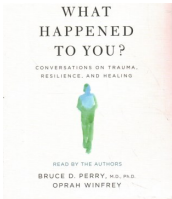


## Long bright river : a novel

by Liz Moore

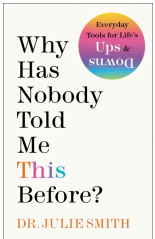
A policewoman races to find her missing sister, a homeless addict, amid a vicious killing spree in a Philadelphia neighborhood, in a story that alternates between the investigation and memories of their shared childhood.



## What happened to you? : conversations on trauma, resilience, and healing

by Bruce Duncan Perry

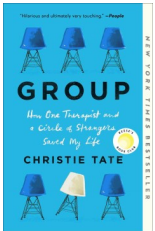
Oprah Winfrey, sharing stories from her own past, and a renowned brain development and trauma expert discuss the impact of trauma and adversity and how healing must begin with a shift to asking "what happened to you?," rather than "what's wrong with you?"



## Why has nobody told me this before?

by Julie Smith

Drawing on her years of professional experience a clinical psychologist, the author offers expert advice and powerful coping techniques for fortifying and maintaining your mental health, even in the most trying of times.



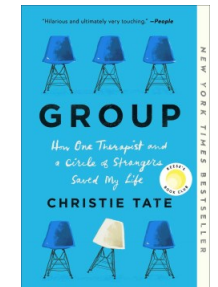
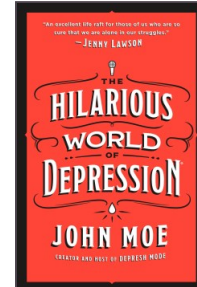
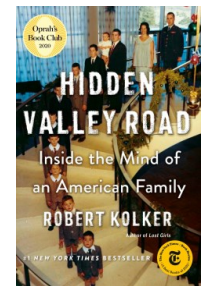
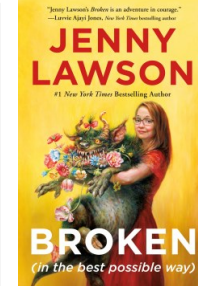
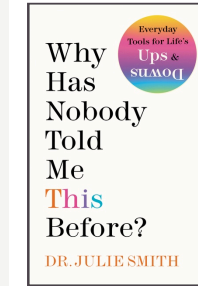
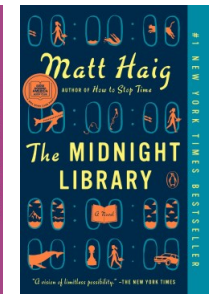
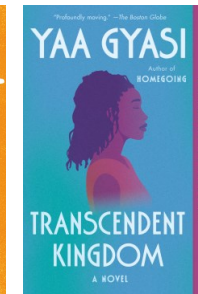
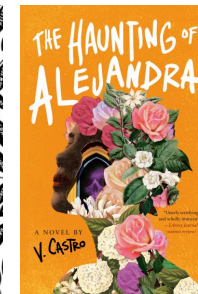
## Group : how one therapist and a circle of strangers saved my life

by Christie Tate

A top law school graduate struggling with suicidal thoughts and an eating disorder describes her reluctant participation in a therapeutic support group that taught her the meaning of human connection and intimacy.



# Demystify Mental Illness



## Pewaukee Public Library

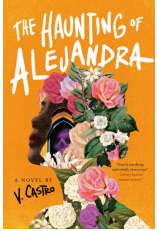
210 Main Street  
Pewaukee, Wisconsin 53072  
262-691-5670  
<https://www.pewaukeelibrary.org/>



## Twice in a lifetime : a novel

by Melissa Baron

Isla has fled the city for small-town Missouri in the wake of a painful and exhausting year. With her chronic anxiety at a fever pitch, the last thing she expects is to meet a genuine romantic prospect. And she doesn't. But she does get a text from a man who seems to think he's her husband. Obviously, a wrong number—except the mystery texter sends back a picture. Of them—on their wedding day.



## The haunting of Alejandra

by V. Castro

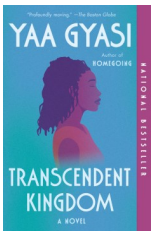
Struggling with a darkness that threatens to consume her, Alejandra discovers she, like the women in her family before her, is being haunted by La Llorona, the vengeful and murderous mother of Mexican Legend, and must summon everything she's inherited from her foremothers to banish this demon forever.



## What my bones know : a memoir of healing from complex trauma

by Stephanie Foo

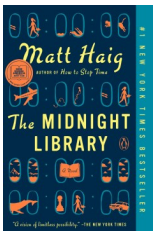
Drawing on interviews with scientists and psychologists, and trying a variety of innovative therapies, the author, diagnosed with Complex PTSD—a condition that occurs when trauma happens continuously—investigates the little-understood science behind this disorder that has shaped her life.



## Transcendent kingdom

by Yaa Gyasi

A novel about faith, science, religion, and family that tells the deeply moving portrait of a family of Ghanaian immigrants ravaged by depression and addiction and grief, narrated by a fifth year candidate in neuroscience at Stanford school of medicine studying the neural circuits of reward seeking behavior in mice



## The midnight library

by Matt Haig

Nora Seed finds herself faced with the possibility of changing her life for a new one, following a different career, undoing old breakups, or realizing her dreams of becoming a glaciologist, she must search within herself as she travels through the Midnight Library to decide what is truly fulfilling in life, and what makes it worth living.



## Morningside Heights

by Joshua Henkin

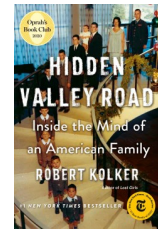
Moving and deeply-felt, Morningside Heights is a warm-hearted story about love in the face of illness, about the support networks that surround us, and about what a marriage means when your partner is no longer the person you fell in love with.



## And now I spill the family secrets : an illustrated memoir

by Margaret Kimball

A beautifully illustrated memoir and empathetic investigation into a family's history with bipolar disorder and schizophrenia, and one woman's quest to find healing among what remains.



## Hidden Valley Road : inside the mind of an American family

by Robert Kolker

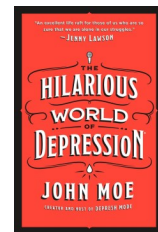
Tells the heartrending story of a midcentury American family with 12 children, 6 of them diagnosed with schizophrenia, that became science's great hope in the quest to understand the disease.



## Broken (in the best possible way)

by Jenny Lawson

The award-winning humorist and author of Let's Pretend This Never Happened shares candid reflections on such topics as her experimental treatment for depression, her escape from three bears and her business ideas for Shark Tank.



## 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.