

Mental Health Zines



Due to the prevalence and need for mental health services, and a general lack of them in many communities, zines on mental health serve a special need. Zines can help frame mental health in both a frank and gentle way, while also providing tips and encouragement for self-care. Many mental health zines are based around an individual's personal experience, so they provide a first-hand account of the associated trauma and healing processes. These zines can also acknowledge intersectional issues?issues that speak to the fact that queer individuals, people of color, and folks who are differently-abled deal with additional institutional forms of oppression, and thus stress. For anyone interested in learning more, here is a selection of zines in the Library?s collection that cover this topic. [Read more](#)

Posted by Edwin F. on October 28, 2019

[Impulse Control Disorder](#)

[Wax & Feathers: The Icarus Project Zine v April 2011](#)

[Sorry For Being A Bummer : Denial-Based Mental Healthcare](#)

[Where Are You Going?](#)

[Falling Apart : A Zine On Death, Grief, Mourning & Loss](#)

[If You'd Like To Hear It I Can Sing It For You : A Zine On Aging : Vol. 001](#)

[Get It Together. v. 1](#)

[How-to & DIY](#)

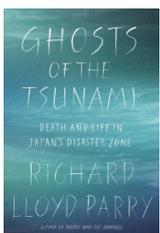
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Ghosts of the Tsunami: Death and Life in Japan?s Disaster Zone



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Did you ever dream of being in a tsunami? As a college freshman I did, repeatedly over a course of a couple of months. Luckily, I lived in the mountains then, a few hundred miles from the sea.

Richard Lloyd Parry, an English journalist, who spent over a decade in Japan, did six years of research for this excellent book. In one chapter, he recounts Teruo Konno?s experience being swept and tossed for hours in the great tsunami that struck Japan on March 11, 2011. Konno?s tale reads like a thriller.

As a city employee, Teruo opened the doors to evacuees at a city hall branch office next to the Kitakami

River, fifteen feet above sea level and inland from the ocean. Everyone in the building survived the severe shaking, but the building lost power. No one knew that officials had revised the tsunami warning to 120 feet. [Read more](#)

Posted by Dory L. on April 3, 2018

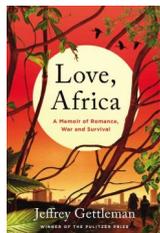
[Ghosts of the Tsunami: Death and Life in Japan's Disaster Zone](#)

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Love, Africa



[view in catalog](#)

This memoir by a Pulitzer Prize-winning journalist will make you feel as though you have boarded a jet and begun a new life.

Jeffrey Gettleman, nineteen-year old college student, wanders his way into East Africa, does community service work, and falls in love with the landscapes, people, swirl of languages, and colorful clothing there. In fact, he eventually decides he must come back to live in the region, not just visit. [Read more](#)

Posted by Dory L. on October 19, 2017

[Love, Africa: A Memoir of Romance, War, and Survival](#)

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A Short History of DADA



Beautiful like the chance meeting on a dissection table of a sewing machine and an umbrella."

?Compte de Lautréamont

Is it possible for an art movement to be anti-art? What would such a movement (anti-movement?) even look like? For the founders of DADA, which grew out of the aftermath of World War I in Europe, the answer is disruption of society, of culture, and of art itself. [Read more](#)

Posted by Bill W. on July 25, 2017

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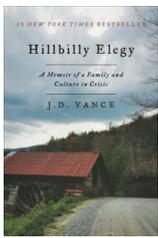
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Hillbilly Elegy



[view in catalog](#)

Many in the media and politics keep trying to figure out why our new President attracts so many Rust Belt and Appalachian voters. This memoir of a young man's coming of age in both regions may offer some insight.

At only thirty-one, J.D. Vance admits he's way too young to have penned a memoir. He hasn't done anything extraordinary (though he did graduate from Yale Law School, a major accomplishment for a kid from a single-parent home in a working-class town in Ohio, where many did not finish high school).

Vance writes most vividly of Jackson, his dirt-poor but beautiful ancestral home in the mountains of eastern Kentucky. He also describes his people: a great-grandmother who once killed someone, and his own Mamaw who often threatens to do the same to her husband when he comes home drunk. In fact, J.D. relates, one night he saves his Pawpaw after Mamaw poured gasoline over him and lights a match. [Read more](#)

Posted by Dory L. on May 23, 2017

[Hillbilly Elegy: A Memoir of a Family and Culture in Crisis](#)
[Memoir](#)

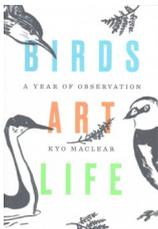
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[Birds, Art, Life: a Year of Observation](#)



[view in catalog](#)

If you love the natural world, this little book about birding will entice you. It's also about much more: how to be in the world, parenting, partnering, creativity, and friendship. She also explores the first books people fell in love with, celebrity eyebrows, art, and especially how to make peace with the roaring, anxious self inside you.

Maclear, a Canadian author of children's books, decides after a heavy stint caring for her aged father after suffering two strokes that she needed to take up a hobby for herself. She is also a mom raising two young boys, the younger of which, has the weird propensity for falling, resulting in emergency room visits.

First, she plans to take up drawing again. But the renowned teacher she interviews about lessons seemed too structured for her. As you can see in the beautiful line drawings, she also spent a year with pen and ink.

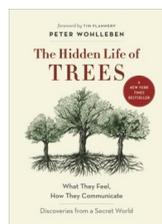
One night her husband suggests that she look at some bird photographs taken by the musician who scored his latest film. These bird pictures wowed Kyo. So much so, that within a few days, she'd contacted the musician and asked if he would be her guide to the world of birding for an entire year. What she liked about her guru, who she simply calls 'The Musician' throughout the book was that he was 'fervent about birds without being reverential.' [Read more](#)

Posted by Dory L. on February 8, 2017

[Birds, Art, Life: A Year of Observation](#)

[Nonfiction](#)

The Hidden Life of Trees: what they feel, how they communicate: discoveries from a secret world



[view in catalog](#)

I have always felt a strong connection to trees; I love them in all seasons and am fascinated by their intricacies, their shapes, varieties of bark, leaves and shapes, the patterns they make interplaying with light.

This biography of a forest, so to speak, fills you in on a forester's own passion for trees. He uses the language of a nature lover and also that of a scientist to describe the myriad connections trees have to each other in a healthy forest.

A connection that made him refuse to bring huge modern machinery into a forest and only use horses and saws when a tree needed cutting, an amazing evolution for a trained forester. [Read more](#)

Posted by Dory L. on January 10, 2017

The Hidden Life of Trees: What They Feel, How They Communicate: Discoveries from a Secret World

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The Six: the Lives of the Mitford Sisters



[view in catalog](#)

Having grown up in a family of six sisters (and two brothers), I understand the influences, cooperation and competition that six sisters often have for each other. The similar interests, wildly divergent ones, pet names shared, and shifting alliances.

The Mitford sisters: Nancy, Pamela, Diana, Unity, Jessica, and Deborah were born between 1904 and 1920, so their youth encompassed the roaring and irreverent 1920s as well as the anxious, and violent pre-war period before WW II. The last of the Mitford sisters, Deborah, died only two years ago.

They had an idyllic childhood on a country estate, and were left mainly to themselves, a nanny and a tutor. They were almost totally home-schooled. They read deeply books from their parent's library and were fascinated by the world of ideas. All except Pamela, who loved farming and developed close connections with animals and the land. Just before dying she sighed and said she wished only for one more hunt. [Read more](#)

Posted by Dory L. on December 14, 2016

[The Six: The Lives of the Mitford Sisters](#)

[Family Relationships](#)

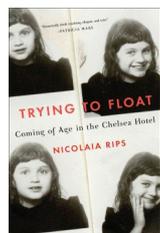
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Trying to Float: Coming of Age in the Chelsea Hotel



[view in catalog](#)

Can't say when the last time I read a book written by a seventeen-year old, but this memoir by a high school student was touching and well-written despite Nicolaia Rips' youth. Growing up in New York's famed Chelsea Hotel gives one a head start, at least when it comes to knowing interesting characters. The Chelsea's fame reached its ascendancy in the 60s and 70s with noteworthy residents: Leonard Cohen, Robert Mapplethorpe, and Patsy Smith, who wrote her own memoir about it, *Just Kids*. First Nicolaia describes how she came into being. Her mom was a globe-trotting artist, and her dad had zero interest in raising a child, but somehow the artist got pregnant, and the couple began a new way of life. Though not immediately.

While pregnant, her Mom traveled through Europe and along the Silk Road in Asia. Her dad, a non-practicing lawyer and writer, stayed in New York and added a psychiatrist's office to his daily rounds of coffee shops. He also denied that he was the father, accusing a gay friend for parenting the child. However, once Nicolaia was born, he came around and warmly embraced being a dad, but still the family remained footloose, decamping for several years in Italy, and then roaming North Africa and India, before returning to NYC and the Chelsea Hotel. [Read more](#)

Posted by Dory L. on October 24, 2016

[Trying to Float: Coming of Age in the Chelsea Hotel](#)

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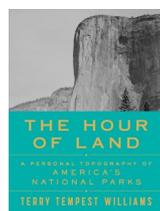
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Happy Birthday, National Park Service, 100 Years!



[view in catalog](#)

Terry Tempest Williams writes passionately about our natural world in the tradition of Thoreau, John

Muir, Aldo Leopold, Annie Dillard, and Edward Abbey.

This book--timed to come out with the hundredth year anniversary of the National Park System--argues strongly about the necessity of keeping our park lands protected. It also reinforces why we need them in our modern world.

"Whenever I go to a national park, I meet the miraculous," she writes in the opening section. She also says that our national parks "are blood. They are more than scenery, they are portals and thresholds of wonder." Having just returned from Yellowstone and the Grand Tetons, I heartily second that.

Although she has visited many parks, and some, over and over, she has chosen twelve to highlight here. And I love how she does it. Not only does she share personal anecdotes about each of the twelve, but she uses various formats to do so. For example, in the Big Bend section, she includes journal entries she wrote while there. Through riffs, all on a color theme, she shares what she saw and experienced there.

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Posted by Dory L. on July 22, 2016

[The Hour of Land: A Personal Topography of America's National Parks](#)

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