



Paperflower Psychiatry  
3104 E Camelback Rd #2414  
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## Helpful Books

### ADHD

You mean I'm not lazy, stupid, or crazy? The classic self help book for adults with attention deficit disorder - Kate Kelly

### Trauma

The boy who was raised as a dog - Bruce Perry

The body keeps score - Bessel van der Kolk

Trauma and Recovery - Judith Herman

It didn't start with you - Mark Wolynn

Childhood disrupted: how your biography becomes your biology and how you can heal - Donna Jackson Nakazawa

Adult children of emotionally immature parents - lindsay gibson

### Trauma + Eating disorders

Hunger - Roxanne Gay

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## **Depression, anxiety + trauma**

I thought it was just me (but it isn't) - Brene Brown

Not That Bad - Roxanne Gay

The gifts of imperfection - Brene brown

## **Contemporary poetry surrounding mental health**

Salt - Nayyirah Waheed

Milk + Honey - Rupi Kaur

The Sun and her Flowers - Rupi Kaur

## **Trauma for Partners of Survivors**

Support: feminist relationship tools to heal yourself and end rape culture

## **Postpartum + Pregnancy**

[You are a F\\*cking Awesome Mom: So Embrace the Chaos, Get Over the Guilt and Be True to You.](#) This book is my top recommendation for new parents, or just parents. Motherhood is difficult. Leslie Bruce does not eff around when she goes over how motherhood changes everything -- and I have found this

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book to be the most helpful. It's an easy read, hilarious at points and SO VALIDATING.

[Good Moms Have Scary Thoughts: A Healing Guide to the Secret Fears of New Mothers](#). This book is an easy read overall and fairly quick to go through (especially if you are sleep deprived). The illustrations are great. I think this book is, again, just plain validating for anyone having a hard time. Let's normalize that birth can be traumatic. Let's normalize that postpartum depression is real and *is really common*. If you've ever had really scary thoughts in which you've been like "Why would I visualize my baby being hurt or me hurting them? I am awful! WHY would I think that?" ...then..it sounds like you're having a normal experience of postpartum anxiety and that relief is available.

[What No One Tells You: A Guide to your Emotions from Pregnancy to Motherhood](#). I read this while I was studying to become perinatal mental health certified, and again when I found out I was pregnant. This book was written by perinatal psychiatrists who walk you through a normalized version of pregnancy as well as the fourth trimester. I highly recommend this for anyone who has a history of depression or anxiety. They note "matrescence" is an entire awkward life stage, similar to adolescence, in which our bodies and hormones rapidly changing. Dr. Sacks also has a fantastic [Ted Talk](#) on her concept of matrescence.

[How Eskimos Keep Their Babies Warm: And Other Adventures in Parenting](#). I liked this book because it gave global norms on both pregnancy and parenting throughout the first years of life. For instance, in the United States, we emphasize early bedtime and may judge other parents as neglectful for keeping their kids up late. We may judge parents for bringing their newborn to a fancy restaurant. In Argentina, this is normal, expected and supported -- social support remains much more solid. In Tibetan culture, pregnancy is

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revered as much less medical than Western cultures. Moral of the story: there is no single right way of thinking of pregnancy and parenting.

[Expecting Better: Why the Conventional Pregnancy Wisdom is Wrong and](#)

[What you Need to Know.](#) I LOVED this book. I read it twice, once prior to pregnancy and once again after I found out. This book is full of scientific facts about all of the recommendations you'll come into contact with. How much coffee can you really drink? What about the research about alcohol and pregnancy (after all, women drink wine in France throughout their entire pregnancies..). She presents all the evidence, and you are left to make your own decisions.