

## 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)

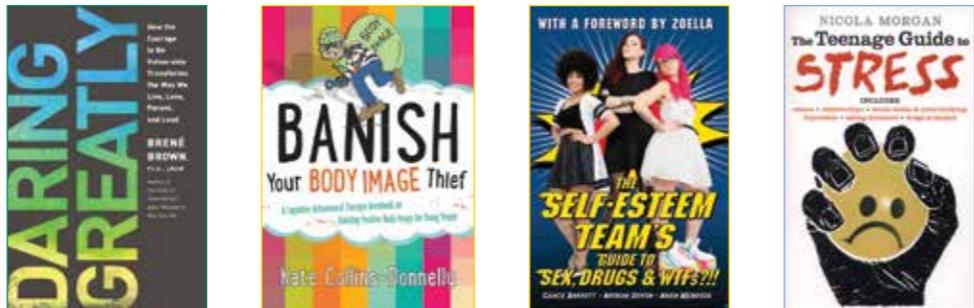
2nd Edition

| 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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