



## Mental Health Reading List

### *Burnout*

by Emily Nagoski, PhD and  
Amelia Nagoski, DMA

*Atlas of the Heart:  
Mapping Meaningful  
Connection and the  
Language of Human  
Experience* by Brené  
Brown

*The unapologetic guide  
to Black mental health :  
navigate an unequal  
system, learn tools for  
emotional wellness, and  
get the help you deserve*  
by Rheeda Walker

*Unwinding Anxiety: new  
science shows how to  
break the cycles of worry  
and fear to heal your mind*  
Judson Brewer, MD PhD.

*Nobody's Normal: How  
Culture Created the Stigma  
of Mental Illness*  
by Roy R Grinker

*Set Boundaries, Find Peace*  
by Nedra Glover Tawwab

*It's OK That You're Not OK:  
Meeting Grief and Loss in a  
Culture That Doesn't  
Understand* by Megan Devine

*Mental Health Equity*  
edited by Dawes, Dunlap, &  
Martinez Jr.

*The Comfort Book*  
by Matt Haig

*You Are Not Alone Book*  
by Ken Duckworth

*Ab(solutely) Normal: Short  
Stories That Smash Mental  
Health Stereotypes*  
by Mercedes Acosta, Karen  
Jialu Bao, James Bird, and  
many more

*There's An Elephant in  
Your Office*  
by Ashley Sides Johnson  
and Andrea Sides Herron

*Together : loneliness, health  
and what happens when we  
find connection*  
By Vivek H. Murthy, MD.

*The Colour of Madness:  
Mental Health and Race in  
Techicolor* Edited by Dr.  
Samara Linton and Dr.  
Rianna Walcott

*Good Morning, Monster: A  
Therapist Shares Five  
Heroic Stories of Emotional  
Recovery*  
Catherine Gildiner

*The Myth of Normal: Trauma,  
Illness, and Healing in a Toxic  
Culture* by Gabor Maté MD