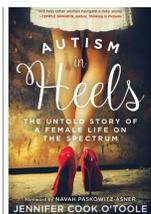




# Memoirs of Mental Health

## Adult Recommendations E-Library Edition



### **Autism in Heels: The Untold Story of a Female Life on the Spectrum**

O'Toole, Jennifer Cook

Beyond being a memoir, *Autism in Heels* is a love letter to all women. It's a conversation starter. A game changer. And a firsthand account of what it is to walk in Jennifer's shoes (especially those iconic red stilettos)

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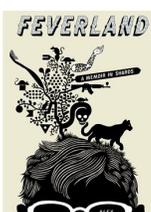


### **The Missing Kennedy**

Koehler-Pentacoff, Elizabeth

Based on independent research and interviews with the Shriver family, she tries to come to grips with Joseph Kennedy's well-intended decision to submit her eldest daughter to a still experimental medical procedure, and his later decision to keep Rosie almost entirely out of public view.

[Hoopla e-book](#)



### **Feverland**

Lemon, Alex

In *Feverland*, Alex Lemon has created a fragmented exploration of what it means to be a man in the tumult of twenty-first-century America—and a harrowing, associative memoir about how we live with the beauties and horrors of our pasts.

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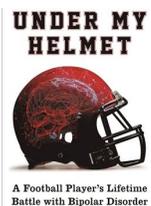


### **Here Comes the Sun**

Oxley, Jeremy

Jeremy Oxley was diagnosed with schizophrenia at age 22, at the height of his fame as singer of the popular band Sunnyboys. Terrified and in denial, he tried to hide his diagnosis from family, band mates, and friends, who attributed his erratic and sometimes terrifying behavior to drug and alcohol abuse.

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### **Under My Helmet**

O'Neil, Ketih

A Football Player's Lifelong Battle with Bipolar Disorder.

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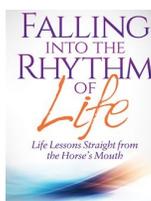


### **Hello, Stranger: My Life on the Autism Spectrum**

Moran, Barbara

*Hello, Stranger* is the story of a misunderstood life that serves as an eye-opening call for compassion. Bracingly honest, Barbara describes the profound loneliness of being abandoned and judged while also expressing her deep yearning simply to be loved and to give love.

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### **Falling into the Rhythm of Life**

Campbell-Rayment, Sharon

Imagine falling from a horse and waking up a week later, unable to speak. That's exactly what happened to Sharon Campbell-Rayment. When she finally regained her ability to talk, she spoke with an accent from a part of the world she had never even visited!

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