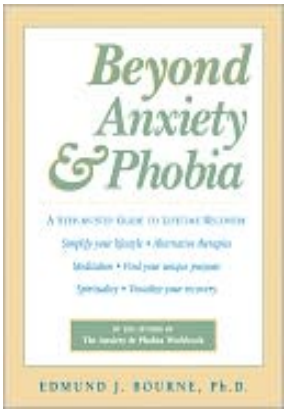
OCFA RESOURCE CENTER

New Hampshire Department of Health and Human Services ♦ Bureau of Behavioral Health

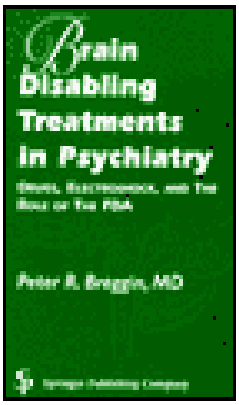
Featured Titles Available at the OCFA Resource Center

July 2012



Beyond Anxiety and Phobia: A Step by Step Guide to Lifetime Recovery, by Edmund J. Bourne, PhD. Dr. Bourne describes how to confront and change excessive or unrealistic fears by taking action. This book focuses on how to declutter one's life, practice self-affirming habits, and gain increasing serenity.

Is it Me or My Meds? Living with Antidepressants, by David A. Karp. Written for people using antidepressants in their recovery from depression and other emotional difficulties, this book offers an intriguing view of people and their struggles with medication.

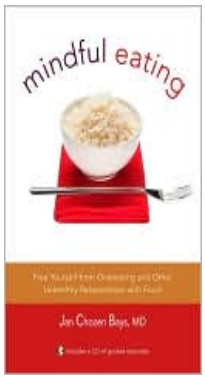


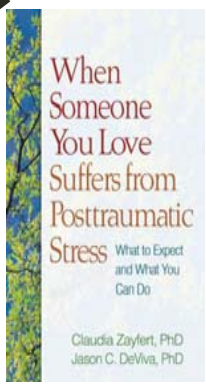
Brain Disabling Treatments in Psychiatry, by Peter R. Breggin, MD. One of the first scientific works examining the phenomenon of brain impairment resulting from traditional psychiatric care, this book gives a sound although critical analysis of mainstream treatments in psychiatry.

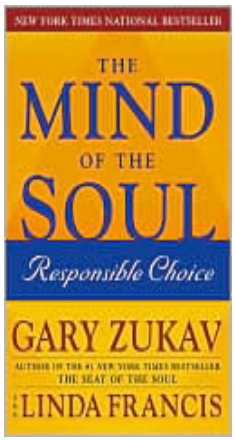
Contact or visit The OCFA Resource Center, NH BBH, Main Building, 2nd Floor South,
105 Pleasant Street, Concord, NH 03301-3852 · mbilson@dhhs.state.nh.us
1-800-852-3345, X5045 or 271-5045

Many Free Materials Are Available

Read Jan Chosen Bay's *Mindful Eating* to find out how to rediscover a healthy relationship with food. Dr. Bays provides a clear presentation of the practice of mindfulness. The book includes a CD with a guided series of mindful eating exercises.





When Someone You Love Suffers fromPost-Traumatic Stress: What to Expect and What You Can Do by Claudia Zayfert, PhD. The needs of family members are often overlooked when someone has post-traumatic stress syndrome. This book answers the questions, "Will the person you love ever get better? What can you do to promote healing? Where can you turn when you just can't cope?"

The Mind of the Soul: Responsible Choice by Gary Zukav and Linda Francis is an easy-to-read guide on how to examine the choices that one makes. It examines how people make choices and how to improve so that one may experience genuine freedom of choice.