



Mental Health Estrie's Lending Library

3355 rue College, Sherbrooke J1M 0B8



MHE's Lending Library

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How can I borrow a book?

You can pop by during our business hours
Monday to Thursday from 9 a.m. to 4:30 p.m.

OR

You can schedule an in-person appointment by contacting us
819-565-3777
info@mentalhealthestrie.com

**Important: Please call ahead of time - due to commitments
outside the office, we might be on the road.**

Lending Library - What to know?

It's free! And you do not need to be a member to borrow books.

You can borrow as many books as you would like.

You can keep them for a while.

Kindly return the books to MHE when you are done.

Please take good care of the books while in your possession.



Addiction

Addictive thinking: Understanding self-deception by Abraham J. Twerski

All fall down: A novel by Jennifer Weiner

In the realm of hungry ghosts: Close encounters with addiction
by Gabor Maté

The addictive personality: Understanding the addictive process and compulsive behaviour by Craig Nakken



Anxiety disorders

Anxiety disorders: General anxiety disorder, social anxiety disorder, panic disorder, and others by Paul J. Caldwell

Burnout: The secret to unlocking the stress cycle
by Emily Nagoski and Amelia Nagoski

Buried in treasures: Help for compulsive acquiring, saving and hoarding
by David F. Tolin

Calming your anxious mind: How mindfulness and compassion can free you of anxiety, fear, and panic by Jeffrey Brantley

CBT for anxiety and depression during pregnancy and beyond: How to manage symptoms and maximize well-being by Sheryl M. Green et al.

Courage within the chaos by Sheila Johnston

Conquer the clutter - Strategies to identify, manage and overcome hoarding
by Elaine Birchall and Suzanne Cronkwright

Digging out: Helping your loved one manage clutter, hoarding, and compulsive acquiring by Michael A. Tompkins et al.

Don't panic: Taking control of anxiety attacks 3rd ed. by Reid Wilson



Anxiety disorders

Freedom from health anxiety: Understand and overcome obsessive worry about your health and someone else's and find peace of mind

by Karen L. Cassiday

Future tense - Why anxiety is good for you (even though it feels bad)

by Tracy Dennis-Tiwary

Loving someone with anxiety: Understanding and helping your partner

by Kate Thieda

Overcoming anticipatory anxiety: A CBT guide for moving past chronic indecisiveness, avoidance and catastrophic thinking

by Sally M. Winston and Martin N. Seif

Overcoming unwanted intrusive thoughts: A CBT-based guide to getting over frightening, obsessive or disturbing thoughts

by Sally M. Winston et al.

Phobias and how to overcome them: Understanding and beating your fears

by James Gardener et al.

Rewire your anxious brain - How to use the neuroscience of fear to end anxiety, panic, and worry by Catherine Pittman and Elizabeth M. Karle



Anxiety disorders

The anxiety and phobia workbook 7th edition by Edmund J. Bourne

The anxiety and stress solution deck: 55 CBT and mindfulness tips and tools
by Judith Belmont

The burnout epidemic: The rise of chronic stress and how we can fix it
by Jennifer Moss

The complex PTSD workbook: A mind-body approach to regaining emotional control and becoming whole by Arielle Schwartz and Jim Knipe

The crazy game: How I survived in the crease and beyond by Clint Malarchuk

The framework - Understanding, transforming and reducing stress, autostress and anxiety by Rebecca Marks

The mindfulness workbook for OCD: A guide to overcoming obsessions and compulsions using mindfulness and CBT by Jon Hershfield et al.

The pregnancy and postpartum anxiety workbook: Practical skills to help you overcome anxiety, worry, panic attacks, obsessions and compulsions
by Kevin Gvoerkoe et al.

The woman who thought too much - A memoir by Joanne Limburg

Unwinding anxiety - New science shows how to break the cycle of worry and fear to heal your mind by Judson Brewer

When a family member has OCD: Mindfulness and cognitive behavioral skills to help families affected by obsessive-compulsive disorder by Jon Hershfield



Bipolar disorders

Bipolar and pregnant: How to manage and succeed in planning and parenting while living with manic depression by Kristin K. Finn et al.

Bipolar disorder: A guide for you and your loved ones, 4th edition
by Francis M. Mondimore

Burn rate: Launching a startup and losing my mind by Andy Dunn

Long Shot: My bipolar life and the houses who saved me by Sylvia Harris

Loving someone with bipolar disorder: Understanding and helping your partner, 2nd edition by Julie A. Fast and John D. Preston

New hope for people with bipolar disorder: Your friendly, authoritative guide to the latest in traditional and complementary solutions by Jan Fawcett et al.

Resilience: Two sisters and a story of mental illness
by Jessie Close and Pete Earley Glenn Close

Elsewhere: A memoir by Richard Russo

The bipolar handbook: Real life questions with up-to-date answers
by Wes Burgess

The bipolar disorder survival guide - What you and your family need to know, 2nd edition by David J. Miklowitz

The bipolar disorder survival guide - What you and your family need to know, 3rd edition by David J. Miklowitz

The bipolar II disorder workbook: Managing recurring depression, hypomania, and anxiety by Stephanie McMurrich Roberts et al.

The bipolar workbook: Tools for controlling your mood swings
by Monica R. Basco

Caregivers

An introduction to coping with depression for carers by Tony Fraiss

Beyond crazy: Journeys through mental illness by Julia Nunes et al.

Brain on Fire - My month of madness by Susannah Cahalan

Comfortably numb: How psychiatry is medicating a nation by Charles Barber

Eye movement desensitization and reprocessing (EMDR) therapy: Basic principals, protocols, and procedures by Francine Shapiro

Families as partners in mental health care: A guidebook for implementing family work by Diane Froggatt et al.

Hurry down sunshine: A memoir by Michael Greenberg

I am not sick, I don't need help! How to help someone with a mental illness accept treatment by Xavier Amador

Mommy's different faces by Barbara Patterson

My lovely wife in the psych ward: A memoir by Mark Lukach

Passages in caregiving: Turning chaos into confidence by Gail Sheehy



Caregivers

Songs from the black chair: A memoir of mental interiors by Charles Barber

Talking to depression: Simple ways to connect when someone in your life is depressed by Claudia Strauss

The burden of sympathy: How families cope with mental illness
by David A. Karp

The 36-hour day: A family guide to caring for people who have Alzheimer disease and other dementias by Nancy L. Mace et al.

The last taboo: A survival guide to mental health care in Canada
by Scott Simmie et al.

The skipping stone: Ripple effects of mental illness on the family
by Mona Wasow

The validation breakthrough: Simple techniques for communication with people with Alzheimer's and related dementia by Naomi Feil et al.

When someone you love has a mental illness: A handbook for family, friends, and caregivers by Rebecca Woolis

When the body says no: The cost of hidden stress by Gabor Maté



Coping strategies and self-growth

Acceptance and commitment therapy for dummies

by Freddy Jackson Brown et al.

Already enough: A path to self-acceptance by Lisa Olivera

Anger management for dummies by Charles H. Elliot et al.

Anger management: How to take control of your emotions and find joy in life by Judy Dyer

100 animals: An adult colouring book with lions, elephants, owls, horses, dogs, cats, and many more by Jade Summer

Braving the wilderness: The quest for true belonging and the courage to stand alone by Brené Brown

Breaking the habit of being yourself: How to lose your mind and create a new one by Joe Dispenza

Boundaries: When to say yes, how to say no to take control of your life
by Henry Cloud

Change your world: The science of resilience and the true path to success
by Michael Ungar

Codependency for dummies by Darlene Lancer

Connected: The surprising power of our social networks and how they share our lives by Nicholas Christakis et al.

Creating your best life: The ultimate life list guide
by Caroline Adams Miller et al.

Coping strategies and self-growth

Declutter your mind: How to stop worrying, relieve anxiety and eliminate negative thinking by S.J. Scott and Barrie Davenport

Don't let your emotions run your life: How dialectical behavior therapy can put you in control by Scott E. Spradlin

Emotional first aid: Healing rejection, guilt, failure, and other everyday hurts by Guy Winch

Empathy: Why it matters and how to get it by Roman Krznaric

Enjoying life emotional makeover: 30 days from a life of struggle to a life of enjoyment by Maryse Poudrier

Emotional resilience: How to safeguard your mental health by Harry Barry

Falling awake: How to practice mindfulness in everyday life by Jon Kabat-Zinn

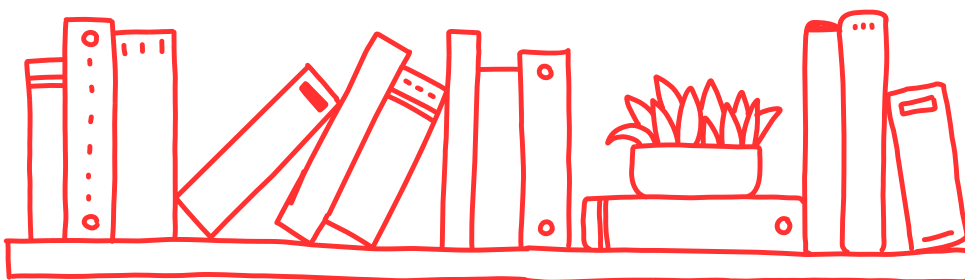
Feel the fear and do it anyway (abridged version) by Susan Jeffers

Fierce self-compassion: How women can harness kindness to speak up, claim their power and thrive by Kristin Neff

Forest bathing: How trees can help you find health and happiness by Dr. Qing Li

Gratitude and grit: A journal for growing resilience by Vicky Enns

Grounded: How connection with nature can improve our mental and physical well-being by Ruth Allen



Coping strategies and self-growth

Highly sensitive people in an insensitive world by Isle Sand

Hormones or natural alternatives: Exploring all your options at menopause
by Jan Clark

I'm so freaking freaked out inner truth journal by Knock Knock LLC

10 keys to happier living: A practical handbook for happiness by Vanessa King

**52 lists for happiness: Weekly journaling inspiration for positivity, balance,
and joy** by Moorea Seal

**Mandala colouring book: World's most beautiful mandalas for stress relief
and relaxation** by Colouring Book Café

Meditation is not what you think: Mindfulness and why it is so important
by Job Kabat-Zinn

Mindfulness in plain English by Bhante Gunaratana

Quiet: The power of introverts in a world that can't stop talking by Susan Cain

**Rethink card deck mindful conversation starters: 56 questions to encourage
compassion, shift perspective, and build connection** by Theo Koffler

**Rising strong: How the ability to reset transforms the way we live, love, parent
and lead** by Brené Brown



Coping strategies and self-growth

Self-compassion: The proven power of being kind to yourself by Kristin Neff

Solving the procrastination puzzle: A concise guide to strategies for change
by Timothy A. Pychyl

Steady: A guide to better mental health through and beyond the coronavirus pandemic by Sarb Johal

The art of empathy: A complete guide to life's most essential skill
by Karla McLaren

The bullet journal method: Track the past, order the present, design the future
by Ryder Carroll

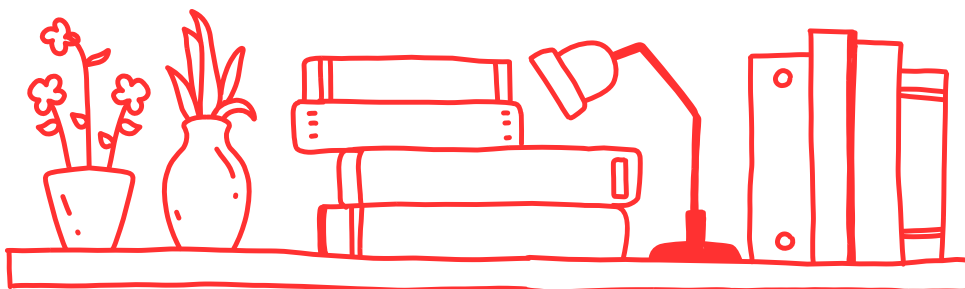
The DBT skills workbook: Practical DBT exercises for learning mindfulness, interpersonal effectiveness, emotion regulation, and distress tolerance
by Matthew McKay et al.

The emotional life of your brain: How its unique patterns affect the way you think, feel, and live and how you can change them by Richard Davidson et al.

The everything time management book: How to get it all done and still have time for you by Bob Adams

The five minute journal: The simplest, most effective thing you can do every day to be happier by Alex Ikonn and UJ Ramdas

The gifts of imperfection: Let go of who you think you're supposed to be and embrace who you are by Brené Brown



Coping strategies and self-growth

The little book of mindfulness: 10 minutes a day to less stress and more peace
by Patrizia Collard

The mindful college student: How to succeed, boost well-being, and build the life you want at university and beyond by Eric B. Loucks et al.

The mindful path to self-compassion: Freeing yourself from destructive thoughts and emotions by C.K. Germer et al.

The mindful self-compassion workbook: A proven way to accept yourself, build inner strength and thrive by Kristin Neff et al.

The nature fix: Why nature makes us happier, healthier and more creative
by Florence Williams

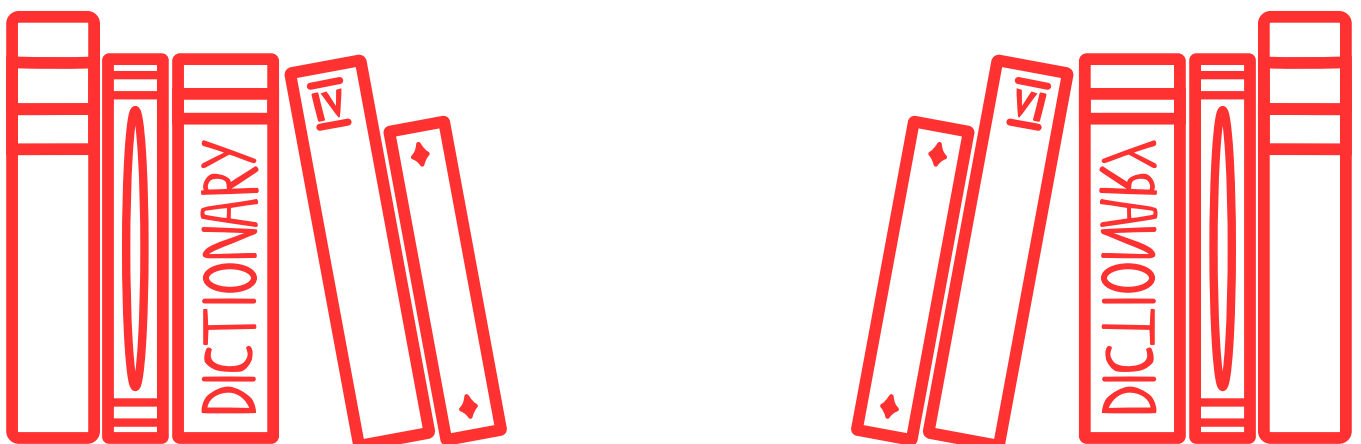
The secret of letting go by Guy Finley

The source: The secrets of the universe, the science of the brain by Tara Swart

This is your brain on music: The science of a human obsession
by Daniel J. Levitin

This time next year: 365 days of exploration by Cynthia Scher

Unplug: A simple guide to meditation for busy skeptics and modern soul seekers by Suze Yalof Schwartz



Depressive disorders

A secret sadness - The hidden relationship patterns that make women depressed by Valerie E. Whiffen

Depression and bipolar disorders by Virginia Edwards

Cognitive behavioral therapy: Simple techniques to instantly be happier, find inner peace, and improve your life by Olivia Telford

Open heart, open heart by Clara Hughes

Hello I want to die, please fix me by Anna M. Paperny

Postpartum depression demystified: An essential guide for understanding and beating the most common complication after childbirth
by Joyce A. Venis and Suzanne McCloskey

Seeing beyond depression by Jean Vanier

Suicide the forever decision: For those thinking about suicide and for those who know, love, or counsel them by Paul G. Quinnett



Depressive disorders

The upward spiral deck of cards by Alex Korb

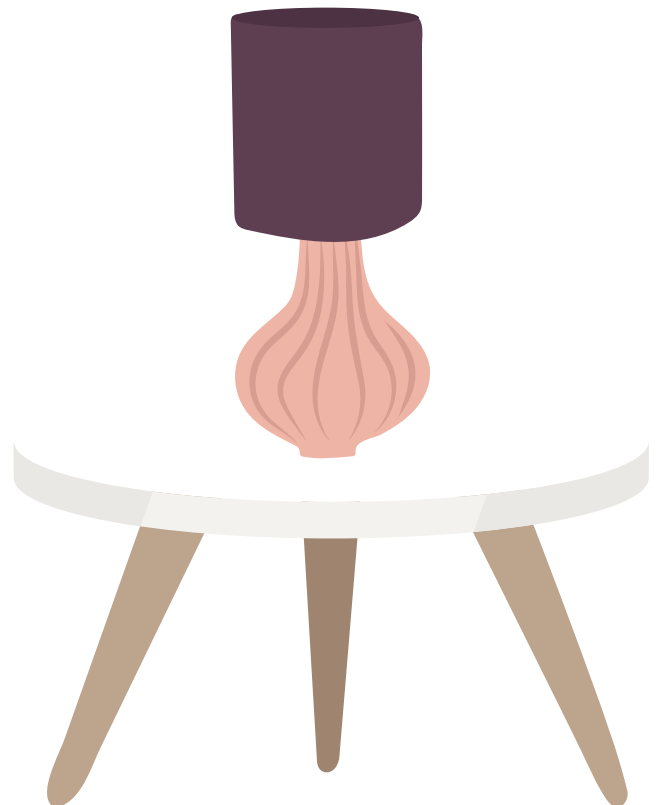
The upward spiral: Using neuroscience to reverse the course of depression, one small change at a time by Alex Korb

The upward spiral workbook by Alex Korb

Undoing depression: What therapy doesn't teach you and medication can't give you by Richard O'Connor

Winter blues: Everything you need to know to beat seasonal affective disorder, 4th edition by E. Norman Rosenthal

Winter blues survival guide: A workbook for overcoming SAD
by Norman E. Rosenthal et al.



Dissociative disorders

Coping with trauma-related dissociation: Skills training for patients and therapists by Suzette Boon et al.

Dissociative identity disorder journal: Journal to manage DID, communicate between alters, create system rules, system maps, manage moods and track episodes by EllieColmDesigns



Diversity and inclusion

Blindspot: Hidden biases of good people by Mahzarin R. Banaii

Dear Canada: These are my words by Ruby Slipperjack

Five little Indians: A novel by Michelle Good

Gender queer: A memoir by Maia Kobabe

Highway of tears: A true story of racism, indifference, and the pursuit of justice for missing and murdered indigenous women and girls

by Jessica McDiarmid

LGBTQ: The survival guide for lesbians, gay, bisexual, transgender, and questioning teens by Kelly H. Madrone

Microaggression in everyday life by Derald Wing Sue

Raising the transgender child: A complete guide for parents, families and caregivers by Michele Angello and Ali Bowman



Diversity and inclusion

Seven fallen feathers: Racism, death, and hard truths in northern city

by Tanya Talago

The orange shirt story: The true story of orange shirt day by Phyllis Webstad

The racial healing handbook: Practical activities to help you challenge privilege, confront systemic racism, and engage in collective healing

by Anneliese A. Singh

The 4 stages of psychological safety: Defining the path to inclusion and innovation by Timothy R. Clark

Transgender teen: A handbook for parents and professionals supporting transgender and non-binary teens by Stephanie A. Brill and Lisa Kenney

We have always been here: A queer Muslim memoir by Samra Habib



Eating disorders

Anatomy of anorexia by Steven Levenkron

Food and behavior: A natural connection by Barbara Reed Stitt

Talking to eating disorders: Simple ways to support someone with anorexia, bulimia, binge eating, or body image issues

by Jeanne Albronda Eaton and Claudia J. Strauss

The eating disorders sourcebook: A comprehensive guide to the causes, treatments, and prevention of eating disorders by Carolyn Costin

The intuitive eating workbook: 10 principles for nourishing a healthy relationship with food by Evelyn Tribole et al.

When your child has an eating disorder: A step-by-step workbook for parents and other caregivers by Abigail H. Natenshon



Family, parenting, stages of life

Adult children of emotionally immature parents: How to heal from distant, rejecting, or self-involved parents by Lindsay C. Gibson

CBT toolbox for children and adolescents: Over 200 worksheets and exercises for trauma, ADHD, autism, anxiety, depression and conduct disorder by Lisa Phifer et al.

Coping with critical, demanding, and dysfunctional parents: Powerful strategies to help adult children maintain boundaries and stay sane
by David M. Allen

Depression: A teen's guide to survive and thrive by Jacqueline B. Toner et al.

Done with the crying: Help and healing for mothers of estranged adult children by Sheri McGregor

Embracing the awkward: A guide for teens to succeed at school, life, and relationships by Joshua Rodriguez

Healing from family rifts: Ten steps to finding peace after being cut off from a family member by Mark Sichel



Family, parenting, stages of life

Help your kids with adolescence: A no-nonsense guide to puberty and the teenage years by DK

Kids these days: A game plan for (re)connecting with those we teach, lead and love by Jody Carrington

I thought we'd never speak again: The road from estrangement to reconciliation by Laura Davis

Red: A crayon's story by Michael Hall

The 7 habits of highly effective teens by Sean Covey

The teenage brain: A neuroscientist's survival guide to raising adolescents and young adults by Frances E. Jensen et al.

Understanding teenage anxiety: A parent's guide to improving your teen's mental health by Jennifer Browne et al.

When parents hurt: Compassionate strategies when you and your grown child don't get along by Joshua Coleman

You are not alone: Hope for hurting parents of troubled kids by Dena Yohe



Grief and death/dying

Finding meaning: The sixth stage of grief by David Kessler

Grief works: Stories of life, death and surviving by Julia Samuel

How to survive your grief when someone you love has died by Susan L. Fuller

It's ok that you're not ok: Meeting grief and loss in a culture that doesn't understand by Megan Devine and Mark Nepo

On grief and grieving: Finding the meaning of grief through the first stages of loss by Elisabeth Kubler-Ross and David Kessler

The grieving brain: The surprising science of how we learn from love and loss
by Mary-Frances O'Connor

This too shall pass: Stories of change, crisis, and hopeful beginnings
by Julia Samuel

With the end in mind: Dying, death, and wisdom in an age of denial
by Kathryn Mannix



Neurodevelopmental disorders

A radical guide for women with ADHD: Embrace neurodiversity, live boldly, and break through barriers by Sari Solden et al.

Autism - A practical guide for parents by Alan Yau

Autism Spectrum Disorder (revised): The complete guide to understanding autism by Chantal Sicile-Kira

Can I tell you about Asperger Syndrome? A guide for friends and family
by Jude Welton et al.

Carly's voice: Breaking through Autism by Arthur Fleischmann et al.

Catch a falling star: A tale from the Iris the dragon series by Gayle Grass

Kids in the syndrome mix of ADHD, LD, Autism Spectrum, Tourette's, anxiety and more: The one stop guide for parents, teachers and other professionals 2nd edition, by Martin L. Kutscher

Making ADD work: On-the-job strategies for coping with Attention Deficit Disorder by Blythe Grossberg

Nerdy, shy, and socially inappropriate: A user guide to an Asperger life
by Cynthia Kim



Neurodevelopmental disorders

Not even wrong: Adventures in Autism by Paul Collins

Parenting a child with Asperger Syndrome by Brenda Boyd

Reframe your thinking around Autism by Holly Bridges

Scattered minds: A new look at the origins and healing of ADD by Gabor Maté

Since we're friends- An Autism picture book by Celeste Shally et al.

Taking charge of ADHD: The complete authoritative guide for parents
by Russel A. Barkley

The Asperger social guide: How to relate with confidence to anyone in any social situation as an adult with Asperger's Syndrome
by Genevieve Edmonds et al.

The myth of the ADHD child: 101 ways to improve your child's behavior and attention span without drugs, labels or coercion by Thomas Armstrong et al.

What men with Asperger Syndrome want to know about women, dating, and relationships by Maxine Aston et al.

Women with ADD: Embrace your differences and transform your life
by Sari Solden et al.

You mean I'm not lazy, stupid or crazy?!: The classic self-help book for adults with Attention Deficit Disorder by Kate Kelly et al.





Personality disorders

All about me: Loving a narcissist by Simon Crompton

Borderline personality disorder for dummies by Charles H. Elliott et al.

Borderline personality disorder: Men suffer too by Rob Clewley

Overcoming borderline personality disorder: A family guide for healing and change by Valerie Porr

Disarming the narcissist: Surviving and thriving with the self-absorbed
by Wendy T. Behary et al.

Malignant self-love: Narcissism revisited by Sam Vaknin et al.

Sometimes I act crazy: Living with borderline personality disorder
by Jerold Kreisman and Straus Hal

Stop walking on eggshells: Taking your life back when someone you care about has borderline personality disorder by Paul Mason et al.

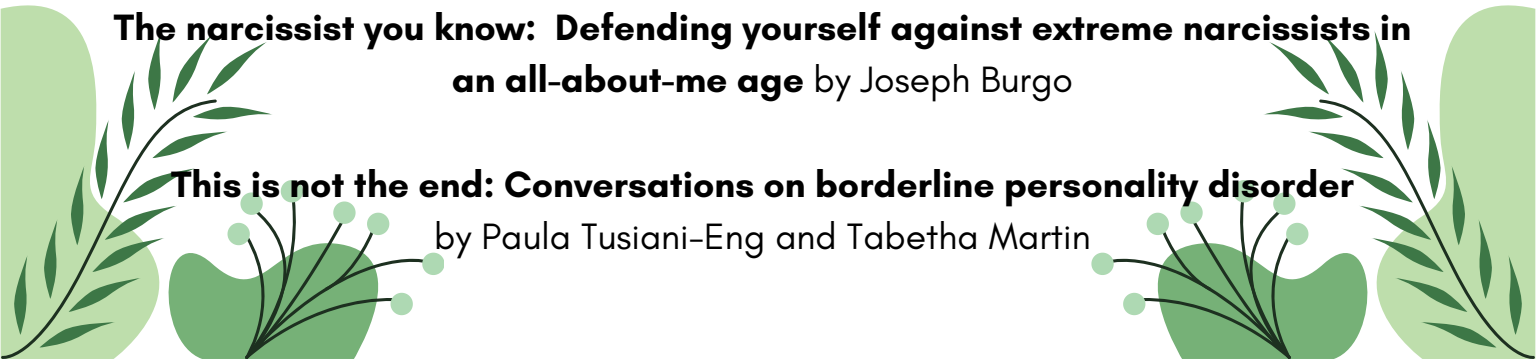
Surviving a borderline parent: How to heal your childhood wounds and build trust, boundaries, and self-esteem by Kimberlee Roth and Freda B. Friedman

The borderline personality disorder workbook: An integrative program to understand and manage your borderline personality disorder
by Daniel J. Fox

The essential family guide to borderline personality disorder by Randi Kreger

The narcissist you know: Defending yourself against extreme narcissists in an all-about-me age by Joseph Burgo

This is not the end: Conversations on borderline personality disorder
by Paula Tusiani-Eng and Tabettha Martin



Schizophrenia

100 questions and answers about schizophrenia: Painful minds

by Lynn E. DeLisi

He came in with it: A portrait of motherhood and madness by Miriam Feldman

Living with schizophrenia: A family guide to making a difference

by Jeffrey Rado and Philip G. Janicak

Rays of hope: Learning about schizophrenia. A reference manual for families and caregivers by Schizophrenia Society of Canada

Surviving schizophrenia: A family manual by E. Fuller Torrey

Surviving schizophrenia: A family manual, 7th edition by Fuller E. Torrey

The complete family guide to schizophrenia: Helping your loved one get the most out of life by Kim T. Musser and Susan Ginerich

The quiet room: A journey out of the torment of madness

by Amanda Bennett and Lori Schiller

When quietness came: A neuroscientist's personal journey with schizophrenia

by Erin L. Hawkes



Trauma and healing

All the rage: A novel by Courtney Summers

Beginning to heal: A first book for men and women who were sexually abused as children by Ellen Bass et al.

Emotional abuse workbook: A life-changing guide to breaking the cycle of manipulation and rebuilding your self-esteem by Theresa J. Covert

Gaslighting: Recognize manipulative and emotionally abusive people and break free by Stephanie M. Sarkis

Gaslighting recovery workbook: How to recognize manipulation, overcome narcissistic abuse, let go, and heal from toxic relationships by Amy White

Gaslighting: The complete guide to identifying, handling, and avoiding manipulation. Recover from emotional abuse and build healthy relationships
by Linda Hill

Life, reinvented: A guide to healing from sexual trauma for survivors and loved ones by Erin Carpenter



Trauma and healing

Maybe he just likes you by Barbara Dee

Man's search for meaning by Viktor E. Frankl

Men too: Unspoken truths about male sexual abuse by Kelli Palfy

Recover and rebuild: Moving on from partner abuse by Stacie Freudenberg

The body keeps the score: Brain, mind, and body in the healing of trauma
by Bessel Van Der Kolk

The boy who was raised as a dog and other stories from a child psychiatrist's notebook: What traumatized children can teach us about loss, love and healing by Bruce D. Perry et al.

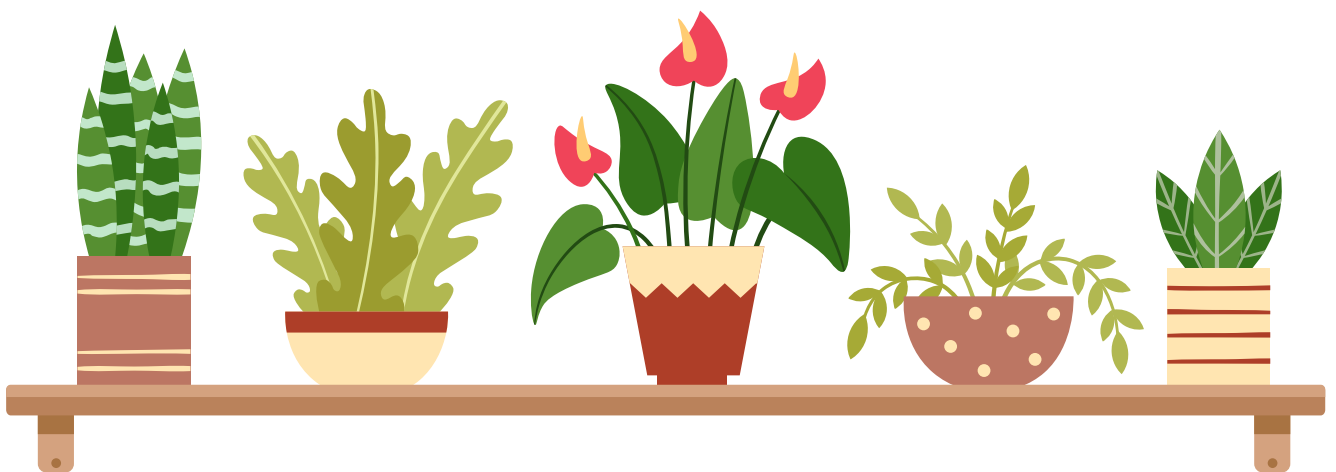
The choice: Embrace the possible by Edith E. Egar

The drama of the gifted child: The search for the true self by Alice Miller

The emotionally abusive relationship: How to stop being abused and how to stop abusing by Beverly Engel

The gaslight effect: How to spot and survive the hidden manipulation others use to control your life by Robin Stren

The gift: 12 lessons to save your life by Edith E. Egar



Trauma and healing

The myth of normal: Trauma, illness, and healing in a toxic culture

by Gabor Maté and Daniel Maté

The sexual healing journey: A guide for survivors of sexual abuse

by Wendy Maltz

The sexual trauma workbook for teen girls: A guide to recovery from sexual assault and abuse by Raychelle Lohmann et al.

The verbally abusive relationship: How to recognize it and how to respond

by Patricia Evans

Trauma - The invisible epidemic: How trauma works and how we can heal from it by Paul Conti

Trauma through a child's eyes: Awakening the ordinary miracle of healing

by Peter A. Levine

What happened to you? Conversations on trauma, resilience, and healing

by Bruce Perry and Oprah Winfrey

Why does he do that? Inside the minds of angry and controlling men

by Lundy Bancroft



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