

## Healthy Reading Collection for Young People

Life can be full of things that can upset you or make you feel stressed. These can range from simple things like losing your mobile phone or bigger things like body image or being bullied.

The Healthy Reading collection of books and resources for young people aged 8–13 years has been chosen by young people and health professionals. It has useful information on topics such as anxiety, depression and eating disorders and difficult life pressures like exam stress and relationship break up.

Some of the books suggest self-help techniques which can help boost confidence and help you cope with difficult feelings and experiences. As well as information books, there are also graphic novels and fiction stories that deal with issues that can affect young people. Reading about other people's experiences and feelings can often help you to better understand your own.

The titles are available for anyone to borrow free from their local library. The titles listed in this leaflet are just a selection of what is available. See all titles and more information at:  
[www.elament.org.uk/self-help-resources/healthy-reading/](http://www.elament.org.uk/self-help-resources/healthy-reading/)

### Healthy Reading Plus

Look out for our Healthy Reading Plus titles for a mood boosting read.



<b>Truth About Self-harm:</b> For Young People and Their Friends and Families	Richardson, Celia	9781903645994	Book
<b>The reason I jump: one boy's voice from the silence of autism</b>	Higashida, Naoki	9781444776775	Book
<b>Putting on the Brakes:</b> Understanding and Taking Control of Your ADD or ADHD	Quinn, Patricia O	9781433811340	Book
<b>Mind your head</b>	Dawson, James	9781471405310	Book
<b>Freaks, geeks and Asperger syndrome:</b> a user guide to adolescence	Jackson, Luke	9781843100980	Book
<b>Breaking free from OCD:</b> a CBT guide for young people and their families	Derisley, Jo	9781843105749	Book
<b>The Asperkid's (secret) book of social rules:</b> the handbook of not-so-obvious social guidelines for tweens and teens with Asperger syndrome	O'Toole, Jennifer C	9781849059152	Book

### Healthy Reading webpage:

[www.elament.org.uk/self-help-resources/healthy-reading.aspx](http://www.elament.org.uk/self-help-resources/healthy-reading.aspx)

**Culture NL library catalogue:** <https://libraries.culturenl.co.uk>

**SLL&C library catalogue:** [www.sllclibrary.co.uk](http://www.sllclibrary.co.uk)

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# Healthy Reading Collection

for **YOUNG PEOPLE**

[www.elament.org.uk](http://www.elament.org.uk)

2nd Edition

Emotions			
<b>Kite spirit</b>	Brahmachari, Sita	9780330517928	Book
<b>What to do when your temper flares:</b> a kid's guide to overcoming problems with anger	Huebner, Dawn	9781433801341	Book
<b>Blame my brain: the amazing teenage brain revealed</b>	Morgan, Nicola	9781406346930	Book
<b>Don't let your emotions run your life for teens:</b> behavior therapy skills for helping teens manage mood swings, control angry outbursts, and get along with others	Van Dijk, Sheri	9781572248830	Book



Life Skills and Identity			
<b>House of windows</b>	Casale, Alexia	9780571321537	Book
<b>The perks of being a wallflower</b>	Chbosky, Stephen	9781471116148	Book
<b>Every day</b>	Levithan, David	9781405264426	Book
<b>I'll give you the sun</b>	Nelson, Jandy	9781406326499	Book
<b>The unlikely hero of Room 13B</b>	Toten, Teresa	9781406362992	Book
<b>Daring greatly:</b> how the courage to be vulnerable transforms the way we live, love, parent and lead	Brown, Brené	9780241257401	Book
<b>Reasons to stay alive</b>	Haig, Matt	9781782116820	Book
<b>Gifts of Imperfection:</b> Let Go of Who You Think You're Supposed to be and Embrace Who You are	Brown, Brené	9781592858491	Book

<b>I thought it was just me (but it isn't):</b> telling the truth about perfectionism, inadequacy and power	Brown, Brené	9781592403356	Book
<b>Rising strong</b>	Brown, Brené	9780091955038	Book
<b>Stuff that sucks:</b> accepting what you can't change and committing to what you can	Sedley, Ben	9781472120533	Book
<b>Bullies, cyberbullies and frenemies</b>	Elliott, Michele	9780750272148	Book



Self Esteem and Body Image			
<b>Tyranny</b>	Fairfield, Lesley	9781406331134	Book
<b>Face</b>	Zephaniah, Benjamin	9780747541547	Book
<b>Banish your self-esteem thief:</b> a CBT workbook for young people	Fennell, Melanie J.V.	9781854877253	Book
<b>Banish your body image thief:</b> a CBT workbook for young people	Collins-Donnelly, Kate	9781849054638	Book
<b>Self esteem and being you</b>	Naik, Anita	9780750272162	Book
<b>The Self-Esteem Team's guide to sex, drugs &amp; WTFs?!!</b>	Barrett, Grace	9781784186425	Book

Stress and Anxiety			
<b>The anxiety survival guide for teens:</b> CBT skills to overcome fear, worry, and panic	Shannon, Jennifer	9781626252431	Book
<b>Fighting invisible tigers:</b> stress management for teens	Hipp, Earl	9781575422824	Book

<b>The teenage guide to stress</b>	Morgan, Nicola	9781406353143	Book
<b>The shyness and social anxiety workbook for teens:</b> CBT and act skills to help you build social confidence	Shannon, Jennifer	9781608821877	Book
<b>Quiet the mind: an illustrated guide on how to meditate</b>	Johnstone, Matthew	9781780331188	Book
<b>What to do when you worry too much:</b> a kid's guide to overcoming anxiety	Huebner, Dawn	9781591473145	Book
<b>My anxious mind:</b> a teen's guide to managing anxiety and panic	Tompkins, Michael A.	9781433804502	Book



Various			
<b>All dogs have ADHD</b>	Hoopmann, Kathy	9781843106517	Book
<b>All cats have Asperger syndrome</b>	Hoopmann, Kathy	9781843104810	Book
<b>Touch and go Joe: an adolescent's experiences of OCD</b>	Wells, Joe	9781843103912	Book
<b>Can I tell you about eating disorders?: a guide for friends, family and professionals</b>	Lask, Bryan	9781849054218	Book
<b>Can I tell you about depression?: a guide for friends, family and professionals</b>	Dowrick, Christophe	9781849055635	Book
<b>Am I depressed and what can I do about it?:</b> a CBT self-help guide for teenagers experiencing low mood and depression	Reynolds, Shirley & Parkinson, Monika	9781472114532	Book

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