

Books & Trusted Websites

Tailor Made Psychiatry · Dr. Sunny Kang, MD, FRCPC

These are well-regarded, evidence-based books and websites that many people find helpful for understanding and working on anxiety, depression, emotional regulation, and ADHD. They're starting points for learning and self-help — not a substitute for care. Most titles are available through the public library or as audiobooks, so you don't need to buy them.

For anxiety (CBT) **COGNITIVE BEHAVIOURAL THERAPY**

Practical, skills-based approaches with strong research support.

The Anxiety and Phobia Workbook — Edmund J. Bourne

A comprehensive, hands-on toolkit for worry, panic, and phobias.

When Panic Attacks — David D. Burns

Clear, drug-free CBT techniques for panic and anxious thinking.

The Anxiety and Worry Workbook — David A. Clark & Aaron T. Beck

Structured CBT for chronic worry, from two founders of the approach.

For depression & low mood (CBT) **COGNITIVE BEHAVIOURAL THERAPY**

Feeling Good: The New Mood Therapy — David D. Burns

The classic CBT self-help book for depression — reading it on its own has been shown to help mood.

Mind Over Mood — Dennis Greenberger & Christine A. Padesky

A widely used workbook that covers both depression and anxiety, step by step.

For intense emotions (DBT skills) **DIALECTICAL BEHAVIOUR THERAPY**

Skills for riding out distress, regulating emotions, and steadier relationships.

The Dialectical Behavior Therapy Skills Workbook — Matthew McKay, Jeffrey C. Wood & Jeffrey Brantley

The standard DBT skills workbook: mindfulness, distress tolerance, emotion regulation, and interpersonal effectiveness.

Calming the Emotional Storm — Sheri Van Dijk

An accessible introduction to DBT skills for managing strong emotions (by a Canadian author).

ADHD 2.0 — Edward M. Hallowell & John J. Ratey

An up-to-date, readable overview of ADHD with practical strategies for everyday life.

Taking Charge of Adult ADHD — Russell A. Barkley

Clear, evidence-based guidance on managing adult ADHD, from a leading authority.

You Mean I'm Not Lazy, Stupid or Crazy?! — Kate Kelly & Peggy Ramundo

A warm, validating guide written from lived experience of adult ADHD.

Trusted websites

FREE & REPUTABLE

CADDAC — caddac.ca

Canada's national ADHD charity: plain-language education, executive-function and coaching programs, and a resource navigator.

Could it be ADHD? — coulditbeadhd.ca

Guideline-based public ADHD information from the Canadian ADHD Resource Alliance (CADDRA).

TotallyADD — totallyadd.com

Adult ADHD education and community, with videos and practical tools (Canadian-founded).

CAMH — camh.ca

Canada's largest mental-health hospital: reliable information and self-help on a wide range of conditions.

HeretoHelp — heretohelp.bc.ca

Free self-help info sheets, self-tests, and workbooks for anxiety, depression, and mood.

Centre for Clinical Interventions — cci.health.wa.gov.au

Excellent free CBT workbooks (depression, panic, social anxiety, perfectionism, and more). Australian, but the skills apply anywhere.

Optional reading — a different perspective

FOR REFLECTION

These books offer a compassionate, big-picture way of thinking about stress, trauma, and attention, and many people find them meaningful. They reflect the author's own perspective — which, on the *causes* of ADHD, differs from the current scientific understanding (research points to ADHD being largely neurodevelopmental and inherited). They're shared as optional reading for insight and reflection, not as medical advice or a guide to your treatment.

Scattered Minds — Gabor Maté

A humane, personal exploration of attention and emotional life.

The Myth of Normal — Gabor & Daniel Maté

On stress, trauma, and wellbeing in modern life.

A note on using these: these resources are gathered for your convenience — they aren't a complete list, and they aren't the only good options. Healing is personal, and what helps most varies from person to person. If you come across a book, website, or approach that resonates with you, that matters — bring it to your next appointment and we can look at it together.

This page is for educational purposes only and does not replace individualized advice from your healthcare provider. Always discuss questions about your care with your psychiatrist or treating physician.