

If You Like...

Mental Health Memoirs

You Might Like...

You Are Here: An Owner's Manual for Dangerous Minds by Jenny Lawson (158 LAW)

This Close to Happy: A Reckoning With Depression by Daphne Merkin (BIOG MERKIN, D.)

On Edge: A Journey Through Anxiety by Andrea Peterson (616.8522 PET)

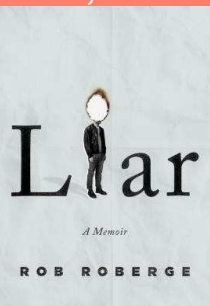
A wry, sympathetic, bracingly honest account of living with anxiety, coupled with deep reportage on the science of anxiety disorders

I'm Telling You the Truth but I'm Lying by Bassey Ikpi (616.89 IKP)



Hunger: A Memoir of (my) Body by Roxanne Gay (BIOG GAY, R.)

The Art of Misdiagnosis: A Memoir by Gayle Brandeis (BIOG BRANDEIS, G.)



Resilience: Two Sisters and a Story of Mental Illness by Jessie Close (BIOG CLOSE, J.)

Liar: A Memoir by Rob Roberge (BIOG ROBERGE, R.)

Switched on: A Memoir of Brain Change and Emotional Awakening by John Elder Robison (616.85 ROB)

When the Close sisters were very young, their parents joined a cult called the MRA, or Moral Rearmament. The family was suddenly uprooted to a cult school in Switzerland and, ultimately, to the Belgian Congo ... Shortly after the girls returned to the US for boarding school, Jessie first started to exhibit symptoms of severe bipolar disorder

Monkey Mind: A Memoir of Anxiety by Daniel B. Smith (BIOG SMITH, D.)

It's My Country Too: Women's Military Stories From the American Revolution to Afghanistan by Jerri Bell (355 ITS)

This inspiring anthology is the first to convey the noteworthy experiences and contributions of women in the American military in their own words-from the Revolutionary War to the present wars in the Middle East.

Hotels, Hospitals, and Jails by Anthony Swofford (BIOG SWOFFORD, A.)

Half in Love: Surviving the Legacy of Suicide, A Memoir by

Linda Gray Sexton (362.283 SEX)

