

Dormers Wells High
School Library

Reading List

YOUR LIBRARY
IS OPEN
EVERY DAY
8AM—5PM



READ WELL

LIVE WELL

NON-FICTION

Title	Author	Title	Author	Title	Author
Banish your body image thief; Banish your self esteem thief; Starving the Anxiety Gremlin	Collins-Donnelly, Kate	Quiet the Mind	Johnstone, Matthew	Vicious: True Stories by Teens About Bullying	Vanderberg, Hope
Breaking free from OCD	Derisley, Jo	Can I tell you about eating disorders?	Lask, Bryan	Don't Let Your Emotions Run Your Life (for Teens)	Van Dijk, Sheri
Mind your head	Dawson, Juno	Blame my mind: The amazing teenage brain revealed	Morgan, Nicola	Touch and Go Joe	Wells, Joe
Can I tell you about depression?	Dowrick, Christofer	The teenage guide to stress	Morgan, Nicola	FICTION	
Bullies, Cyberbullies and Frenemies	Elliott, Michelle	Self-Esteem and Being You	Naik, Anita	Kite spirit	Brahmachari, Sita
Tiranny	Fairfield, Lesley	Putting on the Brakes	Quinn, Patricia	The Perks of Being a Wallflower	Chbosky, Stephen
The Reason I Jump	Higashida, Naoki	Am I Depressed and What Can I Do About it?	Reynolds, Shirley	House of Windows; The Bone Dragon	Casale, Alexia
Fighting invisible Tigers	Hipp, Earl	The truth about self-harm	Richardson, Celia	The Curious Incident of the Dog in the Night-Time	Haddon, Mark
Freaks, Geeks and Asperger Syndrome	Jackson, Luke	Stuff that sucks	Sedley, Ben	Every Day	Levithan, David
I Had a Black Dog	Johnstone, Matthew	The anxiety survival guide for teens; The Shyness and Social Anxiety Workbook for Teens	Shannon, Jennifer	I'll give you the Sun	Nelson, Jandy
Anxious	LeDoux, Joseph	My anxious mind	Tompkins, Michael	The unlikely hero of room 13B	Toten, Teresa
10 Days to Great Self-Esteem	Burns, David			Face	Zephaniah, Benjamin