

Suggested Reading

On Bipolar Disorder & Depression

- Wellness Recovery Action Plan Mary Ellen Copeland
- The Depression Workbook Mary Ellen Copeland
- The Bipolar Survival Guide David Miklowitz
- Overcoming Mood Swings Jan Scott
- Overcoming Low Self Esteem Melanie Fennell
- Understanding & Overcoming Depression Tony Bates
- An Unquiet Mind (“A memoir of moods & madness”) Kay Jameson Redfield

On Learning to live with Wellness

- The Power of Now Eckhart Tulle
- The Optimum Nutrition Bible Patrick Holford
- Optimum Nutrition for the Mind Patrick Holford
- The Artists Way Julia Cameron
- Chicken Soup Series Multiple Authors
- The Secret Rhonda Byrne
- Depression, Keeping Hope Alive - A guide for friends and family Dr patrick Mc Keon, Julie Healy, Geraldine bailey & Gerry Ward
- (from St.Pats hospital)
- Your Mental Health Information Booklet HSE print
- Taking Control of your mental health Shine Publication (38 Blessington St, Dublin 7)



Many of these books are available in most bookstores, but (the mental health books) may also be purchased in St.Patrick’s Hospital Bookshop opposite the reception.

www.amazon.com / www.amazon.co.uk and the www.bookdepository.co.uk have an extensive range of books on mental health & positive living.

Suggested Web Sites

- <http://wrapandrecoverybooks.com/>
- <http://www.livestrong.com/woman/%20http://www.livestrong.com/man/>

See Supports page for list of Barbara’s suggested supports