



Recommended Reading

Book Title	Author	Review
Heartbeats of Hope: The Empowerment Way to Recover Your Life	Daniel Fisher, MD, PhD	<p>In his own words <i>"This book is about the theme raised in this lovely description (Heartbeats of Hope) of the importance of love."</i></p> <p>Daniel Fisher is a practicing psychiatrist in USA. He writes from his own, and other people's, lived experience of mental distress and their recovery. Daniel is the originator of the Emotional CPR course which, at its core, is a form of emotional heart-to-heart resuscitation.</p>
Resilience	Anne Deveson	<p><i>"Compellingly full of the power of hope in the face of life's vicissitudes - resilience as a celebration of life".</i> Tim Costello.</p> <p>Anne is a former journalist who writes from her personal insights into people who have faced suffering. Her own son, Jonathan, was diagnosed with schizophrenia at the age of 17 and took his own life at age 24. Anne talks about his life and even with his struggles, his resilience throughout his short life. As Anne says <i>"There are no experts. People do the best they can."</i></p>
Healing Schizophrenia: Using Medication Wisely	John Watkins	<p>John Watkins has practiced in Australia as a Mental Health Counsellor and Educator for more than thirty years. Associate Professor Bill Healy says <i>"This book is a brilliant guide to anti-psychotic medication for mental health consumers, their families and carers and health professionals."</i></p>

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Dying for a Cure: A memoir of antidepressants, misdiagnosis and madness	Rebekah Beddoe	<p>Foreword by Dr Jon Jureidini, Adelaide, 2006 <i>"When Rebekah Beddoe became distressed as a new mother, her GP handed her a trial pack of Zoloft, an antidepressant and unwittingly directed her down a path towards madness."</i></p> <p>This book is a powerful memoir of the nightmarish three years Rebekah endured as she was repeatedly misdiagnosed only to realise that her medication was the cause of her mental deterioration.</p>
End The Struggle and Dance With Life	Susan Jeffers PhD	<p><i>"Dancing with life is moving into the flow of our experiences - good or bad - with a feeling of harmony, trust, gratitude and love."</i></p> <p>Susan Jeffers</p>
A Head Full of Blue	Nick Johnstone	<p>When Nick got drunk for the first time he discovered a cure for the depression and anxiety that had been humming in his head since childhood.</p> <p>Over the next ten years he drank to overcome shyness, to make the world bearable, to get through the days and to get through the nights. Intelligent, sensitive, from a loving family, he could not understand where his disorders came from and neither could his countless doctors, psychiatrists, counsellors and therapists.</p> <p><i>"I saw the psychiatrist once a fortnight. Every appointment was a replay of the first. As I walked from my room to the medical centre, I rehearsed speeches that I never go to say. Each meeting was short and procedural. At our last appointment before the end of term I turned up with cuts on my left wrist. When we sat down he began - as always - by asking me how I was doing. I rolled up my shirt sleeve and said, 'This is how I'm doing. There's no other way to explain it.' He opened his book of medicines and said, 'I see.' Minutes later he wrote out another prescription, putting me on an even higher dose."</i></p>

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Alone by myself (The moving diary of a teenager who lost the battle with depression)	Melanie Woss	<p>In 1989 Melanie Woss took her own life. It seems not a lot has changed since then in terms of suicide rates.</p> <p>"There is no doubt that Melanie was an exceptional writer with the ability to capture the inner turmoil of depression, as well as the great joy she found in life. She gives us a sense of what it's like to be filled with potential, to have an abundance of intelligence and ability, and yet not be able to cope with life. Melanie's gift to the future was that she expressed with such clarity how she felt about her world." Shirley McKinnon</p> <p><i>"What have I done. I am so far away from you all. My life is covered with a black plastic doily and you are all blurred, your voices, your touch. Like the rain blurs the colour from my life. I think I'm going mad. A crazy child who writes her madness down. Someone's playing space invaders inside my head. Each bullet severs a brain connection. The system is about to crash. Invalid data. Invalid calculations. I'm scared, so scared and there's nowhere to turn and nowhere to hide."</i> Melanie Woss</p>
Power Over Panic Freedom from Panic/Anxiety Related Disorders	Bronwyn Fox	<p>Bronwyn Fox writes with authority having suffered from panic disorder/agoraphobia herself for four years. Following her recovery she helped thousands of people throughout Australia overcome their anxiety disorders.</p> <p><i>"When I first read this book I felt such a tremendous sense of relief and joy. I wasn't mad, I wasn't imagining it, I was definitely not a drama queen, I wasn't alone. I had been suffering from an anxiety disorder for over twenty years. I'd been put on various tranquillisers and sleeping pills. Now I'm pleased to say that with appropriate therapy in the form of cognitive behavioural techniques, relaxation, various forms of exposure and most importantly cognitive restructuring, people can recover. I can testify to this fact."</i> Garry McDonald</p>

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I'd Rather Laugh (How To Be Happy Even When Life Has Other Plans For You)	Linda Richman	<p><i>"And then I suddenly felt funny. My head went light. I couldn't breathe. It got scary. I was dying and I knew it. I jumped into a cab. If I was gonna die, I was gonna die at home. A doctor was summoned. He came to the conclusion that I was in a hysterical state - a medical genius! - and injected me with a tranquilizer. For the next three days I slept. When I woke up I was still shaky and weak and still right on the edge of panic. I felt that way for the next eleven years during which I never left that apartment."</i></p> <p>Linda tells you about her healing - how the process slowly revealed itself and how she has used it to heal others. She learned that we can withstand a lot of pain and loss and not just survive but rise above it - no matter how sad you are today, happiness and laughter and even joy are still distinct possibilities. Everything important is in our control. Everything necessary is ours to decide. It's work. But it's all there, waiting for us to make up our minds.</p> <p>Linda writes with humour and just happens to be the mother-in-law of comedian Mike Myers.</p>