

Reading Well for young people: Overview of the 35 titles

General

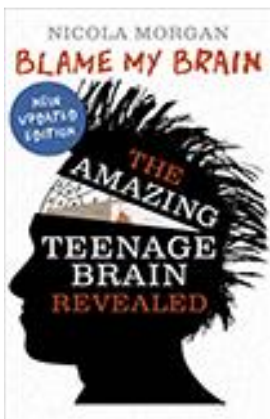
1. *Blame My Brain* by Nicola Morgan, published by Walker Books [Non-fiction]

ISBN: 9781406346930

Format: Paperback

Publication date: May 2013

Extent: 192 pages



During the teenage years the brain undergoes its most radical and fundamental change since the age of two. Nicola Morgan's carefully researched, accessible and humorous examination of the ups and downs of the teenage brain has chapters dealing with powerful emotions; the need for more sleep; the urge to take risks; the difference between genders; the reasons behind addiction or depression; and what lies ahead.

Nicola Morgan has written a number of critically acclaimed books for teens, including the Scottish Arts Council Award-winning *Fleshmarket*, *Mondays Are Red*, *Chicken Friend*, *The Leaving Home Survival Guide* and *Sleepwalking* (winner of the 2005 Scottish Arts Council Children's Book of the Year Award). She has also written numerous home learning titles.

2. *The Self-Esteem Team's Guide to Sex, Drugs and WTFs?!!* By Grace Barrett, Natasha Devon and Nadia Mendoza, published by John Blake Publishing [Non-fiction]

ISBN: 9781784186425

Format: Paperback

Publication date: August 2015

Extent: 288 pages

Other format: Ebook (ISBN: 9781784187798)



Sometimes being a teenager can seem like a relentless merry-go-round of people telling you how to dress and behave, who to be friends with, what grades you must get in order to avoid a destiny of failure and, most importantly, why you're spectacularly effing it all up. The Self-Esteem Team know this - because they were teenagers once. From 'How do I know if I'm healthy?' to 'what's it like to take drugs?' They won't tell you that if you have sex you'll definitely get an STI and die, but they will help you decide if you're ready. They won't tell you never to watch porn, but they will help you decipher what you see. They won't ask you not to embrace fashion, fitness or beauty, but they will give you the info you need to rock your own brand of gorgeous.

Natasha Devon, Grace Barrett and Nadia Mendoza - now a successful journalist, singer and showbiz editor respectively - have worked with more than 45,000 young people helping them tackle mental health, self-esteem and body-image issues.

3. *I'll Give You the Sun* by Jandy Nelson, published by Walker Books [Fiction]

ISBN: 9781406326499 Format: Paperback Publication date: April 2015 Extent: 368 pages

Other formats: CD audio (ISBN 9781501258039)

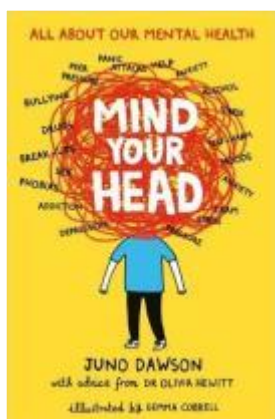


From the author of *The Sky Is Everywhere*, a radiant novel that will leave you laughing and crying - all at once. For fans of John Green, Gayle Forman and Lauren Oliver. Jude and her twin Noah were incredibly close - until a tragedy drove them apart, and now they are barely speaking. Then Jude meets a cocky, broken, beautiful boy as well as a captivating new mentor, both of whom may just need her as much as she needs them. What the twins don't realise is that each of them has only half the story and if they can just find their way back to one another, they have a chance to remake their world.

I'll Give You the Sun was shortlisted for the Waterstones Children's Book Prize: Older Fiction in 2016. It has been optioned by Warner Bros, with Denise Di Novi and Alison Greenspan behind the deal. *The Sky Is Everywhere*, Jandy's debut novel, was selected as a YALSA Best Fiction for Young Adults title and a Junior Library Guild Selection as well as being longlisted for the Carnegie Medal.

4. *Mind Your Head* by Juno Dawson, published by Hot Key Books [Non-fiction]

ISBN: 9781471405310 Format: Paperback Publication date: August 2015 Extent: 208 pages



We all have a mind, so we all need to take care of our mental health as much as we need to take care of our physical health. The first step is being able to talk about our mental health. Juno Dawson leads the way with this frank, factual and funny book, with added information and support from clinical psychologist Dr Olivia Hewitt. Covering topics from anxiety and depression, to addiction, self-harm and personality disorders. Juno and Olivia talk clearly and supportively about a range of issues facing young people's mental health – whether fleeting or long-term - and how to manage them. With real-life stories from young people around the world and witty illustrations from Gemma Correll.

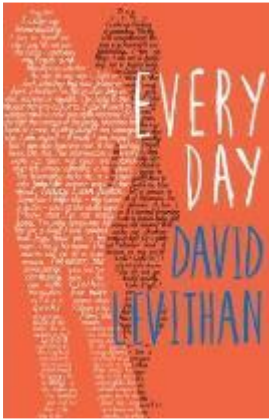
Queen of Teen 2014 Juno Dawson is the multi award-winning author of dark teen thrillers *Say Her Name* and *Under My Skin*. In 2015, Juno announced her transition to become a woman, having previously lived as James Dawson. Her first non-fiction book, *Being A Boy*, tackled puberty, sex and relationships in a frank and funny fashion, and a follow-up for young LGBT people, *This Book is Gay*, came out in 2014. Juno is a regular contributor to

news items concerning sexuality, identity, literature and education on BBC Women's Hour and Newsnight amongst others. Dr Olivia Hewitt is a clinical psychologist who met Juno Dawson at university, has worked for the NHS since 2003 and specialises in working with people with a learning disability as well as writing for academic journals and lecturing.

5. *Every Day* by David Levithan, published by Electric Monkey [Fiction]

ISBN: 9781405264426 Format: Paperback Publication date: August 2013 Extent: 384 pages

Other formats: Ebook (ISBN 9781780311975)



From the genius of David Levithan, co-author of *Will Grayson, Will Grayson* and *Nick and Nora's Infinite Playlist*, comes a love story like no other you've read before. Each morning, a wakes up in a different body. There's never any warning about who it will be, but a is used to that. Never get too attached. Avoid being noticed. Do not interfere. And that's fine - until a wakes up in the body of Justin and meets Justin's girlfriend, Rhiannon. From that moment, the rules by which a has been living no longer apply. Finally a has found someone he wants to be with - every day. This is a stunningly original novel that will make you view the world from a different perspective. You can also read Rhiannon's side of the story in *Another Day*. Levithan's powerful novel explores the complexities of first love in a unique way.

David Levithan won the Lambda Literary Award for his debut novel *Boy Meets Boy*, but is probably best known for his collaborations with John Green (*Will Grayson, Will Grayson*) and Rachel Cohn (*Nick and Norah's Infinite Playlist*). As well as being a New York Times best-selling author, David is also a highly respected children's book editor, whose list includes many luminaries of children's literature. He is the winner of the UK Literary Association Book Award: Ages 12-16 in 2015 and was shortlisted for Indies Choice Book Awards: Young Adult Book of the Year 2013.

6. *Kite Spirit* by Sita Brahmachari, published by Macmillan Children's Books [Fiction]

ISBN: 9780330517928 Format: Paperback Publication date: May 2013 Extent: 320 pages

Other formats: Ebook (ISBN 9781447217787)

During the summer of her GCSEs, Kite's world falls apart. Her best friend, Dawn, commits suicide after a long struggle with feeling under pressure to achieve. Kite's dad takes her to the Lake District, to give her time and space to grieve. In London Kite is a confident girl, at home in the noisy, bustling city; but in the countryside she feels vulnerable and disorientated. Kite senses Dawn's spirit around her and is consumed by powerful, confusing emotions - anger, guilt, sadness and frustration, all of which are locked inside. It's not until she meets local boy, Garth, that Kite begins to open up - talking to a stranger is easier somehow. Kite deeply misses her friend and would do anything to speak to Dawn just once more, to understand why; Otherwise how can she ever say goodbye? A potent story about grief, friendship, acceptance and making your heart whole again.

Sita's debut novel, *Artichoke Hearts*, won the 2011 Waterstone's Children's Book Prize and has been longlisted for the Carnegie Medal. She was born in Derby in 1966 and has a BA in English Literature and an MA in Arts Education. Her many projects and writing commissions have been produced in theatres, universities, school and community groups throughout Britain and America.



7. *Stuff That Sucks: Accepting what You Can't Change and Committing to what You Can* by Ben Sedley, published by Robinson [Non-fiction]

ISBN: 9781472120533 **Format:** Paperback **Publication date:** October 2015 **Extent:** 96 pages

Other formats: Ebook (ISBN 9781472135681)



Each of us has thoughts that are painful at times; sometimes the pain is sadness, sometimes worry, anger, shame, grief or some feeling that you don't even have words for. If you are a young person struggling with your emotions, you do not want to be told that 'everyone feels like that' or that 'you will grow out of it'. You want to feel that your emotions are valid and that the person offering help truly understands how painful life can feel at times. With a strong emphasis on validation and compassion, *Stuff That Sucks* encourages you to accept your emotions rather than struggling against them. It also shows how to reconnect with what is really important to you, giving you the tools to help clarify your personal values and take steps towards living a life where those values can guide you in your day-to-day behaviour.

Ben Sedley is a clinical psychologist and ACT (Acceptance and Commitment therapy) therapist with experience of working with children, adolescents and families facing mental health difficulties in both primary health centres and community mental health teams. Ben's training and practice has focused on examining children and young people's understandings of mental health, which has helped guide him on the best ways to explain mental health concepts and ACT to young people.

8. *House of Windows* by Alexia Casale, published by Faber & Faber [Fiction]

ISBN: 9780571321537 **Format:** Paperback **Publication date:** August 2015 **Extent:** 384 pages

Other formats: Ebook (ISBN 9780571321544)

“The body is a house of many windows: there we all sit, showing ourselves and crying on the passers-by to come and love us.” (Robert Louis Stevenson). Nick hates it when people call him a genius. Sure, he’s going to Cambridge University aged 15, but he says that’s just because he works hard. And, secretly, he only works hard to get some kind of attention from his workaholic father. Not that his strategy is working. When he arrives at Cambridge, he finds the work hard and socialising even harder. Until, that is, he starts to cox for the college rowing crew and all hell breaks loose. A wry, heartfelt and beautiful second novel from award-winning author of *The Bone Dragon* about how the people we love the most can be the most difficult people to love.

A British-American citizen of Italian heritage, Alexia is an editor, teacher and writing consultant. After studying at Cambridge, she moved to New York to work on a Tony-award-winning Broadway show before completing a PhD and teaching qualification.



9. *Quiet the Mind* by Matthew Johnstone, published by Robinson [Graphic Novel]

ISBN: 9781780331188 Format: Paperback Publication date: April 2012 Extent: 72 pages

Other formats: Ebook (ISBN 9781780339023)



In a world where finding even ten minutes to 'do nothing', the benefits of meditation can be profound. Meditation is simply a way of giving our brains a well-deserved break and can actually help our brains to function healthy and happily. This beautifully illustrated guide is an inspiring and practical book which shows you how to meditate without the need for uncomfortable lotus positions or prayer beads! With his typical gentle and insightful humour, Matthew's guide to meditation will enable you to feel more present, more youthful, have more energy and greater concentration, improve your mood and sleep more soundly.

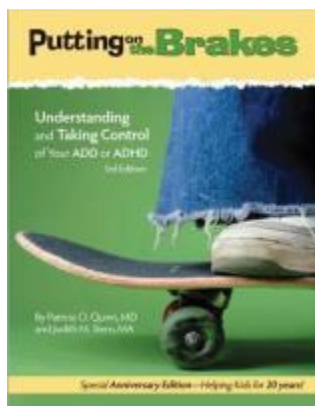
Matthew Johnstone is the author of bestselling books *Alphabet of the Human Heart*, *I Had a Black Dog* and *Living with a Black Dog*, also published by Robinson. He is also an artist, writer and exhibited photographer.

ADHD

10. *Putting on the Brakes: Understanding and Taking Control of Your ADD or ADHD* by Patricia Quinn and Judith Stern, published by Magination Press [Non-fiction]

ISBN: 9781433811340 Format: Paperback Publication date: May 2012 Extent: 112 pages

Other formats: Hardback (ISBN 9781433811357)



Now in its 20th year of publication, *Putting on the Brakes* remains the essential go-to resource for kids, parents, and professionals looking for tips and techniques on managing attention disorders. This third edition is updated and revised throughout with the latest info, resources, medication types, and glossary terms on ADHD. Written by two nationally recognized ADHD experts, *Putting on the Brakes* is loaded with practical ways to improve organisational, focusing, studying, and homework skills and contains more strategies for making friends, controlling emotions, and being healthy. This book gives kids with ADHD the tools for success in and out of school and helps them to feel empowered to be the best they can be.

Patricia O. Quinn, MD, is a developmental paediatrician in Washington, DC. Dr. Quinn is a well-known international speaker and conducts workshops nationwide about ADHD, and has authored several best-selling and ground breaking books on ADHD including *Attention, Girls! A Guide to Learn All About Your AD/HD* and with co-author Theresa Maitland, *Ready for Take-Off: Preparing Your Teen With ADHD or LD for College* and *On Your Own: A College Readiness Guide for Teens With ADHD/LD*.

Anxiety, Worry and Panic

11. *My Anxious Mind: A Teen's Guide to Managing Anxiety and Panic* by Michael Tompkins and Katherine Martinez, published by Magination Press [Non-fiction]

ISBN: 9781433804502

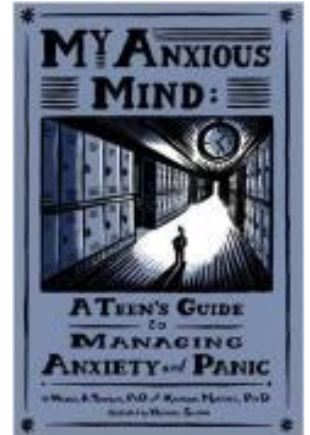
Format: Paperback

Publication date: November 2009

Extent: 128 pages

Anxiety can make everything seem unmanageable - from dealing with family and friends to managing schoolwork and extracurricular activities. *My Anxious Mind* helps teens take control of their anxious feelings by providing cognitive - behavioural strategies to tackle anxiety head-on and to feel more confident and empowered in the process. *My Anxious Mind* also offers ways for teens with anxiety to improve their inter-personal skills, whether these be with friends, family, or teachers; manage stress; handle panic attacks; use diet and exercise appropriately; and decide whether medication is right for them.

Michael A. Tompkins, Ph.D. is co-founder of the San Francisco Bay Area Centre for Cognitive Therapy, Assistant Clinical Professor at the University of California, Berkeley, and a Diplomate and Founding Fellow of the Academy of Cognitive Therapy. He is the author or co-author of numerous articles and chapters on CBT and related topics, as well as six books. He has been featured in The New York Times, The Wall Street Journal and on television and radio.



12. *The Anxiety Survival Guide for Teens* by Jennifer Shannon, published by New Harbinger [Non-fiction]

ISBN: 9781626252431

Format: Paperback

Publication date: October 2015

Extent: 208 pages

Other formats: Ebook (ISBN 9781626252455)



If you have anxiety, your fears and worries can keep you from feeling confident and independent. Teen milestones such as making friends, dating, getting good grades, or taking on more mature responsibilities, may seem much more difficult. And if you're like countless other anxious teens, you may even avoid situations that cause you anxiety altogether - leaving you stuck in a cycle of worry and avoidance. So, how can you take control of your anxiety before it takes control of you? Based in Cognitive Behavioural Therapy (CBT) and Acceptance and Commitment Therapy (ACT), this book helps you identify your 'monkey mind' - the primitive part of the brain where anxious thoughts arise. You'll also be able to determine if you suffer from generalised anxiety, phobias, social anxiety, panic and agoraphobia, Obsessive-Compulsive Disorder (OCD), or separation anxiety. Full of powerful, yet simple, cartoon illustrations, this book will teach you practical strategies for handling even the toughest situations that previously caused you to feel anxious or worried. If you're ready to feel more independent, more confident, and be your best, this unique book will show you how.

Jennifer Shannon, LMFT, is the author of *The Shyness and Social Anxiety Workbook for Teens* and clinical director and co-founder of the Santa Rosa Centre for Cognitive-Behavioural Therapy, in Santa Rosa, CA. She is a Diplomate of the Academy of Cognitive Therapy.

13. *The Shyness and Social Anxiety Workbook for Teens* by Jennifer Shannon, published by New Harbinger [Non-fiction]

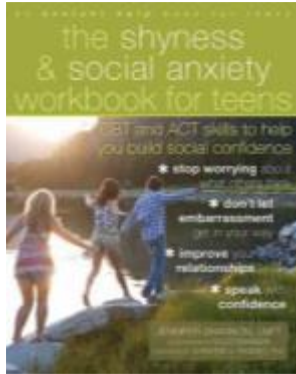
ISBN: 9781608821877

Format: Paperback

Publication date: August 2012

Extent: 144 pages

Other formats: Ebook (ISBN 9781608821891)



During the adolescent years, teens learn to grow more independent of their parents and families and focus instead on social development. But millions of teens with social anxiety and shyness would much rather bypass this critical stage. Shy teens may want to break out of their shell but feel uncertain how to do so, or may be anxious about being judged by their peers. *The Shyness and Social Anxiety Workbook for Teens* offers a complete programme based in Cognitive Behavioural Therapy (CBT) and Acceptance and Commitment Therapy (ACT) for helping teens break free from social anxiety and stop worrying about what others think. This book helps teens come to see that painful emotions, such as embarrassment, are inevitable and survivable. The comic-strip-style illustrations, exercises, and worksheets in this book address all aspects of social anxiety, from missing out on high school dances to going to job interviews. It also includes help for teens that have anxiety about blushing in public and speaking up in class.

Jennifer Shannon, LMFT, is a clinical director and co-founder of the Santa Rosa Centre for Cognitive-Behavioural Therapy in Santa Rosa, CA. She is a diplomat of the Academy of Cognitive Therapy. Illustrator Doug Shannon is a freelance cartoonist and illustrator. Foreword writer Christine A. Padesky, PhD, is a clinical psychologist and direct of the Centre for Cognitive Therapy in Huntington Beach, CA. She is the co-author of *Mind over Mood* and other books.

14. *The Perks of Being a Wallflower* by Stephen Chbosky, published by Simon & Schuster [Fiction]

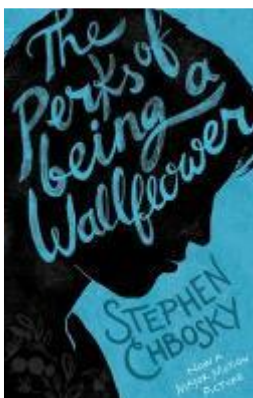
ISBN: 9781471116148

Format: Paperback

Publication date: August 2012

Extent: 240 pages

Other formats: Ebook (ISBN 9781471118180)



Shy, introspective, intelligent beyond his years, caught between trying to live his life and trying to run from it, Charlie is attempting to navigate through the uncharted territory of high school. The world of first dates and mixed tapes, family dramas and new friends. The world of sex, drugs, and music - when all one requires to feel infinite is that perfect song on that perfect drive. Standing on the fringes of life Charlie has a unique perspective of the world around him, but there comes a time to stop being a wallflower and see what it looks like from the dance floor. This haunting novel about the dilemma of passivity vs. passion has become a modern classic. Charlie's letters are singular and unique, hilarious and devastating and through Charlie, Stephen Chbosky has created a deeply affecting story that will spirit you back to those wild and poignant roller coaster days known as growing up.

Stephen Chbosky's first film *The Four Corners of Nowhere*, premiered at Sundance Film Festival and went on to win Best Narrative Feature honours at the Chicago Underground Film Festival. Most recently, he wrote the screenplay for the critically acclaimed film adaptation of *Rent*. *The Perks of Being a Wallflower* is his first novel. As well as being an author, Stephen Chbosky is a film director and screenwriter.

Autism and Asperger Syndrome

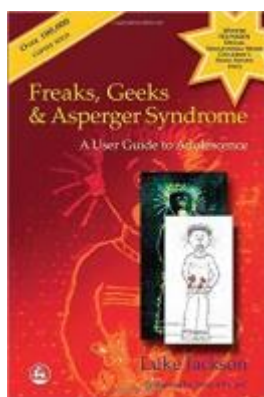
15. *Freaks, Geeks and Asperger Syndrome* by Luke Jackson, published by Jessica Kingsley [Non-fiction]

ISBN: 9781843100980

Format: Paperback

Publication date: August 2002

Extent: 216 pages



Have you ever been called a freak or a geek? Have you ever felt like one? Luke Jackson is 13 years old and has Asperger Syndrome. Over the years Luke has learned to laugh at such names but there are other aspects of life which are more difficult. Adolescence and the teenage years are a minefield of emotions, transitions and decisions and when a child has Asperger Syndrome, the result is often explosive. Luke has three sisters and one brother in various stages of their adolescent and teenage years but he is acutely aware of just how different he is and how little information is available for adolescents like himself. Drawing from his own experiences and gaining information from his teenage brother and sisters, he wrote this enlightening, honest and witty book in an attempt to address difficult topics such as bullying, friendships, when and how to tell others about AS, school problems, dating, relationships and morality. Luke writes briefly about his younger autistic and AD/HD brothers, providing amusing insights into the antics of his younger years and advice for parents, carers and teachers of younger AS children. However, his main reason for writing was because so many books are written about us, but none are written directly to adolescents with Asperger Syndrome.

Luke Jackson is 13 years old and has three sisters and three brothers. One of his brothers has AD/HD, one is autistic and Luke has Asperger Syndrome. He is the author of *A User Guide to the GF/CF Diet for Autism and Asperger Syndrome and AD/HD*, also published by Jessica Kingsley Publishers.

16. *The Curious Incident of the Dog in the Night-Time* by Mark Haddon, published by Vintage [Fiction]

ISBN: 9780099598459

Format: Paperback

Publication date: August 2012

Extent: 288 pages

Other formats: Ebook (ISBN 9781409086048); CD audio (ISBN 9781856867887)



Christopher is fifteen. He knows a very great deal about maths and very little about human beings. He loves lists, patterns and the truth. He hates the colours yellow and brown and being touched. He has never gone further than the end of the road on his own, but when he finds a neighbour's dog murdered, he sets out on a terrifying journey which will turn his whole world upside down. With over ten million copies sold and turned into a West End stage play, *The Curious Incident of the Dog in the Night-time* is a murder mystery novel like no other. The detective, and narrator, is Christopher Boone.

Mark Haddon is an author, illustrator and screenwriter who has written fifteen books for children and won two BAFTAs. His bestselling novel, *The Curious Incident of the Dog in the Night-time*, was published in 2003. It won seventeen literary prizes, including the Whitbread Award. His poetry collection, *The Talking Horse and the Sad Girl and the Village Under the Sea*, was published in 2005, followed by his novel, *The Red House*, in 2012.

17. *The Reason I Jump* by Naoki Higashida, translated by David Mitchell and YA Yoshida, published by Sceptre [Memoir]

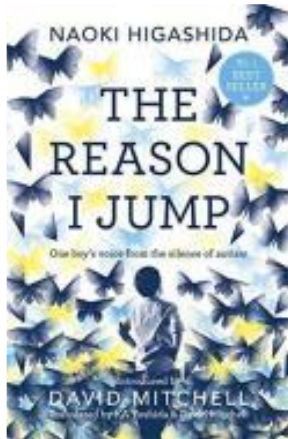
ISBN: 9781444776775

Format: Paperback

Publication date: April 2014

Extent: 192 pages

Other formats: Ebook (ISBN 9781444776768); Audio file (ISBN 9781444779882)



The No. 1 Sunday Times and New York Times bestseller. Written by Naoki Higashida when he was only thirteen, this remarkable book provides a rare insight into the often baffling behaviour of autistic children. Using a question and answer format, Naoki explains things like why he talks loudly or repeats the same questions, what causes him to have panic attacks, and why he likes to jump. He also shows the way he thinks and feels about his world - other people, nature, time and beauty, and himself. Abundantly proving that people with autism do possess imagination, humour and empathy, he also makes clear how badly they need our compassion, patience and understanding. David Mitchell and his wife have translated Naoki's book so that it might help others dealing with autism and generally illuminate a little-understood condition.

Naoki Higashida was diagnosed with autism in 1998 and subsequently attended a school for students with special needs, then (by correspondence) Atmark Cosmopolitan High School, graduating in 2011. Having learnt to use a method of communication based on an alphabet grid, Naoki wrote *The Reason I Jump* when he was thirteen and it was published in Japan in 2007. He has published several books since, from autobiographical accounts about living with autism to fairy tales, poems and illustrated books, and writes a regular blog. Despite his communication challenges, he also gives presentations about life on the autistic spectrum throughout Japan and works to raise awareness about autism. David Mitchell is the author of the novels *Ghostwritten*, *number9dream*, *Cloud Atlas* and *Black Swan Green*. He has been shortlisted twice for the Man Booker Prize and won several awards for his writing.

Body Image and Eating Disorders

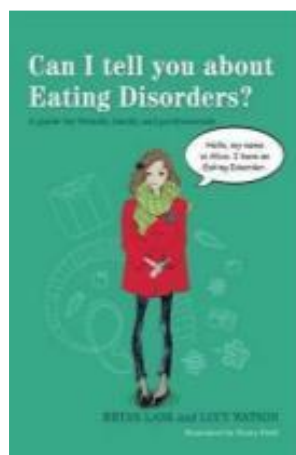
18. *Can I Tell You About Eating Disorders?* By Bryan Lask and Lucy Watson, published by Jessica Kingsley [Non-fiction]

ISBN: 9781849054218

Format: Paperback

Publication date: June 2014

Extent: 56 pages



Meet Alice - a teenage girl with anorexia nervosa. Alice invites readers to learn about anorexia nervosa and how it makes her see herself differently from how other people see her. She also introduces readers to Beth who has bulimia nervosa, Sam who has selective eating problems, Francesca who has functional dysphagia and Freddie who has food avoidance emotional disorder. They all explain why they find food difficult and how their eating disorders are different. This illustrated book is an ideal introduction to understanding the complex issues surrounding eating disorders. It shows family, friends and teachers how they can support a young person with an eating disorder and will also be a good place to start when encouraging open conversations about eating disorders at school or at home. The *Can I tell you about?* series offers simple introductions to a range of limiting conditions and other issues that affect our lives. Friendly characters invite readers to learn about their experiences, the challenges they face, and how they would like to be helped and supported. These books serve as excellent starting points for

family and classroom discussions.

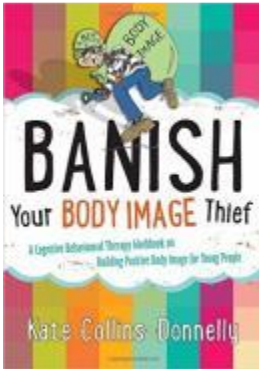
19. *Banish Your Body Image Thief* by Kate Collins-Donnelly, published by Jessica Kingsley [Non-fiction]

ISBN: 9781849054638

Format: Paperback

Publication date: March 2014

Extent: 240 pages



Build positive body image with this fun and effective workbook for young people. Watch out - the Body Image Thief is about! He's the sneaky character who keeps stealing your positive body image from your Body Image Vault, leaving only negative thoughts and feelings about your body behind. But don't worry - you can banish him for good and this workbook will show you how! Using a host of activities and real-life stories, this imaginative workbook will look at what body image means, how it develops, the impact it can have and how all this applies to your own body image. Based on cognitive behavioural and mindfulness principles and techniques, it is packed with strategies that will help you change how you think and act in order to build a positive body image, protect your Body Image Vault and banish your Body Image Thief for good! Engaging, informative and easy to read, this unique workbook is suitable for young people to work through on their own or with the help of a parent or practitioner.

Kate Collins-Donnelly has worked as a therapist, psychologist, criminologist and anger management consultant based in the UK for many years. She presently runs a successful independent consultancy practice which provides Cognitive Behavioural Therapy, counselling, coaching and training, and is head of the Psychological and Criminological Research Division. She is the author of *Starving the Anger Gremlin*, *Starving the Anxiety Gremlin*, *Starving the Stress Gremlin* and *Banish Your Self-Esteem Thief*.

20. *Tyranny* by Lesley Fairfield, published by Walker Books [Graphic Novel]

ISBN: 9781406331134

Format: Paperback

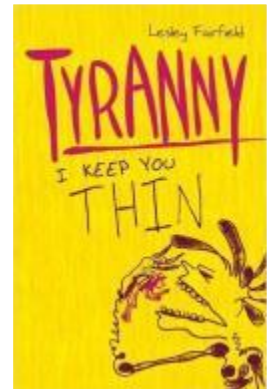
Publication date: February 2011

Extent: 128 pages

Other formats: Ebook (ISBN 9781406335378)

In this stark portrayal of a young woman's struggle with anorexia, Lesley Fairfield draws on her own experiences of an eating disorder to give a powerful and candid story of hope and survival. 'Do I know you?' 'You've always known me, silly...I'm Tyranny, your other self. I keep you thin.' One day, horrified by her reflection in the mirror, Anna makes a life-changing decision - that food is the enemy. Her obsession with being thin and beautiful will now dominate her every waking and sleeping hour. Should she falter or show any signs of weakness, Tyranny, her inner voice of 'reason' will be only too willing to push her back into line. Years later, when Anna finally finds the strength to defeat her personal demon, it will be a matter of life and death.

Lesley Fairfield is a graduate of the Ontario College of Art and Design and has illustrated many children's books. Lesley's thirty-year battle with anorexia and bulimia has informed her work and given *Tyranny*, her first graphic novel, a sharp edge and deep insight.



Bullying

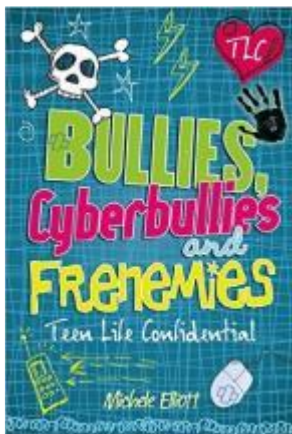
21. *Bullies, Cyberbullies and Frenemies* by Michele Elliott, published by Wayland [Non-fiction]

ISBN: 9780750272148

Format: Paperback

Publication date: February 2013

Extent: 128 pages



Friendships and peer relationships are one of the most difficult things about being a teen. Many face bullying of some kind or another, whether in person or on the Internet or social media. Written by Kidscape founder Michele Elliott, *Teen Life Confidential: Bullies, Cyberbullies and Frenemies* is a friendly, kind and practical guide to navigating these tricky relationships, and beating the bullies. Are there practical things you can do to stop being bullied - at home, at school and online? What are frenemies and how can you deal with them? How can you learn to make friends and respect yourself? If you're a bully, how can you change your behaviour? This brilliant book will tell you what bullying is, where it happens and what you can do about it, as well as how to assert yourself and develop your self-esteem. Advice is supported by quotes from teenagers, who share their own experiences, and will help to make readers feel they're not alone.

Michele Elliott is the founder of the charity Kidscape and has been awarded an OBE for services to children. She is a child psychologist and teacher with 40 years' experience and has worked with charities including Childline and the NSPCC.

22. *Vicious: True Stories by Teens About Bullying* edited by Hope Vanderberg, published by Free Spirit [Memoir]

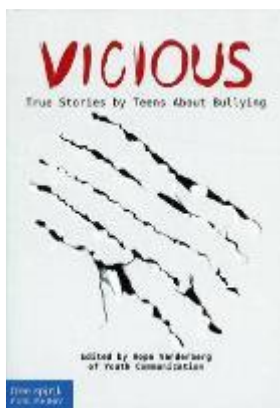
ISBN: 9781575424132

Format: Paperback

Publication date: Dec 2012

Extent: 176 pages

Other formats: Large print (ISBN 9781459694897)



Essays by teens address bullying: physical, verbal, relational, and cyber. These stories will appeal to readers because the cruelty and hurt are unmistakably real - and the reactions of the writers are sometimes cringe-worthy, often admirable, and always believable. Teens open up to tell personal stories that tackle difficult, real-life issues. Direct, revealing, and often raw, these voices will ring true for any teen reader who has faced bullying, anger, or stress. Each piece has been selected and edited to appeal to reluctant and emerging readers. Readers will be inspired by the writers' courage and strength in working hard to overcome problems both large and small.

Confidence and Self-Esteem

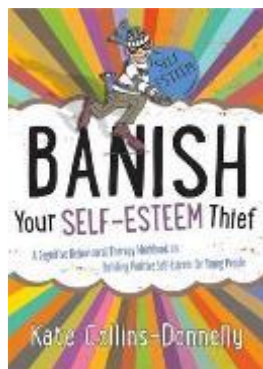
23. *Banish Your Self-Esteem Thief* by Kate Collins-Donnelly, published by Jessica Kingsley [Non-fiction]

ISBN: 9781849054621

Format: Paperback

Publication date: April 2014

Extent: 244 pages



Build confidence and self-esteem with this fun and effective workbook for young people. Look out - the Self-Esteem Thief is on the prowl! He's the crafty character who keeps stealing your positive self-esteem from your Self-Esteem Vault, leaving only negative thoughts and feelings about you behind. But the good news is you can banish him for good and this workbook will show you how! Packed with activities and real-life stories, this imaginative workbook will show you what self-esteem is, how it develops, the impact it can have and how all this applies to your own self-esteem. Using cognitive behavioural and mindfulness principles and techniques, this workbook will help you change how you think and act in order to build positive self-esteem, protect your Self-Esteem Vault and banish your Self-Esteem Thief for good! Fun, easy to read and full of tips and strategies, this is an excellent workbook for young people to work through on their own or with the help of a parent or practitioner.

Kate Collins-Donnelly has worked as a therapist, psychologist, criminologist and anger management consultant based in the UK for many years. She presently runs a successful independent consultancy practice which provides Cognitive Behavioural Therapy, counselling, coaching and training, and is head of the Psychological and Criminological Research Division. She is the author of *Starving the Anger Gremlin*, *Starving the Anxiety Gremlin*, *Starving the Stress Gremlin* and *Banish Your Body Image Thief*.

24. *Self-Esteem and Being You* by Anita Naik, published by Wayland [Non-fiction]

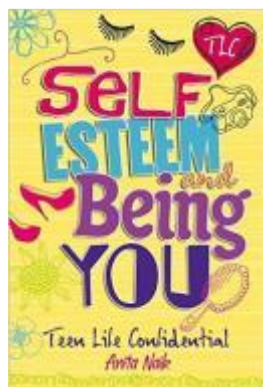
ISBN: 9780750272162

Format: Paperback

Publication date: January 2013

Extent: 144 pages

Other formats: Ebook (ISBN 9780750279376)



Are you scared to take risks in case you make a fool of yourself? Do you need other people's approval? If someone likes you do you think there must be something wrong with them? Do you hate your body? If you answered yes to any of these questions, this essential guide will help you to turn your opinions around. It will boost your self-esteem and encourage you to believe in who and what you are. With chapters focusing on defining self-esteem, dealing with low self-esteem, self-esteem with love, sex and boys, your body and self-esteem, issues at home and school and positive thinking. Learn to believe in yourself and get ready for a positive future with this essential guide.

Anita Naik is a freelance journalist who writes regularly about health, sex, relationships and lifestyle. She has written for magazines including GLAMOUR and RED and was the agony aunt on JUST 17 magazine. She has recently been an editor on the Dove Campaign For Real Beauty website, writing about self-esteem issues for teenage girls and their mothers.

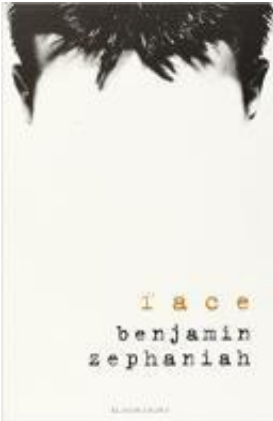
25. *Face* by Benjamin Zephaniah, published by Bloomsbury [Fiction]

ISBN: 9780747541547

Format: Paperback

Publication date: May 1999

Extent: 208 pages



In this startling debut novel from Benjamin Zephaniah, the author tackles the moving and compelling story of a young man, Martin, whose life is completely changed when his face is badly scarred in a joyriding accident. Brilliantly written with a real ear for dialogue, this is Benjamin Zephaniah breaking new boundaries.

Benjamin Zephaniah is probably one of the most high-profile international authors writing today, with an enormous breadth of appeal, equally popular with both adults and children. Most well-known for his performance poetry with a political edge for adults and groundbreaking performance poetry for children, Benjamin also has his own rap and reggae band, and has appeared on Desert Island Discs. He is in constant demand internationally to perform his work: he is (he thinks) Nelson Mandela's favourite poet, and is the only Rastafarian poet to be short-listed for the Chairs of Poetry for both Oxford and Cambridge University.

Depression

26. *Am I Depressed and What Can I Do About It?* By Shirley Reynolds and Monika Parkinson, published by Robinson [Non-fiction]

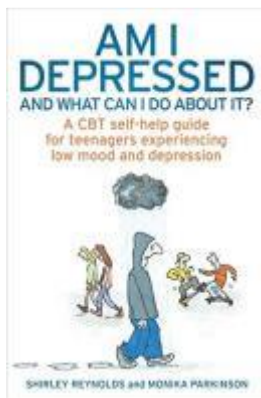
ISBN: 9781472114532

Format: Paperback

Publication date: September 2015

Extent: 384 pages

Other formats: Ebook (ISBN 9781472114563)



Depression is one of the most common mental health problems and is estimated to affect around 15% of people at some point during their life. For many people depression is a life-long disorder which starts during the teenage years - around 10% of teenagers are estimated to have an episode of depression and many more experience persistent low mood. This accessible, engaging and age-appropriate self-help guide based on current research and best practice (NICE and IAPT treatment pathways both promote CBT) for young people who experience low mood and depression, and their friends, family and health professionals. The book adopts a narrative approach with graphic elements, incorporating case studies and including some interactive exercises. It provides an essential bridge for young people who have not yet asked for professional help as well as support for those who are waiting for treatment.

Professor Shirley Reynolds is the Director of the Charlie Waller Institute at the University of Reading, where she conducts research into depression in young people. She is past President of the British Association of Behavioural and Cognitive Psychotherapy (BABCP) and has recently co-edited the 3rd edition of *CBT for Children and Families*. Dr Monika Parkinson works clinically with children, young people and families at the University of Reading and for the NHS. She has been involved in several large treatment research trials aimed at investigating enhanced outcomes for child mental health problems. These roles have involved direct clinical work with families, supervision of mental health practitioners and providing teaching and training to varied audiences.

27. *Can I Tell You About Depression?* By Christopher Dowrick and Susan Martin, published by Jessica Kingsley [Non-fiction]

ISBN: 9781849055635

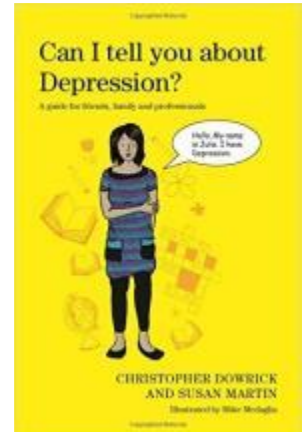
Format: Paperback

Publication date: January 2015

Extent: 48 pages

Meet Julie - A women who suffers from periods of depression. Julie and her family help readers to understand what depression is, what it is like to feel depressed and how it can affect their family life. She explains how coping with depression can sometimes be very difficult but there is support and help available that can relieve the feelings of depression. This illustrated book is an ideal introduction to depression - a condition that can be particularly difficult for to understand. It shows family, friends and anyone who knows someone affected by depression how they can offer support.

Christopher Dowrick and Susan Martin have decades of practical, educational and research experience in the field of good mental health. Christopher is a family doctor and medical professor. Sue has a psychology degree and a PhD in evolutionary biology. She runs a mental health drop-in centre for adults and has extensive experience of working with troubled children. Together they have seven children, seven grandchildren and have fostered many others.



28. *I Had a Black Dog* by Matthew Johnstone, published by Robinson [Graphic Novel]

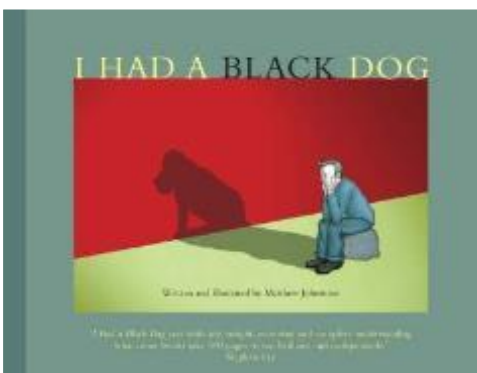
ISBN: 9781845295899

Format: Paperback

Publication date: May 2007

Extent: 48 pages

Other formats: Ebook (ISBN 9781780339030)



There are many different breeds of Black Dog affecting millions of people from all walks of life. The Black Dog is an equal opportunity mongrel. It was Winston Churchill who popularized the phrase Black Dog to describe the bouts of depression he experienced for much of his life. Matthew Johnstone, a sufferer himself, has written and illustrated this moving and uplifting insight into what it is like to have a Black Dog as a companion and how he learned to tame it and bring it to heel. Mental Health Journal described it as 'A beautiful book, worth owning for the author's illustrations alone, in 48 pages Matthew condenses insight, advice and inspiration'.

Matthew Johnstone is a passionate mental health and wellbeing advocate. He is a bestselling author, illustrator, photographer, public speaker and is also the creative director at the Black Dog Institute.

Mood Swings

29. *Don't Let Your Emotions Run Your Life for Teens* by Sheri Van Dijk, published by New Harbinger [Non-Fiction]

ISBN: 9781572248830

Format: Paperback

Publication date: March 2011

Extent: 152 pages

Other formats: Ebook (ISBN 9781608822751)



Let's face it: life gives you plenty of reasons to get angry, sad, scared, and frustrated - and those feelings are okay. But sometimes it can feel like your emotions are taking over, spinning out of control with a mind of their own. To make matters worse, these overwhelming emotions might be interfering with school, causing trouble in your relationships, and preventing you from living a happier life. *Don't Let Your Emotions Run Your Life for Teens* is a workbook that can help. In this book, you'll find new ways of managing your feelings so that you'll be ready to handle anything life sends your way. Based in Dialectical Behaviour Therapy, a type of therapy designed to help people who have a hard time handling their intense emotions, this workbook helps you learn the skills you need to ride the ups and downs of life with grace and confidence. This book offers easy techniques to help you: stay calm and mindful in difficult situations; effectively manage out-of-control emotions; reduce the pain of intense emotions; and get along with family and friends.

Sheri Van Dijk, MSW, is a mental health therapist in private practice and at Southlake Regional Health Centre in Newmarket, ON, Canada. She is author of *The Dialectical Behaviour Therapy Skills Workbook for Bipolar Disorder* and co-author of *The Bipolar Workbook for Teens*.

Self-Harm

30. *The Truth about Self-Harm* by Celia Richardson, published by Mental Health Foundation

ISBN: 9781903645994

Format: Paperback

Publication date: November 2012

Extent: 36



This booklet aims to help you understand more about self-harm and what to do if you are worried about yourself or someone else. It explains what self-harm is, what to do if you or someone you know is self-harming, and how to get help. Self-harm is very common and affects more people than you think.

All of the information in the booklet is based on the findings of the National Inquiry into Self-harm among young people. The inquiry was carried out by two charities, The Mental Health Foundation and The Camelot Foundation. The inquiry panel heard evidence from many hundreds of people including young people who self-harm, or have self-harmed in the past, and those who work with or care about them. This booklet is based on what they said. The booklet was developed by Celia Richardson, Kristen Morgan and Claire Walsh.

OCD

31. *Breaking Free from OCD* by Jo Derisley, Isobel Heyman, Sarah Robinson and Cynthia Turner, published by Jessica Kingsley

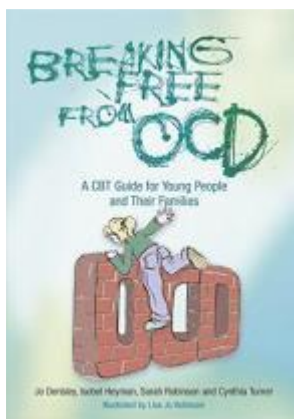
ISBN: 9781843105749

Format: Paperback

Publication date: May 2008

Extent: 224 pages

Other formats: Ebook (ISBN 9786611782283)



Obsessive-compulsive disorder (OCD) is a potentially life-long debilitating disorder, which often emerges during teenage years and affects as many as 1 in every 50 people. Young people living with OCD experience recurrent obsessions or compulsions that are distressing and interfere with their social lives, relationships, educational functioning and careers. Written by leading experts on OCD, this step-by-step guide is written for adolescents with OCD and their families, to be used in home treatment or as a self-help book. Using the principles of cognitive behavioural therapy (CBT) it offers teenagers a structured plan of treatment which can be read alone, or with a parent, counsellor or mental health worker. The guide provides useful advice and worksheets throughout. This self-help book for young people is an invaluable resource for adolescents who have suffered from, or know someone who has suffered from, OCD, their families, teachers, carers, and mental health professionals.

Jo Derisley, is Consultant Clinical Psychologist at the Norfolk & Waveney Mental Health Care Trust, UK. Isobel Heyman is Honorary Senior Lecturer at the King's College Institute of Psychiatry, London, and a Consultant Child and Adolescent Psychiatrist. Dr Heyman and Dr Derisley represented childhood OCD in the NICE Guideline Development Group, and contributed to the written national UK guidelines for the management of OCD. Sarah Robinson is Assistant Psychologist at the national and specialist OCD and related disorders clinic for children and young people at the Maudsley Hospital. Cynthia Turner is Honorary Lecturer at the King's College Institute of Psychiatry, London and Senior Clinical Psychologist at the national and specialist OCD clinic for children and young people. She specialises in the treatment of OCD and anxiety disorders in young people, and has written treatment programs for these disorders.

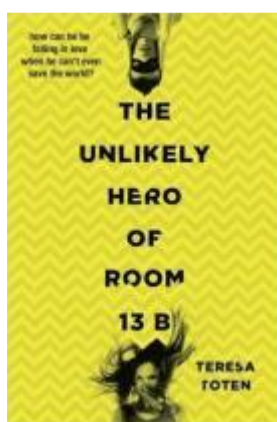
32. *The Unlikely Hero of Room 13B* by Teresa Toten, published by Walker Books

ISBN: 9781406362992

Format: Paperback

Publication date: March 2015

Extent: 272 pages



When Adam meets Robyn at a support group for kids coping with obsessive-compulsive disorder, he is drawn to her almost before he can take a breath. He's determined to protect and defend her, to play Batman to her Robin, whatever the cost. But when you're fourteen and the everyday problems of dealing with divorced parents and step-siblings are supplemented by the challenges of OCD, it's hard to imagine yourself falling in love.

Two time Governor General's award nominee Teresa Toten is the acclaimed Canadian author of six novels, one picture book, and one anthology. Her work often grapples with tough but illuminating material. Teresa's latest novel, *The Unlikely Hero of Room 13B* is a tender yet hilarious love story that has already been subject to great critical acclaim.

33. *Touch and Go Joe* by Joe Wells, published by Jessica Kingsley [Memoir]

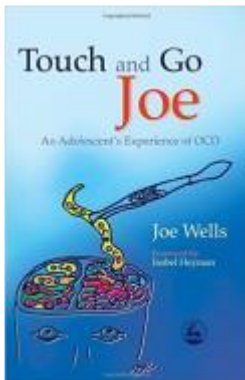
ISBN: 9781843103912

Format: Paperback

Publication date: March 2006

Extent: 128 pages

Other formats: Ebook (ISBN 9786610566464)



As many as 2 in every 100 people suffer from Obsessive-Compulsive Disorder (OCD), and 16-year-old Joe Wells is one of them. In *Touch and Go Joe*, he tells the story of his battle with OCD from its insidious beginnings at age 9 and increasingly intrusive symptoms, to diagnosis at age 12. Having struggled to keep the condition a secret for years, he is now able to talk and write openly about OCD and how he battled to overcome it.

This book is packed with advice and coping strategies, as well as first-hand accounts of available treatments such as Cognitive Behavioural Therapy and medication. Written in an informal and accessible style, and including his own humorous illustrations, *Touch and Go Joe* gives an upbeat yet realistic look at the effect of OCD on adolescent life. This honest and amusing account will raise awareness of this all-too-common, yet frequently misdiagnosed disorder and will be of interest to anyone who has suffered from or knows someone who has suffered from OCD, including children and adolescents, teachers, psychologists, psychiatrists, mental health professionals, parents and carers.

Stress

34. *Fighting Invisible Tigers* by Earl Hipp, published by Free Spirit [Non-fiction]

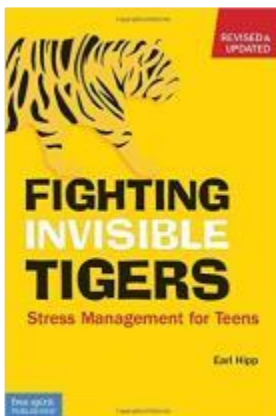
ISBN: 9781575422824

Format: Paperback

Publication date: October 2008

Extent: 144 pages

Other formats: Large Print (ISBN 9781442977167)



Stress is something we all experience, but research suggests that adolescents are affected in unique ways that can lead to increases in impulsive and risky behaviour. While eliminating stress completely isn't realistic, young people can learn to control how they respond to it. *Fighting Invisible Tigers* offers proven techniques that teens can use to deal with stressful situations in any environment - in school, at home, even among friends. It also includes fully up-to-date information on how stress affects health and decision making, as well as the latest stress management skills. Filled with interesting facts, real life stories, and fun activities, this is a great resource for teens everywhere.

Earl Hipp is an author, speaker, adviser to mentoring groups, and community consultant.

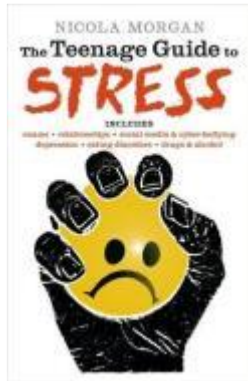
35. *The Teenage Guide to Stress* by Nicola Morgan, published by Walker Books [Non-fiction]

ISBN: 9781406353143

Format: Paperback

Publication date: July 2014

Extent: 192 pages



The Teenage Guide to Stress - written for teenagers but essential for adults who want to understand - tackles all the external stresses that teenagers face, including feelings of anger, sadness (and depression), fear and failure; issues caused by changing bodies, body hatred, weight problems, eating disorders and self-harm; pressures of exams and schoolwork; sleep problems; changing relationships with friends and family; boyfriend/girlfriend issues and sexual pressures; bullying and cyber-bullying; problems arising from the internet; and looks at how pre-existing conditions such as OCD and dyslexia may be affected by adolescence. As well as a sympathetic, practical and positive look at all those stresses, *The Teenage Guide to Stress* clearly explains the biology behind stress and, crucially, a huge range of strategies and suggestions to deal with it and prevent negative symptoms. A list of useful resources completes this fantastically wide-ranging, reassuring, eye-opening and comprehensive guide for young people, empowering them to take control of their mental health.

Nicola Morgan has written nearly a hundred books. Her fiction titles *Sleepwalking* was winner of the 2005 Scottish Arts Council Children's Book of the Year Award. She is an established expert on the teenage brain and adolescent stress, known for her engaging, clear style. She is the author of the internationally renowned *Blame My Brain: The Amazing Teenage Brain Revealed* and has spoken in schools and at conferences around the world.