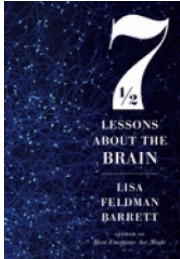


# Books about the Mind and Mental Health

These books were purchased with funds from a Libraries Transforming Communities: Focus on Rural and Small Libraries grant, for a community discussion program focused on the mind and mental health.

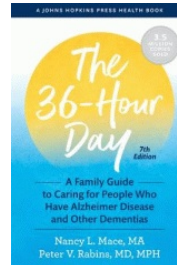
Created by Terri Foster

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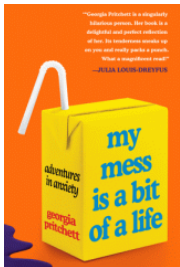
## Seven and a half lessons about the brain

Lisa Feldman Barrett.



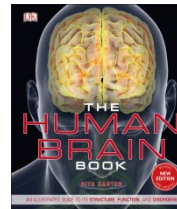
## The 36-hour day

Nancy L. Mace, MA, Peter V. Rabins, MD, MPH.



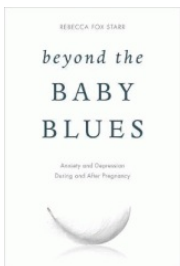
## My mess is a bit of a life

Georgia Pritchett.



## The human brain book

Rita Carter, Susan Aldridge, Martyn Page, Steve Parker.



## Beyond the baby blues

Rebecca Fox Starr.



## Stuff

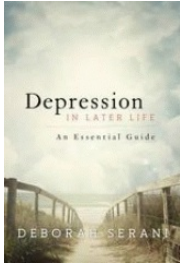
Randy O. Frost and Gail Steketee.

# Books about the Mind and Mental Health

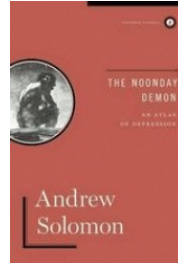
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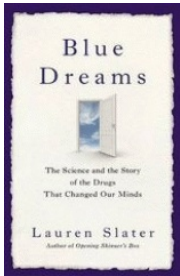
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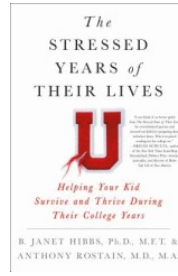
**Depression in later life**  
Deborah Serani.



**The noonday demon**  
Andrew Solomon.



**Blue dreams**  
Lauren Slater.



**The stressed years of their lives**  
B. Janet Hibbs, Ph.D., and Anthony Rostain, M.D.