

| BOOK TITLE | AUTHOR | CATEGORY |
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| <p>A monster calls <i>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.</i></p> | Patrick Neww | Therapeutic reading |
| <p>Chicken Soup for the Soul – Angels among us <i>101 inspirational stories of miracles, faith, and answered prayers</i></p> | J.Canfield, M.V.Hansen & A.Newmark | Therapeutic reading |
| <p>Chicken Soup for the Soul – Laughter is the best medicine <i>101 feel good stories</i></p> | Amy Newmark | Therapeutic reading |
| <p>Chicken Soup for the Soul – Life lessons from the dog <i>101 tales of family friendship and fun</i></p> | Amy Newmark | Therapeutic reading |
| <p>Chicken Soup for the Soul – Listen to your dreams <i>101 tale of inner guidance, divine intervention and miraculous insight</i></p> | Amy Newmark | Therapeutic reading |
| <p>Chicken Soup for the Soul – The magic of cats <i>101 tales of family friendship and fun</i></p> | Amy Newmark | Therapeutic reading |
| <p>Circle <i>This is the story of the little-known Bar-tailed Godwit who, following invisible pathways that have been used for thousands of years, undertakes the longest unbroken migration of any bird, a total of 11,000 kilometres, flying from their breeding grounds in Alaska across the Pacific Ocean to Australia or New Zealand. Facing hunger and treacherous conditions to reach their destination, their flight is one of bravery, tenacity and strength, and Jeannie's stunning mixed media collages, inspired first-hand by the spectacular landscapes of Alaska and China, will amaze readers, and take them on an extraordinary visual journey to the corners of our Earth.</i></p> | Jeannie Barker | Therapeutic reading |
| <p>Coward: Why we get getting anxious and what can we do about it <i>Written with wit, candour and insight, Clare's investigation into anxiety treatments and coping techniques - from running to hypnosis to extreme diets - is both an engaging, intimate memoir and a practical manual for positive change.</i></p> | Tim Clare | Therapeutic reading |
| <p>Edgar & Adolf <i>When he inherits a special football badge, German teenager Adi sets off on a mission to fulfil his grandfather's dying wish and return the badge to its rightful owner, former England footballer, Edgar Kail. After tracking</i></p> | Phil Earle & Michael Wagg | Therapeutic reading |

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| <p><i>Edgar down, Adi gets the chance to learn more about the achievements of his grandfather, Adolf Jager, and the story unfolds of a special friendship that spanned twenty years and survived the horror of the Second World War. Edgar Kail and Adolf Jager played for their respective clubs in the early twentieth century and they remain folk heroes even now. Perfect for less-confident readers, this is a fictional tale of two real-life footballing heroes, and the moving story of a friendship forged by the beautiful game.</i></p> | | |
| <p>Every day <i>Each morning, A wakes up in a different body. There's never any warning about who it will be, but A is used to that. Never get too attached. Avoid being noticed. Do not interfere. Levithan's powerful novel explores the complexities of first love in a unique way that will captivate anybody who loved Rainbow Rowell's Eleanor & Park and Jandy Nelson's I'll Give You the Sun.</i></p> | David Levithan | Therapeutic reading |
| <p>FACE <i>A young man's life is completely changed when his face is badly scarred in a car accident. Martin seems to have it all. He's cool, funny, and he's the undisputed leader of the Gang of Three, who roam their East London estate during the holidays looking for fun. But one night after the Gang leave a late night rap club, Martin accepts a ride from Pete, a Raider's Posse gang member. Too late, he realises that the car is stolen, and that the police are after them. What happens next will change Martin's life and looks, and show him the true meaning of strength, courage, discrimination and friendship.</i></p> | Benjamin Zephaniah | Therapeutic reading |
| <p>Feelings <i>What you feel is who you are... Explore a world of emotions with this stunning peep-through picture book. Richard Jones' enchanting illustrations and the lyrical text make each and every feeling come to life to help children understand the emotions they experience.</i></p> | Richard Jones and Libby Walden | Therapeutic reading |
| <p>House of windows <i>The body is a house of many windows: there we all sit, showing ourselves and crying on the passers-by to come and love us.' Robert Louis Stevenson Nick hates it when people call him a genius. Sure, he's going to Cambridge University aged 15, but he says that's just because he works hard. And, secretly, he only works hard to get some kind of attention from his workaholic father. Not that his strategy is working. When he arrives at Cambridge, he finds the work hard and socialising even harder. Until, that is, he starts to cox for the college rowing crew and all hell breaks loose...</i></p> | Alexia Casale | Therapeutic reading |
| <p>I am the Minotaur <i>Matthew is 14 and is struggling to fit in - something that's extra hard when you're taking care of your mum, being bullied at school, and have earned the nickname Stinky Mog because of your poor personal hygiene. On top of all that, he wants to catch the attention of one of the coolest girls in school, Ari. Ari doesn't walk: she</i></p> | Anthony McGowan | Therapeutic reading |

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| <p><i>floats, like mist on the water. And she's as sporty as she is cool. When Ari's brand new bike is stolen, Matthew spots his chance to make a good impression by getting it back for her... But will he just end up in even more trouble or is Matthew is about to learn that friendship and heroes can be found in unlikely places? This is a gritty yet touching story of one teenager's struggles with bullying and isolation.</i></p> | | |
| <p>I'll give you the sun <i>Jude and her twin Noah were incredibly close - until a tragedy drove them apart, and now they are barely speaking. Then Jude meets a cocky, broken, beautiful boy as well as a captivating new mentor, both of whom may just need her as much as she needs them. What the twins don't realize is that each of them has only half the story and if they can just find their way back to one another, they have a chance to remake their world.</i></p> | Jandy Nelson | Therapeutic reading |
| <p>Kite spirit <i>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?</i></p> | Sita Brachmachari | Therapeutic reading |
| <p>RAT <i>When his mum is sent back to prison, Al knows exactly who's to blame. Mr Brayker, who lives downstairs, has been making trouble for Al's mum ever since they moved in, and Al's determined to get his revenge. Ignoring advice from his gran and sister, Plum, Al takes things into his own hands with a plan that involves the only two creatures he can rely on: his pet rats, Venom and Vulture. But things don't turn out exactly as he'd imagined ... Written by award-winning author, Patrice Lawrence, this is a moving story of community, loneliness, and how you never quite know what's going on in someone else's life.</i></p> | Patrick Lawrence | Therapeutic reading |
| <p>Shtum <i>Ten-year-old Jonah lives in a world of his own. He likes colours and feathers and the feel of fresh air on his skin. He dislikes sudden loud noises and any change to his daily routine. Jonah has never spoken, yet somehow he communicates better than all of the adults in his life. Inspired by the author's experiences with his own son, SHTUM is a novel about three generations of a family learning to get along.</i></p> | Jem Lester | Therapeutic reading |
| <p>The curious incident of the dog in the night-time</p> | Mark Haddon | Therapeutic reading |

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| <p><i>The Curious Incident of the Dog in the Night-Time is a murder mystery novel like no other. The detective, and narrator, is Christopher Boone. Christopher is fifteen and has Asperger's Syndrome. He knows a very great deal about maths and very little about human beings. He loves lists, patterns and the truth. He hates the colours yellow and brown and being touched. He has never gone further than the end of the road on his own, but when he finds a neighbour's dog murdered he sets out on a terrifying journey which will turn his whole world upside down.</i></p> | | |
| <p>The Goldfish boy <i>A story about finding friendship when you're lonely and hope when all you feel is fear. Twelve-year-old Matthew is trapped in his bedroom by crippling OCD, spending most of his time staring out of his window as the inhabitants of Chestnut Close go about their business. That is, until the day he is the last person to see his next door neighbour's toddler, Teddy, before he goes missing. Now Matthew must turn detective and unravel the mystery of Teddy's disappearance – with a little help from a surprising and brilliant cast of supporting characters.</i></p> | Lisa Thompson | Therapeutic reading |
| <p>The perks of being a wallflower: the most coming of age classic <i>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. Now a major motion picture starring Emma Watson and Logan Lerman. Stephen Chbosky's new film Wonder, starring Owen Wilson and Julia Roberts is out now. 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.</i></p> | Stephen Chbosky | Therapeutic reading |
| <p>The reason I Jump: one boy's voice from silence of autism <i>Written by Naoki Higashida when he was only thirteen, this remarkable book provides a rare insight into the often baffling behaviour of 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.</i></p> | Naoki Higashida | Therapeutic reading |
| <p>The unlikely hero of room 13B <i>Understated and heart-warming, this is a story of love and determination that shows how everyone can be a superhero in their own way. When Adam meets Robyn he is drawn to her almost before he can take a breath. He's determined to protect and defend her, to play Batman to her Robin, whatever the cost. But when you're</i></p> | Teresa Toten | Therapeutic reading |

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| <p><i>fourteen and the everyday problems of dealing with divorced parents and step-siblings are supplemented by the challenges of OCD, it's hard to imagine yourself falling in love.</i></p> | | |
| <p>Touch and go Joe: A teens experience of OCD <i>In this down-to-earth, fun and empowering book, Joe Wells talks about his teenage experience of OCD and all the coping mechanisms and treatment options that have worked for him. It's packed full of brilliant, honest advice for others struggling with this disorder, written by someone who understands what it's like to be a teen with OCD. This updated edition with all-new illustrations includes a brand-new chapter written 16 years later, detailing how Joe overcame his disorder and is now a successful comedian.</i></p> | <p>Teresa Toten</p> | <p>Therapeutic reading</p> |