

h1>NAMI Bookshelf: August 2010

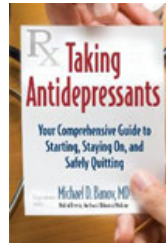
Editors' note: Click the book title to order the book from Amazon.com and NAMI will receive a portion of the proceeds.

Taking Antidepressants: Your Comprehensive Guide to Starting, Staying On, and Safely Quitting

Michael D. Banov

This book seeks to provide reliable, balanced and neutral information. It discusses how antidepressants work, whether they are safe and effective, how to distinguish between right and wrong reasons to stop taking them and how to stay off them and maintain recovery once you stop. Changes in medication should be made in consultation with your doctor.

Order this title



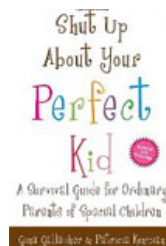
Shut Up About Your Perfect Kid: A Survival Guide for Ordinary Parents of Special Children

Gina Gallagher and Patricia Konjoian
(Three Rivers Press 2010)

Updated and expanded from a 2006 edition, this book is about the journey of two mothers, one whose child is diagnosed with Asperger's Syndrome, the other's with bipolar disorder. "This survival guide is a must-read for families with emerging and existing mental health conditions," says Darcy Gruttadaro, director of NAMI's Child and Adolescent Action Center. It provides practical advice along with real-life stories, resources and a sense of humor.

Order this title

- Paperback
- Kindle



After Her Brain Broke

Susan Inman
(Bridgecross Communications 2010)

Another from British Columbia recounts her family's experience following the onset of mental illness. This book emphasizes the importance of family and individual education and empowerment, with references to NAMI programs, among others, as sources of support.

Order this title:

- Paperback
- Kindle



Welcome to the Jungle: Everything You Ever Wanted to Know

Hillary Smith
(Conari Press 2010)

Written especially for teens and 20-somethings in the language of a peer, this book is frank, irreverent and funny while providing solid, comprehensive information. Too many books on bipolar disorder, the author writes, are "too adult, too clinical, too alarmist" or "clearly written family and caretakers at wit's end." This one is a "little more bad-ass" and seeks to make a more helpful connection with young adults encountering the mental health care system for the first time. One chapter is devoted to college and work, another with family, friends and relationships. The title is based on a song by the rock band Guns N' Roses.

Order this title

- Paperback
- Kindle



Join NAMI today!

When you become a member of NAMI, you become part of America's largest grassroots organization dedicated to improving the lives of persons living with serious mental illness. And now you can [join online](#).