

## Suggested Book List

1. Moorman, M. (1992). *My Sister's Keeper*. New York: W. W. Norton.  
This is an autobiographical account of the challenges experienced by a family member of a woman with bipolar disorder. It provides the family's perspective on the heartbreak of mental illness and on the mental health system.
2. Redfield Jamison, K. (1995). *An Unquiet Mind: A Memoir of Moods and Madness*. New York: Vintage.  
This autobiography describes the life experiences of Professor of Psychiatry Kay Jamison, a woman who herself suffers with bipolar disorder, but has managed to attain social and vocational success. It is very well-written and informative.
3. Redfield Jamison, K. (1993). *Touched with Fire: Manic-Depressive Illness and the Artistic Temperament*. New York: The Free Press.  
Kay Jamison Redfield also authors this text. Although a scholarly work, it is a very readable and fascinating account of the scientific relationship between certain forms of mental disorder and creativity. Again, Jamison is a gifted writer.
4. Hinshaw, S. P. (2002). *The Years of Silence are Past: My Father's Life with Bipolar Disorder*. Berkeley, CA: University of California.  
Psychologist Stephen Hinshaw recalls his childhood, adolescence and adulthood as the son of a father with bipolar disorder. Woven into this memoir is historical information regarding the diagnosis and treatment of severe mental disorder across the decades of his father's life.
5. E. Fuller Torrey. (1997). *Out of the Shadows: Confronting America's Mental Illness Crisis*. New York: John Wiley & Sons.  
E. Fuller Torrey, a psychiatrist and brother of a woman with schizophrenia, authors this nonfiction report on the inadequate, and tragic, state of the mental health system currently in America. This is a well-documented and very readable text.
6. Rowe, M. (1999). *Crossing the Border: Encounters between Homeless People and Outreach Workers*. Berkeley, CA: University of California Press.  
This text is the result of a study examining the outreach of social service workers to homeless members of our society. It describes the complex interactions between these two groups of people, and the nature of social marginalization.
7. Carlson, D. L. (1994). *Why Do Christians Shoot Their Wounded? Helping (Not Hurting) Those with Emotional Difficulties*. Downers Grove, IL: InterVarsity.  
Dr. Carlson is a psychiatrist who describes the stigma of mental illness among Christians in this text. He then presents research literature which points to the biological nature of mental illness and offers strategies by which the Church can help, and not hurt, its members who suffer with these disorders.
8. Andreasen, N. C. (2001). *Brain New Brain: Conquering Mental Illness in the Era of the Genome*. New York: Oxford University Press.  
Dr. Andreasen is a neuroscientist whose text examines our current understanding of the brain. She describes new technologies in both brain imaging and genome mapping which have significant potential to expanding our understanding of the etiology, diagnosis, and treatment of various brain disorders.