

Every Homeless Person Has a Mother

Reading Recommendations

Work in Progress 8.23.25.2

Please investigate and evaluate any of these listings for yourself and your family.

Mental Health & Healing

- **Amador, Xavier**, *I Am Not Sick, I Don't Need Help!* 20th Anniversary Edition. LEAP Institute.
 - **Coleman, Joshua**, *Rules of estrangement: Why adult children cut ties and how to heal the conflict*. Harmony Books (2020)
 - **Crawford, Christine M., M.D., M.P.H**, *You Are Not Alone for Parents and Caregivers: The NAMI Guide to Navigating Your Child's Mental Health*. Zando, 2024.
 - **Earley, Pete**, *Crazy: A Father's Search Through America's Mental Health Madness*.
 - **Hinshaw, Stephen P**, *Another Kind of Madness: A Journey Through the Stigma and Hope of Mental Illness*.
 - **Gagnebin, Leland Austin**, *Where the Light Enters: A Soldier's Journey*. 2022.
 - **Insel, Thomas R., M.D**, *Healing: Our Path from Mental Illness to Mental Health*. Penguin Press, 2022.
 - **Laitman, Robert, M.D., and Julia Laitman**. *Clozapine: Meaningful Recovery from Schizophrenia*. Outskirts Press, 2018.
 - **Laing, R.D**, *The Divided Self*. Tavistock Publications, 1960.
 - **May, Rufus**, *Doctoring the Mind: Is Our Current Treatment of Mental Illness Really Any Good?*
 - **Palmer, Christopher, M.D.**, *Brain Energy*.
 - **Reiser, Robert, M.D.**, Article: *Where Do We Learn More?* Anthology: *Back to Life Back to Normality*. CBT Informed recovery Turkington, Douglas, co-Editor Helen M. Spencer
 - **Szasz, Thomas**, *The Myth of Mental Illness*. Harper & Row, 1961.
 - **Torrey, E. Fuller.**, *Surviving Schizophrenia: A Family Manual*. 7th ed., Harper Perennial, 2019.
 - **Turkington, Douglas, and Paul French.**, *CBT for Schizophrenia: A Guide for Practitioners*. Routledge, 2013.
 - **Turkington, Douglas**, and David Kingdon. *Cognitive Therapy of Psychosis: Research and Implementation*. Schizophrenia Research, 2019.
 - **Turkington, Douglas**, et al. *High-Yield Cognitive Behavioral Techniques for Psychosis Delivered by Case Managers*. *Journal of Nervous and Mental Disease*, 2014.
 - **Turkington, Douglas, co-Editor Helen M. Spencer**, *Back to Life Back to Normality*. Featuring articles on CBT Informed recovery
 - **Williams, Paris**, *Rethinking Madness: Towards a Paradigm Shift in Our Understanding and Treatment of Psychosis*. Sky's Edge Publishing, 2012.
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Homelessness, Advocacy & Systemic Change

- **Adler, Kevin**, with Donald W. Burnes, Amanda Banh, and Andrijana Bilbija. *When We Walk By: Forgotten Humanity, Broken Systems, and the Role We Can Each Play in Ending Homelessness in America*.
- **Desmond, Matthew**, *Evicted: Poverty and Profit in the American City*. Crown, 2016.
- **Desmond, Matthew**, *Poverty, by America*. Crown, 2023.

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<https://jacquelinejanssen.com/> 8.21.25 Substack: <https://everyhomelesspersonhasamother.substack.com/>

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- **Elliott, Andrea, (2021).** *Invisible Child: Poverty, Survival & Hope in an American City*. New York: Random House.
 - **Hening, Andrew,** *So You Want to Solve Homelessness*.
 - **Torrey, E. Fuller,** *American Psychosis: How the Federal Government Destroyed the Mental Illness Treatment System*. Oxford University Press, 2013.
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Feminism, Women's Rights & Advocacy

- **Bolen, Jean Shinoda, (1984).** *Goddesses in Everywoman: A New Psychology of Women*. New York, NY: Harper & Row
 - **Budapest, Zsuzsanna E, (1989).** *The Grandmother of Time: A Woman's Book of Celebrations, Spells, and Sacred Objects for Every Month of the Year*. San Francisco, CA: Harper San Francisco
 - **Burke, Tarana,** *Unbound: My Story of Liberation and the Birth of the Me Too Movement*. Flatiron Books, 2021.
 - **Christ, Carol P. (1999).** *Rebirth of the Goddess: Finding Meaning in Feminist Spirituality*. London & New York: Routledge
 - **Gilligan, Carol,** *In a Different Voice*. Harvard University Press, 1982.
 - **Gilligan, Carol,** *Joining the Resistance*. Polity, 2011.
 - **Gilligan, Carol, and David Richards,** *The Deepening Darkness: Patriarchy, Resistance, and Democracy's Future*. Cambridge University Press, 2009.
 - **Gilligan, Carol, and Naomi Snider,** *Why Does Patriarchy Persist?* Polity, 2018.
 - **Goldberg, Michelle,** *The Means of Reproduction: Sex, Power, and the Future of the World*. Penguin Press, 2009.
 - **Kristof, Nicholas D., and Sheryl WuDunn,** *Half the Sky: Turning Oppression into Opportunity for Women Worldwide*. Knopf, 2009.
 - **Kristof, Nicholas D., and Sheryl WuDunn,** *A Path Appears: Transforming Lives, Creating Opportunity*. Knopf, 2014.
 - **Lorde, Audrey, & Gay, R. (Eds.). (2020).** *The selected works of Audre Lorde* (1st ed.). W. W. Norton & Company.
 - **Solnit, Rebecca,** *Hope in the Dark: Untold Histories, Wild Possibilities*. Nation Books, 2004.
 - **Solnit, Rebecca,** *Men Explain Things to Me*. Haymarket Books, 2014.
 - **Spretnak, Charlene, (1982).** *The Politics of Women's Spirituality: Essays by Founding Mothers of the Movement*. New York, NY: Knopf Doubleday Publishing Group
 - **Starhawk and Donna Read,** *Signs Out of Time: The Story of Marija Gimbutas*. (Film, 2003).
 - **Stone, Merlin, (1976).** *When God Was a Woman*. New York, NY: Harcourt Brace Jovanovich
 - **Traister, Rebecca,** *Good and Mad: The Revolutionary Power of Women's Anger*. Simon & Schuster, 2018.
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Economics, Housing & Inequality

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- **Desmond, Matthew**, *Evicted: Poverty and Profit in the American City*. Crown, 2016.
 - **Kuiper, Edith**, *A Herstory of Economics*. Polity Press, 2022.
 - **Owings, Alison**, *Mayor of the Tenderloin*. 2011.
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Healing & Inspiration

- **Chödrön, Pema**, (2019). *Welcoming the Unwelcome: Wholehearted living in a brokenhearted world*. New York, NY: Shambhala Publications.
- **Clinton, Hillary R**, (2024). *Something Lost, Something Gained: Reflections on Life, Love, and Liberty*. New York, NY: Simon & Schuster.
- **Clinton, Hillary R**. (1996). *It Takes a Village: And Other Lessons Children Teach Us*. New York, NY: Simon & Schuster.
- **Duckworth, Ken**, (2022). *You Are Not Alone: The NAMI Guide to Navigating Mental Health—With Advice from Experts and Wisdom from Real People and Families*. Zando
- **Harjo, Joy**, (2022). *Catching the Light (Why I Write)*. New Haven, CT: Yale University Press.
- **Hemsley, Becky**, (2023). *Letters from Life: Words to Feed Your Heart and Soul*. [Place of publication not specified]: Wildmark Publishing.
- **Hogan, Linda**, (1995). *Dwellings: A Spiritual History of the Living World*. New York, NY: W. W. Norton & Company.
- **Kornfield, Jack**, (2017). *No time like the present: Finding freedom, love, and joy right where you are*. New York, NY: Atria Books.
- **Kornfield, J**. (2008). *The wise heart: A guide to the universal teachings of Buddhist psychology*. New York, NY: Bantam.
- **Lentz, Laura**, *StoryQuest, The Writer, The Hero, the Journey* Breaking Into Story for Memoir, Fiction and Poetry. 2023.
- **Lentz, Lentz**, (2022). *Freeing the Turkeys: Essays by Laura Lentz*. [Self-published].
- **London, Nancy**, (2024). *The Ripening: Essays on Love, Loss, Marriage and Aging*. [Place of publication not specified]: Safe Place Publishing.
- **McGregor, Sheri, M.A**, *Done With the Crying: Help and Healing for Mothers of Estranged Adult Children*. Sowing Creek Press, 2016
- **Nelson, Julie Seido**, (2025). *Practicing Safe Zen: Navigating the Pitfalls on the Road to Liberation*. [City not specified]: Monkfish Book Publishing Company
- **Smith, Judith R**, *Difficult: Mothering Challenging Adult Children Through Conflict and Change*. Rowman & Littlefield, 2022.
- **Thānissaro Bhikkhu**. (2013). *With each and every breath: A guide to meditation*. [Publisher unknown—self-published via dhammatalks.org]
- **Trommer, Rosemary Wahola** (2024). *The Unfolding*. [Place of publication not specified]: Wildhouse Poetry.
- **Walker, Alice**, (2006). *We Are the Ones We Have Been Waiting For: Inner Light in a Time of Darkness*. New York, NY: The New Press