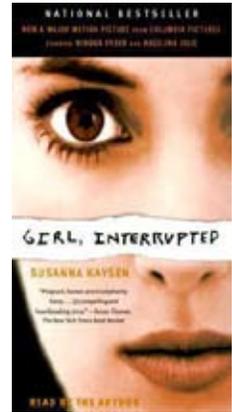


Featured Titles Available at the OCFA Resource Center

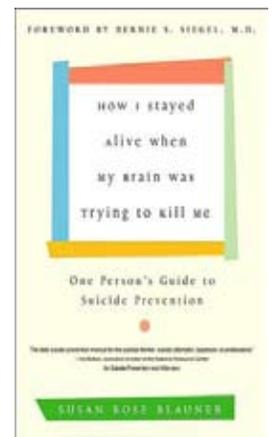
March 2013

Girl, Interrupted, by Susanna Kaysen. This book is a clear-sighted, unflinching memoir of Susanna’s two-year stay in a ward for teenage girls in a psychiatric hospital in the late 1960s. A national bestseller, the book captures an exquisite range of self-awareness between madness and insight.



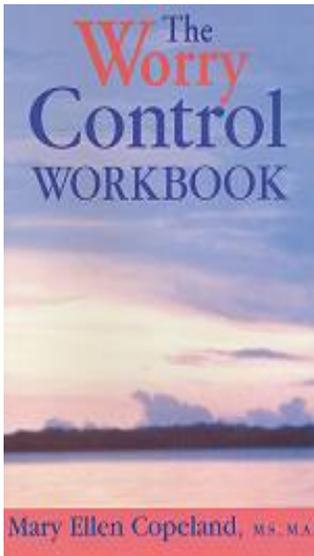
People in Recovery as Providers of Psychiatric Rehabilitation: Building on the Wisdom of Experience, edited by Margaret Swarbrick and Lisa Schmidt of the U.S. Psychiatric Rehabilitation Association. This book contains a collection of personal and practical articles about consumers as peer providers, as well as statistics and a history of the consumer movement.

How I Stayed Alive When My Brain Was Trying to Kill Me by Susan Rose Blauner. Says the author, “I survived eighteen years of suicidal obsession and three suicidal gestures. . . . During that time I searched for a book like this but found none, so I wrote one.” Suicidologist Iris Bolton says this is “the best suicide prevention manual for the suicidal thinker, suicide attempter, layperson, or professional.”



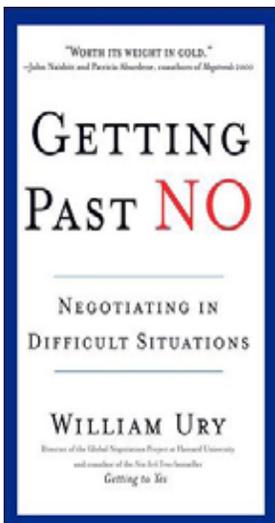
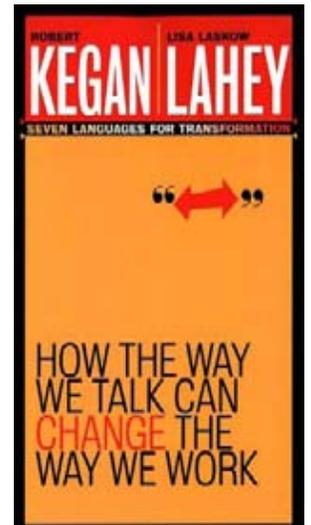
Contact or visit The OCFA Resource Center, NH BBH, Main Building, 2nd Floor South,
 105 Pleasant Street, Concord, NH 03301-3852 · mbilson@dhhs.state.nh.us
 1-800-852-3345, X5045 or 271-5045

Many Free Materials Are Available



The Worry Control Workbook, by Mary Ellen Copeland. This workbook is a supportive and comprehensive guide that offers genuine help to anyone struggling with excessive concerns about health, money, family, or work. Readers will be able to come to terms with the unique role that worry plays in their life by identifying areas where specific types of worry are likely to reoccur and by developing new skills for dealing with them.

How the Way We Talk Can Change the Way We Work, by Robert Kegan and Lisa Laskow Lahey. This book describes how and why people and organizations are committed to not changing. It is a must-read for all individuals and organizations that truly wish to grow into their own greater possibilities.



Getting Past No, by William Ury. In this book, Mr. Ury presents a practical five-step method for negotiating with anyone—even the difficult person who won't say “yes.” It offers a proven strategy for turning adversaries into negotiating partners.