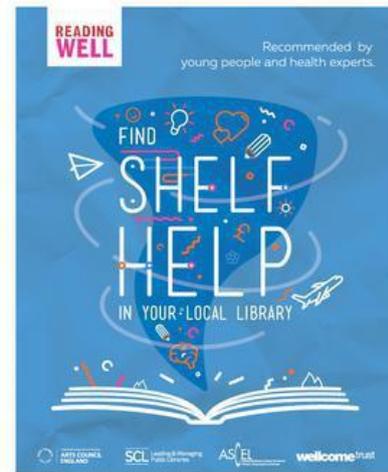


READING WELL

Reading Well Shelf Help – recommended by young people and health experts.

Selected titles are available 24/7 in digital format – free to library members.

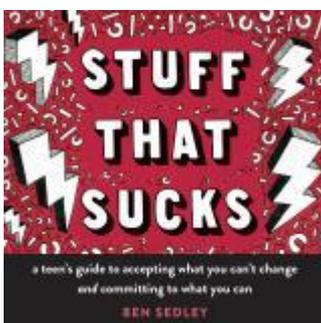


THE READING AGENCY

	eAudiobook: listen on BorrowBox	
	eBook: read-on-screen on cloudLibrary	

Click on a title of interest to open it. For licence reasons, some titles may not be available immediately but can be reserved.

General non-fiction



	<p><u><i>Stuff that Sucks: Accepting what You Can't Change and Committing to What You Can</i></u> By Ben Sedley</p>	
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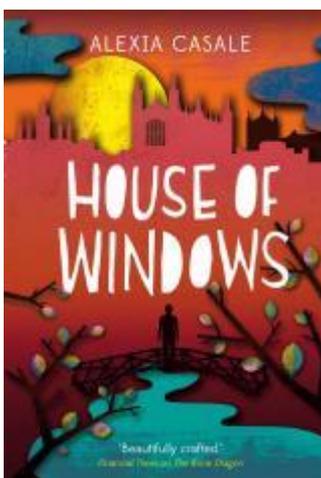
A beautifully designed book aimed at adolescents that will help them deal with painful emotions by drawing on the principles of Acceptance and Commitment Therapy (ACT) and presenting them in ways that are eye-catching and easy to understand.

General fiction



	<p><u>Every Day</u> by David Levithan</p>	
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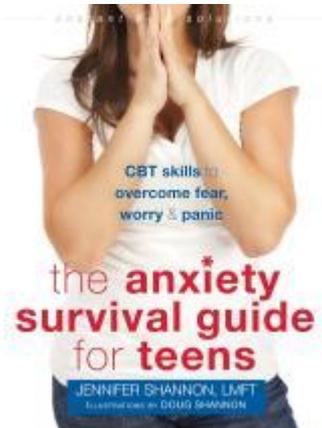
Each morning, A wakes up in a different body. There's never any warning about who it will be, but A is used to that. Never get too attached. Avoid being noticed. Do not interfere. And that's fine - until A wakes up in the body of Justin and meets Justin's girlfriend, Rhiannon. From that moment, the rules by which A has been living no longer apply.



	<p><u>House of Windows</u> by Alexia Casale</p>	
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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.

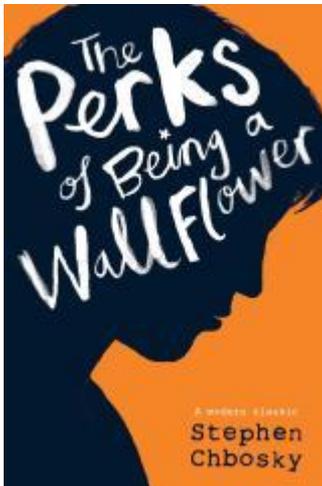
Anxiety (non-fiction)



	<p><u><i>The Anxiety Survival Guide for Teens: CBT Skills to Overcome Fear, Worry and Panic</i></u> by Jennifer Shannon</p>	
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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.

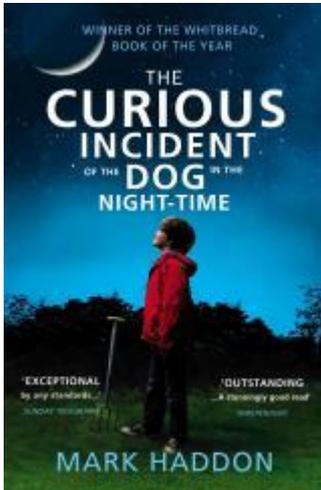
Anxiety (fiction)



	<p><u><i>The Perks of Being a Wallflower</i></u> written by Stephen Chbosky, read by Noah Galvin</p>	
	<p><u><i>The Perks of Being a Wallflower</i></u> by Stephen Chbosky</p>	

A powerful and perceptive coming-of-age story, in the tradition of *The Catcher in the Rye*, from a talented young filmmaker, screenwriter and novelist.

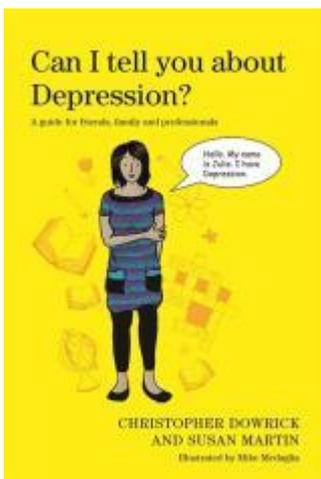
Autism Spectrum Disorder (fiction)



	<p><u><i>The Curious Incident of the Dog in the Night-time</i></u> written by Mark Haddon, read by Ben Tibber</p>	
	<p><u><i>The Curious Incident of the Dog in the Night-time</i></u> by Mark Haddon</p>	

A murder mystery like no other, this novel features Christopher Boone, a 15-year-old who suffers from Asperger's syndrome. When he finds a neighbour's dog murdered, he sets out on a journey which will turn his whole world upside down.

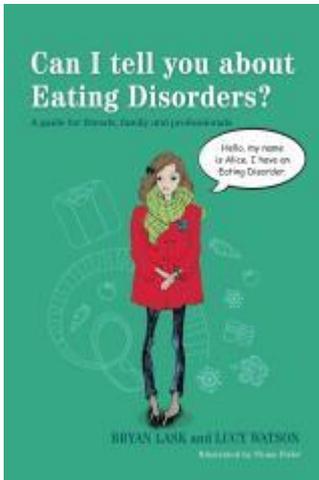
Depression (non-fiction)



	<p><u><i>Can I Tell You About Depression?</i></u> by Christopher Dowrick, Susan Martin and Mike Medaglia</p>	
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Helps readers to understand what depression is, what it is like to feel depressed and how it can affect their family life. This book explains how coping with depression can sometimes be very difficult but there is support and help available that can relieve the feelings of depression.

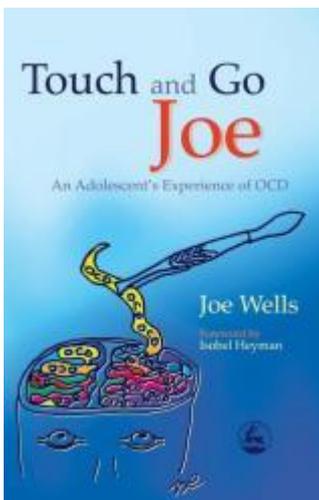
Body image and eating (non-fiction)



	<p><u><i>Can I Tell You About Eating Disorders?</i></u> by Bryan Lask, Lucy Watson and Fiona Field</p>	
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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.

Obsessive Compulsive Disorder (non-fiction)



	<p><u><i>Touch and Go Joe: an adolescent's experience of OCD</i></u> by Joe Wells</p>	
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Joe Wells narrates his battle with Obsessive-Compulsive Disorder (OCD) from its insidious beginnings and increasingly intrusive symptoms, to its diagnosis and treatment. He includes advice and coping strategies, as well as first-hand accounts of available treatments.