



BOOKS OF INTEREST

Bipolar

- A Brilliant Madness** by Patty Duke*
- An Unquiet Mind** by Kay Redfield Jamison*
- Bipolar Advantage, The** by Tom Wootton
- Bipolar Disorder: A Cognitive Therapy Approach** by Cory F. Newman & others*
- Bipolar Disorder: A Guide for Patients and Families** by Francis M. Mondimore*
- Bipolar Disorder Demystified** by Lana Castle*
- Bipolar Disorder: Rebuilding Your Life** by James T. Stout*
- Bipolar Disorder Survival Guide, The** by David J. Miklowitz
- Bipolar Puzzle Solution: A Mental Health Client's Perspective** by Bryan L. Court
- Call Me Anna: The Autobiography of Patty Duke** by Patty Duke
- Cognitive-Behavioral Therapy for Bipolar Disease** by Monica Ramirez Basco and A. John Rush*
- Dancing with Bipolar Bears** by James E. McReynolds*
- Detour: My Bipolar Road Trip in 4-D** by Lizzie Simon*
- ELECTROBOY** by Andy Behrman*
- His Bright Light** by Danielle Steel*
- Loving Someone with Bipolar Disorder: Understanding and Helping Your Partner** by Julie Fast
- Manic-Depressive Illness: Bipolar Disorders and Recurrent Depression** by Frederick K. Goodwin and Kay Redfield Jamison
- New Hope for People with Bipolar Disorder** by Jane Fawcett*
- Sky Writing** by Jane Pauley*
- Touched with Fire** by Kay Redfield Jamison*
- Years of Silence Are Past, The** by Stephen P. Hinshaw*

Depression

- Antidepressant Source Book, The** by Andrew L. Morrison
- Breaking the Patterns of Depression** by Michael D. Yapko*
- Darkness Visible** by William Styron* —
- Depression Workbook, The** by Mary Ann Copeland
- Feeling Good Handbook, The** by David D. Burns*
- From Sad to Glad** by Nathan S. Kline*
- Getting Things Done When You're Depressed** by Julie Fast
- Getting Your Life Back** by Jesse H. Wright and Monica Ramirez Basco*
- I Don't Want to Talk About It** by Terrence Real*
- Moodswing** by Ronald R. Fieve*
- New Hope for People with Depression** by Marian Broida
- Noonday Demon, The** by Andrew Solomon*
- On the Edge of Darkness** by Kathy Cronkite*
- Out of the Darkened Room** by William R. Beardslee*
- Overcoming Depression** by Demetri Papolos
- Peace of Mind Prescription, The** by Dennis S. Charney and Charles B. Nemeroff*
- Restoring Intimacy, a National DMDA Book***
- Undercurrents** by Martha Manning*
- Understanding Depression** by J. Raymond De Paulo Jr.
- Understanding Teenage Depression** by Maureen Empfield and Nicholas Bakalar*
- When Words Are Not Enough** by Valerie Raskin
- You Are Not Alone** by Julia Thorne*
- You Can Beat Depression** by John Preston

Bipolar and Depression

- A Mood Apart** by Peter C. Whybrow*
- Helping Someone with Mental Illness** by Rosalynn Carter*
- How You Can Survive When They're Depressed** by Anne Sheffield*
- Living Well with Depression and Bipolar Disorder** by John McManamy
- Living Without Depression & Manic Depression** by Mary Ellen Copeland

Check out dbsalliance.org and their online bookstore for current books reviewed by DBSA.

Books marked with an * are available in the DBSA OC Library.
A fully refundable deposit is required.

LIBRARIES

Orange County Public Library

All community libraries in this network may be used by anyone with an OCPL card which may be obtained at any of these member branches:

Aliso Viejo — 1 Journey, (949) 360-1730
Brea — 1 Civic Center Circle, (714) 671-1722
Costa Mesa — 1855 Park Avenue, (949) 646-8845
2969 Mesa Verde Dr., (714) 546-5274
Cypress — 5331 Orange Avenue, (714) 826-0350
Dana Point — 33841 Niguel Road, (949) 496-5517
Foothill Ranch — 27002 Cabriole Way, (949) 855-8072
Fountain Valley — 17635 Los Alamos, (714) 962-1324
Garden Grove — 11200 Stanford Ave., (714) 530-0711
9182 Chapman Ave., (714) 539-2115
Irvine — 14361 Yale Avenue, (949) 936-4040
4512 Sandburg Way, (949) 786-4001
La Habra — 221 E. La Habra Blvd., (714) 526-7728
La Palma — 7842 Walker St., (714) 523-8585
Ladera Ranch — 29551 Sienna Pkwy, (949) 234-5940
Laguna Beach — 363 Glenneyre St., (949) 497-1733
Laguna Niguel — 30341 Crown Vly Pkwy, (949) 249-5252
Laguna Woods — 24264 El Toro Road, (949) 639-0500
Lake Forest — 24672 Raymond Way, (949) 855-8173
Los Alamitos — 12700 Montecito, (562) 430-1048
Rancho Santa Margarita — 30902 La Promesa, (949) 459-6094

San Clemente — 242 Avenida Del Mar, (949) 492-3493
San Juan Capistrano — 31495 El Camino Real, (949) 493-1752
Seal Beach — 707 Electric Avenue, (562) 431-3584
Silverado — 28192 Silverado Cyn Rd., (714) 649-2216
Stanton — 7850 Katella Avenue, (714) 898-3302 Tustin — 345 E. Main Street, (714) 544-7725
Villa Park — 17865 Santiago Blvd., (714) 998-0861
Westminster — 8180 13th Street, (714) 893-5057

Independent Community Libraries

Independent community libraries issue their own library cards to residents who live within that city. These libraries are:

Anaheim Public Library — 500 W. Broadway, (714) 765-1880
2650 W. Broadway, (714) 765-5075
1340 S. Euclid, (714) 765-3625
901 S. Sunkist, (714) 765-3576
400 Scout Trail, (714) 974-7630
8201 Santa Ana Canyon Rd, (714) 765-3887
Buena Park Library — 7150 La Palma Ave., (714) 826-4100
Fullerton Library — 353 W. Commonwealth, (714) 738-6326
201 S. Basque Ave., (714) 738-3122
Huntington Beach Library — 7111 Talbert, (714) 842-4481
9281 Banning Ave., (714) 375-5005 525
Main St., (714) 375-5071
15882 Graham St., (714) 375-5006
17251 Oak Lane, (714) 375-5068
Mission Viejo Library — 100 Civic Center, (949) 830-7100
Newport Beach Library — 1000 Avocado, (949) 717-3800
Orange Public Library — 407 E. Chapman, (714) 288-2424
380 S. Hewes Ave., (714) 288-2450
740 E. Taft Ave., (714) 288-2430
Santa Ana Library — 26 Civic Center Plz, (714) 647-5250
122 N. Newhope St., (714) 647-6992
Yorba Linda Library - 18181 Imperial Hwy, (714) 777-2873

Surrounding Community Libraries

Surrounding community libraries issue their own library cards to residents who reside within their area. Some of these libraries are:

Chino Branch Library — 13180 Central, (909) 517-1525
Chino Hills Library — 2003 Grand Ave., (909) 590-5380
Corona Public Library — 650 S. Main, (951) 736-2381
Diamond Bar Library — 1061 S. Grand, (909) 861-4978
La Mirada Library — 13800 La Mirada Blvd, (562) 943-0277
Long Beach Public Library - 101 Pacific, (562) 570-7500
(Long Beach has 12 libraries... call for branches)
Roland Heights Library — 1850 Nogales, (909) 861-4978
Walnut Library — 21155 La Puente Rd., (909) 861-4978
Whittier Library — 7344 S. Washington, (562) 464-3450
10537 Santa Gertrudes, (562) 464-3470
Oceanside Library — 330 N. Coast Hwy, (760) 435-5600