Recommended Reading on Bipolar Disorder

## Books for Children

Brandon & the Bipolar Bear (Anglada)

My Bipolar Roller Coaster Feelings Book & Workbook (Hebert)

The Storm in My Brain (Child & Adolescent Bipolar Foundation, www.bpkids.org)

Kid Power Tactics for Dealing with Depression (Dubuque)

Matt, The Moody Hermit Crab (McGee)

Anger Mountain (Hebert)

# **Books for Adolescents**

When Nothing Matters Anymore: A Survival Guide for Depressed Teens (Cobain)

Recovering from Depression: A Workbook for Teens (Copeland & Copans)

Conquering the Beast Within: How I Fought Depression & Won & How You Can,

Too (Irwin)

Everything You Need to Know about Bipolar Disorder & Manic Depressive

Illness (Summers)

# **Books for Parents**

Raising a Moody Child: How to Cope with Depression and Bipolar Disorder (Fristad & Goldberg-Arnold)

New Hope for Children & Teens with Bipolar Disorder (Birmaher)

The Ups and Downs of Raising a Bipolar Child (Lederman & Fink)

If Your Child is Bipolar: The Parent-to-Parent Guide to Living with and

Loving a Bipolar Child (Singer & Gurrentz)

The Bipolar Child (Papalos & Papalos)

Intense Minds (Anglada)

# **Additional Parenting Topics**

How to Talk So Kids Will Listen & Listen So Kids Will Talk (Faber & Mazlish)

The Explosive Child (Greene)

The Optimistic Child (Seligman)

Siblings Without Rivalry (Faber & Mazlish)

Turbo Max: A Story For Siblings of Bipolar Children (Anglada)

It's Nobody's Fault (Koplewicz)

Straight Talk About Psychiatric Medications for Kids (Wilens)

## Books for Adults

Out of the Darkened Room: Protecting the Children and Strengthening the

Family When a Parent is Depressed (Beardslee)

Living Without Depression & Manic Depression (Copeland)

An Unquiet Mind (Jamison)

Thoughts & Feelings: Taking Control of Your Moods & Your Life (McKay, Davis & Fannin)

The Bipolar Survival Guide: What You and Your Family Need to Know (Miklowitz)

Winter Blues: Seasonal Affective Disorder- What it is and How to Overcome it (Rosenthal)