

RENEWED
PERSPECTIVES
PSYCHIATRY

MEN & MENTAL HEALTH

- [Men and Mental Health - National Institute of Mental Health \(NIMH\)](#)
- [Childhood depression, what parents need to know](#)
- [Depression, Parent's Medication Guide:](#)

Book Recommendations:

1. Feeling Good: The New Mood Therapy by David D. Burns, M.D.
2. The Mindful Way Through Depression by Mark Williams, John Teasdale, Zindel Segal, and Jon Kabat-Zinn
3. This Is Depression by Dr. Diane McIntosh
4. Unlearning Anxiety & Depression by Dr. Joseph Luciani
5. Mind Over Mood by Dennis Greenberger, Ph.D., and Christine A. Padesky, Ph.D.

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