



# MHERC LIBRARY NEWS



June 2009

## Mental Health Education and Resource Centre

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*"If you want to see  
what people, who have  
the ability to succeed,  
look like:  
Please stand in front of  
a mirror!"*

- Ray Gellein

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## Winter Reading

Author Lorelei Burdett has kindly donated a copy of her recently published book **MUMMY Why Did You Lie in The Middle of The Road?** In this book Lorelei shares her personal experiences of Bipolar Disorder (see below for more details in the **New to the Library**).

We also **sell her book** at our library for **\$25** (plus \$5 postage). If you would like a copy we accept cash or cheque which can be written out to Lorelei Burdett.

Thank you to



**Bipolar Support**  
C A N T E R B U R Y

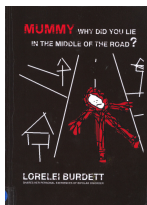
Over the last few weeks we have added resources from **Bipolar Support Canterbury** on the subject of Bipolar Disorder (also known as Manic Depression).

I have listed some of these resources in the **New to the Library** section of this newsletter. Some of these are books on what is bipolar, how to manage it, and caring for a loved one with bipolar disorder.

2nd floor, Securities House, 221 Gloucester Street, P.O. Box 13 167,  
Christchurch, NEW ZEALAND - Phone: (03) 366 5815  
[www.bipolarsupportcanterbury.org.nz](http://www.bipolarsupportcanterbury.org.nz)

*Brandon Dennis – MHERC Librarian*

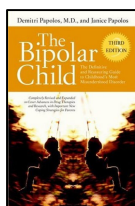
# What's New in the MHERC Library?



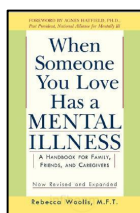
**Mummy Why Did You Lie In The Middle Of The Road?** - In this book Lorelei shares her first hand account of post partum depression, psychosis and bipolar disorder. Includes scribblings, jottings and drawings from her days as a mental health patient.

*Lorelei Burdett*

**The Bipolar Child** - An invaluable resource for parents whose children suffer from mood disorders, as well as professionals who treat & educate them, this book will prove to have a major health significance.



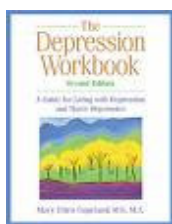
*Demetri Papolos M.D & Janice Papolos*



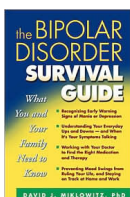
**When Someone You Love Has a Mental Illness** – Rebecca Woolis presents easy-to-follow practical guidelines for coping with the multitude of problems that regularly confront families. The reader can find helpful suggestions with any problem that might arise.

*Rebecca Woolis*

**The Depression Workbook** – The Depression Workbook is an essential tool to assist people struggling with depression and mania to gain insight into these illnesses. This insight empowers the reader to actively enter a life long journey of healing and wellness.



*Mary Ellen Copeland*



**The Bipolar Disorder Survival Guide** – Recognizing early warning signs of mania or depression; understanding your everyday ups and downs – and when it's your symptoms talking; working with your doctor to find the right medication and therapy; preventing mood swings from ruling your life, and staying on track at home and work.

*David J. Miklowitz*



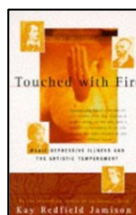
**An Unquiet Mind** – A moving and exhilarating memoir by a women whose furious determination to learn the enemy, to use her gifts of intellect to make a difference, led her to become, by the time she was forty, a world authority on manic depression and whose work has helped save countless lives.

*Kay Redfield Jamison*

**Fairytales In Reality** – This powerful autobiography at times frightening, often funny but always fascinating - is a journey of personal fulfilment from which we can all learn. Above all it is an inspirational story of survival and hope.



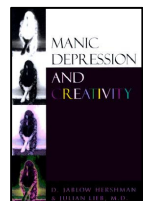
*Margo Orum*



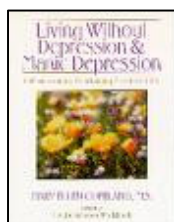
**Touched With Fire** – This enthralling study of the relation between manic depressive illness and the artistic temperament enlarges our understanding of the creative process in the unexpected ways.

*Kay Redfield Jamison*

**Manic Depression And Creativity** - Demonstrates how manic depressive disorder often becomes the essential difference between talent and genius and offers valuable insights into the many obstacles and problems this illness poses for highly creative people in all fields.



*D. Jablow Hershman & Julian Lieb, M.D*



**Living Without Depression & Manic Depression** – Is practical to the point and inspirational. It offers in easy-to-understand language specific ways for dealing with depression and manic depression.

*Mary Ellen Copeland*

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Online library database