

Mental Health Awareness Month
Adult Nonfiction Titles

- 1. The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma**
by Bessel A. Van der Kolk
Bessel A. Van der Kolk, an expert on traumatic stress outlines his own take on healing, explaining how traumatic stress affects brain processes and how to use innovative treatments to reactivate the mind's abilities to trust, engage others and experience pleasure.
- 2. Burnout: The Secret to Unlocking the Stress Cycle** by Emily Nagoski
The best-selling author of *Come as You Are* reveals why women experience burnout differently than men, outlining science-based recommendations for reducing stress, resisting negative media, and befriending one's inner critic.
- 3. The Hilarious World of Depression** by John Moe
The host of the podcast The Hilarious World of Depression offers a moving portrait of what it means to be depressed.
- 4. Life in Five Senses: How Exploring the Senses got Me Out of my Head and Into the World**
by Gretchen Rubin
Drawing on innovative science, philosophy, literature, and her own efforts to practice what she learns, Rubin offers profound insights and practical suggestions for heightening our senses and using our powers of perception to live richer lives.
- 5. Permission to Come Home: Reclaiming Mental Health as Asian Americans** by Jenny T. Wang
Weaving her own personal narrative as a Taiwanese American and insights as a clinician with evidence-based tools, Wang offers readers permission to embrace their mental and emotional self-care while understanding and honoring the richness of their heritage.
- 6. Self-Care for Latinas** by Raquel Reichard
This life-altering guidebook provides 150 exercises designed specifically to help Latinas make the radical decision to prioritize their wellness, both physically and mentally.
- 7. Self-Care for People with ADHD: 100+ Ways to Recharge, De-Stress, and Prioritize You!**
By Sasha Hamdani
When you have ADHD, it can be hard to stay on top of your wellness. *Self-Care for People with ADHD* is here to help! This book can help you engage in some neurodiverse self-care without pretending to be neurotypical. You will find more than one hundred tips to accepting yourself, destigmatizing ADHD, finding your community, and taking care of your physical and mental health.
- 8. The Unapologetic Guide to Black Mental Health** by Rheeda Walker
There is an unaddressed Black mental health crisis in our world today. In *The Unapologetic Guide to Black Mental Health*, Walker offers a comprehensive guide to help African Americans combat stigma, increase awareness around mental illness, practice emotional wellness, and get the best care possible for Black people in an unequal system.