

Recommended books that help to educate clients, family members & providers. This list was created by individuals receiving Behavioral Health services, family members, advocates, psychiatrists, and behavioral health providers and was created as a tool to inspire hope, educate and share meaningful resources to our community.

	Title/ Author	Customer Reviews	General Overview
1	A Safe Place: Laying the Groundwork of Psychotherapy — by Leston Havens	4.7 out of 5 stars	Drawing on his rich experience within psychiatry, Leston Havens takes the reader on an extraordinary journey through the vast and changing landscape of psychotherapy and psychiatry today. Closely examining the dynamics of the doctor—patient exchange, he seeks to locate and describe the elusive therapeutic environment within which psychological healing most effectively takes place.
2	Best Body: Pretty, Miserable, Perfectness a Memoir of an Eating Disorder — by Jordan Lee Knappe	4.9 out of 5 stars	December 19th, 2001: author Jordan Lee Knappe is thirteen years old and admitted to a psychiatric unit days before Christmas to treat a severe eating disorder. Her parents are told she might not survive the night. The #1 killer in the world of mental illness, eating disorders like anorexia and bulimia are deadly diseases that all too often go unnoticed for far too long by friends and family members because we think the victims are beautiful and disciplined. The truth is people with eating disorders are struggling with a disorder that is part mental illness, part addiction. And if those struggling do not find recovery, they will die from the disorder. Eating disorders have more to do with major depression and addiction issues than with the common phrase, "I just wanted to be beautiful." Hospitalized days before Christmas at the age of 13, Jordan struggled with anorexia, bulimia and major depression before tapping into her fierce inner determination to take back her life on her own terms. The BEST BODY story could have been a tragedy but with a fighter's spirit and a willingness to pursue a "disruptive life," Jordan created the real life she wanted—and serves as a reminder to even the most sick that full recovery is possible. Much more than a tell-all but just as captivating, BEST BODY weaves together the intimate story of Jordan's descent into a life-threatening ED with her decade-later, bluntly insightful commentary about how and why her life nearly ended. BEST BODY offers some much-needed hope and understanding to those struggling from eating disorders, depression and anxiety and offers a realistic guide to how recovery is possible—and worth it.
3	Better Boundaries: Owning and treasuring your life - by Jan Black & Greg Enns	4.3 stars out of 5	Boundary issues contribute to a range of contemporary social problems felt by victims, abusers, overachievers, and underachievers alike. Knowing when boundaries are violated and what to do about it isn't a simple skill. It requires a surprising amount of adjustments.
4	Boundaries with Kids: When to Say Yes, When to Say No, to Help Your Children Gain Control of Their Lives — by Henry Cloud & John Townsend	4.6 out of 5 stars	What the award-winning Boundaries has done for adult relationships, Boundaries with Kids will do for you and your children Here is the help you need for raising your kids to take responsibility for their actions, attitudes, and emotions. Drs. Henry Cloud and John Townsend take you through the ins and outs of instilling the kind of character in your children that will help them lead balanced, productive, and fulfilling adult lives. Learn how to set limits and still be a loving parent, bring control to an out-of-control family life, apply the ten laws of boundaries to parenting, define appropriate boundaries and consequences for your kids ... and much more. "Boundaries with Kids helps us give our kids the skills they need to live realistic and full lives in meaningful relationships.

			Not perfect—but healthy!” —Elisa Morgan, president of MOPS International, Inc.
5	Feeling Good: The New Mood Therapy — by David D. Burns	4.4 out of 5 stars	<p>The good news is that anxiety, guilt, pessimism, procrastination, low self-esteem, and other "black holes" of depression can be cured without drugs. In Feeling Good, eminent psychiatrist, David D. Burns, M.D., outlines the remarkable, scientifically proven techniques that will immediately lift your spirits and help you develop a positive outlook on life. Now, in this updated edition, Dr. Burns adds an All-New Consumer's Guide To Anti-depressant Drugs as well as a new introduction to help answer your questions about the many options available for treating depression.</p> <ul style="list-style-type: none"> • Recognize what causes your mood swings • Nip negative feelings in the bud • Deal with guilt • Handle hostility and criticism • Overcome addiction to love and approval • Build self-esteem • Feel good everyday
6	How we choose to be happy: The nine choices of extremely happy people – Their secrets, their stories - by Rick Foster & Greg Hicks	4.6 stars out of 5	Now featuring new research and the most current information on the science of happiness, this book presents an outline of the nine choices happy people consistently make. Also included are tools for self-assessment to allow readers to measure happiness-and to find out what might be holding them back from having more of it. Insightful, intimate, and inspiring, How We Choose to Be Happy lets readers learn by example, and take substantial steps toward joining the ranks of the extremely happy.
7	How to Get Your Point Across in 30 Seconds or Less — by Milo Frank	4.4 out of 5 stars	Learn how to get your listener's attention, keep her interest, and make your point—all in thirty seconds! Milo Frank, America's foremost business communications consultant, shows you how to focus your objectives, utilize the "hook" technique, use the secrets of TV and advertising writers, tell terrific anecdotes that make your point, shine in meetings and question-and-answer sessions, and more! These proven techniques give you the edge that successful people share—the art of communicating quickly, precisely, and powerfully!
8	I Thought It Was Just Me (but it isn't): Making the Journey from "What Will People Think?" to "I Am Enough" — by Brené Brown	4.6 out of 5 stars	The quest for perfection is exhausting and unrelenting. There is a constant barrage of social expectations that teach us that being imperfect is synonymous with being inadequate. Everywhere we turn, there are messages that tell us who, what and how we're supposed to be. So, we learn to hide our struggles and protect ourselves from shame, judgment, criticism and blame by seeking safety in pretending and perfection. Dr. Brené Brown, Ph.D., LCSW, is the leading authority on the power of vulnerability, and has inspired thousands through her top-selling books Daring Greatly, Rising Strong, and The Gifts of Imperfection, her wildly popular TEDx talks, and a PBS special. Based on seven years of her ground-breaking research and hundreds of interviews, I Thought It Was Just Me shines a long-overdue light on an important truth: Our imperfections are what connect us to each other and to our humanity. Our vulnerabilities are not weaknesses; they are powerful reminders to keep our hearts and minds open to the reality that we're all in this together. Dr. Brown writes, "We need our lives back. It's time to reclaim the gifts of imperfection—the courage to be real, the compassion we need to love ourselves and others, and the connection that gives true

			purpose and meaning to life. These are the gifts that bring love, laughter, gratitude, empathy and joy into our lives.”
9	If Your Child Is Bipolar: The Parent-to-Parent Guide to Living with and Loving a Bipolar Child — by Cindy Singer & Cheryl Gurrentz	4.4 out of 5 stars	This extremely practical and supportive guide empowers parents as they struggle with a child who may be bipolar. The authors' own family experiences, stories from hundreds of other parents of bipolar children, and input from a wide range of mental health professionals provide parents with specific information to deal with the everyday but incredibly challenging issues confronting the entire family. Among the helpful topics included are how to explore the possibility that a child's problem behaviors are a sign of mental illness; finding a mental healthcare professional who can make a diagnosis; understanding what a diagnosis is and isn't; learning parenting strategies to control a child's behavior at home, at school, and in social situations; and balancing the needs of a bipolar child with the needs of everyone else in the family.
10	Into The Magic Shop: A Neurosurgeon's Quest to Discover the Mysteries of the Brain and the Secrets of the Heart —by James R. Doty M.D.	4.7 out of 5 stars	The award-winning <i>New York Times</i> bestseller about the extraordinary things that can happen when we harness the power of both the brain and the heart. Growing up in the high desert of California, Jim Doty was poor, with an alcoholic father and a mother chronically depressed and paralyzed by a stroke. Today he is the director of the Center for Compassion and Altruism Research and Education (CCARE) at Stanford University, of which the Dalai Lama is a founding benefactor. But back then his life was at a dead end until at twelve he wandered into a magic shop looking for a plastic thumb. Instead he met Ruth, a woman who taught him a series of exercises to ease his own suffering and manifest his greatest desires. Her final mandate was that he keep his heart open and teach these techniques to others. She gave him his first glimpse of the unique relationship between the brain and the heart. Doty would go on to put Ruth's practices to work with extraordinary results—power and wealth that he could only imagine as a twelve-year-old, riding his orange Sting-Ray bike. But he neglects Ruth's most important lesson, to keep his heart open, with disastrous results—until he has the opportunity to make a spectacular charitable contribution that will virtually ruin him. Part memoir, part science, part inspiration, and part practical instruction, <i>Into the Magic Shop</i> shows us how we can fundamentally change our lives by first changing our brains and our hearts.
11	Making Contact: Uses of Language in Psychotherapy — by Leston Havens	5 out of 5 stars	Since 1955, moving from early work in psychopharmacology to studies of clinical method and the psychiatric schools, Leston Havens has been working toward a general theory of therapy. It often seems that twentieth-century psychiatry, sect-ridden, is a Tower of Babel, as Havens once characterized it. This book is the distillation of long years of thought and practice, a bold yet modest attempt to delineate an “integrated psychotherapy.” The boldness of this effort lies in its author's willingness to recognize the best that each school has to offer, to describe it cogently, and to integrate it into a full response to today's new kind of patient. Descriptive or medical psychiatry, psychoanalysis, interpersonal or behavioristic psychiatry, empathic or existential therapy-viewed in metaphors, respectively, of perceiving, thinking, managing, feeling-all have useful contributions to make to contemporary methods of treatment. But how? Havens's modest answer is through appropriate language, and he demonstrates exactly what he means: when to ask questions, when to direct or draw back, when to sympathize. Practitioners now must deal with less dramatic, but

			<p>more stubborn, problems of character and situation; lack of purpose, isolation, submissiveness, invasiveness, deep yet vague dissatisfaction. Some kind of human presence must be discovered in the patient, and Havens gives concrete, absorbing examples of ways of “speaking to absence,” of making contact. The emphasis is on verbal technique, but the underlying broad, humane intent is everywhere evident. It is no less than to transform passivity, by means of disciplined therapeutic concern, into a state of being Human.</p>
12	<p>Mind Over Medicine: Scientific Proof That You Can Heal Yourself</p> <p>—by Lissa Rankin M.D.</p>	4.5 out of 5 stars	<p>We’ve been led to believe that when we get sick, it’s our genetics. Or it’s just bad luck—and doctors alone hold the keys to optimal health. Therefore when Dr. Lissa Rankin’s own health started to suffer, she turned to Western medical treatments, but what she found was that they not only failed to help; they made her worse. So she decided to take matters into her own hands. Through her research, Dr. Rankin discovered that the health care she had been taught to practice was missing something crucial: a recognition of the body’s innate ability to self-repair and an appreciation for how we can control these self-healing mechanisms with the power of the mind. To better understand this phenomenon, she explored peer-reviewed medical literature and found evidence that the medical establishment had been proving that the body can heal itself for over 50 years. Using extraordinary cases of spontaneous healing, Dr. Rankin shows how thoughts, feelings, and beliefs can alter the body’s physiology. She lays out the scientific data proving that loneliness, pessimism, depression, fear, and anxiety damage the body, while intimate relationships, gratitude, meditation, sex, and authentic self-expression flip on the body’s self-healing processes. In this book, you’ll find a radical new wellness model based on Dr. Rankin’s scientific findings. Her unique six-step program will help you uncover where things might be out of whack in your life—spiritually, creatively, environmentally, nutritionally, and in your professional and personal relationships—so that you can create a customized treatment plan aimed at bolstering these health-promoting pieces of your life. You’ll learn how to listen to your body’s “whispers” before they turn to life-threatening “screams” that can be prevented with proper self-care, and you’ll learn how to trust your inner guidance when making decisions about your health and your life. By the time you finish Mind Over Medicine, you’ll have made your own Diagnosis, written your own Prescription, and created a clear action plan designed to help you make your body ripe for miracles.</p>
13	<p>More Than Moody: Recognizing and Treating Adolescent Depression</p> <p>— by Harold S. Koplewicz M.D.</p>	3.8 out of 5 stars	<p>One of the nation's most distinguished child and adolescent psychiatrists shows parents the warning signs, risk factors, and key symptoms that offer important clues about depression. He also illustrates a broad range of treatment options including SSRI antidepressants as well as non-pharmaceutical approaches such as cognitive behavior therapy. With solid advice and compelling real-life stories, <i>More Than Moody</i> is an invaluable resource.</p>
14	<p>No More Sleepless Nights</p> <p>— by Peter Hauri & Shirley Linde</p>	4 out of 5 stars	<p>In this newly revised edition, you'll learn what works and what doesn't, ways to evaluate the latest insomnia treatments, and how to create your own customized sleep therapy program. With this easy-to-follow advice, there's no longer any reason to lose precious sleep. Whether your sleep problem is chronic or occasional, No More Sleepless Nights is the best remedy available.</p>
15	<p>Odd Girl Out: The Hidden Culture of Aggression in Girls</p>	4.3 out of 5 stars	<p>When Odd Girl Out was first published, it became an instant bestseller and ignited a long-overdue conversation about the hidden culture of female bullying. Today the dirty looks, taunting notes, and</p>

	— by Rachel Simmons		social exclusion that plague girls' friendships have gained new momentum in cyberspace. In this updated edition, educator and bullying expert Rachel Simmons gives girls, parents, and educators proven and innovative strategies for navigating social dynamics in person and online, as well as brand new classroom initiatives and step-by-step parental suggestions for dealing with conventional bullying. With up-to-the-minute research and real-life stories, Odd Girl Out continues to be the definitive resource on the most pressing social issues facing girls today.
16	Playground Politics: Understanding the Emotional Life of Your School-Age Child — by Stanley I. Greenspan M.D. & Jacqueline Salmon	4.5 out of 5 stars	Playground Politics is the first book to look at the neglected middle years of childhood—from kindergarten to junior high—and to help parents understand the enormous emotional challenges these children are facing. In witty, vivid stories, Dr. Greenspan brings to life the major emotional milestones of these years, when children move from the shelter of the family to the harsh rivalries of "playground politics," and toward an independent self-image. His empathy for the turmoil children bring home from school, and for the parents who try to help, is deep and reassuring.
17	Rising Strong: The Reckoning. The Rumble. The Revolution. — by Brené Brown	4.7 out of 5 stars	Social scientist Brené Brown has ignited a global conversation on courage, vulnerability, shame, and worthiness. Her pioneering work uncovered a profound truth: Vulnerability—the willingness to show up and be seen with no guarantee of outcome—is the only path to more love, belonging, creativity, and joy. But living a brave life is not always easy: We are, inevitably, going to stumble and fall. It is the rise from falling that Brown takes as her subject in Rising Strong. As a grounded theory researcher, Brown has listened as a range of people—from leaders in Fortune 500 companies and the military to artists, couples in long-term relationships, teachers, and parents—shared their stories of being brave, falling, and getting back up. She asked herself, What do these people with strong and loving relationships, leaders nurturing creativity, artists pushing innovation, and clergy walking with people through faith and mystery have in common? The answer was clear: They recognize the power of emotion and they're not afraid to lean in to discomfort. Walking into our stories of hurt can feel dangerous. But the process of regaining our footing in the midst of struggle is where our courage is tested and our values are forged. Our stories of struggle can be big ones, like the loss of a job or the end of a relationship, or smaller ones, like a conflict with a friend or colleague. Regardless of magnitude or circumstance, the rising strong process is the same: We reckon with our emotions and get curious about what we're feeling; we rumble with our stories until we get to a place of truth; and we live this process, every day, until it becomes a practice and creates nothing short of a revolution in our lives. Rising strong after a fall is how we cultivate wholeheartedness. It's the process; Brown writes that teaches us the most about who we are.
18	Survival Strategies for Parenting Children with Bipolar Disorder: Innovative Parenting and Counseling Techniques for Helping Children with Bipolar Disorder and the Conditions that May Occur with It — by George Lynn	4.2 out of 5 stars	Up until five years ago, the professional community did not think that Bipolar Disorder occurred in children. Children with symptoms of Bipolar Disorder were diagnosed as 'severe ADHD', 'depressed' or 'Oppositional Defiant'. Now, as it is being increasingly diagnosed, George Lynn offers clear, practical advice on recognizing the symptoms, understanding medication and accessing the necessary support at school as well as the managing the day-to-day challenges of parenting a child with Bipolar Disorder. As it is frequently found in combination with ADHD, Tourette Syndrome and Asperger's Syndrome, the author draws on case-studies from his own psychotherapeutic practice to show what these conditions have in common, how they differ, and how they relate to each other.

			Survival Strategies for Parenting Children with Bipolar Disorder, tackles the most difficult decisions parents can face, including whether to involve police or consider hospitalization if their children are a danger to themselves and their families. At the same time, it emphasizes the positive qualities these children often have and illustrates how their gifts and abilities can build their self-esteem and help them function better in society. However severe the child's symptoms, George Lynn's book will provide guidance, support and inspiration for parents and carers as well as being a useful resource for professionals working with the families who suffer as a result of this disorder.
19	Swan in Love — by Eve Bunting	4.4 out of 5 stars	Dora was a boat shaped like a swan. Swan loved her. "Doesn't he know she's different?" the other swans on the lake mutter to each other. Swan knows, but he knows that differences mean nothing to love. The frogs croak their disapproval and the fishes whisper it from below. Swan listens politely, but he knows love is never wrong. Even as the winters get longer and Dora's once sparkling paint begins to crack and peel, faithful Swan stays with her, certain that they must always be together. Eve Bunting's deeply resonant text and Jo Ellen McAllister Stammen's resplendent illustrations combine with shimmering grace to tell a story of the transforming power of love.
20	The Anatomy of a Calling: A Doctor's Journey from the Head to the Heart and a Prescription for Finding Your Life's Purpose — by Lissa Rankin M.D.	4.6 out of 5 stars	We are all, every single one of us, heroes. We are all on what Joseph Campbell calls “a hero’s journey;” we are all on a mission to step into our true nature and fulfill the assignment our souls were sent to Earth to fulfill. Navigating the hero’s journey, Lissa Rankin, MD, argues, is one of the cornerstones of living a meaningful, authentic, healthy life. In clear, engaging prose, Lissa describes her entire spiritual journey for the first time—beginning with what she calls her “perfect storm” of events—and recounts the many transformative experiences that led to a profound awakening of her soul. Through her father’s death, her daughter’s birth, career victories and failures, and an ongoing struggle to identify as both a doctor and a healer, Lissa discovers a powerful self-awareness. As she shares her story, she encourages you to find out where you are on your own journey, offering inspiring guideposts and practices along the way. With compelling lessons on trusting intuition, surrendering to love, and learning to see adversity as an opportunity for soul growth, The Anatomy of a Calling invites you to make a powerful shift in consciousness and reach your highest destiny.
21	The Depression Workbook: A Guide for Living with Depression and Manic Depression, Second Edition — by Mary Ellen Copeland	4.1 out of 5 stars	<p>From the best-selling author, Mary Ellen Copeland, comes the Second Edition of The Depression Workbook. Learn to practice the latest research-based self-help strategies to relieve depression and address other mental health issues including how to:</p> <ul style="list-style-type: none"> • Take responsibility for your own wellness • Use charts to track and control your moods • Find helpful care providers • Build a system of mutual support • Increase self-confidence and self-esteem • Use relaxation, diet, exercise, and light to stabilize your moods • Avoid conditions that can worsen your symptoms <p>A new chapter guides readers through developing your own plan for managing symptoms and staying well. This process, known as the Wellness Recovery Plan (WRAP), was developed by a group</p>

			<p>of people who experience depression, or manic depression and/or have other mental health concerns and who now report that this plan helped them relieve their symptoms and improve the quality of their lives. This edition is updated in all areas including new medical and holistic perspectives and extensive lists of helpful resources and Web sites that will assist you in your journey to wellness. By letting you share more than a hundred case stories and empowering you with the most current therapeutic strategies, The Depression Workbook, Second Edition will give you insight, energy, and hope.</p>
22	<p>The Fear Cure: Cultivating Courage as Medicine for the Body, Mind, and Soul — by Lissa Rankin M.D.</p>	4.3 out of 5 stars	<p>Not many people in the medical world are talking about how being afraid can make us sick—but the truth is that fear, left untreated, becomes a serious risk factor for conditions from heart disease to diabetes to cancer. Now Lissa Rankin, M.D., explains why we need to heal ourselves from the fear that puts our health at risk and robs our lives of joy—and shows us how fear can ultimately cure us by opening our eyes to all that needs healing in our lives. Drawing on peer-reviewed studies and powerful true stories, The Fear Cure presents a breakthrough understanding of fear's effects and charts a path back to wellness and wholeness on every level. We learn:</p> <ul style="list-style-type: none"> • How a fearful thought translates into physiological changes that predispose us to illness • How to tell true fear (the kind that arises from a genuine threat) from false fear (which triggers stress responses that undermine health) • How to tune in to the voice of courage inside—our “Inner Pilot Light” • How to reshape our relationship to uncertainty so that it's no longer something to dread, but a doorway to new possibilities • What our fears can teach us about who we really are <p>At the intersection of science and spirituality, The Fear Cure identifies the Four Fearful Assumptions that lie at the root of all fears—from the sense that we're alone in the universe to the belief that we can't handle losing what we love—and shifts them into Four Courage-Cultivating Truths that pave our way to not only physical well-being, but profound awakening. Using exercises from a wide range of mind-body practices and spiritual traditions, Dr. Rankin teaches us how to map our own courage-cultivating journey, write a personalized Prescription for Courage, and step into a more authentic life.</p>
23	<p>The Road Less Traveled — by M. Scott Peck</p>	4 out of 5 stars	<p>Perhaps no book has had a more profound impact on intellectual and spiritual lives than "The Road Less Traveled." In his new Introduction, Dr. Peck recalls how this book evolved from his own early ideas as a therapist who was just beginning his own spiritual growth.</p>
24	<p>The Stranger In The Mirror — by Marlene Steinberg M.D. & Maxine Schnall</p>	4.2 out of 5 stars	<p>Discover groundbreaking findings on a hidden epidemic—and why it so often is misdiagnosed. You peer into the mirror and have trouble recognizing yourself. You feel as if you're going through the motions of life or you're watching a movie of yourself. These are all symptoms of dissociation—a debilitating psychological condition involving feelings of disconnection that affects 30 million people in North America and often goes untreated. The Stranger in the Mirror offers unique guidelines for identifying and recovering from dissociative symptoms based on Dr. Marlene Steinberg's breakthrough diagnostic test. Filled with fascinating case histories of people with multiple personalities, this book provides enlightening insights into how all of us respond to trauma and</p>

			overcome it. Her innovative method of treatment will benefit anyone in search of a healthier sense of self and a heightened capacity for joy.
25	Voices of Reason, Voices of Insanity: Studies of Verbal Hallucinations — by Ivan Leudar & Philip Thomas	5 out of 5 stars	Records of people experiencing verbal hallucinations or 'hearing voices' can be found throughout history. Voices of Reason, Voices of Insanity examines almost 2,800 years of these reports including Socrates, Schreber and Pierre Janet's "Marcelle", to provide a clear understanding of the experience and how it may have changed over the millennia. Through six cases of historical and contemporary voice hearers, Leudar and Thomas demonstrate how the experience has metamorphosed from being a sign of virtue to a sign of insanity, signaling such illnesses as schizophrenia or dissociation. They argue that the experience is interpreted by the voice hearer according to social categories conveyed through language, and is therefore best studied as a matter of language use. Controversially, they conclude that 'hearing voices' is an ordinary human experience which is unfortunately either mystified or pathologised. Voices of Reason, Voices of Insanity offers a fresh perspective on this enigmatic experience and will be of interest to students, researchers and clinicians alike.
26	Wellness Recovery Action Plan —by Mary Ellen Copeland	4.6 out of 5 stars	This book is a popular personal guide to developing a Wellness Recovery Action Plan (WRAP). Adults and older teens who are working on recovery benefit from having their own copy. Agencies can purchase them for distribution to people in WRAP groups who are working with a care provider on developing a WRAP or who are working on their own to develop a WRAP. This book has broad applicability and is used world-wide as a basis for recovery. It has been adapted for many uses and translated into many different languages. Learning self-help skills for dealing with physical and emotional discomfort can be simple ... but it's a much greater challenge using self-help methods during the most difficult times—when they can help the most—and incorporating them into daily life. This book presents a system developed and used successfully by people with all kinds of physical, emotional and life issues. It has helped them use self-help skills more easily to monitor how they are feeling, decrease the severity and frequency of difficult feelings, and improve the quality of their lives. This book helps people: develop their own list of activities for everyday well-being, track triggering events and early warning signs, prepare personal responses for when they are feeling badly, create a plan for supports to care for them if necessary. Included in this very accessible guide is information on developing a support system, using peer counseling, focusing, creative activities, journaling, music, diet, exercise, light, relaxation, and getting a good night's sleep. Using the Wellness Recovery Action Plan, self-management in difficult times becomes possible and practical.
27	When Bad Things Happen to Good People — by Harold S. Kushner	4.5 out of 5 stars	When Harold Kushner's three-year-old son was diagnosed with a degenerative disease that meant the boy would only live until his early teens, he was faced with one of life's most difficult questions: Why, God? Years later, Rabbi Kushner wrote this straightforward, elegant contemplation of the doubts and fears that arise when tragedy strikes. In these pages, Kushner shares his wisdom as a rabbi, a parent, a reader, and a human being. Often imitated but never superseded, <i>When Bad Things Happen to Good People</i> is a classic that offers clear thinking and consolation in times of sorrow.