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**Mental Health Book List**

**Self-Help**

Feeling Good: The New Mood Therapy – David D Burns

Quiet: The Power of Introverts In A World That Can’t Stop Talking – Susan Cain

The Body Keeps The Score: Brain, Mind, and Body In The Healing of Trauma – Bessel Van Der Kolk

The Gifts of Imperfection: Let Go Of Who You Think You’re Supposed to Be and Embrace Who You Are – Brene Brown

Wherever You Go, There You Are: Mindfulness Meditation in Everyday Life – Jon Kabat-Zinn

The Upward Spiral: Using Neuroscience to Reverse The Course of Depression, One Small Change At A Time – Alex Korb

Hope and Help for Your Nerves: End Anxiety Now – Claire Weekes

Healing the Trauma of Abuse: A Women’s Workbook – Mary Ellen Copeland

Burnout: The Secret to Unlocking the Stress Cycle – Emily & Amelia Nagoski

Emotional First Aid – Guy Winch

It Didn’t Start with You: How Inherited Family Trauma Shapes Who We Are and How to End the Cycle – Mark Wolynn

Attached: The New Science of Adult Attachment and How It Can Help You Find—and Keep—Love – Amir Levine & Rachel Heller

The Highly Sensitive Person: How to Thrive When the World Overwhelms You – Elaine Aron

Loving Bravely – Alexandra Solomon

7 Habits of Highly Effective People – Stephen Covey

The Happiness Trap: Stop Struggling, Start Living – Russ Harris

Flourish: A Visionary New Understanding of Happiness and Well-Being – Martin Seligman

Altruism: The Science and Psychology of Kindness – Matthieu Ricard

Enchantment: Awakening Wonder In An Anxious Age – Katherine May

Set Boundaries, Find Peace – Nedra Glover Tawwab

Happy Days: The Guide from Trauma to Profound Freedom and Inner Peace – Gabrielle Bernstein

Love Poems for Anxious People – John Kenney

I Really Needed This Today – Hoda Kotb

You’re Going to Be Okay: 16 Lessons on Healing After Trauma – Madeline Popelka

Lighter – Yung Pueblo

Brain Energy – Christopher M Palmer

Ten Times Calmer – Kirren Schnack

That Little Voice In Your Head – Mo Gawdat

What Happened to You? – Bruce Perry & Oprah Winfrey

Toxic Childhood Stress – Nadine Burke Harris

How to Feel Better – Cathy Rentzenbrink

How to Stay Sane – Philippa Perry

How Emotions Are Made – Lisa Feldman Barrett

A Beginner’s Guide to Being Mental – Natasha Devon

Anxiety for Beginners -Eleanor Morgan

Unf\*ck Your Brain: Getting Over Anxiety, Depression, Anger, Freak-Outs, and Triggers with Science – Dr. Faith Harper

Don't Believe Everything You Think: Why Your Thinking Is The Beginning & End Of Suffering – Joseph Ngyuen

The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma – Bessel Van Der Kolk MD

Lost in my Mind: A Collection of Poetry about Mental Health – Riley Kinkade

Stop Overthinking: 23 Techniques to Relieve Stress, Stop Negative Spirals, Declutter Your Mind, and Focus on the Present – Nick Trenton

Adult Children of Emotionally Immature Parents: How to Heal from Distant, Rejecting, or Self-Involved Parents – Lindsay Gibson

You Are Not a Rock: A Step-by-Step Guide to Better Mental Health – Mark Freeman

Permission to Come Home: Reclaiming Mental Health as Asian Americans – Jenny Wang

Are u ok?: A Guide to Caring for Your Mental Health – Kati Morton

Be Calm: Proven Techniques to Stop Anxiety Now – Jill Weber

The State of Black Girls: A Go-To Guide for Creating Safe Space for Black Girls – Marline Francois-Madden

Don't Feed the Monkey Mind: How to Stop the Cycle of Anxiety, Fear, and Worry – Jennifer Shannon

Nobody's Normal: How Culture Created the Stigma of Mental Illness – Roy Richard Grinker

Emotional Self Care for Black Women: A Journey of Self Help: Self Care Activities for Black Women to Heal their Emotional Selves – Stress Less Press

Drama Free: A Guide to Managing Unhealthy Family Relationships - Nedra Glover Tawwab

It’s OK That You’re Not OK: Meeting Grief and Loss in a Culture That Doesn’t Understand – Megan Devine

Unwinding Anxiety: New Science Shows How to Break the Cycles of Worry and Fear to Heal Your Mind – Judson Brewer

**Fiction**

Remarkably Bright Creatures – Shelby Van Pelt

The Many Daughters of Afong Moy: A Novel – Jamie Ford

The Midnight Library – Matt Haig

Bittersweet – Susan Cain

Be A Triangle – Lilly Singh

Blood Orange Night: A Memoir of Insomnia, Motherhood, and Benzos – Melissa Bond

On Edge: A Journey Through Anxiety – Andrea Petersen

Healing: Our Path from Mental Illness to Mental Health – Thomas Insel

Anxious People - Fredrik Backman

The Colour of Madness – Samara Linton

How It Feels to Float – Helena Fox

**Memoirs**

The Half of It – Madison Beer

Crying in H Mart – Michelle Zauner

Maybe You Should Talk to Someone – Lori Gottlieb

On Agoraphobia – Graham Caveney

The Stranger on the Bridge: My Journey from Suicidal Despair to Hope – Johnny Benjamin

Maybe I Don’t Belong Here – David Harewood

Hello I Want to Die Please Fix Me: Depression in the First Person – Anna Mehler Paperny

What My Bones Know: A Memoir - Stephanie Foo

I Want to Die but I Want to Eat Tteokbokki: A Memoir - Anton Hur, Baek Sehee and Se Hee Baek

**Young Adult**

Staying Strong: 365 Days a Year – Demi Lovato

The 7 Habits of Highly Effective Teens – Sean Covey

Persepolis: The Story of a Childhood – Majane Satrapi

The Astonishing Color of After – Emily XR Pan

Girl In Pieces – Kathleen Glasgow

A Year to the Day – Robin Benway

You’d Be Home Now – Kathleen Glasglow

Chaos Theory – Nic Stone

Turtles All the Way Down – John Green

Home Home – Lisa Allen-Agostini

Wintergirls – Laurie Halse Anderson

I Have Lost My Way – Gayle Forman

Who Put This Song On? – Morgan Parker

Hold Still – Nina LaCour

Darius the Great Is Not Okay – Adib Khorram

History Is All You Left Me – Adam Silvera

Highly Illogical Behavior – John Corey Whaley

How It Feels to Float – Helena Fox

A World Without You – Beth Revis

The Confidence Code for Girls: Taking Risks, Messing Up, & Becoming Your Amazingly Imperfect, Totally Powerful Self – Katty Kay & Claire Shipman

Dare to Be You: Defy Self-Doubt, Fearlessly Follow Your Path and Be Confidently You! – Matthew Syed

The Place Between Breaths – An Na

Fig – Sarah Elizabeth Schantz

Brave Face – Shaun David Hutchinson

Teach Me To Forget – Erica Chapman

What I Leave Behind – Alison McGhee

Impulse – Ellen Hopkins

100 Days of Cake – Shari Goldhagen

The Weight of the Sky – Hanna Alkaf

Obsessed – Allison Britz

OCD Love Story – Corey Ann Haydu

Crazy – Amy Reed

Essential Maps for the Lost – Deb Caletti

The Unbecoming of Mara Dyer – Michelle Hodkin

I Will Find You Again – Sarah Lyu

Other Broken Things – C. Desir

Tweak: Growing Up On Methamphetamines – Nic Sheff

Roxy – Neal & Jarrod Shusterman

Starfish – Akemi Dawn Bowman

Letting Go of Gravity – Meg Leder

Yolk – Mary HK Choi

Not Otherwise Specified – Hannah Moskowitz

Life Inside My Head – Edited by Jessica Burkhardt

Ab(solutely) Normal: Short Stories That Smash Mental Health Stereotypes – Edited by Nora Shalaway Carpenter & Rocky Callen

All the Bright Places - Jennifer Niven

It’s Kind of a Funny Story - Ned Vizzini

**For Children**

Smile: A Graphic Novel – Raina Telgemeier

Just Ask!: Be Different, Be Brave, Be You – Sonia Sotomayor

Have You Filled a Bucket Today? A Guide to Daily Happiness for Kids – Carol McCloud

Alphabreaths: The ABCs of Mindful Breathing – Christopher Willard, Daniel Rechtschaffen

The Feelings Book: The Care and Keeping of Your Emotions – Lynda Madison

What to DO When You Worry Too Much: A Kid’s Guide to Overcoming Anxiety – Dawn Huebner

Breathe Like a Bear: 30 Mindful Moments for Kids to Feel Calm and Focused Anytime, Anywhere – Kira Willey

The Feelings Book – Todd Parr

An Emotional Menagerie: Feelings From A to Z – The School of Life

You Are Awesome: Find Your Confidence and Dare to Be Brilliant at (Almost) Anything – Matthew Syed

Hands Are Not for Hitting – Martine Agassi

I Don’t Want to Go to School: Helping Children Cope with Separation Anxiety – Nancy Pando

The Way I Feel – Janan Cain

Meesha Makes Friends – Tom Percival

Ruby Finds a Worry – Tom Percival

How Do Dinosaurs Say I’M MAD? – Jane Yolen

Stress Relief for Kids: Taming Your Dragon – Martha Belknap

Llama Llama Mad at Mama – Anna Dewdney

My Many Colored Days – Dr. Seuss

Ravi’s Roar – Tom Percival

A Little SPOT of Anxiety: A Story About Calming Your Worries – Diane Alber

Don’t Feed the Worry Bug – Andi Green

The Fix-It Friends: Have No Fear! – Nicole Kear

Hector’s Favorite Place – Jo Rooks

How Big Are Your Worries, Little Bear? – Jayneen Sanders

Pilar’s Worries – Victoria M Sanchez

The Huge Bag of Worries – Virginia Ironside

What To Do When You Worry Too Much – Dawn Huebner

The Red Tree – Shaun Tan

When Worries Get Too Big – Karl Dunn Buron

Cory Stories: A Kid’s Book About Living With ADHD - Jeanne Kraus

I Can’t Sit Still! Living With ADHD - Pam Pollack and Meg Belviso

Why Can’t Jimmy Sit Still? - Sandra L. Tunis

Can I Catch It Like a Cold? Coping With a Parent’s Depression - Center for Addiction and Mental Health

The Princess and the Fog: A Story for Children with Depression- Lloyd Jones

The Sad Book - Michael Rosen

Mr. Worry: A Story About OCD - Holly L. Niner

A Terrible Thing Happened - M. Holmes

Brave Bart: A Story for Traumatized and Grieving Children - Caroline H Sheppard

Do You Have a Secret? - Jennifer Moore-Mallinos

Healing Days: A Guide For Kids Who Have Experienced Trauma - Susan Farber Straus, PhD

Once I Was Very Very Scared - Chandra Ghosh Ippen

When I Was Little… A Child’s Journey in Overcoming Abuse & Trauma - Keri Vellis