

What You Need to Know...



Depression Bibliography

Books on Depression

On the Edge of Darkness: Conversations About Conquering Depression, Kathy Cronkite

Willow Weep for Me: A Black Women's Journey Through Depression, Meri Nana Danquah

You Can Beat Depression: A Guide To Recovery, John Preston, PsyD

The Depression Workbook: A Guide to Living with Depression and Manic Depression,

M.E. Copeland and M. McKay

You Are Not Alone: Words of Experience and Hope for the Journey Through Depression,

Julia Thorne

Undercurrents, Martha Manning

Growing Up Sad: Childhood Depression and Its Treatment,

Leon Cytryn, M.D. and Donald McKnew, M.D.

Books on Bipolar Disorder (Manic Depression)

On the Edge of Darkness: Conversations About Conquering Depression, Kathy Cronkite

A Brilliant Madness: Living with Manic Depressive Illness, Patty Duke and G. Hochman

The Depression Workbook: A Guide to Living with Depression and Manic Depression,

M.E. Copeland and M. McKay

Mood Swings: The Third Revolution in Psychiatry, Fieve, William Morrow

Touched With Fire: Manic Depressive Illness and the Artistic Temperament,

Kay Redfield Jamison

For More Information:

For a free and confidential mental health screening, go on-line to www.mhacolorado.org.