

FICTION

A

'A Monster Calls' - Patrick Ness (13+)

Conor has the same dream every night, ever since his mother first fell ill, ever since she started the treatments that don't quite seem to be working. But tonight is different. Tonight, when he wakes, there's a visitor at his window. It's ancient, elemental, a force of nature. And it wants the most dangerous thing of all from Conor. It wants the truth. Patrick Ness takes the final idea of the late, award-winning writer Siobhan Dowd and weaves an extraordinary and heartbreaking tale of mischief, healing and above all, the courage it takes to survive.

'A Pocketful of Stars' - Aisha Bushby (9+)

Safiya must uncover the truth of her mother's history to help her survive the present. A beautifully written and page-turning read, set in London and Kuwait, that deals with changing friendships, family dynamics and learning how to say goodbye.

'Am I Normal Yet?' - Holly Bourne (14+)

All Evie wants is to be normal. And now that she's almost off her meds and at a new college where no one knows her as the-girl-who-went-nuts, there's only one thing left to tick off her list... But relationships can mess with anyone's head - something Evie's new friends Amber and Lottie know only too well. The trouble is, if Evie won't tell them her secrets, how can they stop her making a huge mistake?

'Auggie and Me' – R. J. Palacio (12+)

Now, in AUGGIE & ME, you can discover a new side to the WONDER story in three new chapters from three different characters:

Julian: Auggie's classroom bully

Christopher: Auggie's oldest friend

Charlotte: Auggie's classmate

F

'Finding Audrey' - Sophie Kinsella (12+)

Audrey can't leave the house. she can't even take off her dark glasses inside the house. Then her brother's friend Linus stumbles into her life. With his friendly, orange-slice smile and his funny notes, he starts to entice Audrey out again - well, Starbucks is a start. And with Linus at her side, Audrey feels like she can do the things she'd thought were too scary. Suddenly, finding her way back to the real world seems achievable.

K

'Kite Spirit' - Sita Brahmachari (13+)

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?

P

'Paper Avalanche' - Lisa Williamson (12+)

Fourteen-year-old Ro Snow's got a secret: her house is filled to the doors with her mother's hoarded rubbish. A brilliant, thoughtful read that explores Bonnie's mental health issues and their effect on Ro with compassion.

R

'Running on the Cracks' - Julia Donaldson (11+)

Leo's running from her past. Finlay's running into trouble. Together they stumble into a crazy new world of secrets, lies and Chinese food. But someone is on Leo's trail...

Don't tread on the cracks. If you tread on a crack, it could be him.

S

'Some Kind of Happiness' - Clare Legrand (12+)

Things Finley Hart doesn't want to talk about:

-Her parents, who are having problems. (But they pretend like they're not.)

-Being sent to her grandparents' house for the summer.

-Never having met said grandparents.

-Her blue days--when life feels overwhelming, and it's hard to keep her head up. (This happens a lot.)

Finley's only retreat is a forest kingdom that exists in the pages of her notebook. Until she discovers the endless woods behind her grandparents' house and realises the Everwood is real, and holds more mysteries than she'd ever imagined...

Finley sets out on a mission to save the dying forest and uncover its secrets. However, as the mysteries pile up, Finley realises that if she wants to save the Everwood, she must first save herself.

T

'The Boy Who Steals Houses' - C. G. Drews (12+)

Fifteen-year-old Sam and his autistic older brother, Avery, have been abandoned by every relative they've ever known. Now, Sam's trying to build a new life for them by breaking into empty houses. One day, he's caught out when a family returns home. However, with each family member assuming Sam knows one of the others, they soon take him under their wing. Sam soon finds himself caught up in their chaotic life and falling for the beautiful Moxie.

'The Perks of Being A Wallflower' - Stephen Chbosky (13+)

Charlie is a freshman. And while he's not the biggest geek in the school, he is by no means popular. Shy, introspective, intelligent beyond his years yet socially awkward, he is a wallflower, caught between trying to live his life and trying to run from it. Charlie is attempting to navigate his way through uncharted territory: the world of first dates and mixed tapes, family dramas and new friends; the world of sex, drugs, and The Rocky Horror Picture Show, when all one requires is that perfect song on that perfect drive to feel infinite. But Charlie can't stay on the sideline forever. Standing on the fringes of life offers a unique perspective. But there comes a time to see what it looks like from the dance floor. The Perks of Being a Wallflower is a deeply affecting coming-of-age story that will spirit you back to those wild and poignant roller-coaster days known as growing up.

'The Reason I Jump' - Naoki Higashida (14+)

Written by Naoki Higashida when he was only thirteen, this remarkable book provides a rare insight into 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.

'The Rest of Us Just Live Here' - Patrick Ness (14+)

What if you weren't the Chosen One? The one who's supposed to fight the zombies, or the soul-eating ghosts, or whatever this new thing is, with the blue lights and the death? What if you were like Mikey? Who just wants to graduate and go to prom and maybe finally work up the courage to ask Henna out before someone goes and blows up the high school. Again. Because sometimes there are problems bigger than this week's end of the world and sometimes you just have to find the extraordinary in your ordinary life. Even if your best friend might just be the God of mountain lions...

W

'Wonder' – R. J. Palacio (12+)

Auggie wants to be an ordinary ten-year-old. He does ordinary things like eating ice cream and playing on his Xbox and he feels ordinary – on the inside. But ordinary kids don't make other ordinary kids run away screaming in playgrounds. Ordinary kids aren't stared at wherever they go.

Born with a terrible facial abnormality, Auggie has been home-schooled by his parents his whole life. Now, for the first time, he's being sent to a real school - and he's dreading it. All he wants is to be accepted - but can he convince his new classmates that he's just like them, underneath it all?

NON-FICTION

B

'Breathe Out: A Creative Guide to Happiness for Teen Minds' - MIND (12+)

'Breathe Out' has been written specifically for young minds and the unique challenges that teenagers face today, it is filled with exercises, techniques and tips specially designed to help you to take a step back and take a moment for yourself.

D

'Dare to Be You' - Matthew Syed (11+)

Guess what? There's no such thing as normal.

Drawing examples from sport, science and even business, 'Dare to Be You' empowers young readers to follow their own path, love what makes them different and question the world around them. With You Are Awesome's trademark mix of hilarious text, stylish illustration, personal insights and inspiring real-life examples, including Greta Thunberg and Malala Yousafzai, Matthew Syed introduces children to the power of diverse thinking.

H

'Happy' - Fearne Cotton (14+)

Already the successful author of recipe book Cook Happy, Cook Healthy, Fearne and her team of experts explain why perfect doesn't exist and teach us tools that can help us find the joy in every day.

'Happy, Confident Me Journal (Series)' - Nadim Saad (7+)

Helping children and teenagers to better understand themselves, reflect on the positives each day and find it easier to discuss their feelings and identify their emotions.

'Hello Happy' - Eleanor Hatherley (14+)

Are you a teenager struggling with stress, anxiety, depression, lack of confidence or another mental health issue? Would you like to understand what is happening, why it is happening to you and how you can start to change it?

Hello Happy! is not like other books in this genre. It goes much deeper, showing you how your innermost thoughts, beliefs, perceptions and emotions can lead to poor mental health. It then shows you how to make deep and lasting changes so you can start to move back towards happiness again. It's a bit like having your own personal therapist in a book.

L

'Looking After Your Mental Health' - A. James (12+)

We talk about our physical health - but not so much about how we're feeling. With lots of practical advice, this lively, accessible guide explains why we have emotions, and what can influence them. Covering everything from friendships, social media and bullying to divorce, depression and eating disorders.

M

'Mindful Colouring for Kids' - Insight Kids

'Mindfulness for Teens' - Jennie Marie Battistin (13+)

Discover a wide variety of mindfulness techniques that will fit easily into your routine and help you thrive in every area of life. These engaging exercises show you how to find peace in the face of stress, improve relationships with friends and family, boost your self-esteem, and increase your focus to help you succeed at school and work.

P

'Positively Teenage' - Nicola Morgan (11+)

Full of practical, proven strategies for physical and mental health, 'Positively Teenage' will show you lots of ways to flourish physically and mentally - from doing things you enjoy to learning new skills; looking after your diet, exercise and attitude to being healthy online; getting great sleep to understanding your personality - allowing you to take control of many areas of your life. With these new strengths and skills, you can survive any storms and thrive on the challenges of your exciting life.

Y

'You Are Awesome' - Matthew Syed (11+)

Practical, insightful and positive, this is the book to help children and teenagers build resilience, embrace their mistakes and aim for success.