

**Reading Well for Young people ages 13 to 18.**  
**All books are available to borrow at Southwark Libraries.**  
**Or reserve your free copy online.**

**General Interest (Non Fiction)**

Stuff that Sucks: Accepting what You Can't Change and Committing to What You Can  
By Ben Sedley

Mind Your Head  
By James Dawson

The Self-Esteem Team's Guide to Sex, Drugs and WTFs?!!  
By Natasha Devon et al

Blame My Brain: The Amazing Teenage Brain Revealed  
By Nicola Morgan

Quiet the Mind  
By Matthew Johnstone

**General (Fiction)**

Every Day  
By David Levithan

House of Windows  
By Alexia Casale

Kite Spirit  
By Sita Brahmachari

I'll Give You the Sun  
By Jandy Nelson

**A booklist about mental health and emotional wellbeing for 13 to 18 year olds, available in public libraries.**



**ADHD (Non Fiction)**

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

**Anxiety (Non Fiction)**

My Anxious Mind: A Teen's Guide to Managing Anxiety and Panic  
By Michael Tompkins et al

The Anxiety Survival Guide for Teens: CBT Skills to Overcome Fear, Worry and Panic  
By Jennifer Shannon

The Shyness and Social Anxiety Workbook for Teens  
By Jennifer Shannon

**Anxiety (Fiction)**

The Perks of Being a Wallflower  
By Stephen Chbosky

**Autism Spectrum Disorder (Non Fiction)**

The Reason I Jump: One Boy's Voice from the Silence of Autism  
By Naoki Higashida

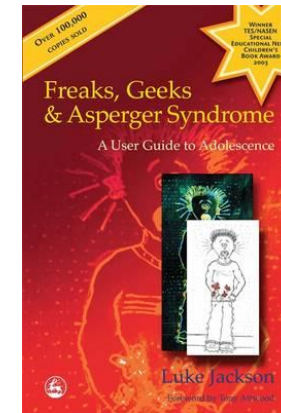
Freaks, Geeks and Asperger Syndrome: A User's Guide to Adolescence  
By Luke Jackson

**Autism Spectrum Disorder (fiction)**

The Curious Incident of the Dog in the Night-time  
By Mark Haddon

**Bullying (Non Fiction)**

Teen Life Confidential: Bullies, Cyberbullies and Frenemies  
By Michele Elliott



Vicious: True Stories by Teens About Bullying  
By Hope Vanderberg

**Confidence and self-esteem (Non Fiction)**

Banish Your Self-Esteem Thief: A Cognitive Behavioural Therapy Workbook on Building Positive Self-esteem for Young People  
By Kate Collins-Donnelly

Teen Life Confidential: Self-Esteem and Being You  
By Anita Naik

**Confidence and self-esteem (Fiction)**

Face  
By Benjamin Zephaniah

**Depression (Non Fiction)**

Am I Depressed and What Can I Do About it?  
By Shirley Reynolds

**Depression (Non fiction)**

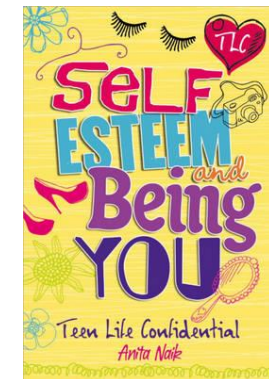
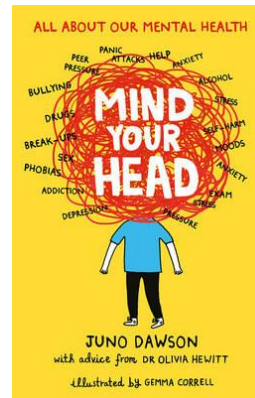
I Had a Black Dog  
By Matthew Johnstone

Can I Tell You About Depression?  
By Christopher Dowrick

**Body image and eating (Non Fiction)**

Banish Your Body Image Thief: A Cognitive Behavioural Therapy Workbook on Building Positive Body Image for Young People  
By Kate Collins-Donnell

Can I Tell You About Eating Disorders?  
By Lucy Watson



**Body image and eating (fiction)**

Tyranny: I Keep You Thin

By Lesley Fairfield

**Mood swings (Non Fiction)**

Don't Let Your Emotions Run Your Life for Teens

By Sheri van Dijk

**OCD Non Fiction**

Touch and Go Joe: An Adolescent's Experience of OCD

By Joe Wells

Breaking Free from OCD: A CBT Guide for Young People and their Families

By Jo Derisley et al

**OCD (fiction)**

The Unlikely Hero of Room 13B

By Teresa Toten

**Self-harm (Non Fiction)**

The Truth About Self-Harm

By Celia Richardson

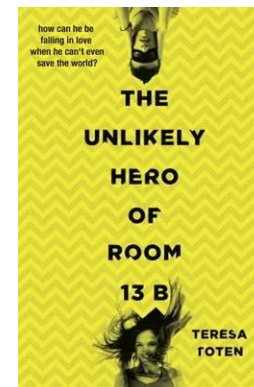
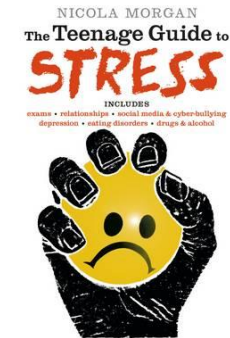
**Stress (Non Fiction)**

Fighting Invisible Tigers: A Stress Management Guide for Teens

By Earl Hipp

The Teenage Guide to Stress

By Nicola Morgan



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