

BOOK TITLE	AUTHOR	CATEGORY
Blame my brain <i>The amazing teenage brain revealed</i>	Nicola Morgan	Brain Science
Sort your brain out <i>Boost your performance, manage stress and achieve more</i>	Dr Jack Lewis & Adrian Webster	Brain science
The teenage brain <i>A neuroscientist's survival guide to raising adolescents and young adults</i>	Frances Jensen and Amy Ellis Nutt	Brain science
Eliminate negative thinking <i>How to overcome negativity, control your thoughts, and stop overthinking. Shift your focus into positive thinking, self-acceptance and self-love</i>	Deri k Howell	Information
LGBTQ+ - definition guide	The Queer Box	Information
Pride - The story of the LGBTQ equality movement	Matthew Todd	Information
The little book of LGBTQ+ - A-Z of gender and sexual identities	Harriet Dyer	Information
The school of life: An emotional education	Alain de Botton	Information
Parenting your LGBTQ+ teen – A guide to supporting, empowering, and connecting with your child	Allan Sadac	Information and advice
The survival guide - for LGBTQ+ and questioning teens	Kelly Huegel Madrone	Information and advice
What happened to you? Conversations on trauma, resilience and healing <i>Oprah Winfrey and renowned brain development and trauma expert, Dr Bruce Perry, discuss the impact of trauma and adverse experiences and how healing must begin with a shift to asking 'What happened to you?' rather than 'What's wrong with you?'.</i>	Oprah Winfrey	Information and advice
Rhino Skin <i>Develop super tough mental armour, overcome negativity and setbacks with courage and confidence</i>	Mark Llewellyn	Inspiration
Roar like a lion <i>'Inspirational, uplifting and an utter delight' M.G. Leonard, author of Beetle Boy Life can be tricky. You have school, homework, hobbies and friendships to juggle . . . and all the time you're trying to work out what sort of person you want to be. Do you know who can help you? A lion. A koala. Even . . . a wombat. Animals have so much to say about how to be brave, confident and kind. So step into the wild, listen to the animals around you . . . and learn how to be the best YOU you can be!</i>	Charlie Sorosiak	Self-help advice
Be yourself and happier: <i>The A-Z of wellbeing</i>	Will Young	Self-help advice

Cards Against Anxiety #A guidebook and cards to help you stress less	Dr Pooky Knightsmith	Self-help advice
Drama, rumours and secrets <i>Exploring why drama exists, what keeps it going and how to cool it down</i>	Nancy Holyoke	Self-help advice
Embracing the award <i>A guide for teens to succeed at school, life and relationships</i>	Joshua Rodriguez	Self-help advice
Fighting invisible tigers <i>Stress management for teens</i>	Earl Hipp	Self-help advice
Friendship troubles <i>Advice for solving friendship issues</i>	Patti Criswell	Self-help advice
Good vibes, good life <i>A guide in transforming negative emotions into positive ones</i>	Vex King	Self-help advice
Healing is the new high <i>A guide to overcoming emotional turmoil and finding freedom</i>	Vex King	Self-help advice
How to grow up and feel amazing <i>The no worries guide for boys</i>	Dr Ranj	Self-help advice
Love your imposter <i>Be your best self, flaws and all</i>	Rita Clifton	Self-help advice
Mindful meditation cards <i>100 tips to find peace in a chaotic world</i>	Gift republic	Self-help advice
Mission total resilience <i>The ex-elite soldier and author of The Fear Bubble delivers his first book for children, highlighting great techniques for boosting self-confidence and motivation. TV superstar Ant Middleton challenges YOU to supercharge your self-esteem, maximise your potential and turn setbacks into opportunities for growth. You're stronger than you think!</i>	Ant Middleton	Self-help advice
Positively teenage <i>Ideas to help you cope with any challenge and enjoy life and get the best out of your teenage years</i>	Nicola Morgan	Self-help advice
Sleep easy cards <i>100 tips for seep and easy sleep</i>	From - Gift republic	Self-help advice
Stand up for yourself and friends <i>Tips and wise words for dealing with unkind people</i>	Patti Criswell	Self-help advice
The awesome power of sleep <i>Discover how sleep affects physical and mental health</i>	Nicola Morgan	Self-help advice

<p>The teenage guide to friends <i>Advice on how to make and keep friends including positive strategies</i></p>	Nicola Morgan	Self-help advice
<p>The teenage guide to life online <i>How to take control of your time online</i></p>	Nicola Morgan	Self-help advice
<p>The teenage guide to stress <i>Examines all teenage stress problems and gives strategies for beating them</i></p>	Nicola Morgan	Self-help advice
<p>Untangled <i>Guiding teenage girls through the seven transitions into adulthood</i></p>	Lisa Damour	Self-help advice
<p>You are a champion: How to be the best you can be In <i>You Are a Champion</i>: <i>Unlock Your Potential, Find Your Voice and Be the BEST You Can Be, Marcus Rashford MBE draws on stories from his own life to show you that success is all about the mind-set. You will find out how positive thinking can change your life, build mental resilience, learn how to navigate adversity and discover the unstoppable power of your own voice. You already have the tools you need to achieve your dreams; you just might not know it yet</i></p>	Marcus Rashford	Self-help advice
<p>You can do it: How to find your voice and make a difference <i>Packed with more inspiring stories from Marcus's own life, brilliant advice, and top-tips from social justice educator Shannon Weber, this book will show you how to use your voice and make a difference in this world. Shows kids how to: Be kind to yourself, be kind to other people, that there's no such thing as normal, celebrate and champion difference, use your voice to make a change, bounce back, appreciate the squad, always be a team player</i></p>	Marcus Rashford	Self-help advice
<p>It's your weirdness that makes you wonderful <i>A self-acceptance journal</i></p>	Kate Allan	Self-help journal