Mental Health Resources for *One Amazing Thing*

**Suggested search terms:**
Mental health, mental healing, mental disorders, mental illness, abnormal psychology, positive psychology

**Databases**
- Academic Search Complete
- Opposing Viewpoints
- Psychology & Behavioral Sciences Collection

**Books**
- **BF 145 .C59 2011**
  *The Handy Psychology Answer Book*
- **BF 698.35 .O57 F69 2012**
  *Rainy Brain, Sunny Brain: How to Retrain Your Brain to Overcome Pessimism and Achieve a More Positive Outlook*
- **QP 376 .A85 2012**
  *The Brain Book: Development, Function, Disorder, Health*
- **QP 376 .F46 2010**
  *The Other Brain: From Dementia to Schizophrenia, How New Discoveries about the Brain Are Revolutionizing Medicine and Science*
- **RC 343 .K925 2009**
  *The Unwell Brain: Understanding the Psychobiology of Mental Health*
- **RC 443 .D35 2010**
  *Madness: An American History of Mental Illness and Its Treatment*
- **RC 443 .W437 2010**
  *Anatomy of an Epidemic: Magic Bullets, Psychiatric Drugs, and the Astonishing Rise of Mental Illness in America*
- **RC 445 .M43 W67 2007**
  *Asylum: A Mid-Century Madhouse and Its Lessons about Our Mentally Ill Today*
- **RC 454 .M326 2011**
  *What Is Mental Illness?*
- **RC 531 .K34x 2013**
  *Angst: Origins of Anxiety and Depression*
- **RC 537 .S5245 2013**
  *How Everyone Became Depressed: The Rise and Fall of the Nervous Breakdown*

**DVDs**
- **QA 29 .N25 B82 2006**
  *A Beautiful Mind*
- **PN 1995.9 .C55 A84 2005**
  *As Good As It Gets*
- **PN 1995.9 .F35 W4387 2006**
  *What’s Eating Gilbert Grape?*
- **PN 1997.2 .S548 2013**
  *Silver Linings Playbook*

**Websites**
- American Psychological Association
- Mental Health America
- National Institute of Mental Health
- National Alliance on Mental Illness
- Substance Abuse and Mental Health Services Administration

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