated Development, Taylor and Francis, 1996

The format of this handbook is questions frequently heard in bipolar support groups with answers by Dr. Nelson.

181 pgs.

Cronkite, Kathy

On the Edge of Darkness: Conversations About Conquering Depression, Doubleday, 1994

Well known entertainers, authors and public servants testify.

352 pgs.

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Fawcett, Jan, M.D., Bernard Golden, Ph.D. & Nancy Rosenfeld  
New Hope for People with Bipolar Disorder, Prima Publishing, 2000

Your friendly, authoritative guide to the latest in traditional and complementary solutions.

331 pgs.

Goodwin, Frederick K. and Kay Redfield Jamison  
Manic Depressive Illness, New York, Oxford University Press, 1990

A long anticipated landmark book for physicians and scientists by a psychiatrist and clinical psychologist who are world leaders in their field. It is comprehensive, authoritative and readable and will be the leading book on the subject for many years. The authors show great sensitivity to the suffering that accompanies manic-depression.

938 pgs.

Greist, John H., M.D. & James W. Jefferson, M.D.  
Depression and Its Treatment, Warner Books, 1994

A layman's guide by two leading psychiatrists to help you understand and cope with America's #1 Mental Health Problem.

164 pgs.

Jamison, Kay Redford  
Touched By Fire: Manic Depressive Illness and the Artistic Temperament, Free Press, 1993

370 pgs.

Jamison, Kay Redford  
An Unquiet Mind: Memoir, Alfred A. Knopf, Inc., 1995

An internationally known psychiatrist and teacher reveals her own struggle with manic depression.

224 pgs.

Klein, Donald F., M.D. & Paul H. Wender, M.D.  
Understanding Depression: A Complete Guide to Its Diagnosis and Treatment, Oxford University Press, 1993

181 pgs.

Kline, Nathan S., M.D.  
From Sad to Glad, Ballantine Books, 1975

The remarkable treatment that has brought happiness back to thousands by "the ultimate specialist on depression"

214 pgs.

Manning, Martha  
Undercurrents, Harper Collins, 1994

A therapist's reckoning with her own depression.

200 pgs.

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Miklowitz, David J. & Michael J. Goldstein

Bipolar Disorder: A Family-focused treatment approach, The Guilford Press, 1997

318 pgs.

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Mondimore, Francis M.

Depression: The Mood Disease, Johns Hopkins Press, 1990

Dr. Mondimore offers authoritative and comprehensive evidence that serious depression is a no-fault biochemical disorder in lay terms. He also gives an optimistic assessment of future treatments.

225 pgs.

NAMI

Clinical Depression Series, NAMI, 1992, 1993

References, articles and pamphlets, in folder format, dealing individually with clinical depression and the College Student, Young Professional Women, Older Americans and African Americans. Eli Lilly & Co. provided the educational grant.

Papolos, Demetri, M.D. and Janice Papolos

Overcoming Depression, Harper & Row, 1987

“The most comprehensive book available for the layperson on depression...A storehouse of useful, indeed essential, information.” – Donald F. Klein, MD, Professor of Psychiatry, Columbia University’s College of Physicians and Surgeons.

319 pgs.

Papolos, Demetri, M.D. and Janice Papolos

Overcoming Depression, Harper & Row, 1987, (Revised) Third Edition, 1997

A comprehensive up-to-date treatment of depression that is clearly organized and easy to manage. It begins with descriptions of the disease, discussions of diagnosis and research, and moves on to consider various forms of treatment. A closing section on “Living with the Illness” is practical and realistic. Appendices list resources for families and patients and summarize state commitment laws.

319 pgs.

Quinnett, Paul G.

Suicide – The Forever Decision, Crossroad Publishing, 1995, (Revised)

156 pgs.

Sheffield, Anne

How You Can Survive When They’re Depressed, Three Rivers Press, New York, 1999

From the Introduction by Donald F. Klein, M.D. – “It might help the reader to place Anne Sheffield’s book in the historical context of our progressive understanding of psychiatric illness.”

306 pgs.

Sheffield, Anne

Sorrow’s Web, Free Press, 2000

Overcoming the Legacy of Maternal Depression

285 pgs.

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Steel, Danielle

His Bright Light, Delacorte Press, 1998 (2 Copies)

This is a story of an extraordinary boy with a brilliant mind, a heart of gold and a tortured soul. It is the story of an illness, a fight to live and a race against death.

291 pgs.

Stein, Patricia M., R.D., M.S., M.A. & Barbara C. Unell

Anorexia Nervosa: Finding the Line, CompCare Publications, 1986

Recovering anorexics tell their own stories.

93 pgs.

Thompson, Tracy

The Beast: A Journey Through Depression, Penguin Books, 1995

First person account by Washington Post reporter and Pulitzer finalist.

290 pgs.

US Dept. of Human Services

Depression in Primary Care: Clinical Practice Guideline, Vol. 2, No. 5, Apr 1993

(2 Copies)

Treatment of Major Depression

175 pgs.

Whybrow, Peter C.

A Mood Apart: The Thinker's Guide to Emotion and its Disorders, HarperPerennial, 1998

“An excellent book. A Mood Apart describes individuals suffering from mood disorders with compassion and insight; their stories humanize the condition and their recoveries inspire hope.” – Kay Redfield Jamison, author of An Unquiet Mind

361 pgs.