

Depression and Emotional Distress Reading List

Wellness/healing/natural health

- Baumel, Syd, Dealing with Depression Naturally, 1995.
- Bloomfield, Harold & Peter McWilliams, How to Heal Depression, 1994.'
- Borysenko, Joan, Minding the Body, Mending the Mind 1987, and other books
- Breggin, Peter R., M.D., Talking Back to Prozac, 1994. Beyond Conflict, 1992.
- Chopra, Deepak, Quantum Healing, 1989
- Copeland, Mary Ellen, The Depression Workbook, 1992.
- Davis, Laura, The Courage to Heal Workbook, 1990.
- Dixon, Monica, Love the Body You Were Born With, 1996.
- Dossey, Larry, Meaning & Medicine, 1991, Beyond Illness: Discovering the Experience of Health, 1984, Healing Words, 1993.
- Duerk, Judith, Circle of Stones: Woman's Journey to Herself, 1989.
- Eden, Donna, Energy Medicine, 1998
- Epstein, Donald, The 12 Stages of Healing, 1994.
- Greenwood, Michael & Peter Nunn, Paradox & Healing: Medicine, Mythology & Transformation, 1992.
- Hazelton, Lesley, The Right to Feel Bad, 1984.
- Ingerman, Sandra, Soul Retrieval: Mending the Fragmented Self, 1991.
- Jampolsky, Gerald, Out of the Darkness Into the Light, 1989.
- Johanson, Greg and Kurtz, Ron, Grace Unfolding: Psychotherapy in the Spirit of the Tao-te-ching, 1991
- Kabat-Zinn, Jon, Full Catastrophe Living, 1990, Wherever You Go, There You Are, 1994.
- Louden, Jennifer, The Woman's Comfort Book, 1992.
- Gordon, James, M.D. Manifesto for a New Medicine: Your Guide to Healing Partnerships and the Wise Use of Alternative Therapies, (Addison-Wesley, 1996).
- Hay, Louise, You Can Heal Your Life and other books
- Kramer, Peter D., Listening to Prozac, 1993.
- McNiff, Shaun, Art as Medicine, 1992.
- Myss, Caroline, Anatomy of the Spirit, 1996.
- Nelson, John, ed., Sacred Sorrows: Embracing and Transforming Depression, 1996.
- Northrop, Christiane, Women's Bodies, Women's Wisdom, 1994.
- Robertson, Joel, Natural Prozac, (Harper San Francisco, 1997)
- Sachs, Judith, Nature's Prozac, (Prentice Hall, 1997)
- Siegel, Bernie, Peace, Love, and Healing: BodyMind Communication & The Path to Self-Healing, 1989.
- Stein, Diane, All Women Are Healers: A Comprehensive Guide to Natural Healing, 1990
- Viorst, Judith, Necessary Losses, 1986.
- Weil, Andrew, Natural Health, Natural Medicine, Spontaneous Healing, Eight Weeks to Optimum Health and other books

Experience in mental wards/mental health system

- Breggin, Peter, Toxic Psychiatry. New York: St. Martin's Press, 1991.
- Caplan, Paula J., They Say You're Crazy: How the World's Most Powerful Psychiatrists Decide Who's Normal. Addison-Wesley, 1995
- Chamberlin, Judi. On Our Own: Patient-Controlled Alternatives to the Mental Health System. 1978
- Chesler, Phyllis. Women and Madness. 1972
- Davis, Laura, The Courage to Heal Workbook, 1990.
- Dorman, Daniel, M.D. Dante's Cure; A Journey Out of Madness. 2003
- Elizabeth Stone House. Women and Crazyness: Oral Histories of the Residents of the Elizabeth Stone House, Jamaica Plain, MA 1986.
- Gilligan, Carol, Annie G. Rogers, and Deborah L. Tolman, eds. Women, Girls & Psychotherapy: Reframing Resistance, 1991.
- Gilman, Charlotte Perkins, The Yellow Wallpaper, 1899.
- Grobe, Jeanine, ed. Beyond Bedlam: Contemporary Women Psychiatric Survivors Speak Out. 1995
- Hornstein, Gail A. To Redeem One Person Is to Redeem The World. 2000.
- Kaysen, Susanna, Girl, Interrupted, 1993.
- Modrow, John, How To Become a Schizophrenic, 1992.
- Shimrat, Irit, Call Me Crazy: Stories From the Mad Movement, 1997.

Spirituality

- Bragdon, Emma, The Call Of Spiritual Emergency; From Personal Crisis to Personal Transformation, 1990
- Burnham, Sophy, The Ecstatic Journey; The Transforming Power Of Mystical Experience, 1997
- Fox, Matthew, All The way Home; A Guide To Sensual, Prophetic, Spirituality, 1981
- Lindfield, Michael, The Dance Of Change; An Eco-Spiritual Approach to Transformation. 1986
- Shumsky, Susan G., Divine Revelation 1996
- Tolle Eckhart, The Power Of Now; A Guide To Spiritual Enlightenment
- Walsch, Neale Donald, Conversations with God, Book 1 and Book 2, 1997.
- Zukav, Gary, The Seat of the Soul, 1989.

Transformation & Finding the Creative Self

- Cameron, Julie, The Artist's Way, 1992.
- Diaz, Adriana, Freeing the Creative Spirit, 1992.
- Ealy, C. Diane, The Woman's Book of Creativity, 1995.
- Ford, Debbie, The Dark Side of the Light Chasers; Reclaiming Your Power, creativity, Brilliance, and Dreams, 1998
- Goleman, Daniel, The Creative Spirit, 1992.
- Sark, Succulent Wild Woman, 1997 and other books
- Cornell, Joseph, Sharing the Joy of Nature, 1989.
- Haas, Elson, Staying Healthy with the Seasons, 1981.
- Mariechild, Diane, Celebrating The Great Mother: A Handbook of Earth-Honoring Activities for Parents and Children, 1995.
- Wright, Machaelle Small, Co-Creative Science; a Revolution In Science providing Real solutions For Today's Health & Environment, 1997