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

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, by Evelyn Jaffe Schreiber

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

Healing can come from a variety of places—not just the therapeutic setting. Books are one of our favorite 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.