A PROPOSAL FOR SEASON #3 of the GRACIE BOOK CLUB
A sampling for discussion (alphabetized by author surname within each category)

Fiction

I Never Promised You a Rose Garden by Deborah Blau
The Hours by Michael Cunningham
The Marriage Plot by Jeffrey Eugenides
Faces in the Water by Janet Frame
Ordinary People by Judith Guest
One Flew Over the Cuckoo’s Nest by Ken Kesey
She’s Come Undone by Wally Lamb
The Bell Jar by Sylvia Plath (aka Victoria Lucas)
The Snake Pit by Mary Jane Ward
Disturbing the Peace by John C. Wilder
Lowboy by John Wray

Memoirs/Biography

The Quiet Room by Amanda Bennett and Lori Schiller
Brain on Fire: My Month of Madness by Susannah Cahalan
Unholy Ghost (an anthology of 22 authors’ essays) Edited by Neil Casey
Manic: A Memoir by Terri Cheney
Willow Weep for Me: A Black Woman’s Journey through Depression by Meri Nana-Ama Danquah
Hunger: A Memoir of (My) Body by Roxanne Gay
A Drinking Life by Pete Hamill
Wasted: A Memoir of Anorexia and Bulimia by Marya Hornbacher
An Unquiet Mind: A Memoir of Moods and Madness by Kay Redfield Jamison
Girl Interrupted by Susanna Kaysen
Musical Chairs by Jan Knox
Blue Genes by Christopher Lukas
Trouble in My Mind by Matholde Monaque
Loud in the House of Myself: Memoir of a Strange Girl by Stacy Pershall
Lucky by Alice Sebold
Darkness Visible by William Styron
Prozac Nation by Elizabeth Wurtzel
The Man Who Couldn’t Stop: OCD, and the True Story of A Life Lost in Thought by David Adam

The Savage God: A Study of Suicide by A. Alvarez

Lay My Burden Down: Unraveling Suicide and the Mental Health Crisis among African-Americans by Amy Alexander and Alvin Francis Poussaint

Gracefully Insane: The Rise and Fall of America’s Premier Mental Hospital by Alex Beam

In and Out of Our Right Minds: The Mental Health of African-American Women; Edited by Diane Brown and Verna Keith

African Americans and Depression: Signs, Awareness, and Interventions by Julia Hastings, Lani Jones, and Pamela Martin

Standing in the Shadows: Understanding and Overcoming Depression in Black Men by John Head

Saving Our Last Nerve: The Black Woman’s Path to Mental Health by Marilyn Martin

The Lives They Left Behind: Suitcases from a State Hospital Attic by Darby Penney (et al.)

Insane: America’s Criminal Treatment of Mental Illness by Alisa Roth

The Man Who Mistook His Wife for a Hat and Other Clinical Tales by Oliver Sacks

Madhouse: A Tragic Tale of Megalomania and Modern Medicine by Andrew Scull

Madness in Civilization: A Cultural History of Insanity, from the Bible to Freud, from the Madhouse to Modern Medicine by Andrew Scull

Is There No Place on Earth For Me? by Susan Sheehan

The Noonday Demon: An Atlas of Depression by Andrew Solomon

My Age of Anxiety: Fear, Hope, Dread, and the Search for Peace of Mind by Scott Stossel

American Psychosis: How the Federal Government Destroyed the Mental Illness Treatment System by E. Fuller Torrey

Asian Americans: Personality Patterns, Identity, and Mental Health by Laura Uba

Mad in America: Bad Science, Bad Medicine and the Enduring Mistreatment of the Mentally Ill by Robert Whitaker