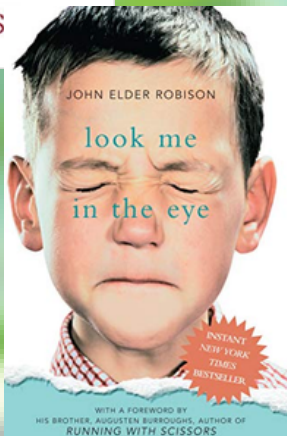


Mental Health Memoirs



This Will All Be Over Soon by Cecily Strong (**BIOG STRONG, C.**)
The Theft of Memory by Jonathan Kozol (**BIOG KOZOL, J.**)
Monkey Mind by Daniel B. Smith (**BIOG SMITH, D.**)

- Smith articulates what it is like to live with anxiety, demystifying the disease with humor and evocatively expressing its self-destructive absurdities. With honesty and wit, Smith shares his own hilarious and heart-wrenching story of anxiety and how he was finally able to tame the affliction.

Checking In by Michelle Williams (**BIOG WILLIAMS, M.**)
Little Panic by Amanda Stern (**BIOG STERN, A.**)
This Close to Happy by Daphne Merkin (**BIOG MERKIN, D.**)

- This Close to Happy is the rare, vividly personal account of what it feels like to suffer from clinical depression, written from a woman's perspective and informed by an acute understanding of the implications of this disease over a lifetime.

Look Me in the Eye by John Elder Robison (**eBook**)
On Pluto by Greg O'Brien (**eBook**)
Wherever You Go, There You Are by Jon Kabat-Zinn (**eBook**)

Autism in Heels by Jennifer Cook O'Toole (**616.85 OTO**)

- An intimate memoir revealing the woman inside one of autism's most prominent figures. At the age of thirty-five, Jennifer was diagnosed with Asperger's syndrome, and for the first time in her life, things made sense.

The Ghost in My Brain by Clark Elliott (**616.85 ELL**)

Capture by David A. Kessler (**616.89 KES**)

Brain on Fire by Susannah Cahalan (**616.8 CAH**)

My Age of Anxiety by Scott Stossel (**616.85 STO**)

- A guide to understanding an aspect of mental illness that most of us don't realize is so severe, showing it's biological and environmental origins and ways to treat it.

The Evil Hours by David J. Morris (**616.85 MOR**)

