



Reader Recommended Reading List

Disclaimer: Readings represent a diverse range of opinions on mood disorders. The MDSC does not necessarily support or endorse the books and/ or the opinions expressed in any of these publications. We encourage you to apply critical thinking in evaluating your readings and work collaboratively with your health care providers prior to making decisions which impact treatment

Relaxation & Massage

A Little Relaxation:

Dr Saul Miller - Hartley & Marks Publ (1990) - book

Art of Breathing, The (improving performance & well-being):

Nancy Zi -Bantam (New Age) Books (1986) - book

Beyond the Relaxation Response (a stress reduction program):

H Benson MD -Berkley Books (1985) book

Book of Massage (The) - Guide to East & West Techniques:

Lidell et al - Simon & Shuster/GAIA (1984) book

Chi Self-Massage (Taoist Way of Rejuvenation):

Mantak Chia - Healing Tao Books (1986) book

Massage Techniques:

D Baloti Lawrence - Perigee Book/Putnam Publ (1986) book

Sound Health (music & sounds that heal):

Halpern & Savary - Harper & Row (1988) book

Letting Go of Stress (a guided meditation):

Emmett Miller/Halpern - Source Cass/Halpern Sounds (1980) tape

Reduce Stress (learn to cope with life's frustrations):

Dr David Illig - Success World (1985) tape

Relaxation (subliminal persuasion series):

Potentials Unlimited - Cassettes Concepts Ltd (1994) tape

Stress Control (create an inner calm) – subliminal:

Bright Images - Escott International (1987) tape

Massage for Health (featuring Shari Belafonte-Harper):

J Irola, Dir BFS Video/Healing Arts (1988) video

Inspirational – Mind, Body and Soul

Minding the Body & Mending the Mind:

Jan Borysenko (HMS) - Addison-Wesley (1987) book

Mythic Journey (Your) - finding meaning in life:

Keen & Valley-Fox - St Martin's Press/Tarcher Inc (1989) book

Being Happy: Andrew Mathews - Price Stern Sloan Inc (1990) book

Quantum Healing (mind/body medicine): Deepak Chopra MD – Bantam (1990) book

Staying OK: Harris MD et al - Avon Books (1985) book

Book (The) - on the Taboo against knowing who you are:

Alan W. Watts - Audio Renaissance Tapes Inc 1990) tape

Calling it a Day - daily meditations for workaholics:

Rbt Larranaga - Harper & Row (1990) tape

Greatest Miracle in World(The) - message of hope & inspiration:

Og Mandino - Bantam Audio Cassette (1989) tape

Holy Instant (The) - Guided Experiences - A Course in Miracles:

Halpern & Hutchinson - Miracle Distribution Centre (1986) tape

Imagination's Door (Affirmations of Health, Light & Love):

Jones & Cutler - Eastern Gate Publ Inc.(1980) tape

Search for Serenity (Through a Course in Miracles):

Taylor-Young/ Whiteside-Woo – Serenity (1985) tape

Showing Love(Loving, Growing & Caring) - subliminal sounds/medns:

Bright Images - Escott International (1987) tape

Time Out - daily devotions for workaholics: Hurst et al - Thos Nelson Publ (1991) tape

You'll See It When You Believe It (Way to Personal Transformation):

Dr Wayne W Dyer - Nightingale-Conant Audio (1989) tape

Behaviours, Sleep, Moods and Emotions

ANGER: Carol Travis - Simon & Schuster (1983) book

Obsessional States: HR Beech, Ed - Methuen & Co/Harper & Row (1974) book

Obsessive Compulsive Disorder:

A Guide: JH Greist MD - Anxiety Dis Ctr Un of Wisconsin (1989) book

Overcoming Frustration and Anger: Paul A. Hauck - Westminster Press (1974) book

Self-Defeating Behaviors: Cudney & Hardy - Harper Collins Publ (1991) book

It's Not What You're Eating, It's What's Eating You:

Janet Greeson - Simon & Schuster Audio (1993) tape

Anxiety States - Anxiety Neuroses, a review:

Marks & Lader - JNL Nerv Mental Diseases (1973) art

Sleep Deprivation-Psych aspects: mood-elevating effects in depression - Germiné & Wehr - Jnl of Am Med Assocn (may/92) art

Sleep Deprivation-Therapeutic Timing of partial sleep deprivation in depression: Henner Giedke - Jnl Am Med Assn/ex Jnl Aff Dis (dec/92) art

Meditation

Going Within (A guide for Inner Transformation):

Shirley MacLaine - Bantam Books (1989) book

How to Meditate (the acclaimed guide to self-discovery):

Lawrence LeShan - Bantam Books (1986) book

MANTRAM Handbook (Blue Mountain Centre of Meditation):

Eknath Easwaran - Routledge & Kegan Paul (1977) book

Transformation, formulas for (a Mantram handbook):

Eknath Easwaran - Nilgiri Press (1985) book

Angels of Color & Sound (a guided meditation):

Jones & Cutler - Eastern Gate Publ Inc.(1980) tape

Anxiety Free Living (subliminal sounds/meditations):

Bright Images - Escott International (1987) tape

Channeling Your Higher Self:

Edgar Cayce Library - Thurston & Ross Audio - Ren/St.Martin's Press (1988) tape

Christian Meditation, an introduction:

Dom John Main - The Benedictine Priory (1981) tape

Discovering Your Life's Purpose (with meditation exercises):

Marcia Perkins-Reed - Hay House Audio (1991) tape

Healing Journey (a guided meditation): Emmett Miller/Raphael – Source (1980) tape

How to Meditate (classic meditation techniques):

Lawrence LeShan - Audio Renaissance (1987) tape

Infinite Directions (guided meditations): Jones & Cutler - Alex Jones (1983) tape

Inward Harmony (guided meditation with relaxation music):

Marcey - Music by Marcey (1986) tape

Joy of Stress Power Nap (guided meditation/relaxation):

Peter Hanson MD - Andrews,McMeel & Parker Audio (1986) tape

Lighting The Path (meditations on the twelve steps):

Melody Beattie - Simon & Schuster (1992) tape

Meditation (Edgar Cayce Library):

Thurston & Ross - Audio Ren/St.Martin's Press (1988) tape

Mirror of Love (guided meditations): Alex Jones - Eastern Gate Publ (1989) tape

Secret of Letting Go (The): Guy Finley - Nightingale-Conant Audio (1991) tape

Self Image (subliminal sounds & meditations):

Bright Images - Escott International (1982) tape

TAO of Being (adapted for a New Age from Lao Tzu's Tao Te Ching):

Ray Grigg - Humanics (New Age) Limited (1990) tape

Way of ZEN (The) - on peace and enlightenment:

Alan W. Watts/R Blum - Audio Renaissance (1989) tape

Psychiatry

An Outline of Modern Psychiatry (2nd Edition):
Jennifer Hughes - John Wiley & sons (1986) book

Organic Psychiatry: Reid - Bruner Mazel Inc (1989) book

Personality Disorder & Psych Approach - Clinical Management:
Turkat, Ira, Daniel - Perrgamon Press (1990) book

Treatment of Psychiatric Disorders: Cleckley - C.V. Mosby Co.(1976) book

Mask of Sanity (The): Cutting - British Jnl Psychiatry (1980) art

Depression - Manifestations, Disorders & Biochemistry

Depression & Mania: Drs Georgotas & Cancro - Elsevier Science Publ Co Inc (1988) book

Bipolar Affective Disorder – in eating disorder patients:
Simpson et al - Jnl Nervous & Mental Diseases (nov/92) (1992) art

Calcium 2nd Messenger System in bipolar disorders - New Research Directions:
Dubovsky, MD et al - Jnl Neuropsychiatry & Clinical Neuroscience (1992) art

Generation of Stress in the Course of Unipolar Depression:
Psych LIT Database(APA) - Jnl Abnormal Psychology (nov/91) art

Melatonin and Cortisol Levels in Mania & Depression:
PsycLIT Database(APA) - Jnl Nervous & Mental Disease (May/89) art

Neurodevelopmental Aspects of Bipolar Affective Disorder:
Edited by Henry A Nasrallah - Biol Psychiatry (1991) art

Sensation Seeking & Bipolar Affective Disorder:
Cronin et al – Personality & Individual Differences (mar/92) art

Bipolar Disorder: Epidemiology, course, diagnosis, & treatment:
Keller & Baker - Bipolar Disorders/Menniger Fdn (1991) bul

Depressive Illness - a guide for Patients & Families (2nd edn):
Thompson et al - Clarke Institute of Psychiatry (1987) bul

Manic-Depressive Illness - a guide for patients & families(2nd):
Thompson et al - Clarke Inst of Psychiatry

Drugs & Medications

Prescription Drugs & Nutrition: E Somer MD - RN Garrison Publ (HMAI) (1986) book

Prozac (Questions & Answers): Dr Ronald R Fieve MD - Avon Books (1994) book

Psychiatric Drugs (a Consumer Guide): Yudofsky et al - Ballantine Books (1991) book

Alternatives.. Lithium: Preventive Treatment ..Bipolar Disorder:
Prien & Gelenberg - AM Jnl Psychiatry (jul '89) art

Biochemistry of Affective Disorders:
Donald Eccleston (RVI) - Br Jnl of Hosp Medicine (jun/92) art

Dopamine - Abnormalities (in Schizophrenia: a review ..):
Davis et al - -Am Jnl of Psychiatry (nov/91) art

Dopamine - Evaluation (...effect in restless legs..):
Scheele & Kempf - Archives of Neurology (v47) (nov/90) art

Dopamine - Metabolism: CNS serotonin & dopamine – metabolism:
Tanii et al - Archives of Toxicology (v64) (apr/90) art

Dopamine - Physiological Aspects - catecholamine excretion...:
Young et al - Am Jnl of Clinical Nutrition (nov/92) art

Dopamine Receptors - ..drugs on: Clozapine, SPET, D2 DRBH...:
Pilowsky et al - The Lancet (jul/92) art

Dopamine Receptors -ID: pharmacology: the dopamine connection:
Solomon H Snyder - Nature (sep/90) art

Dopamine Receptors - Physio - cardio - pharmacology.. Ibopamine:
Lokhandwala & Hedge - Am Jnl of Medicine (may/91) art

Dopamine - Research:receptor gene - dopamine & link – alcoholism:
Nazario - Wall Street Jnl (apr/90) art

Drug Treatment of the Personality Disorders: Geo Stein - Br Jnl of Psychiatry (1992) art

Drugs vs. the Couch - "biopsychiatry": David Gelman - Newsweek (mar/90) art

Paroxetine - selective serotonin reuptake inhibiting antidepressant:
Caley & Weber - Annals of Pharmacotherapy (oct/93) art

Paroxetine, sertraline & fluvoxamine: new SSRI's:
Grimsley & Jann - Clinical Pharm: Drug Reviews (nov/92) art

Promise of Prozac - a breakthrough Drug for Depression:
Cowley et al - Newsweek (mar/90) art

Psychopharmacology - Affective Disorders (Br Assocn ..Monograph):
Paykel & Coppen - Oxford Un Press/BAP (1979) art

Schizophrenia - a new drug brings patients back to life:
Wallis & Willwerth - Time (jul/92) art

Selective Serotonin Reuptake Inhibitors (SSRIs) - a comparison:
Belanger et al - NEW DRUGS (Ont Coll Pharm) (sep-oct/93) art

Selective Serotonin Reuptake Inhibitors - depression - profile...:
Drolet & Tierney - Ott Valley Regional Drug Info Serv (may/93) art

SERTRALINE (ZOLOFT), a drug profile:
Pfizer Canada Inc - Ott Valley Regl Drug Info Serv (may/92) art

Suicides & Parasuicides - high-risk patient group..lithium medcn:
Muller-Oerlinghausen et al - Jnl Affective Disorders (1992) art

Thyroid Abnormalities - Lithium & Carbamazepine (Tegretol) Treatment:
Bochetta et al - Acta Psychiatrica Scandinavica (jul/92) art

Lithium Pharmacokinetics:
Drs Goodnick & Schorr-Cain - Psychopharmacology Bul/Queen's U (1991) bul

Monographs: Clinical Pharmacology Psychotherapeutic Drugs:
Hollister Churchill Livingstone (1978) bul

SSRIs - practice vs theory:
Carol Repchinsky, Ed - ECHO (Ott Val Regl Drug Inf) (Sep-Oct/93) bul