



MDAO Book & Video Order Form

Updated March 1, 2010

How to order

To place an order, return this completed form with your payment to:

Mood Disorders Association of Ontario (MDAO)
36 Eglinton Ave West, Suite 602
Toronto, ON, M4R 1A1
Or Fax to: 416 486-8127

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|-----------------------|-----------|------------------|
| Name or Organization: | | |
| Address: | | |
| City: | Province: | Postal Code: |
| Telephone (res): | | Telephone (bus): |
| Fax: | E-mail: | |

Total # of Books Purchased: _____

Total # of DVD's Purchased _____

Cost of Books & DVD's Purchased \$ _____

Shipping and Handling Charge \$ _____ (Maximum charge \$20.00)

Total Amount \$ _____

Payment Options

Cheque Visa Mastercard Cash

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| Card Number | Expiry Date: |
| Name on Card | Amount to Charge: |
| Signature: | |

Books For Sale

| Title and Author | Member Cost | Non Member Cost | Quantity Ordered (Please Indicate) | Shipping & Handling |
|---|-------------|-----------------|------------------------------------|---------------------|
| <p>“Advocacy” – One Person at a Time MDAO has developed step by step guides to advocacy starting with individual advocacy on behalf of individuals with mood disorders. This handbook is designed to help you make informed choices and take control of your life</p> | \$10.00 | \$15.00 | | \$5.00 |
| <p>“Book Sales Bingo and Beyond” - A Guide to Community Based Fundraising This manual is full of easy, proven ideas for local groups to raise money</p> | \$10.00 | \$15.00 | | \$5.00 |
| <p>“Family Matters – A Guide to Mood Disorders for Families The Family Matters Kit is a guide for families who are dealing with mood disorders in the family. A mood disorder may affect your parent, spouse, partner, sibling or child. The Kit provides information on the diagnosis and treatment of mood disorders and how family members may be supportive to their loved one.</p> | \$10.00 | \$15.00 | | \$5.00 |
| <p>“Into The Light” – A Low Stress, Low Fat Cookbook This low stress low fat cookbook is a delightful fundraising venture for MDAO and its groups throughout the province. It makes a wonderful gift and it helps support our anti-stigma work.</p> | \$10.00 | \$10.00 | | \$5.00 |
| <p>“It Starts Here” – A Guide to Mood Disorders For Teens This guide provides information on depression and bipolar disorder with current treatment options, community supports for teens and young adults. “It Starts Here” is an essential tool for anyone dealing with adolescents and young adults.</p> | \$10.00 | \$15.00 | | \$5.00 |
| <p>“Making a Difference” - Community and Public Policy Advocacy This guide discusses how to advocate for shared causes in your community</p> | \$10.00 | \$15.00 | | \$5.00 |
| <p>“You Are Not Alone” – A Guide for Mood Disorders Self Help and Peer Support Groups in Ontario This is a guide for mood disorders self help and peer support groups in Ontario. This guide will help communities to start peer support groups “from scratch.”</p> | \$20.00 | \$25.00 | | \$5.00 |
| <p>I am not sick I Don’t Need Help! - (Revised & Updated) by Xavier Amador How to help someone with Mental Illness Accept Treatment</p> | \$25.00 | \$25.00 | | \$5.00 |

DVD's For Sale

| Title and Author | Member Cost | Non Member Cost | Quantity Ordered (Please indicate) | Shipping & Handling |
|---|-------------|-----------------|------------------------------------|---------------------|
| Anxiety | | | | |
| Anxiety Disorders Dr. Andy Cheok – November 2003 | \$18.00 | \$20.00 | | \$5.00 |
| Mindful Based Stress Reduction Jim Bean – October 1998 | \$18.00 | \$20.00 | | \$5.00 |
| Stress Management Dr. Dan Andreae – January 2001 | \$18.00 | \$20.00 | | \$5.00 |
| Bipolar Disorder (Manic Depression) | | | | |
| Atem Lo Levad – Mood Disorders Dr. Anthony Levitt – Understanding Depression (42 mins.) Dr. Schaffer – What is Manic Depression (33 mins.) | \$18.00 | \$20.00 | | \$5.00 |
| Atem Lo Levad – You are not Alone Mood Disorders and the Jewish Community Karen Liberman and Dr. Lionel Gerber | \$18.00 | \$20.00 | | \$5.00 |
| Bipolar Disorder: Darwin, Diagnosis and Treatment Dr. Roger McIntyre – March 2004 | \$18.00 | \$20.00 | | \$5.00 |
| Bipolar Disorders New Understandings, New Hope, 2002 | \$18.00 | \$20.00 | | \$5.00 |
| Bipolar II: Unravelling the Mystery Dr. Anthony Levitt – March 2003 | \$18.00 | \$20.00 | | \$5.00 |
| Bipolar II: Continuing the Discussion Dr. Anthony Levitt – April 2004 | \$18.00 | \$20.00 | | \$5.00 |
| Concurrent Disorders Dr. Clive Chamberlain – November 2001 | \$18.00 | \$20.00 | | \$5.00 |
| Early Intervention for Mood Disorders Dr. Andrea Levinson, June 2006 | \$18.00 | \$20.00 | | \$5.00 |
| From Despair to Recovery – Manic Depression Caroline Fei-Yeng Kwok, January 2007 | \$18.00 | \$20.00 | | \$5.00 |
| How Does Research Help Improve Treatment for Mood Disorders? Dr. Trevor Young, May 2006 | \$18.00 | \$20.00 | | \$5.00 |
| Managing Manic Depressive Illness with Cognitive Therapy Dr. Ari Zaretsky – June 1999 | \$18.00 | \$20.00 | | \$5.00 |
| Overcoming Manic Depression How I Transformed My Life Barry Shainbaum – March 2001 | \$18.00 | \$20.00 | | \$5.00 |
| Polypharmacy and Bipolar Disorder Dr. Stephen Sokolov – January 2002 | \$18.00 | \$20.00 | | \$5.00 |
| Psychotherapy for Bipolar Disorder Dr. Sagar Parikh – December 2001 | \$18.00 | \$20.00 | | \$5.00 |
| Pushing the Envelope New and Innovative Treatment for Mood Disorders Dr. Roger McIntyre – June 2002 | \$18.00 | \$20.00 | | \$5.00 |

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|---|-------------|-----------------|------------------------------------|---------------------|
| The Role of Psychotherapy in the Treatment of Mood Disorders Michael Pare, Physician Psychotherapist – February 2005 | \$18.00 | \$20.00 | | \$5.00 |
| Where are we heading In the treatment of Bipolar Affective Disorder? What's Old is New – What's New is Old Dr. Anthony Levitt – November 1999 | \$18.00 | \$20.00 | | \$5.00 |
| Young Adults With Mood Disorders Dr. Carolyn Boulos, February 2004 | \$18.00 | \$20.00 | | \$5.00 |

Depression

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|--|---------|---------|--|--------|
| Antidepressants – “So have you seen anything on the news lately about antidepressants??” with Wende Wood – January 2005 | \$18.00 | \$20.00 | | \$5.00 |
| Cognitive Behaviour Therapy Carol Garson, MA – January 2003 | \$18.00 | \$20.00 | | \$5.00 |
| Cognitive Therapy. Mindfulness in Unipolar Depression Zindel Segal, PhD. February 2007 | \$18.00 | \$20.00 | | \$5.00 |
| Depression During Pregnancy Ariel Dalfen, October 2006 | \$18.00 | \$20.00 | | \$5.00 |
| “Depression” – Michael Coren Live A panel discussion – January 24, 2002, 51 mins | \$18.00 | \$20.00 | | \$5.00 |
| “Postpartum Depression” Michael Coren Live A Panel Discussion on PPD | \$18.00 | \$20.00 | | \$5.00 |
| Let's Talk – Women and Depression Dr. Donna E. Stewart – June 2003 | \$18.00 | \$20.00 | | \$5.00 |
| New Treatments for Depression and Manic Depression Dr. Roumen Milev, Kingston, ON – December 2002 | \$18.00 | \$20.00 | | \$5.00 |
| Out of the Darkness: The modern treatment of Seasonal Depression with Dr. Anthony Levitt & Adolescent Depression With Dr. Amy Cheung – November 2006 | \$18.00 | \$20.00 | | \$5.00 |
| Real Men – Real Depression – Real Talk Ron Ellis with Dr. Michael Pare – May 2004 | \$18.00 | \$20.00 | | \$5.00 |
| Seasonal Affective Disorder Dr. Robert Levitan – February 2002 | \$18.00 | \$20.00 | | \$5.00 |
| Swallowing Your Anger – A Recipe for Depression Dr. Catherine Comuzzi – March 2000 | \$18.00 | \$20.00 | | \$5.00 |
| What is Depression? Dr. Sarah Romans – June 2005 | \$18.00 | \$20.00 | | \$5.00 |

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Families

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|---|---------|---------|--|--------|
| Caring for the Caregiver with Joan McDonald & Karyn Baker, December 2003 | \$18.00 | \$20.00 | | \$5.00 |
| Child and Adolescent Mood Disorders Dr. Atilla Turgay – November 2002, St. Catharines, (90 mins.) | \$18.00 | \$20.00 | | \$5.00 |
| Families & Mood Disorders: Coping Strategies A panel discussion moderated by Kate Kitchen, M.S.W. with family members – October 2004 | \$18.00 | \$20.00 | | \$5.00 |
| If it Happened So Long Ago, Why do I Feel So Bad? Childhood Trauma and Mood Disorders Trish Stenson, Our Sisters' Place - September 2003 | \$18.00 | \$20.00 | | \$5.00 |
| Maintaining and Strengthening the Bonds of Marriage Carol Parker – February 1998 | \$18.00 | \$20.00 | | \$5.00 |

Legal Issues

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|--|---------|---------|--|--------|
| A View of Mental Illness From the Judges Bench Hon. Judge E.F. Ormston – January 1999 | \$18.00 | \$20.00 | | \$5.00 |
| Bill 68 Where We Stand Today Anita Szigeti, L.L.B. & D'Arcy Hiltz, L.L.B. – June 2001 | \$18.00 | \$20.00 | | \$5.00 |
| Current Perceptions of the Mental Health System Scott Simmie – November 1998 | \$18.00 | \$20.00 | | \$5.00 |
| Navigating the System Lembi Buchanan, Mental Health Advocate – January 2004 | \$18.00 | \$20.00 | | \$5.00 |
| Ombudsman Ontario and You Laura Pettigrew – February 2006 | \$18.00 | \$20.00 | | \$5.00 |
| Patient Protection in the Mental Health Act Lora M. Patton, Dr. Donovan Sequeira – January 2006 | \$18.00 | \$20.00 | | \$5.00 |

Mental Illness & Stigma

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|---|---------|---------|--|--------|
| Breaking the Bubble of Silence Family Member & Former Federal Cabinet Minister – Hon Michael Wilson – March 1999 | \$18.00 | \$20.00 | | \$5.00 |
| Confronting Stigma Through Disclosure – A Personal Journey Karen Liberman – September 1999 | \$18.00 | \$20.00 | | \$5.00 |

DVD's for Sale

Other

| Title and Author | Member Cost | Non Member Cost | Quantity Ordered (Please Indicate) | Shipping & Handling |
|---|-------------|-----------------|------------------------------------|---------------------|
| Collaborative Mental Health Care Network Dr. Jose Silveira, March 2006 | \$18.00 | \$20.00 | | \$5.00 |
| Early Intervention of Psychosis Dr. Robert Zipursky – April 2002 (57 mins.) | \$18.00 | \$20.00 | | \$5.00 |
| Exploring the Ethical Implications of Genetic Research Professor Barry Brown – April 1999 | \$18.00 | \$20.00 | | \$5.00 |
| Naturopathic Journey of Perimenopause Iva Lloyd, Dr. of Naturopathic Medicine – June 2004 | \$18.00 | \$20.00 | | \$5.00 |
| Psychotropic Medication and Weight Gain Susan Osher, MSC, RD – October 2003 (72 mins.) | \$18.00 | \$20.00 | | \$5.00 |
| Stand-Up For Mental Health – Dealing with the Stigma of Mental Health through Comedy – May 2005 | \$18.00 | \$20.00 | | \$5.00 |
| Substance Abuse & Mood Disorders <i>“The Forgotten Addiction of Nicotine”</i> Kristen Cleary – November 2004 | \$18.00 | \$20.00 | | \$5.00 |
| Suicide Prevention: A Time to Talk, A Time to Listen Heather Morton and Ellen Fleming, March 2005 | \$18.00 | \$20.00 | | \$5.00 |
| Sweet Dreams: How Sleep Studies Help in Treating Mood Disorders Dr. Colin M. Shapiro – February 2000 | \$18.00 | \$20.00 | | \$5.00 |
| Understanding the Role of Orthomolecular Medicine Dr. Bryn Waern – May 1998 (80 mins.) | \$18.00 | \$20.00 | | \$5.00 |

Spiritualism And Recovery

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| Balancing your Mood through Creative Expression With Lesley Breen, Recreational Therapist – December 2004 | \$18.00 | \$20.00 | | \$5.00 |
| Reclaiming the Spirit Vera Martin – May 1999 | \$18.00 | \$20.00 | | \$5.00 |
| Recovery at Your Own Pace Dr. Daniel Fisher, MD, PhD Northwest Regional Conference – September 2003 (60 min) | \$18.00 | \$20.00 | | \$5.00 |
| Remembering What You Love Can Guide Your Life Dr. Larry Nusbaum | \$18.00 | \$20.00 | | \$5.00 |