



**Book List for Mental Health Awareness Month 2023**

- Allie Brosh: *Hyperbole and a Half*
- Dr. Ken Duckworth: *You Are Not Alone*
- Pete Earley: *Crazy*
- Ellen Forney: *Marbles*
- John Green: *Turtles All the Way Down*
- Sheila Hamilton: *All the Things We Never Knew*
- Johann Hari: *Lost Connections*
- Adam Haslett: *Imagine Me Gone*
- Jennifer Hecht: *Stay*
- Marya Hornbacher: *Madness*
- Kay Redfield Jamison: *An Unquiet Mind*
- Kay Redfield Jamison: *Night Falls Fast*
- Adib Khorram: *Darius the Great Is Not Okay*
- Jenny Lawson: *Furiously Happy*
- Ron Powers: *No One Cares About Crazy People*
- Alisa Roth: *Insane*
- Andrew Solomon: *The Noonday Demon*
- William Styron: *Darkness Visible*
- Ned Vizzini: *It's Kind of a Funny Story*
- Sarah Wilson: *First, We Make the Beast Beautiful*