

20 in 2020: Read a book with a mental health theme

Below are recommendations for books with a mental health theme. Find one that interests you and check it out!

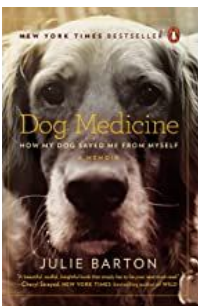


The Collected Schizophrenias

By Esmé Weijun Wang

Genre: Nonfiction

Descriptors: Autobiography; Mental health diagnosis; Schizophrenia; Dispelling misconceptions; High fashion

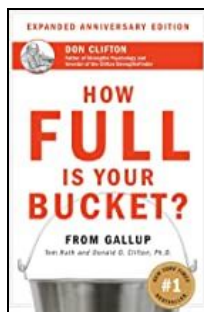


Dog Medicine

By Julie Barton

Genre: Nonfiction

Descriptors: Autobiography; Depression; Suicidal thoughts; Human-animal relationships; Moving

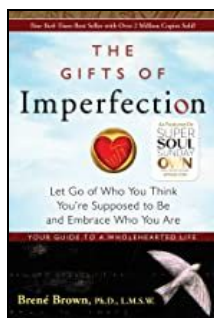


How Full Is Your Bucket?

By Tom Rath

Genre: Nonfiction

Descriptors: Positive psychology; Success; Workplace morale; Mindset; Grandfather-grandson team



The Gifts of Imperfection

By Brené Brown

Genre: Nonfiction

Descriptors: Self-acceptance; Transformation; Identity; Change psychology; Shame; Authenticity





Love Warrior

By Glennon Doyle

Genre: Nonfiction

Descriptors: Autobiography; Infidelity; Divorce; Alcoholism; Bulimia; Personal conduct; Self-discovery; Healing; Vulnerability

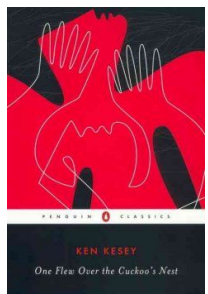


Maybe You Should Talk to Someone

By Lori Gottlieb

Genre: Nonfiction

Descriptors: Autobiography; Psychotherapists and patients; Behind the scenes; Universal struggles; Candid

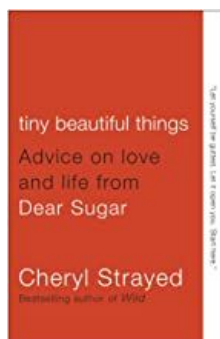


One Flew Over the Cuckoo's Nest

By Ken Kesey

Genre: High School Fiction

Descriptors: Psychiatric hospital; Nurses and patients; Unreliable narrator; Native American men; Pacific Northwest; Modern classic; Book to movie

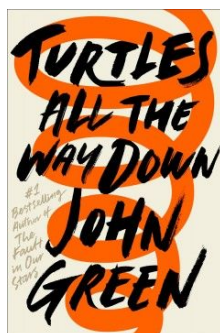


Tiny Beautiful Things

By Cheryl Strayed

Genre: Nonfiction

Descriptors: Advice column; Interpersonal relationships; Intersectionality; Personal conduct; Moving; Inspiring



Turtles All the Way Down

By John Green

Genre: High School Fiction

Descriptors: Introspective; Obsessive-compulsive disorder; Anxiety disorder; Friendship; Missing person; Fugitives; High school girls

