From our clinical team's shelves

Mental Health Books Our Therapists Recommend

14 books for adults dealing with anxiety, depression, trauma, grief and ADHD. Check off what you read. You don't need to read them all: start with the topic that fits, and the book marked "Start here."

Let'sTalk! Counseling
Carrollton, TX
(972) 885-1222
letstalk-counseling.com

Anxiety

- [ ] **Rewire Your Anxious Brain**
  Catherine Pittman, PhD & Elizabeth Karle · About 230 pages
  Best for: Understanding your anxiety type.
- [ ] **Why Has Nobody Told Me This Before?** START HERE
  Dr. Julie Smith · About 370 pages
  Best for: A therapist's toolkit in book form.
- [ ] **Unwinding Anxiety**
  Judson Brewer, MD, PhD · About 300 pages
  Best for: Worry that runs on autopilot.

Depression & low mood

- [ ] **Feeling Good: The New Mood Therapy** START HERE
  David D. Burns, MD · 700+ pages
  Best for: The CBT classic.
- [ ] **The Upward Spiral**
  Alex Korb, PhD · About 240 pages
  Best for: Small science-backed steps.

Trauma & EMDR

- [ ] **The Body Keeps the Score**
  Bessel van der Kolk, MD · About 460 pages
  Best for: Why trauma lives in the body. Go slow with this one
- [ ] **What Happened to You?** START HERE
  Bruce D. Perry, MD, PhD & Oprah Winfrey · About 300 pages
  Best for: Gentlest entry point.
- [ ] **It Didn't Start with You**
  Mark Wolynn · About 250 pages
  Best for: Family patterns that repeat. Go slow with this one
- [ ] **Getting Past Your Past**
  Francine Shapiro, PhD · About 350 pages
  Best for: EMDR, from its founder. Go slow with this one

Grief

- [ ] **Understanding Your Grief** START HERE
  Alan D. Wolfelt, PhD · About 180 pages
  Best for: First months of loss.
- [ ] **Grief One Day at a Time**
  Alan D. Wolfelt, PhD · 365 short readings
  Best for: When focus is gone.
- [ ] **You're Not Crazy — You're Grieving**
  Alan D. Wolfelt, PhD · About 125 pages
  Best for: The chaotic early weeks.

Adult ADHD

- [ ] **Your Brain's Not Broken**
  Tamara Rosier, PhD · About 210 pages
  Best for: The emotional side of ADHD.
- [ ] **ADHD 2.0** START HERE
  Edward M. Hallowell, MD & John J. Ratey, MD · About 210 pages
  Best for: Newly diagnosed adults.

Read it free. Nearly every book here is at the Carrollton, Frisco or Lewisville library, or on the Libby app with your library card. Many come as audiobooks too.

Make it stick. Read one chapter, mark one sentence that hits home, and use one idea from it within 48 hours. One chapter you use beats ten you admire.

If you're thinking about suicide or feel unsafe right now, call or text **988** (Suicide & Crisis Lifeline) any time, or call 911.

A summary, who it's for and one idea to try today for every book: **letstalk-counseling.com/best-mental-health-books**