



## READING LIST (books and audio/visual material)

---

### DEPRESSION & ANXIETY

Aisbett, B (1993) **Living with it: A survivor's guide to Panic Attacks** Angus & Robertson *The author is a survivor of Panic Syndrome, and talks about the anxiety and suffering of panic attacks. She reinforces the basic messages that you can beat this, you are not alone and you will recover*

Aisbett, B (2000) **Taming the Black Dog: A guide to overcoming Depression** HarperCollinsPublishers. *A simple guide to managing depression. A unique blend of wit, information and practical tips that will prove an invaluable guide for sufferers of depression or anyone with a fit of 'the blues'*

Church, M (2003) **Adrenalin Junkies - A Guide to Life in the Fast Lane**, also **Serotonin Seekers. Sydney & High Life**: ABC Books. *Two local booklets, giving much the same information as 'Natural Prozac' from an Australian context.*

Copeland, ME (1992) **The Depression Workbook: A Guide for Living with Depression and Manic Depression**. New Harbinger. *Dealing with depression, stopping further episodes.*

Cowan, G (2007) **Back from the Brink** Bird In Hand Media. *Australians tell their stories of overcoming depression. First-hand accounts provide inspirational testimonies*

Deitz, M (2004) **My Life as a Side Effect: Living with Depression** Random House Australia *A loose diary of the author's bumpy ride through diagnosis and treatment, as she struggles to manage her illness through drugs, therapy, self-harm, relationship breakdowns, paranoia, anxiety, suicide attempts, understanding, love and maturity. Aims to define depression, eliminate stereotypes, and clarify the illness*

Ellis, TE, Newman, CF (1996) **Choosing to Live: How to Defeat Suicide Through Cognitive Therapy**. New Harbinger. *Interesting CBT-based program for helping with suicidal ideation. People needing this book should consider discussing their thoughts with others.*

Eyers, K (Ed) et al (2006) **Tracking the Black Dog** UNSW Press. *Hairy tales and historical legwork from the Black Dog Institute's inaugural writing competition*

Fieve, R (1997) **Moodswing** Bantam *Dr Fieve pioneered the use of lithium in America to treat depression. Now, he has broken new ground with pharmacological intervention he believes can 'cure' most types of depression*

Holmes, R, Holmes, J (1993) **The Good Mood Guide**. Dent. *A great little book with a Zen twist, describing the moods we experience and with strategies for dealing with them.*

Johnstone, Matthew (2005) **I Had a Black Dog**. Pan Macmillan Australia. *An illuminating, moving and ultimately uplifting insight into what it is like to live with Black Dog as a companion and the strength and support that can be found within and around us to tame it.*

Joyce, P. & Mitchell, P. (2004) **Mood Disorders – recognition and treatment**. UNSW Press. *The writers discuss the latest and ever increasing array of treatment options for people who suffer with mood disorders, bringing together 56 experts in their fields to highlight the nature of these conditions.*

Karp, DA (1996) **Speaking of Sadness**. New York: Oxford University Press. *A thoughtful, personal view of depression.*

McCormick, E (1996) **Change for the Better: Self-Help Through Practical Psychotherapy**. London: Cassell.

McKay M, Davis M, Fanning P (1997) **Thoughts & Feelings: Taking Control of Your Moods and Your Life**. Oakland: New Harbinger Publications.

Milligan S, Clare A (1994) **Depression and How to Survive it**. London: Arrow.

O'Hanlon, Bill (1999) **Do One Thing Different: Ten Simple Ways to Change Your Life** Quill. *A very useful book with practical solution-focussed strategies to think and act differently.*

Parker, G and Manicavasagar, V (2005) **Modelling and Managing the Depressive Disorders: A Clinical Guide**. Cambridge University Press. *Describes a new approach to sub-typing and managing depression based on stress factors and pre-disposing personality styles.*

Parker, G (2004) **Dealing with Depression: A Common Sense Guide to Mood Disorders**. (Second Edition) Allen & Unwin. *A comprehensive overview of depression from an Australian perspective.*

Parker, G (2002) **The Depressions**. Australian Doctor (25th October 2002) *Provides a summary of the BDI approach to depression types and management approaches.*

Razer, Helen (2001) **Gas Smells Awful: The Mechanics of Being a Nutcase** Random House Australia

Read, C; Lampe, L (2003) **Depression: Lifting the Cloud** Wyeth Australia. *These two doctors attempt to lift the cloud of misunderstanding related to depression. They speak about the different types of depression, their treatment and self-help options*

Robertson, J, Monte, T (1997), **Natural Prozac: Learning to Release Your Body's Own Antidepressants**. Harper Collins. *More sensible than title suggests. An interesting, holistic approach to depression with discussion of antidepressants.*

Styron, W (1991), **Darkness Visible: A Memoir of Madness**. London: J Cape.

Tanner S, Ball J (1989), **Beating the Blues: A Self-help Approach to Overcoming Depression**. Doubleday. *A step-by-step program based on CBT to help overcome depression. Very readable and informative book with questionnaires, self-tests and case studies.*

Varma, V (Ed) (1997), **Managing Manic Depressive Disorders**. Jessica Kingsley. *An excellent guide for Bipolar Disorder although much is appropriate for those with depression.*

Wigney, T; Eysers, K and Parker, G (2007) **Journeys with the Black Dog** Allen & Unwin. *People share their stories on depression, including first symptoms, diagnosis and the many ways of taking control. Highly recommended*

Williams, M (1997) **Cry of Pain - Understanding Suicide and Self-Harm**. London: Penguin Books. *For those who wish to understand more about the dynamics of suicidal and self harm behaviour.*

Wilson, P (1995) **Instant Calm, and Calm at Work**. Both by Penguin. *Comprehensive look at relaxation strategies – something for everyone.*

Wolpert, L (2001) **Malignant Sadness: The Anatomy of Depression** Faber & Faber. *A first-hand account from a distinguished scientist and broadcaster who recovered from depression. Wolpert investigates the causes and treatments of this devastating disease and reports with passion and candour. The book forms the basis for a subsequent BBC television series*

Yapko, Michael (1997) **Breaking the Patterns of Depression** Doubleday *A very thoughtful book about re-evaluating life after depression with useful strategies for change. Highly recommended for people serious about making meaningful changes in their lives*

## BIPOLAR DISORDER

**Australian Directory of Services for People with Bipolar Disorder.** (2005) This directory is published by Eli Lilly Australia. [www.lilly.com.au](http://www.lilly.com.au)

Basco, MR (2006) **The Bipolar Workbook** Guilford Press *Mood swings may be a part of everyday living, but the struggle to control them shouldn't dominate daily life. With the right medication and use of the 'workbook', it puts you back in control with self-help strategies. Helps to identify problem areas and minimise their impact*

Behrman, A (2003) **Electroboy** Random House *Take a journey that will make you cringe and laugh. Anecdotes of out-of-control behaviour set in late-night New York City, fuelled by handfuls of antidepressants and tranquilisers. The last resort was electroshock therapy. A stark and unsettling memoir that mirrors the patterns of a manic mind*

Copeland, M. (1992) **Living Without Depression & Manic Depression: A Workbook for Maintaining Mood Stability.** USA: New Harbinger Publications Inc.

Duke, P; Hochman, G (1992) **A Brilliant Madness: Living with Manic Depressive Illness.** USA: Bantam Books.

Fast, J., Preston, J. (2004) **Loving Someone with Bipolar Disorder: Understanding and Helping Your Partner.** USA: New Harbinger Publications Inc.

Findling, R; Kowatch, R; Post, R (2003) **Pediatric Bipolar Disorder: A Handbook for Clinicians** Taylor & Francis *Written by 3 distinguished experts, it intends to convey to clinicians information currently available. It reviews the neuroscience and the integration of rational, practical, pharmacological and psychosocial interventions*

Fink, C; Kraynak, J (2005) **Bipolar Disorder for Dummies** Wiley Publishing *Great book with an appropriate sense of humour. This book gives basic information on Bipolar Disorder - the physiology of it, the various medications available (and possible side effects), and some alternative/additional treatments*

Hamilton, C., Jameson, N. (2004) **Broken Open** NSW: Transworld Publishers. *Memoir by ABC broadcaster Craig Hamilton that tells what it's like to go mad in public and survive to tell the tale.*

Jamison, K. (1993) **Touched with Fire: Manic-depressive Illness and the Artistic Temperament.** USA: Free Press Paperback (Simon & Schuster).

Jamison, K. (1995) **An Unquiet Mind: A Memoir of Moods and Madness.** USA: Alfred A Knopf. *A first-hand account of the author's struggle with Bipolar Disorder; the author herself is a medical professional and internationally-respected expert on the subject. A must-read for anyone wanting to understand what it's like to have Bipolar Disorder.*

Jamison, K (2005) **Exuberance: The Passion for Life** Random House, Australia. *Explores the role of exuberance in humankind's most important creative and scientific accomplishments, discussing the nature of exuberance and its relationship to intellectual curiosity, creativity, risk-taking, and survival*

Lam, DH; Jones, S (2003) **Cognitive Therapy for Bipolar Disorder: A Therapist's Guide...** John Wiley & Sons *Bipolar disorder, or manic depression, is one diagnosis where in future a combination of cognitive therapy and medication may provide a better outcome for some patients than drug therapy alone. The book describes their methods in detail, with many clinical examples and case vignettes, and full consideration of the context of treatment, including both interpersonal and service delivery issues*

Miklowitz, D (2002) **The Bipolar Disorder Survival Guide** Guilford Press *Dr Miklowitz is a clinical specialist who has established that education about bipolar disorder and its treatment can actually affect the course of the illness, even though it stems from biological causes. Filled with easy to understand information and practical advice*

Mondimore, FM (1999) **Bipolar: A guide for patients and families** Johns Hopkins Press *This book is targeted at bipolar disorder sufferers and their families. It deals with the many treatment options; weighing up the advantages, disadvantages, side-effects and other information to help make an informed decision*

Orum, M. (1996) **Fairytales in Reality**. Pan Macmillan Australia. *A very readable and inspiring account of a first-hand experience with manic depressive illness. The author is also a clinical psychologist. Highly recommended.*

Papolos, D., Papolos, J. (2002) **The Bipolar Child: The Definitive and Reassuring Guide to Childhood's Most Misunderstood Disorder**. NY: Boradway Books.

Russell, S. (2005) **A Lifelong Journey: Staying Well with Manic Depression/Bipolar Disorder**. Melbourne: Michelle Anderson Publishing.

Varma, V. (Ed) (1997) **Managing Manic Depressive Disorders**. Jessica Kingsley. *An excellent guide for Bipolar Disorder although mush is also appropriate for those with depression.*

## GENERAL

Albrecht K (1980) **Brain Power - Learn to Improve Your Thinking Skills**. New York: Prentice Hall Press. *For those wishing to understand more about how the brain works and how to maximise their potential.*

Barlow, DH; Rapee, Ronald M (1997) **Mastering Stress: A Lifestyle Approach**. Lifestyle Press *Just as it says; a series of practical and helpful suggestions for handling stress*

Biddulph S (1995) **Manhood: An Action Plan for Changing Men's Lives**. Finch *Very readable book discussing how men of all ages can make changes in areas such as finding meaning in work, making real friends and coming to terms with their own psychological issues*

Brantley, J (2003). **Calming Your Anxious Mind: How Mindfulness and Compassion Can Free You from Anxiety, Fear, and Panic**, Oakland: New Harbinger Publications.

Chopra, D (1993) **Ageless Body, Timeless Mind** Random House *Introduction to concepts of yoga and meditation to assist in healthy ageing*

GENERAL continued...

DeSalvo, L (1999) **Writing as a Way of Healing** Boston: Beacon *Helpful advice for writing as a means of promoting emotional closure and healing*

Devanand, DP (2001) **The Memory Program: How to Prevent Memory Loss and Enhance Memory Power** John Wiley & Sons *Helpful advice for those with and without memory problems*

Deveson, A (1998) **Tell me I'm here** Penguin Books *A poignant and powerful account of a mother's struggle for survival with her son's schizophrenia. Deeply personal, it is told with passion, humour and intelligence, and meticulously chronicles the tragedy that unfolds. Inspiring!*

Edelman, Sarah (2006) **Change Your Thinking** ABC Books *Self-help book that demonstrates how we tend to respond to stressful events with self-defeating thoughts and behaviours. It explains how it is within our ability to interrupt and challenge these patterns and change habitual responses*

Ellis, A (2006) **How to Stubbornly Refuse to Make Yourself Miserable About Anything – Yes Anything!** Kensington Publishing *Changing negative thoughts and overcoming depression isn't easy – but it is achievable. Using the author's Rational Emotive Behaviour Therapy, it is possible to help the brain focus on life's positives and face problems without giving in to unnecessary despair*

Fairburn C (1995) **Overcoming Binge Eating**. New York: Guilford Press. *A readable and helpful self help approach to binge eating by a UK expert in the field.*

Fanning P (1994) **Visualisation for change**. Oakland: New Harbinger. *Very useful visualisations for sport, study, anger, depression, anxiety, smoking, illness.*

Fox, J (1997), **Poetic Medicine: The Healing Art of Poem-Making**. NY: Putman. *Promoting use of poetry for emotional closure and healing.*

Hoptman, C; Hoptman, N (1996) **Help Yourself to Health** Millennium Books *For those interested in implementing a healthier lifestyle*

Kabat-Zinn (1991) **Full Catastrophe Living** Dell Publishing *A practical guide to mindfulness, meditation and healing A true breakthrough in the area of behavioural medicine and self control, for those seeking relief from stress*

Kabat-Zinn (1995) **Wherever You Go, There You Are** Hyperion *Self help book with meditation as its focus to unlocking the calming powers of the mind, intends to heal the gap between the mind and heart. It squarely addresses the challenge of introducing and integrating Eastern concepts to the Western mind*

Kirshenbaum M (1996) **Too Good to Leave, Too Bad to Stay**. London: Penguin Group. *A thought provoking book about re-evaluating relationships.*

l'Anson, Kathryn (1997) **Nine, Ten, Do It Again: A Guide to Obsessive Compulsive Disorder** ARCVic Books *Provides information about the nature, symptoms and causes of OCD, and a guide to the types of treatment which are effective in alleviating and controlling obsessions and compulsions. The book includes a section on self-help strategies, and a 'how to help' section for families or carers. Also included are quotes, stories and poems by people and families living with OCD*

Lerner, H (2001) **The Dance of Anger** HarperCollins *Avoids stereotyped advice about the benefits of expressing anger and focuses sensitively on the use of anger as a signal to oneself and a tool for change in relationships*

Linder-Pelz, S (1991) **Well Over Fifty** Allen & Unwin *Current issues from Australian context*

GENERAL continued...

Mason, PT; Kreger, Randi (1998) **Stop Walking on Eggshells** Boobook *For anyone close to a Borderline Personality, life takes place on tiptoe, as if they are 'walking on eggshells'. This self-help guide assists family and friends of BPD sufferers to understand this self-destructive disorder and learn what they can do to cope, and take care of themselves*

McKay M, Fanning P (2000) **Self-esteem**, 3rd Edition. Oakland: New Harbinger Publications. *Gives helpful advice and exercise in a number of areas affecting self esteem.*

McQuaid, J; Carmona, P (2004) **Peaceful Mind: Using Mindfulness and Cognitive Behavioral Psychology to Overcome Depression** New Harbinger

Merlevede, PE; Bridoux, D; Vandamme R (2001) **Seven Steps to Emotional Intelligence** Carmarthen UK: Crown House Publishing *An insightful overview of the area with practical user friendly advice on applying the principles.*

Montgomery B, Evans L (1986) **Living and Loving Together**. Melbourne: Nelson. *An Australian book considering how couples improve their relationships and live harmoniously*

Nhat Hanh, T (1987) **The Miracle of Mindfulness: An Introduction to the Practice of Meditation** Beacon Press *Zen master offers his gentle anecdotes and practical exercises as a means of learning the skills of mindfulness – being awake and fully aware*

Nicholas M et al (2000) **Manage Your Pain**. Sydney: ABC Books. *An excellent and informative book written on experience from local pain experts. Very helpful*

Pennebaker, J (1997) **Opening Up: The Healing Power of Expressing Emotions** NY: Guilford *How journal writing can improve health, mood and accelerate coping*

Potter-Efron, R; Potter-Efron, P (1995) **Letting Go of Anger: The 10 Most Common Anger Styles and What to do About Them** Oakland: New Harbinger Publications *The title is self-explanatory.*

Segal Z, Williams JM, Teasdale J (2001). **Mindfulness-Based Cognitive Therapy for Depression: A New Approach to Preventing Relapse**, New York: Guilford Press.

Seligman, M (1991), **Learned Optimism**, and (2002), **Authentic Happiness**. Random House *The first discusses ways of changing thinking styles, how to evaluate and change the impact of earlier negative experience on present thinking and behaviour. The second has more on positive psychology, looking at strengths*

Snowdon, D (2001) **Aging with Grace** Random House *An interesting book considering research from the Nuns' Study, following a group of nuns over some decades*

Sturrock, M (1996), **Life Begins at Fifty-Something** HarperCollins

Williams, JM; Teasdale, JD; Segal, Z; Soulsby, J **Mindfulness-Based Cognitive Therapy reduces overgeneral autobiographical memory on formerly depressed patients**. *Journal of Abnormal Psychology*, 2000, 109, 150-155.

## PHARMACOLOGY

Australian Medicines Handbook (2004). [www.amh.net.au](http://www.amh.net.au)

Begg, E (2000) **Clinical Pharmacology Essentials** Adis Books *Bridges the gap between therapeutics and pharmacology by covering such topics as drug clearance, the half-life, dosing in renal impairment, drug interactions, and compliance with medications. This book should be very useful for undergraduate medical and pharmacy students, and also for postgraduate trainees in disciplines such as internal medicine and anaesthetics*

Mant, A (1999) **Thinking About Prescribing. A handbook for quality use of medicines** McGraw-Hill

National Prescribing Service: [www.nps.org.au](http://www.nps.org.au) *Information for prescribers and consumers about quality use of medicines*

Therapeutic Guidelines: [www.tg.com.au](http://www.tg.com.au) *Information for prescribers*

## VIDEOS, CDs + DVDs

King, Petrea **Soar Like an Eagle** plus other assorted tapes. For more info, see website: [www.questforlife.com.au](http://www.questforlife.com.au) *Particularly good for 'staying cool and focussed' (CD)*

Milligan, Spike (1996) **me depressed? don't make me laugh!** *Spike Milligan suffered severe depression, but still lead a full and creative life. Here he presents people who suffer depression talking about their experiences and the techniques they have successfully used to manage and overcome their depression. Includes commentary from experts in the field. This video is intended for sufferers of depression, their families and friends, as well as health-care professionals (Video)*

Smith, Dennis (2004) **Troubled minds - the lithium revolution** *A documentary detailing the ground-breaking research in the 1940s by Australian doctor John Cade, whose discovery of an astonishing treatment for bi-polar disorder revolutionised the way we think about mental illness and marked the beginning of psychopharmacology – using drugs to manage psychiatric conditions (Video+DVD)*

Yapko, Michael **Focusing on Feeling Good** Available from [www.yapko.com](http://www.yapko.com) (Audio)