

Recommended Reading List for Depression and Bipolar Disorder

Antidepressant Skills Workbook

By Dan Bilsker, PhD & Randy J. Paterson, PhD
BC Mental Health and Addiction Services, 2006,
72 pages, Available for free download at:
www.UBCMood.ca and at:
www.CARMHA.ca/publications

Dealing with Depression: Antidepressant Skills for Teens

by Dan Bilsker, PhD, Merv Gilbert, PhD, David Worling, PhD, E. Jane Garland, MD
Ministry of Children and Family Development,
2006, Available for free download at:
www.UBCMood.ca and at:
www.CARMHA.ca/publications

Your Depression MAP

By Randy J. Paterson, PhD
New Harbinger Publications, 2002, \$16

The Feeling Good Handbook

by Dr. David D. Burns
Penguin Books, 1999, \$20

The Depression Workbook: A Guide for Living with Depression and Manic Depression

by Mary Ellen Copeland
New Harbinger Publications, 1992, \$18

The Bipolar Disorder Survival Guide: What You and Your Family Need to Know

by David J. Miklowitz
Guilford Press, 2002, \$20

Winter Blues: Everything You Need to Know to Beat Seasonal Affective Disorder

by Dr. Norman Rosenthal (Revised Edition)
Guilford Press, 2005, \$15

Ten Days to Self-Esteem

by Dr. David D. Burns
William Morrow, 1992, \$10

Listening to Prozac

by Peter D. Kramer
Penguin Books, 1998, \$17

An Unquiet Mind: a Memoir of Moods and Madness

by Kay Redfield Jamison
Vintage/Knopf, 1995, \$18. An excellent book about personal experiences with bipolar disorder from a top researcher in the field.

The Noonday Demon: An Atlas of Depression

by Andrew Solomon
Touchstone, 2001, \$20. A Pulitzer Prize finalist, about personal and general experiences with depression and treatment.

On the Edge of Darkness

by Kathy Cronkite
Doubleday, 1994, \$30 hardcover
An inspirational book by a journalist recovered from depression, filled with personal observations about depression from well-known patients (Joan Rivers, Mike Wallace, Rod Steiger, etc), clinicians, and researchers.

These books can be purchased at most bookstores in B.C. or on the internet.

A good bookstore for self-help and professional books is:

ODIN BOOKS, 1522 West Broadway, Vancouver, BC, V6J 1W8
Tel: (604) 739-8804 or 1-800-223-6346
Fax: (604) 739-8874

UBC HOSPITAL MOOD DISORDERS CENTRE
TEL: (604) 822-7512
FAX: (604) 822-7922
WWW.UBCMood.ca

Recommended Reading List for Anxiety

The Anxiety & Phobia Workbook

by Edmund J. Bourne

New Harbinger Publications, 2005, \$20

The Shyness & Social Anxiety Workbook: Proven Techniques for Overcoming Your Fears

by Martin M. Antony and Richard P. Swinson

New Harbinger Publications, 2000, \$18.

Mastery of Your Anxiety and Panic: Workbook for Primary Care Settings

by Michelle Craske and David Barlow

Oxford University Press, 2005, \$25.

The Instinct to Heal: Curing Depression, Anxiety and Stress Without Drugs

by David Servan-Schreiber MD

Rodale, 2004, \$18.

When Panic Attacks: the New, Drug-Free Anxiety Therapy That Can Change Your Life

by David D. Burns

Morgan Road Books, 2006, \$25.

Overcoming Anxiety for Dummies

by Charles H. Elliot, Laura L. Smith

Wiley Publishing, 2003, \$13.

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