

## **Overcoming Mental Illness**

### **Reading List Compiled by Barry Shainbaum**

Moodswing, Ronald Fieve, M.D.  
Naturopathic Nutrition, Abram Hoffer, M.D., PhD, Jonathan Prousky ND  
Adventures in Psychiatry, Abram Hoffer, M.D., PhD  
The Psychology of Self-Esteem, Nathaniel Branden, PhD  
The Power Of Self-Esteem, Nathaniel Branden, PhD  
The Art Of Living Consciously, Nathaniel Branden, PhD  
There's A Spiritual Solution To Every Problem, Wayne Dyer, PhD  
Real Magic, Wayne Dyer, PhD  
Pulling Your Own Strings, Wayne Dyer, PhD  
Bioenergetics, Alexander Lowen, M.D.  
The Language Of The Body, Alexander Lowen, M.D.  
The Betrayal Of The Body, Alexander Lowen, M.D.  
I'm OK, You're OK, Thomas Harris, M.D.  
The Road Less Travelled, M. Scott Peck, M.D.  
The Power of Your Subconscious Mind, Joseph Murphy, PhD, D.D.  
The Courage to Create, Rollo May  
Life Strategies, Phil McGraw, PhD  
Move Ahead With Possibility Thinking, Robert Schuller, D.D.  
Patience, Rabbi Zelig Pliskin  
The Seat Of The Soul, Gary Zukav  
Peace, Love & Healing, Bernie Siegel, M.D.  
Love, Medicine & Miracles, Bernie Siegel, M.D.  
The DNA Of Healing, Margaret Ruby  
The Hidden Messages In Water, Masaru Emoto  
Selling Sickness, Ray Moynihan, Alan Cassels  
Maps Of The Mind, Charles Hampden-Turner  
You Can Heal Your Life, Louise Hay  
Living In The Light, Shakti Gawain  
Cutting Loose, Howard Halpern, PhD  
Mixed Feelings, Francine Klagsbrun  
The Family, John Bradshaw  
Family Secrets, John Bradshaw  
Healing The Shame That Binds You, John Bradshaw  
Heritage Of Illusions, Karl Lewin  
Real Love, Theodore Rubin, M.D.  
Running Through Walls, David Liederman  
The Psychology Of Winning, Dennis Waitley, PhD  
The Magic Of Believing, Claude Bristol  
The Finding Of The Third Eye, Vera Alder  
The Right – Brain Experience, Marilee Zdenek  
The 8<sup>th</sup> Habit, Stephen Covey

Unlimited Power, Anthony Robbins  
The Power Of Now, Eckhart Tolle  
The Power of Flow, Charlene Belitz, Meg Lundstrom  
Power, Michael Korda  
Whole Brain Thinking, Jacquelyn Wonder, Priscilla Donovan  
Super-Learning, Sheila Ostrander, Lynn Schroeder  
Creative Dreaming, Patricia Gafield, PhD  
Man's Search For Meaning, Viktor Frankl  
When Bad Things Happen To Good People, Rabbi Harold Kushner  
You Can Work Your Own Miracles, Napoleon Hill  
Healing Through Meditation & Prayer, Meredith Puryear, based on Edgar Cayce readings  
Meditation And The Mind Of Man, Herbert Puryear, based on Edgar Cayce readings  
A Book Of Psalms, Stephen Mitchell, adapted from the Hebrew  
To The Light, Lilla Beck  
Transformed By The Light, Melvin Morse, M.D.  
Found: A Place For Me, Sandra Landsman, PhD.  
The Prophet, Kahlil Gibran  
As A Man Thinketh, James Allen  
Notes To Myself, Hugh Prather  
The Dynamics Of Creation, Anthony Storr, M.D.  
Birth Order And You, Ronald Richardson, D.Min., Lois Richardson  
Mind Medicine, Uri Geller  
Discovering The Power Of Self-Hypnosis, Stanley Fisher, PhD  
Making Miracles, Paul Pearsall, PhD  
Winner Takes All, Noelle Nelson  
The Magic Of Thinking Success, David Schwartz, PhD  
The Magic Of Thinking Big, David Schwartz, PhD  
The Leader In You, Dale Carnegie  
Personality Types, Daryl Sharp  
Emotions, June Callwood  
What Colour Are You?, Annie Wilson, Lilla Bek  
Care Of The Soul, Thomas Moore  
The Way Of Transition, William Bridges  
Leadership From Within, Peter Urs Bender  
The Measure Of A Man, Sidney Poitier  
The Faith Of Helen Keller, Hallmark  
The Ascendant, Martin Schulman  
A Beautiful Mind, Sylvia Nasar  
A Mind That Found Itself, Clifford Beers  
Victims No Longer, Mike Lew  
Beyond The Crazy House, Pat Capponi  
The Ten Demandments Of Prosperity, Stuart Grayson, D.D.  
Your Mind Over Matter, J. Maya Pilkington

The Anatomy of Human Destructiveness, Eric Fromm  
Toxic Parents, Susan Forward, Susan Forward, PhD  
Your Body Doesn't Lie, John Diamond, M.D.  
Everything You've Always Wanted To Know About Energy, Naura Hayden  
Seeds For The Soul, Chuck Hillig  
Dance Of The Selves, Loretta Ferrier, PhD  
Who Dares Wins, Peter Legge  
Being The Best, Denis Waitley  
How Much Did You Love? What Did You Learn?, Alex Jones  
The Last Taboo, Scott Simmie, Julia Nunes  
Beyond Crazy, Scott Simmie Julia Nunes  
Dare To Be Yourself, Alan Cohen  
The Psychology Of Consciousness, Robert Ornstein  
Succeeding, Charles Templeton  
The Purpose of Your Life, Carol Adrienne  
The Corporate Mystic, Gary Hendricks, PhD, Kate Ledman, PhD  
Bring Out The Magic In Your Mind, Al Koran  
The Miracle Of Change, Dennis Wholey  
Hope & Heroes, Portraits of Integrity & Inspiration, Barry Shainbaum  
Dancing In The Rain, photos by Barry Shainbaum

**Barry Shainbaum, Inspirational Speaker, (416) 362-8028**

**Barry is the author of "Hope & Heroes", a coffee-table book in photographs and words of 47 individuals who have made a difference for good in the world.**

**He is also the author of "Dancing In The Rain."**

**Barry Shainbaum is also a radio broadcaster, hosting "Perspectives with Barry Shainbaum" each Sunday at 12:30 pm on Faith FM 94.3 in Kitchener.**

**Outside of Kitchener, the show can be heard through the web: [www.barryshainbaum.com](http://www.barryshainbaum.com), click on Radio, then Listen Live.**

**All shows are also podcast on his radio page and available for free from the iTunes store.**

