

Feel free to visit our catalog as titles are constantly changing or to view materials available at other libraries.



<https://lincolnpark.aspendiscovery.org>



Mental Health Reads



Lincoln Park Public Library

	<p>Kathleen Skrobala, RN, BSN, MA, HO Public Health Nurse / Health Officer</p> <p>Email: kathys@bolp.org (973) 694-6100 ext. 2036 • (973) 270-2036 (973) 270-2040 • Fax: (973) 270-2041</p>
<p>Borough of Lincoln Park www.lincolnpark.org 34 Chapel Hill Road Lincoln Park, New Jersey 07035-1939</p>	
	<p>Maria Moeller, CMR Certified Municipal Registrar Lincoln Park Health Department Notary Public</p> <p>Email: mmoeller@bolp.org (973) 270-2040 • Fax: (973) 270-2041</p>
<p>Borough of Lincoln Park 34 Chapel Hill Road Lincoln Park, New Jersey 07035 www.lincolnpark.org</p>	

Created 4/2022

**12 Boonton Turnpike
Lincoln Park, NJ 07035**

973-694-8283

**Hours of Operation
Monday-Thursday 10-8
Friday 10-6
Saturday 10-2**

Adult Non-Fiction

*Physical book may be available from another library

- Why is God laughing? : the path to joy and spiritual optimism
- Herbs and crystals DIY : use plant medicine and crystal energy to heal the mind and body
- Mindfulness, acceptance, and positive psychology : the seven foundations of well-being
- Mindfulness, Day by Day : How to find peace in the present moment
- Emotional detox : 7 steps to release toxicity and energize joy
- What makes your brain happy and why you should do the opposite
- Unwinding anxiety : new science shows how to break the cycles of worry and fear to heal your mind
- The worry cure: seven steps to stop worrying from stopping you
- Big magic : creative living beyond fear
- The 7 laws of magical thinking : how irrational beliefs keep us happy, healthy, and sane
- The wisdom of psychopaths : what saints, spies, and serial killers can teach us about success
- Burnout : the secret to unlocking the stress cycle
- Option B : facing adversity, building resilience, and finding joy
- Infinite possibilities : the art of living your dreams
- Hardwiring happiness : the new brain science of contentment, calm, and confidence
- Unlimited : how to build an exceptional life
- Happy at last : the thinking person's guide to finding joy
- The happiness track : how to apply the science of happiness to accelerate your success
- The Greatest Secret
- Find your mantra : inspire and empower your life with 75 positive affirmations

Adult Non-Fiction

*Physical book may be available from another library

- You are not your brain : the 4-step solution for changing bad habits, ending unhealthy thinking, and taking control of your life
- Search inside yourself : the unexpected path to achieving success, happiness, (and World peace)
- Heal your inner wounds : how to transform deep emotional pain into freedom & joy
- This messy magnificent life : a field guide
- 10% happier : how I tamed the voice in my head, reduced stress without losing my edge, and found self-help that actually works : a true story
- Mindfulness for beginners : reclaiming the present moment-- and your life
- Llewellyn's complete book of mindful living : awareness and meditation practices for living in the present moment
- Aware : the science and practice of presence : the groundbreaking meditation practice
- Bliss more : how to succeed in meditation without really trying
- The mindful day : practical ways to find focus, calm, and joy from morning to evening
- Social intelligence [large print] : the new science of human relationships
- The gaslight effect : how to spot and survive the hidden manipulation others use to control your life
- I've been thinking... : reflections, prayers, and meditations for a meaningful life
- The urban monk : eastern wisdom and modern hacks to stop time and find success, happiness, and peace
- A religion of one's own : a guide to creating a personal spirituality in a secular world
- The mind connection : how the thoughts you choose affect your mood, behavior, and decisions

Adult Non-Fiction

***Physical book may be available from another library**

- Seize the day : living on purpose and making every day count
- Empty out the negative : make room for more joy, greater confidence, and new levels of influence
- Living beyond your feelings : controlling emotions so they don't control you
- Worry-free living: trading anxiety for peace
- Why Buddhism is true : the science and philosophy of meditation and enlightenment
- What makes love last? : how to build trust and avoid betrayal
- Transgender children and youth : cultivating pride and joy with families in transition
- Everything you ever wanted to know about trans (but were afraid to ask)
- What makes a marriage last : 42 celebrated couples share the secrets to a happy life together
- The good divorce : how to walk away financially sound and emotionally happy
- The Good Karma Divorce: Avoid Litigation, Turn Negative Emotions into Positive Actions, and Get On with the Rest of Your Life
- The unexpected journey of caring : the transformation from loved one to caregiver
- Deep medicine : how artificial intelligence can make healthcare human again
- The price of silence : a mom's perspective on mental illness
- Girl, interrupted
- Trust first : a true story about the power of giving people second chances
- Dangerous instincts : how gut feelings betray us
- The new social story book

Adult Non-Fiction

***Physical book may be available from another library**

- Natural causes : an epidemic of wellness, the certainty of dying, and killing ourselves to live longer
- The secret life of the mind : how your brain thinks, feels, and decides
- My plastic brain : one woman's yearlong journey to discover if science can improve her mind
- Think and eat yourself smart : a neuroscientific approach to a sharper mind and healthier life
- Self-care for moms : 150 real ways to care for yourself while caring for everyone else
- Meditate your weight : a 21-day retreat to optimize your metabolism and feel great
- Brain wash : detox your mind for clearer thinking, deeper relationships, and lasting happiness
- Essential oils for mindfulness and meditation : relax, replenish, and rejuvenate
- How to change your mind : what the new science of psychedelics teaches us about consciousness, dying, addiction, depression, and transcendence
- Conquer chronic pain : an innovative mind-body approach
- It's not all in your head : anxiety, depression, mood swings, and multiple sclerosis
- This is your brain on food : an indispensable guide to the surprising foods that fight depression, anxiety, PTSD, OCD, ADHD, and more
- Brain on fire : my month of madness
- Finding peace amid the chaos : my escape from depression and suicide
- 8 keys to end emotional eating
- Welcome to my breakdown : a memoir
- The disappearing girl : learning the language of teenage depression

Adult Non-Fiction

*Physical book may be available from another library

- Will I ever be good enough? : healing the daughters of narcissistic mothers
- I forgot to remember : a memoir of amnesia
- Sybil Exposed : the extraordinary story behind the famous multiple personality case
- If your adolescent has an eating disorder : an essential resource for parents
- 50 more ways to soothe yourself without food
- The valedictorian of being dead : the true story of dying ten times to live
- A mind of your own : the truth about depression and how women can heal their bodies to reclaim their lives : featuring a 30-day plan for transformation
- The trauma of everyday life
- Moody bitches : the truth about the drugs you're taking, the sleep you're missing, the sex you're not having, and what's really making you crazy
- Demon camp : a soldier's exorcism
- My age of anxiety : fear, hope, dread, and the search for peace of mind
- The autistic brain : thinking across the spectrum
- The disordered mind : what unusual brains tell us about ourselves
- Nutrition essentials for mental health : a complete guide to the food-mood connection
- Infectious madness : the surprising science of how we "catch" mental illness
- The 30-day sobriety solution : how to cut back or quit drinking in the privacy of your own home
- What happened to you? : conversations on trauma, resilience, and healing

Adult Non-Fiction

*Physical book may be available from another library

- A mindful nation : how a simple practice can help us reduce stress, improve performance, and recapture the American spirit
- Cognitive behavioural therapy
- The best kind of different : our family's journey with Asperger's syndrome
- Finding your way through cancer : an expert cancer psychologist helps patients and survivors face the challenges of illness : based on the author's pioneering work with more than 7,500 patients
- Healing your grieving heart after a cancer diagnosis : 100 practical ideas for coping, surviving, and thriving
- Overcoming ADHD : helping your child become calm, engaged, and focused-- without a pill
- Girls growing up on the autism spectrum : what parents and professionals should know about the pre-teen and teenage years
- We've got issues : children and parents in the age of medication
- 8 keys to parenting children with ADHD
- They'll never be the same : a parent's guide to PTSD in youth
- Mindfulness for chocolate lovers : a lighthearted way to stress less and savor more each day
- The iConnected parent : staying close to your kids in college (and beyond) while letting them grow up
- Let it go : downsizing your way to a richer, happier life
- How to talk so kids will listen & listen so kids will talk
- The pregnancy primer : the expectant mother's guide to all 9 months
- How to raise a boy : the power of connection to build good men
- The connected child : bring hope and healing to your adoptive family

Adult Non-Fiction

***Physical book may be available from another library**

- Thrive : the third metric to redefining success and creating a life of well-being, wisdom, and wonder
- It's always personal : emotion in the new workplace
- Craftfulness : mend yourself by making things
- The true secret of writing : connecting life with language
- Lessons from Lucy : the simple joys of an old, happy dog
- Why be happy when you could be normal?
- Bringing Mulligan home : the other side of the good war
- The dangerous case of Donald Trump : 27 psychiatrists and mental health experts assess a president
- Let the tornado come : a memoir
- The Kevin show : an Olympic athlete's battle with mental illness
- A common struggle : a personal journey through the past and future of mental illness and addiction
- Heart berries : a memoir
- Healing children : a surgeon's stories from the frontiers of pediatric medicine
- Monkey mind : a memoir of anxiety
- Tiny habits [large print] : the small changes that change everything
- God is not mad at you [large print] : you can experience real love, acceptance & guilt-free living
- The book of joy [large print] : lasting happiness in a changing world
- The complete mental health directory : a comprehensive source book for individuals and professionals.

Adult Fiction

***Physical book may be available from another library**

- Awayland : stories
- Ausubel, Ramona
- Pulse
- Francis, Felix
- Watching you : a novel
- Jewell, Lisa
- Night of Camp David
- Knebel, Fletcher
- The Department of Sensitive Crimes
- McCall Smith, Alexander

Picture Books

***Physical book may be available from another library**

- If you're happy and you know: sing-along storybook
- The pigeon has feelings, too! : a smidgeon of a pigeon
- The wall in the middle of the book
- A world without color
- Places to Be
- I'm Sad
- Consider Love
- A is for angry : an animal and adjective alphabet
- Hugs & kisses for the grouchy ladybug
- Breathe and be : a book of mindfulness poems
- Pete the cat and his magic sunglasses
- Lost at Sea
- Me, Too
- When sadness is at your door
- Crying is like the rain : a story of mindfulness and feelings
- Big Little Hippo
- When Randolph turned rotten
- The Good Egg
- We are (not) friends
- Why is dad so mad? : a book about PTSD and military families
- Grumpy Monkey Party Time!
- I love you too
- The Teddybear
- Addy's Cup of Sugar
- Ellie Jelly and the massive mum meltdown
- Tough guys : (have feelings too)
- Three Little Words
- The happy book
- Nothing rhymes with orange
- You matter
- Alone together : a tale of friendship and hope
- The bad mood and the stick

Picture Books

***Physical book may be available from another library**

- Deep Breaths
- It feels good to be yourself : a book about gender identity
- Outside In
- I am peace : a book of mindfulness
- Nobody Here But Me
- If you're happy and you know it
- Alphabreaths : the ABCs of mindful breathing
- Bear Feels Scared
- The Day You Begin

Juvenile Fiction

*Physical book may be available from another library

- Mom, dad, & me
- Owlette and the Giving Owl
- Rocket loves hide-and-seek!
- Penny and Her Marble
- If you're angry and you know it
- I am (not) scared
- Splat the Cat Makes Dad Glad
- My friend is sad
- Sometimes = Algunas veces
- Puberty
- Pilu of the woods
- Half a World Away
- Judy Moody
- Junie B. Jones and the stupid smelly bus
- Amelia's book of notes & note passing : (a note notebook)
- For your eyes only

Juvenile Non-Fiction

*Physical book may be available from another library

- How to deal with hurt feelings
- Feeling jealous
- Me and my feelings
- Being Angry
- How to deal with feeling left out
- Meditation is an open sky : mindfulness for kids
- Fair Play
- My parents' divorce
- Taking action against homelessness
- A beautiful day in the neighborhood : the poetry of Mister Rogers
- Fred's big feelings : the life and legacy of Mister Rogers

Juvenile Media

- Barney. Happy mad silly sad, putting a face to feelings
- Care Bears. Share-a-lot in Care-A-Lot

Movies

- Inside Out
- Thank you for your service
- Elmo is mindful : how to stay focused, calm, and kind
- Sesame Street. Elmo loves you
- This emotional life
- Footprints on our hearts [videorecording (DVD full screen)] : walking through grief after a miscarriage, stillbirth, or newborn death
- Cry for Help
- Loving someone with an addiction
- Stop bullying now! [videorecording (DVD full screen)] : take a stand, lend a hand.
- The Beaver
- Yes Man

Teen/YA Non-Fiction

***Physical book may be available from another library**

- Puberty
- Phineas Gage : a gruesome but true story about brain science
- Life in the sloth lane : Slow Down and Smell the Hibiscus
- Girling up : how to be strong, smart and spectacular
- Trans+ : love, sex, romance, and being you
- Life inside my mind 31 authors share their personal struggles
- Addictive personality
- Camouflage : the hidden lives of autistic women
- Next to nothing : a firsthand account of one teenager's experience with an eating disorder

Teen/YA Fiction

***Physical book may be available from another library**

- TTYL
- Speak
- Take Me There
- Drums, girls & dangerous pie
- Flipped
- Black Box