

## ARAFMI Library Book List

Category	Sub Category	Title	Author	No
Self Help	Depression	15 Steps to Overcome Anxiety & Depression	Barrow, Iris	
Misc		A Place To Belong	Anglicare Project ( <i>Donated by B Greig</i> )	
Misc	Poems & Writings	A Spoonful of Sugar	Poems & writings of families & carers	
Self Help	General	About Assertiveness	Booklet	
Depression	Self Help	About Depression	Booklet	
Self Help		About Getting Along at Home	Booklet	
Self Help		About Getting Along with Others	Booklet	
Other Disorders		Acute Stress Disorder & Post Traumatic Disorder	Australian Mental Health Centre	
Other Disorders	Alcoholism	Adult Children of Alcoholics	Geringer Woititz, Janet	
Other Disorders	Aids	Aids – A time to care, a time to act	Community Services Department	
Other Disorders	Alcoholism	Alcoholics Unplugged	Journeaux, Tommy	
Other Disorders	Alcoholism	Alcoholism	Kessell, Niel & Walton, Henry	
Other Disorders	ADD	All about ADD	Selikowitz, Mark	
Bipolar		An Unquiet Mind	Kay Redfield Jamison	
Schizophrenia		Angel at my Table	Frame, Janet	
Anorexia	Eating Disorder	Anorexia Nervosa	Palmer, RL	2
Other Disorders	Anxiety	Anxiety & Phobia Workbook	Bourne, Edmund Ph.D	
Depression	Anxiety	Anxiety and Depression	Priest, Dr Robert	2
Other Disorders	Anxiety	Anxiety Attack – Don't Panic	Fox, Bronwyn	
Misc		April Fools Day	Courtney, Bryce	
Drugs		Australian Drug Guide	Lipfall Jonthan	
Other Disorders		Awakenings	Sacks, Oliver	
Depression		Beat Depression	Hinds, David	
Depression	Self Help	Beating the Blues	Tanner, Susan & Ball, Jillian	
Schizophrenia		Beautiful Mind, A	Nassar, Sylvia	
Misc		Bedlam on the Streets	Knowles, Caroline	
Schizophrenia		Bell Jar, The	Plath, Sylvia	
Bipolar		Best of Times The Worst of Times, The	Rowe, Penelope & Jessica Rowe	
Self Help		Better Boundaries	Black, Jan & Enng, Greg	
Other Disorders	Self Help	Beyond Sympathy	Harris-Lord, Janice	

Bipolar	Bipolar	BiPolar Disorder	Mondimore, Francis M M.D.
Schizophrenia		Bitter Fame (Life of Sylvia Plath)	Anne Stevenson
Bipolar		Blood Songs	Penelope Rowe
Orthomolecular		Boosting your Immune System	Corbett, Nancy
Psychology	OCD	Boy Who Couldn't Stop Washing, The	Rapoport, Judith
OCD		Brainlock	Schwartz, Jeffrey M.D.
Breakdown	Stress	Breakdown Coping, Healing and Rebuilding	Wilde – McCormick, Elizabeth
Depression		Breaking the Bonds	Rowe, Dorothy
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
Misc		Burden of Sympathy, The	Karp, David A
Bipolar	Bipolar	Call me Anna	Duke, Patty & Turan, Kenneth
Mental Illness	Bipolar	Caring for Chronic Mentally Ill	Gerhart, Ursula
Psychiatry	Misc	Caring for the Carers	Ledger, Christine
Misc	Misc	Causing Death and Saving Lives	Glover, Jonathan
Misc		Challenges and Triumphs	
Self Help		Children of the Self-Absorbed	Brown, Nina
Misc		Choice Therapy	Glasser, William
Misc	Misc	Closing the Asylum	Barham, Peter
Addiction	General	Co-Dependence – Misunderstood, Mistreated	Wilson-Schaff, Anne
Other Disorders		Cognitive Therapy for Personality Disorders	Young, Jeffrey E
Other Disorders	B. P. D.	Come with Daddy	Johnson, Carolyn Harris
Schizophrenia	Orthomolecular	Common Questions on Schizophrenia	Hofer, Abraim
Misc		Continuum Concept, The	Liedloff, Jean
Depression		Control your Depression	Lewinsohn/Youngren & Zeiss
Bulimia	Eating Disorder	Coping with Bulimia	French, Barbara
Depression	Bipolar	Coping with Depression and Elation	McKeon, Patrick
Other Disorders	Grief	Coping with Grief	McKissock, Mal & Dianne
Schizophrenia		Coping with Schizophrenia	By Kim T Mueser & Susan Gingerich
Schizophrenia		Coping with Schizophrenia	Wasson, Moana
Orthomolecular	Depression	Dealing with Depression Naturally	Baumel, Sid
Other Disorders	Dementia	Dementia – Memory Loss and Confusion	Alzheimers Assoc
Depression		Depression	Petty, Richard & Slenski, Tom

Depression		Depression – Way out of your Prison	Rowe, Dorothy	
Depression		Depression & How to Survive It	Milligan, Spike & Clare, Anthony	
Other Disorders		Don't Panic	Dr Andrew Page	
Other Disorders		Don't Panic	Reid Wilson	
Self Help		Double Dare to be You	Abata, Russell M	
Other Disorders		Drinking to your Health	Anderson, Digby	
Drugs		Drugs	SANE	
Drugs		Drugs	Stuppard, Miruam	
Other Disorders		Dual Diagnosis	Watkins, Lewellen & Barrett	
Self Help		Dual Diagnosis Recovery Book	Hazeldon Association	
Other Disorders	Dementia	Early Stage Dementia	West, Lorraine	
Other Disorders	Eating Disorders	Eating Disorder Source Book	Costin, Carolyn	
Anorexia	Eating Disorder	Eating Disorders – The facts	Abraham, Suzanne & Llewellyn-Jones, Derek	
Bipolar	Bipolar	Ecstasy and Agony – Living with Mood Swings	Grounds, David & Armstrong, June	
Misc	Drugs	Empowering Families	Susan P Koningen	
Misc		Experiencing Psychiatry	Rogers, Anne	
Bipolar	Depression	Fairytales in Reality	Margo Orum	
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.	
Bipolar	Schizophrenia	Families of the Mentally Ill	Hatfield, Agnes B, Lefley, Harriet P.	
Bipolar	Schizophrenia	Family Caregiving in Mental Illness	Lefley, Harriet P.	
Mental Illness		Family Education in Mental Illness	Hatfield, Agnes B	
Bipolar	Donated	Family Support Program	P.A. Hospital	
Schizophrenia	Donated	Family Support Program	P.A. Hospital	
Depression		Fight your Dark Shadow	Rosenvald, T & Oei, T. & Schmidt,	
Other Disorders	Eating Disorders	Fighting with Food Bulimia Nervosa	Huon, Gif & Brown L <i>Donated</i>	
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	

Schizophrenia		Good Life, A	Carnegie, Dale	
Other Disorders	Misc	Grieving Mental Illness	Lafond, Virginia	
Booklet		Guide for Brothers and Sisters	From Sane	
Booklet		Guide for Carers	From Sane	
Self Help		Heal Your Body	Hay, Louise	
Self Help		Healing and Wholeness	Sandford, John A	
Self Help		Healing the Family Tree	McCall, Kenneth Dr	
Schizophrenia		Hearing our Voices	Carers NSW	
Schizophrenia	Self Help	Hearing Voices	Watkins, John	
Misc		Help for Carers of the Mentally Ill	Bates, Claire	
Self Help		Helping Relationship, The	Branner, Lawrence	
Depression	Suicide	Helping your Child Cope with Depression and Suicidal Thoughts	Shamoo, Tonia & Patros, Phillip	
Bipolar	Bipolar	Hidden Victims Hidden Healers	Johnson, Julie Tallard	
Misc		Homelessness & Severe Mental Disorders	Health Care Community	
Self Help	Orthomolecular	Homeopathic Medicine for Mental Health	Smith, Trevor MD	
Misc		Housing on Your Mind	Old Disability Housing Coalition	
Bipolar	Schizophrenia	How to Live with a Mentally Ill Person	Adamec, Christine	
Misc		I am not Sick – I don't need help	Amador, Dr Xavier	2
Other Disorders	B.P.D.	I Hate You Don't Leave Me	Kreisman, Jerold J M.D. and Strays, Hal.	
Schizophrenia		I Never Promised You a Rose Garden	Green, Hannah	
Self Help		I Win, You Win	Wurtheim, Love, Littlefield and Peck	
Misc		Integral Psychology	Ken Wilbur	
Depression		Interface Between Dementia and Depression, The	Roose, Stephen P	
Self Help		Intimacy and Solitude	Dowrick, Stephanie	
Schizophrenia		Is Dad Crazy	Liddicut, Jan	3
Schizophrenia		Is There no Place on Earth for Me	Sheehan, Susan	
Schizophrenia		Joey's Diary	Sane Guide for Young People	
Self Help		Key to Caring, The	Schultz, Cynthia & Noel	
Self Help		Learned Optimism	Seligman, Martin EP	
Bipolar		Life on a Roller Coaster	Madeline Kelly	
Depression		Lifting the Cloud	Dr Christine Read <i>Donated</i>	
Schizophrenia		Lillians Story	Frame, Janet	

Misc		Lines in the Sand	Deveson, Anne	
Self Help		Listen to Me, Listen to You	Katzman, Anne	
Other Disorders	Alzheimers	Living in the Labyrinth	Friel, Dianan & McGowin	
Other Disorders		Living in the Maniototo	Frame, Janet	
Other Disorders	Anxiety	Living with Anxiety	Montgomery & Morris	
Self Help		Living with Fear	Marks, Isaac M	
Other Disorders	Grief	Living with Loss & Grief	Glassock, Geoffrey & Gresor, Megan	
Schizophrenia	Bipolar	Living with Mental Illness	Kuipers & Bebbington	
Schizophrenia		Living with Schizophrenia	Watkins, John	
Misc		Living with the Passive Aggressive Man		
Bipolar		Lost In Mirror	Richard Moshovitz	
Mental Illness		Madness	Porter, Roy	
Misc		Madness in the Streets	Isaac & Armat	
Schizophrenia		Maintenance Treatment of Schizophrenia	Johnston, DAW & Dengter, SJ Donated	
Misc		Mapping the Mind	Carter, Rita	
Schizophrenia	Bipolar	Marriage and Mental Illness	Harner, Julian R	
Mental Illness	Mental Illness	Mending Minds	Heston, Leonard L MD	
Misc		Mental Health & Work	Morrow, L & Verins, I & Willis, E	
Self Help		Mental Illness in the Family	Booklet	
Other Disorders	M.P.D.	Mind of My Own	Costner, Chris & Sizemore	
Depression	Bipolar	Moodswing	Fieve, Ronald R, M.D.	
Depression		More Than Just the Blues	Dr Joseph Rey	
Other Disorders		Multiple Personality Disorder	Cohen, M Barry <i>Donated</i>	
Depression		My life as a side effect – Living with Depression	Deitz, Milissa	
Schizophrenia	Depression	My Parent's Keeper	Brown, Eva Marian	
Schizophrenia		My Sister's Keeper	Margaret Mosman	
Mental Illness		My Story	Pelzer, Dave	
Orthomolecular		Natural Healing Schizophrenia	Edelman, Eva	
Orthomolecular	Depression	Natural Medicine	Elkins, Rita	
Breakdown	Stress	Nervous Breakdown	Cozens, Jenny	
Misc	Mental Illness	Nine Lives – Personal Stories	Edited Singh, Lesley	
Misc	Self Help	No Fixed Abode	Schizophrenia Fellowship	2
Other Disorders	Stress	No Hassle	Cartwright, Sue <i>Donated</i>	
Other Disorders	Death	No Time for Good Byes	Harris-Lord, Janice	

Self Help		Nonviolent Communication – A Language of Life	Rosenberg, Marshall B	
Misc		Not for Service – Report on Mental Health	Qld Health Report 2005	
Misc		Now Millenium	Staines, Deborah <i>Donated</i>	
Orthomolecular		Nutrition & Behaviour	Passwater, Richard	
Orthomolecular		Nutrition & Mental Illness	Fiefer, 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	
Bi-Polar		One Step At A Time	Power, Winty	
Orthomolecular		Optimum Nutrition for the Mind	Holford, Patrick	
Schizophrenia		Ordinary Insanity	Pierce, Emma	2
Schizophrenia		Other Side of the Couch	McGregor, Grant Andrew	
Bipolar	Bipolar	Out of my Mind	Benjamin, Ben & Dougherty, Ian	
Mental Illness		Out of the Shadows	Camden Pratt, Catherine	
OCD		Over and Over Again	Nezirogly Fugen Ph.D.	
Depression		Overcoming Depression	Paul Gilbert	
Breakdown	Stress	Overcoming Nervous Breakdown	Lake, Tony	
OCD	Other Disorders	Passing for Normal	Wilenski, Amy	
Schizophrenia		Passion for the Possible	Pierce, Emma	
Self Help		Peer Pressure	Booklet	
Psychology		Please Understand	Kiersey & Bates	
Other Disorders	Post Natal	Post Natal Depression	Fettling, Lisa	2
Other Disorders	PTSD	Post Traumatic Stress Disorder	Veteran Affairs Dept	
Other Disorders	Anxiety/Panic	Power Over Panic	Fox, Browyn	
Orthomolecular		Prescription for Nutritional Healing	Balch, James F M.D.	
Anorexia	Eating Disorder	Private Party	Coopman-Dewis, Veronica	
Psychiatry	Misc	Psychiatry-Science of Sacrilege	Pierce, Emma	
Misc		Recovered not Cured	McLean, Richard	
Misc	Genetic	Relatively Speaking	Mellion Ross	
Misc		Resilience	Deveson, Anne	
Schizophrenia		Rickie	Flach, Fredrick	3
Psychology		Road Less Travelled, The	Peck, Scott M	
Misc	Schizophrenia	Rock Pillow, The	Folkard, Lynne	
Schizophrenia		Schizophrenia	SANE	

Schizophrenia		Schizophrenia	Self Help Booklet	
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	Depression	Schizophrenia and Depression, A Research Paper	Brown, G Charles	
Schizophrenia		Schizophrenia Cured	Ford, Terra	
Schizophrenia		Schizophrenia, A Fresh Approach	Howe, Gwen	
Schizophrenia		Schizophrenias, The	Pfeiffer; Mailloux & Forsythe	
Schizophrenia		Second Son of God, The	Brown, Ray	
Other Disorders	Eating Disorders	Secret Language of Eating Disorders	Claude-Pierre, Peggy	
Self Help		Self Care for Caregivers	Samples, Pat & Larsen, Diane & Marvin	
Misc		17 Browning Street	Jeffer, Elizabeth	
Misc	Coping	Shine on Again	Dooley, Dr. Des	
Other Disorders	Borderline P.Dis.	Sometimes I Act Like Crazy	Kreisman JJ MD and Strauss Hal	
Schizophrenia		Sometimes Madness is Wisdom	Taylor, Kendall	
Anorexia	Eating Disorder	Stick Figure	Fontana, Christine	
Booklets		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 Neale, The	Bycroft, Claire	
Misc	Mental Illness	Straight Talking about Mental Illness	Kelly, Madeline	
Self Help		Strategies of Optimism	Peiffer, Vera	
Depression		Stress and Anxiety and Depression	Burrows, Graham	
Health		Strong Women Stay Young	Nelson, Miriam	
Bipolar	Schizophrenia	Surviving Mental Illness	Hatfield, Agnus B, Lefley, Harriet P.	
Schizophrenia		Surviving Schizophrenia – Family Manual ( New Edition)	Fuller, Torrey MD	
Schizophrenia	Bipolar	Survivors, The	ARAFMI, Launceston	
Schizophrenia		Tale to Tell: Loving, Living & Coping with Schizophrenia	Roghberg, Yeta	
Misc		Telephone Counselling	Hambley, Gordon	
Schizophrenia		Tell Me I'm Here	Devison, Anne	2

Bipolar	Bipolar	The Bipolar Child	Demitri MD & Janice Papolos	
Depression		The Deepest Blue	Lauren Docket	
Self Help		The Feeling Good Handbook	David D. Byrns	
Bipolar	Bipolar	The Fourth M.D. Papers	Personal Accounts – Mania Depression	
Schizophrenia		The Madness of Adam & Eve	David Horrobin	
Misc		The Man who Mistook his Wife for a Hat	Sacks, Oliver	
Misc		The Miracle Brain	Carper, Jean	
Depression		The Noonday Demon – Anatomy of Depression	Andrew Solomon	
Anorexia	Eating Disorder	The Secret Language of Eating Disorders	Peggy Claude-Pierre	
Bipolar	Schizophrenia	The Skipping Stone	Waswow, Mona	
Schizophrenia		The Story of Barbara	Fryer, Katherine H.	
Self Help		This is Life	Brinsmead, Robert D	
Mental Illness		To Dance Across The Heavens	Hill, Alvina	
Misc		Tough Love	York, Phyllis & David <i>Donated</i>	
Misc		Trips & Journeys Personal Accounts		
Other Disorders	Anxiety/Panic	Triumph over Fear	Ross, Jerilyn	
Schizophrenia		True Hallucinations	McKenna, Terance <i>Donated</i>	
Other Disorders	ADD	Understanding ADD (Attention Deficit Disorder)	Greene, Christopher & Chee, Kit	
Schizophrenia		Understanding and Coping with Schizophrenia	Alexander, Ken	
Other Disorders	Dementia	Understanding Dementia	Qld Health Dept	2
Schizophrenia	Bipolar	Understanding Mental Illness	Tallard Johnson, Julie	
Self Help	Psychiatry	Understanding Psychiatry	Wilkie, William	
Schizophrenia		Understanding Schizophrenia	Carr, Vaughan	
Other Disorders	B.P.D.	Understanding the Borderline Mother	Dawson, Christine Ann	
Schizophrenia	Bipolar	Understanding Troubled Minds	Bloch, Sydney and Singh, Bruce	
Mental Illness		Unless	Carol Shields	
Schizophrenia		Walking on Eggshells	Bowler, F M	
Addiction	Drugs	We Mainline Dreams	Densen-Gerber, Julianne	
Schizophrenia		Welcome Silence	Carol, North	
Misc		What Happens When I'm Gone	Endeavour Foundation	
Schizophrenia		What really causes Schizophrenia	Foster, Harold, D	
Depression	Self Help	When Helping You is Hurting Me, Escaping the Messiah Triangle	Berry, Carmen Renee	
Depression		When Living Hurts	Yapko, Michael D	

Misc		When Madness Comes Home	Secunda, Victoria	
OCD		When Once is not Enough	White, Kerrin M.D.	
Schizophrenia	Bipolar	When Someone You Love has Mental Illness	Woolis, Rebecca	
Other Disorders	MPD	When We Means Me	Long, Zoe (Booklet)	
Depression	OCD	Wings of Madness	Buchanan, Jo	
Misc		Winning Over Worry	Jhonston, Valerie <i>Donated</i>	
Misc		With a Little Help	Saltman, D. Dr.	
Schizophrenia		Woman & Schizophrenia	David Castle	
Mental Illness		Womens Madness	Ussher, Jane <i>Donated</i>	
Other Disorders	Panic	Working Through Panic	Bronwyn Fox	
Schizophrenia	Bipolar	Working with Families of the Mentally Ill	Berhiem, K & Lehman	
Misc		Working with Monsters	Clarke, John	
Schizophrenia		Working with Schizophrenia	Howe, Gwen	
Misc		Yet my Wings are Dusty	Southside Education	