



MENTAL HEALTH BOOK REFERENCES

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GOOD BOOKS ABOUT ANXIETY

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GOOD BOOKS ABOUT BIPOLAR DISORDER

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GOOD BOOKS ABOUT DEPRESSION

- Beck, A. T. and Rush, J. (1979). Cognitive Therapy for Depression.
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GOOD BOOKS ABOUT THOUGHT DISORDERS AND SCHIZOPHRENIA

- Ascher-Svanum, H. & Krause, A. (1991). Psychoeducational groups for patients with Schizophrenia: A guide for practitioners. Gaithersburg, MD: Aspen Publishers.
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GOOD BOOK ABOUT INTELLECTUAL DISABILITY AND MENTAL HEALTH DISORDERS

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