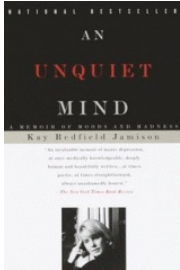


BKLYN: Mental Health Nonfiction Titles

This booklist features nonfiction titles where authors describe their struggles with mental health and how they overcame/or continue to overcome it each day. "The world breaks everyone and afterward many are strong at the broken places." - Ernest Hemingway.

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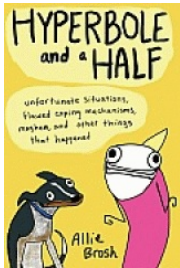
An unquiet mind

Kay Redfield Jamison.



Reasons to stay alive

Matt Haig.



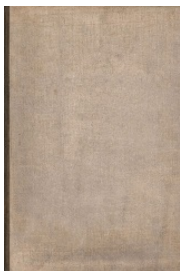
Hyperbole and a half

Allie Brosh.



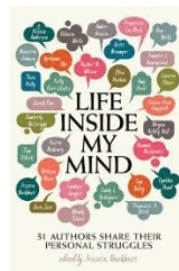
Reasons to stay alive [electronic resource].

Haig, Matt.



Brave face : a memoir

Hutchinson, Shaun David, author.



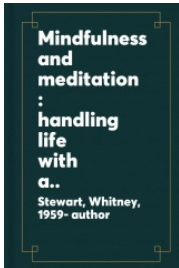
Life inside my mind [electronic resource] : 31 authors share their personal struggles.

Burkhart, Jessica.

BKLYN: Mental Health Nonfiction Titles

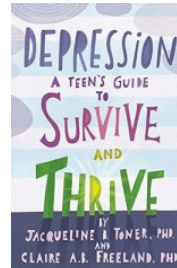
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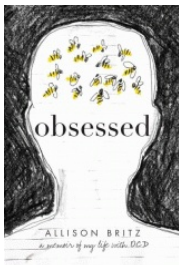
Mindfulness and meditation : handling life with a calm and focused mind

Stewart, Whitney, 1959- author.



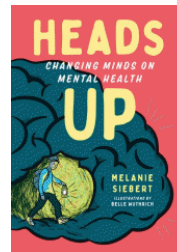
Depression

by Jacqueline B. Toner, PhD and Claire A.B. Freeland, PhD.



Obsessed : a memoir of my life with OCD

Britz, Allison, author.



Heads up : changing minds on mental health

Siebert, Melanie, author.