Recovery Products

The Publications Division of the Center for Psychiatric Rehabilitation offers an array of books and products about recovery.

- **The Recovery Workbook: Practical Coping and Empowerment Strategies for People with Psychiatric Disability, Revised Edition**: With the printing of this revised edition of *The Recovery Workbook*, we took the opportunity to update the “Physical Wellness and Recovery” section to reflect changes in the field of health and wellness. We updated the bibliography to include recent recovery-related writings and added a list of companion resources developed at the Center designed to further the exploration of recovery for people with psychiatric disabilities.

- **Leader’s Guide for The Recovery Workbook**: A guide for leaders who are using *The Recovery Workbook* with groups.

- **Recuperando la Esperanza—Libro Práctico**: Spanish version of *The Recovery Workbook*. The accompanying leader’s guide is available as a free download on the Center’s website.

- **The Recovery Workbook 2: Connectedness**: The next step for leaders and students who have experience with the first *The Recovery Workbook*. Explores the relationship between connectedness (with oneself, others, environments, and a larger meaning or purpose in life) and personal growth in the recovery process for people with psychiatric disability.

- **Leader’s Guide for The Recovery Workbook 2**: A guide for leaders who are using *The Recovery Workbook 2: Connectedness* with groups.

- **PowerPoint Presentation for The Recovery Workbook 2**: Supplements and reinforces teaching points from *The Recovery Workbook 2: Connectedness* is available for purchase on CD.

- **Voices of Recovery**: Recommended as a stand alone text or for use with *The Recovery Workbook 1 and The Recovery Workbook 2*, this compilation of personal accounts by persons with psychiatric disabilities is intended to stimulate hope and provide models for recovery.

- **The Experience of Recovery**: Recommended as a stand alone text or for use with *The Recovery Workbook 1 and The Recovery Workbook 2*, this compilation of personal accounts by persons with psychiatric disabilities is intended to stimulate hope and provide models for recovery.

- **Toward a Vision of Recovery — DVD + Book of Readings**: An informative and inspiring, 30-minute presentation on recovery by Dr. William Anthony, produced by the California affiliate of the National Alliance on Mental Illness, and an accompanying book of readings on recovery. A valuable tool for stimulating group discussion for mental health service providers, students, researchers, administrators, families, consumers/survivors, and board members.

- **Recovery from Severe Mental Illnesses: Volumes 1 & 2**: In two landmark volumes, Davidson, Harding, and Spaniol present over 30 years of accumulating evidence that challenges the long-held view that severe mental illnesses typically follow a deteriorating course.

- **Readings in Psychiatric Rehabilitation and Recovery**: An extensive collection of readings presenting current thinking, research, and practice of psychiatric rehabilitation and recovery by prominent contributors in the field.

Ordering information is available on the Center for Psychiatric Rehabilitation website at [http://cpr.bu.edu/store](http://cpr.bu.edu/store). For any questions about these recovery products, please contact Sue McNamara by e-mail at suemac@bu.edu or by phone at (617) 358-2574.