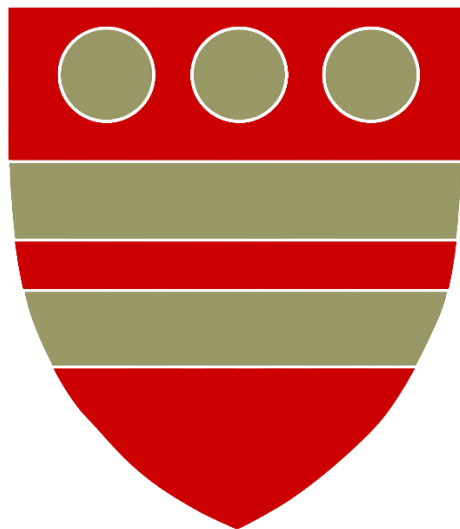


Pastoral Library Guide



Book	Description	Suitable for
Healthy Minds		
Life of Pi <i>Yann Martel</i>	A novel about a teenage boy from India who is shipwrecked and finds himself trapped in a lifeboat in the Pacific Ocean with a ferocious tiger.	Y8 upwards
Your mood journal <i>Fearne Cotton</i>	A book of activities to help you explore moods and how they make your body and mind feel.	Y7
Mindfulness – The Eight Week meditation programme for a frantic world <i>Mark Williams</i>	A set of simple practices you can incorporate into daily life to help break the cycle of anxiety and stress.	KS4 / KS5
The awesome power of Sleep <i>Nicola Morgan</i>	Practical advice on how to get the best night's sleep based on the latest science.	ALL
One in a Hundred Thousand <i>Linni Ingemundsen</i>	Novel about fitting in, standing out and the power of friendship.	ALL
Be Happy Be You <i>Penny Alexander</i>	Ideas and practical activities to increase happiness and explanation of the science behind how and why they work.	ALL
The antidote <i>Oliver Burkeman</i>	A book that argues that trying too hard to be happy is making us miserable and offers an alternative.	Y9 upward
Too Soon Old, Too Late Smart <i>Gordon Livingston Md</i>	Written by a psychiatrist, this is a book about thirty 'truths' he has discovered over his life and practice.	KS5
I Have Lost My Way <i>Gayle Forman</i>	A novel about three characters who come together and end up changing each other's lives.	Y9 upward
Positively Teenage <i>Nicola Morgan</i>	A guide to teenage wellbeing.	KS3
Blame my brain <i>Nicola Morgan</i>	A book that looks at the science behind the teenage brain, helping you understand your thoughts and actions.	KS3 / KS4
Dare to you You <i>Matthew Syed</i>	A book to help you stop worrying about fitting in.	KS3
Mee Two – Teenage Mental Health Handbook	A book of personal stories and expert advice on teenage mental health.	Y9 upwards
Motivation		
You Are a Champion <i>Marcus Rashford</i>	A guide on how to achieve your dreams in a positive guide to life.	KS3
Make Your Bed Book <i>William H. McRaven</i>	A journal with inspiring quotes.	ALL
Untamed <i>Glennon Doyle</i>	A book about women's liberation and becoming your true self.	KS5
Feminists Don't Wear Pink (and other lies) <i>Scarlett Curtis</i>	A collection of writings, penned by 52 extraordinary women, famous in their own different ways.	Y9 upward
Life & Limb <i>Jamie Andrew</i>	True life story of survival and rescue after five nights trapped on an Alpine mountain.	KS4 / KS5
Managing feelings		
Rewire your anxious brain <i>Catherine Pittman</i>	Learn about the physiological reasons behind anxiety and tips / exercises to help you control these feelings.	KS4 / KS5
Be Resilient: How to Build a Strong Teenage Mind for Tough Times <i>Nicola Morgan</i>	Practical tools and advice on how to build a resilient mind and body.	ALL
Anxiety and depression		
Am I Depressed and What Can I Do About It? <i>Shirley Reynolds</i>	A CBT self-help guide for teenagers experiencing low mood and depression.	Y8 upward

This Song Will Save Your Life <i>Leila Sales</i>	A novel about a girl finding her true passion in life. A story of self-discovery and identity.	Y9 upwards
The Boy, the Mole, the Fox and the Horse <i>Charles Mackesy</i>	A book of advice and encouragement for when you or people around you are feeling low.	ALL
Little Ways to Keep Calm and Carry On: Twenty Lessons for Managing Worry, Anxiety and Fear <i>Mark Reinecke</i>	A guide for calming anxiety – short yet powerful lessons and anxiety-reducing techniques.	KS4 / KS5
Neurodiversity		
Wired differently <i>Joe Wells</i>	A book about influential neurodivergent figures who have achieved amazing things.	ALL
The Curious Incident of the Dog in the Night-time <i>Mark Haddon</i>	A murder mystery novel with a narrator who is fifteen and has Asperger's Syndrome.	ALL
Body Image		
Appearance Anxiety <i>The National and Specialist OCD, BDD and Related Disorders Service</i>	Explains the causes and impact of body dysmorphic disorder for teens.	ALL
Jemima Small Versus the Universe <i>Tamsin Winter</i>	A novel about a teenage girl who is forced to join the school health group aka Fat Club – her journey with body image.	ALL
Being You The Body Image Book for Boys <i>Charlotte Markey</i>	The truth behind body, diet and exercise myths and stories from other boys who have made it through their teens.	ALL
The Year I Didn't Eat <i>Samuel Pollen</i>	A novel about 14-year-old Max who struggles with an eating disorder.	Y8 upward
The Body Image Book for Girls <i>Charlotte Markey</i>	A book about how to take care of and appreciate your body.	ALL
Body Brilliant A Teenage Guide to a Positive Body Image <i>Nicola Morgan</i>	An accessible guide to help teenagers understand body image.	KS3 / KS4
Understanding bereavement and loss		
You Will Be Okay <i>Julie Stokes</i>	A book to help you navigate through the hard emotions you feel when someone you know has died with practical activities and stories from others who have experienced loss.	ALL
When Shadows Fall <i>Sita Brahmachari</i>	A novel about friends helping a boy who is struggling to cope with grief.	Y8 upward
How It Feels to Float <i>Helena Fox</i>	A novel about love, grief and mental illness.	Y9 upward
I Wish You Were Here <i>Catherine Allcott</i>	A novel about the impact of suicide.	KS5
Boost your confidence		
Social Anxiety Relief for Teens <i>Bridget Flynn Walker, PhD</i>	A simple programme based on CBT to help you understand why you feel anxious in certain situations and how to tackle worries.	Y8 upward
Surviving online		
Social Media Survival Guide <i>Holly Bathie</i>	A guide about all aspects of managing life, relationships and mental health on social media.	ALL
Sexuality, Gender Identity and Mental Health		
Coming Out Stories <i>Emma Goswell</i>	Advice and tips about coming out including quotes from leading LGBTQ+ figures.	Y9 upward
Queer Up: An Uplifting Guide to LGBTQ+ Love, Life and Mental Health <i>Alexis Caught</i>	Advice on coming out, mental health support and inspiring stories from people across the LGBTQ+ spectrum.	KS4 / KS5

Welcome to St Hell: My trans teen misadventure <i>Lewis Hancox</i>	A memoir about being a trans teen.	Y9 upwards
Stress		
Fighting Invisible Tigers <i>Earl Hipp</i>	Techniques on how to deal with stress including time management, ideas for staying positive and relaxation exercises.	ALL
Quiet Power: Growing up as an introvert in a world that can't stop talking <i>Susan Cain</i>	People with the quietest voice have achieved incredible things in the world because of their quiet nature, not in spite of it. A book about accepting and treasuring yourself as you are.	ALL
The teenage guide to stress <i>Nicola Morgan</i>	Positive strategies for healthy minds and bodies looking at the specific worries and fears of teenagers.	ALL
Friendships		
The Teenage Guide to Friends <i>Nicola Morgan</i>	Information about how friendships work and what to do when they don't. Advice on how to make and keep friends.	ALL