



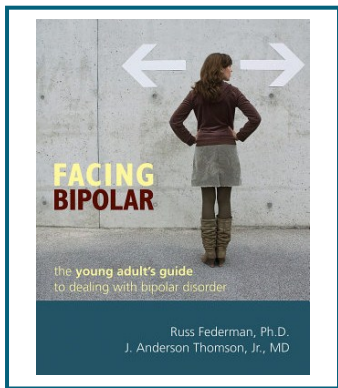
# Colonial Health Center



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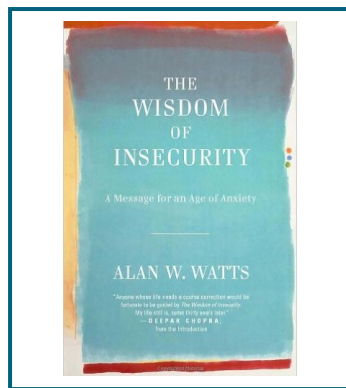
## Recommended Reading Therapy

Healing can come from a variety of places—not just the therapeutic setting. Books are one of our favorites sources of healing at MHS! The books highlighted here are just a small sample of the world of wisdom, guidance and real-world advice that you can access through reading.



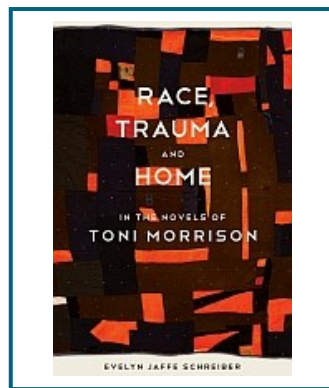
### Facing Bipolar

Facing Bipolar: The Young Adult's Guide to Dealing with Bipolar Disorder, by Russ Federman & J. Anderson Thomson



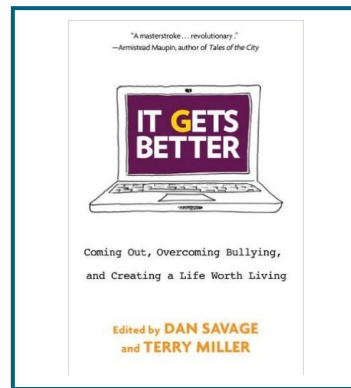
### The Wisdom of Insecurity

The Wisdom of Insecurity: A Message for an Age of Anxiety, by Alan W. Watts



### Race, Trauma, and Home in the Novels of Toni Morrison

Race, Trauma, and Home in the Novels of Toni Morrison, by Evelyn Jaffe Schreiber



### It Gets Better

It Gets Better: Coming Out, Overcoming Bullying, and Creating a Life Worth Living, edited by Dan Savage and Terry Miller