Reading Well for young people book list

Please note that all of these titles are available to loan from EBHS LRC. (Unless stated). You may loan these as a students, or on behalf of a student if you are a parent/carer/member of staff.
Please email us on Katie.puls@ebhigh.org.uk if we can help.

General
Blame My Brain by Nicola Morgan
Stuff That Sucks: Accepting what You Can’t Change and Committing to What You Can by Ben Sedley
Quiet the Mind by Matthew Johnstone
The Self-Esteem Team’s Guide to Sex, Drugs and WTFs?! by Self-Esteem Team
Mind Your Head by Juno Dawson
I’ll Give You The Sun [Fiction] by Jandy Nelson
Every Day [fiction] by David Levithan
Kite Spirit [fiction] by Sita Brahmacari
House of Windows [fiction] by Alexia Casale
The Alphabet of the Human Heart: The A to Zen of Life by Matthew Johnstone

ADHD
Putting on the Brakes: Understanding and Taking Control of Your ADD or ADHD
By Patricia Quinn and Judith Stern

Anxiety, worry and panic
My Anxious Mind by Michael Tompkins and Katherine Martinez
The Anxiety Survival Guide for Teens by Jennifer Shannon
The Shyness and Social Anxiety Workbook for Teens by Jennifer Shannon
The Perks of Being a Wallflower [fiction] by Stephen Chbosky Simon & Schuster

Autism and Asperger Syndrome
Freaks, Geeks and Asperger Syndrome by Luke Jackson
The Reason I Jump by Naoki Higashida
The Curious Incident of the Dog in the Night-Time [fiction] by Mark Haddon

Body Image and Eating Disorders
Can I Tell You About Eating Disorders? By Bryan Lask and Lucy Watson
Banish Your Body Image Thief by Kate Collins-Donnelly

Bullying
Bullies, Cyberbullies and Frenemies by Michele Elliot
Vicious: True Stories by Teens About Bullying Ed. Hope Vanderberg

Confidence and Self-Esteem
Banish Your Self-Esteem Thief By Kate Collins-Donnelly
Self-Esteem and Being You By Anita Naik
Face [fiction] by Benjamin Zephaniah
**Depression**
Am I Depressed and What Can I Do About it? By Shirley Reynolds & Monika Parkinson
Can I Tell You About Depression? By Christopher Dowrick & Susan Martin
I Had a Black Dog By Matthew Johnstone

**LGBT**
Between You and Me By Emma McLaughlin
Openly Straight by Bill Konigsberg
Boy Meets Boy by David Levithan
Two Boys Kissing by David Levithan
Alex As Well by Alyssa Brugman
Boys Don’t Cry by Malorie Blackman
The Art of Being Normal by Lisa Williamson

**Mood Swings**
Don’t Let Your Emotions Run Your Life for Teens By Sheri Van Dijk

**OCD**
Breaking Free from OCD By Jo Derisley, Isobel Heyman, Sarah Robinson and Cynthia Turner
Touch and Go Joe By Joe Wells
The Unlikely Hero of Room 13B [fiction] By Teresa Toten

**Self-Harm**
The Truth about Self-Harm By Celia Richardson Mental Health Foundation (*currently unavailable*)

**Stress**
Fighting Invisible Tigers By Earl Hipp
The Teenage Guide to Stress By Nicola Morgan Walker Books