

Books on Mental Health and Wellness

Here is a place to get started.

<https://www.npr.org/2019/06/28/736612462/3-memoirs-that-explore-the-many-facets-of-mental-illness>

<https://bookriot.com/memoirs-about-mental-illness/>

<https://www.bustle.com/p/12-women-of-color-native-authors-open-up-about-why-they-write-about-mental-illness-2884690>

<https://www.publishersweekly.com/pw/authorpage/kay-redfield-jamison.html>

[https://www.aacap.org/AACAP/Resources for Primary Care/Information for Patients and Their Families/Books/Home.aspx](https://www.aacap.org/AACAP/Resources_for_Primary_Care/Information_for_Patients_and_Their_Families/Books/Home.aspx)

<https://positivepsychology.com/mental-health-books/>

<https://www.bustle.com/p/10-new-books-about-mental-illness-to-read-in-2018-7923035>