Reading Well for young people book list

READING WELL

	Title	Author	Publisher
General	Blame My Brain	Nicola Morgan	Walker Books
	Stuff That Sucks: Accepting what You Can't Change and Committing to What You Can	Ben Sedley	Robinson
	Quiet the Mind	Matthew Johnstone	Robinson
	The Self-Esteem Team's Guide to Sex, Drugs and WTFs?!!	Self-Esteem Team	John Blake Publishing
	Mind Your Head	Juno Dawson	Hot Key Books
	I'll Give You The Sun [Fiction]	Jandy Nelson	Walker Books
	Every Day [fiction]	David Levithan	Electric Monkey
	Kite Spirit [fiction]	Sita Brahmachari	Macmillan Children's Books
	House of Windows [fiction]	Alexia Casale	Faber & Faber
ADHD	Putting on the Brakes: Understanding and Taking Control of Your ADD or ADHD	Patricia Quinn and Judith Stern	Magination Press
Anxiety, worry and panic	My Anxious Mind	Michael Tompkins and Katherine Martinez	Magination Press
	The Anxiety Survival Guide for Teens	Jennifer Shannon	New Harbinger
	The Shyness and Social Anxiety Workbook for Teens	Jennifer Shannon	New Harbinger
	The Perks of Being a Wallflower [fiction]	Stephen Chbosky	Simon & Schuster

Supported using public funding by ARTS COUNCIL ENGLAND

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THE READING AGENCY

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Autism and Asperger Syndrome	Freaks, Geeks and Asperger Syndrome	Luke Jackson	Jessica Kingsley
	The Reason I Jump	Naoki Higashida Translated by David Mitchell and YA Yoshida	Sceptre
	The Curious Incident of the Dog in the Night-Time [fiction]	Mark Haddon	Vintage
Body Image and Eating Disorders	Can I Tell You About Eating Disorders?	Bryan Lask and Lucy Watson	Jessica Kingsley
	Banish Your Body Image Thief	Kate Collins-Donnelly	Jessica Kingsley
	Tyranny	Lesley Fairfield	Walker Books
Bullying	Bullies, Cyberbullies and Frenemies	Michele Elliot	Wayland
	Vicious: True Stories by Teens About Bullying	Ed. Hope Vanderberg	Free Spirit
Confidence and Self-Esteem	Banish Your Self-Esteem Thief	Kate Collins-Donnelly	Jessica Kingsley
	Self-Esteem and Being You	Anita Naik	Wayland
	Face [fiction]	Benjamin Zephaniah	Bloomsbury
Depression	Am I Depressed and What Can I Do About it?	Shirley Reynolds and Monika Parkinson	Robinson
	Can I Tell You About Depression?	Christopher Dowrick and Susan Martin	Jessica Kingsley
	I Had a Black Dog	Matthew Johnstone	Robinson
Mood Swings	Don't Let Your Emotions Run Your Life for Teens	Sheri Van Dijk	New Harbinger
OCD	Breaking Free from OCD	Jo Derisley, Isobel Heyman, Sarah Robinson and Cynthia Turner	Jessica Kingsley
	Touch and Go Joe	Joe Wells	Jessica Kingsley
	The Unlikely Hero of Room 13B [fiction]	Teresa Toten	Walker Books
Self-Harm	The Truth about Self-Harm	Celia Richardson	Mental Health Foundation
Stress	Fighting Invisible Tigers	Earl Hipp	Free Spirit
	The Teenage Guide to Stress	Nicola Morgan	Walker Books