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:

Chi Self-Massage (Taoist Way of Rejuvenation):

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

Sound Health (music & sounds that heal):

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


*Quantum Healing (mind/body medicine):* Deepak Chopra MD – Bantam (990) 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


*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


Obsessive Compulsive Disorder:


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 - Germine & Wehr - Jnl of Am Med Asscn (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):

How to Meditate (the acclaimed guide to self-discovery):
Lawrence LeShan - Bantam Books (1986) book

MANTRAM Handbook (Blue Mountain Centre of Meditation):

Transformation, formulas for (a Mantram handbook):

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:**

**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):**

**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)*:

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

**Personality Disorder & Psych Approach - Clinical Management**:


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

**Depression - Manifestations, Disorders & Biochemistry**


*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


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