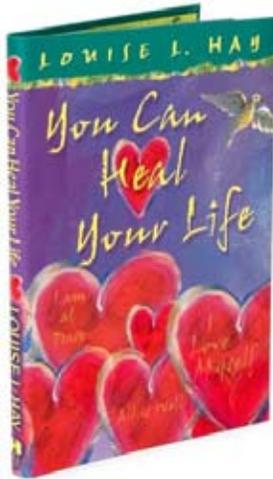


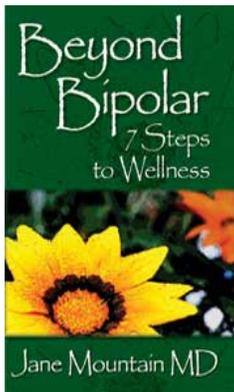
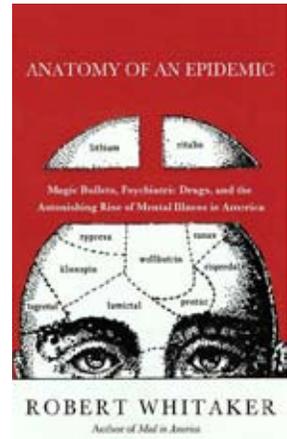
# Featured Titles Available at the OCFA Resource Center

January 2012



*You Can Heal Your Life* by Louisa Hay. “An excellent book for restructuring one’s life and finding self-esteem and self-love”—Bernie S. Siegel, MD. Many of the affirmations Marty gives in her workshops are taken from this book. Learn to deserve the full potential of your own creative power and personal growth and self-healing.

*Anatomy of an Epidemic: Magic Bullets, Psychiatric Drugs, and the Astonishing Rise of Mental Illness in America*, by Robert Whitaker. “Award-winning science and history writer Robert Whitaker investigates a medical mystery: why has the number of disabled mentally ill in the U.S. tripled over the past two decades?” This book looks at the merits of psychiatric medications and their long-term results.

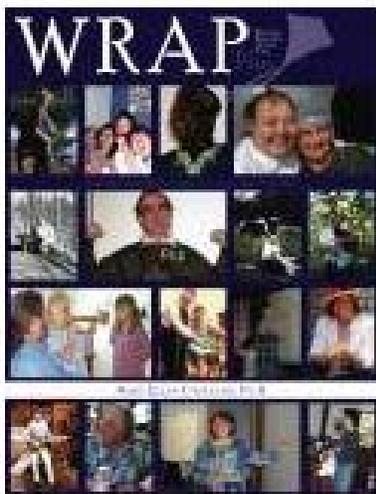
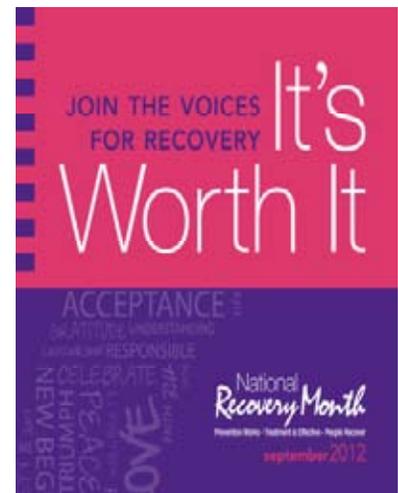


*Beyond Bipolar: 7 Steps to Wellness* by Jane Mountain, MD. Have you found a way to experience wellness while living with bipolar disorder? Discover the missing steps. Jane Mountain shares the secrets she has discovered in her own search for wellness. No matter how sick you are or have been, you are a candidate for recovery.

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 SAMHSA's *Recovery Month Toolkit* to find out how to market a message of recovery. The toolkit is filled with helpful information on where to find resources online, tips on how to use Facebook and other social networking media, and a booklet of personal stories of recovery.



*WRAP Plus* (Wellness Recovery Action Plan) is the new, updated version of the book, *Living Without Depression and Manic-Depression* by Mary Ellen Copeland, Ph.D. WRAP Plus has tips from people in recovery from mental illness on how to adapt in the face of challenges and eventually overcome them.