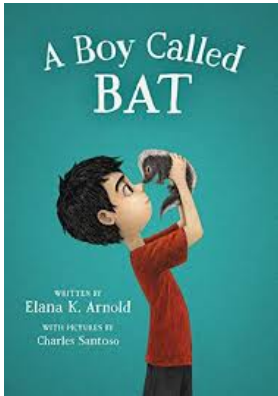


Mental Health Mindfulness Book List

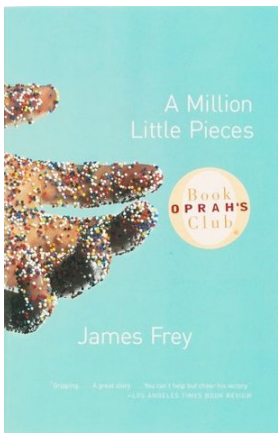
These books are listed in alphabetical order and range in genres including nonfiction, middle grade, young adult and more. The mental health subject matter is included in each description. If you are looking for a specific type of recommendation, please reach out to Allie at office@bozemanumc.org



A Boy Called Bat by Elena K. Arnold

Topics: Autism

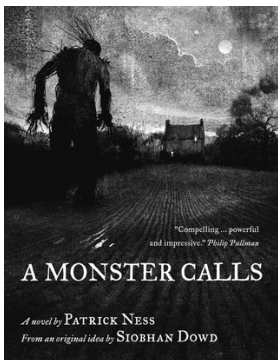
For Bixby Alexander Tam (nicknamed Bat), life tends to be full of surprises — some of them good, some not so good. Today, though, is a good-surprise day. Bat's mom, a veterinarian, has brought home a baby skunk, which she needs to take care of until she can hand him over to a wild-animal shelter. But the minute Bat meets the kit, he knows they belong together. And he's got one month to show his mom that a baby skunk might just make a pretty terrific pet.



A Million Little Pieces by James Frey

Topics: Substance Abuse

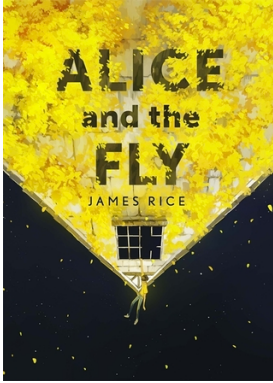
At the age of 23, James Frey woke up on a plane to find his front teeth knocked out and his nose broken. He had no idea where the plane was headed nor any recollection of the past two weeks. An alcoholic for ten years and a crack addict for three, he checked into a treatment facility shortly after landing. There he was told he could either stop using or die before he reached age 24. This is Frey's acclaimed account of his six weeks in rehab.



A Monster Calls by Patrick Ness

Topic: Depression

At seven minutes past midnight, thirteen-year-old Conor wakes to find a monster outside his bedroom window. But it isn't the monster Conor's been expecting; he's been expecting the one from his nightmare, the nightmare he's had nearly every night since his mother started her treatments. The monster in his backyard is different. It's ancient. And wild. And it wants something from Conor. Something terrible and dangerous. It wants the truth.



Alice and the Fly by James Rice

Topic: Schizophrenia

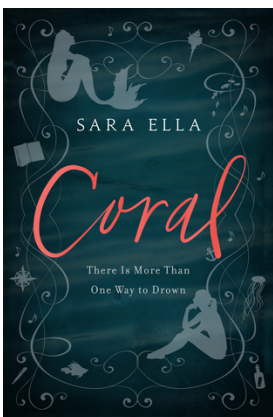
Miss Hayes has a new theory. She thinks my condition's caused by some traumatic incident from my past I keep deep-rooted in my mind. As soon as I come clean I'll flood out all these tears and it'll all be ok and I won't be scared of Them anymore. The truth is I can't think of any single traumatic childhood incident to tell her. I mean, there are plenty of bad memories - Herb's death, or the time I bit the hole in my tongue, or Finners Island, out on the boat with Sarah - but none of these are what caused the phobia. I've always had it. It's Them. I'm just scared of Them. It's that simple.



All the Bright Places by Jennifer Niven

Topics: Bi-polar, depression, suicide

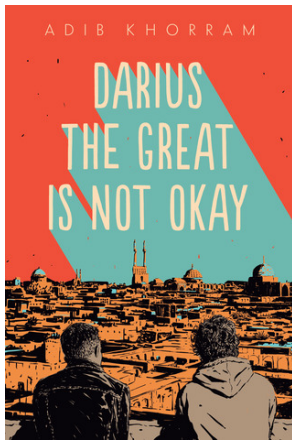
Theodore Finch is fascinated by death, and he constantly thinks of ways he might kill himself. But each time, something good, no matter how small, stops him. Violet Markey lives for the future, counting the days until graduation, when she can escape her Indiana town and her aching grief in the wake of her sister's recent death. When Finch and Violet meet on the ledge of the bell tower at school, it's unclear who saves whom. And when they pair up on a project to discover the "natural wonders" of their state, both Finch and Violet make more important discoveries: It's only with Violet that Finch can be himself — a weird, funny, live-out-loud guy who's not such a freak after all. And it's only with Finch that Violet can forget to count away the days and start living them. But as Violet's world grows, Finch's begins to shrink.



Coral by Sara Ella

Topics: Depression, anxiety, suicide, self-injury, eating disorder

Coral has always been different, standing out from her mermaid sisters in a society where blending in is key. Worse yet, she fears she has been afflicted with the dreaded Disease, said to be carried by humans—emotions. Can she face the darkness long enough to surface in the light? Above the sea, Brooke has nothing left to give. Depression and anxiety have left her feeling isolated. Forgotten. The only thing she can rely on is the numbness she finds within the cool and comforting ocean waves. If only she weren't stuck at Fathoms—a new group therapy home that promises a second chance at life. But what's the point of living if her soul is destined to bleed? Merrick may be San Francisco's golden boy, but he wants nothing more than to escape his controlling father. When his younger sister's suicide attempt sends Merrick to his breaking point, escape becomes the only option. If he can find their mom, everything will be made right again—right? When their worlds collide, all three will do whatever it takes to survive, and Coral might even catch a prince in the process. But what—and who—must they leave behind for life to finally begin?

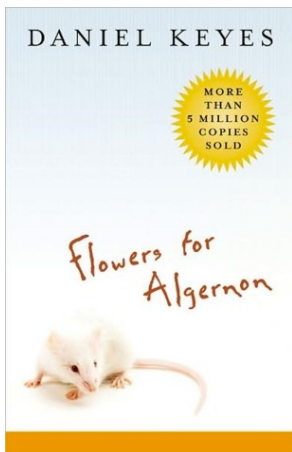


Darius the Great is NOT Okay by Adib Khorram

Topics: Depression

Darius Kellner speaks better Klingon than Farsi, and he knows more about Hobbit social cues than Persian ones. He's about to take his first-ever trip to Iran, and it's pretty overwhelming—especially when he's also dealing with clinical depression, a disapproving dad, and a chronically anemic social life. In Iran, he gets to know his ailing but still formidable grandfather, his loving grandmother, and the rest of his mom's family for the first time. And he meets Sohrab, the boy next door who changes everything. Sohrab makes sure people speak English so Darius can understand what's going on. He gets Darius an Iranian National Football Team jersey that makes him feel like a True Persian for the first time. And he understands that sometimes, best friends don't have to talk. Darius has never had

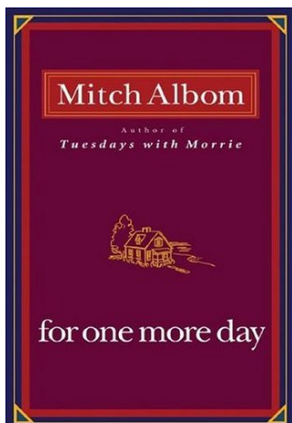
a true friend before, but now he's spending his days with Sohrab playing soccer, eating rosewater ice cream, and sitting together for hours in their special place, a rooftop overlooking the Yazdi skyline. Sohrab calls him Darioush—the original Persian version of his name—and Darius has never felt more like himself than he does now that he's Darioush to Sohrab. When it's time to go home to America, he'll have to find a way to be Darioush on his own.



Flowers for Algernon by Daniel Keyes

Topics: Mental Deceleration

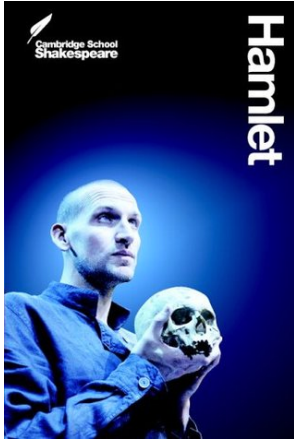
The story of a mentally disabled man whose experimental quest for intelligence mirrors that of Algernon, an extraordinary lab mouse. In diary entries, Charlie tells how a brain operation increases his IQ and changes his life. As the experimental procedure takes effect, Charlie's intelligence expands until it surpasses that of the doctors who engineered his metamorphosis. The experiment seems to be a scientific breakthrough of paramount importance until Algernon begins his sudden, unexpected deterioration. Will the same happen to Charlie?



For One More Day by Mitch Albom

Topics: Alcoholism, depression

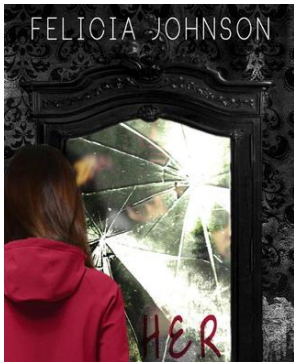
As a child, Charley "Chick" Benetto was told by his father, "You can be a mama's boy or a daddy's boy, but you can't be both." So he chooses his father, only to see the man disappear when Charley is on the verge of adolescence. Decades later, Charley is a broken man. His life has been crumbled by alcohol and regret. He loses his job. He leaves his family. He hits bottom after discovering his only daughter has shut him out of her wedding. And he decides to take his own life. He makes a midnight ride to his small hometown, with plans to do himself in. But upon failing even to do that, he staggers back to his old house, only to make an astonishing discovery. His mother, who died eight years earlier, is still living there, and welcomes him home as if nothing ever happened.



Hamlet by William Shakespeare

Topic: Borderline Personality Disorder

Hamlet is the story of the Prince of Denmark who learns of the death of his father at the hands of his uncle, Claudius. Claudius murders Hamlet's father, his own brother, to take the throne of Denmark and to marry Hamlet's widowed mother. Hamlet is sunk into a state of great despair as a result of discovering the murder of his father and the infidelity of his mother. Hamlet is torn between his great sadness and his desire for the revenge of his father's murder.

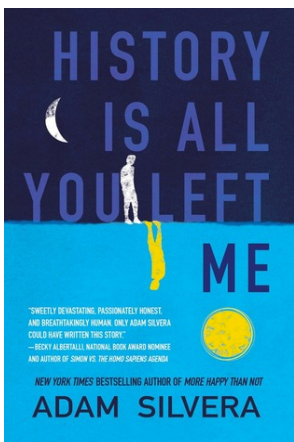


Her by Felicia Johnson

Topic: Borderline Personality Disorder

In many ways, Kristen Elliott is a normal, seventeen-year-old girl. Kristen loves her family. She works hard academically, and tries to please her mother. She takes on the additional responsibility of caring for her twin siblings, Nick and Alison. She idealizes her best friend, Lexus, who not only seems to lead the perfect life, but also catches the attention of John, the boy Kristen secretly loves. However, as is the case with many teenagers, Kristen feels frustrated, isolated, and confused. In other ways, Kristen is not like other kids her age. She knows something is wrong with her. Kristen

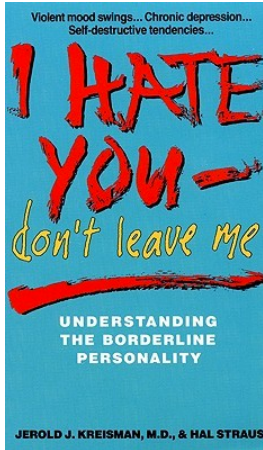
feels like an utter failure. Kristen finds solace in self-injury, and the company of Mr. Sharp, her imaginary friend who encourages her feelings of self-loathing. After a failed suicide attempt, Kristen is placed in the Bent Creek mental hospital, where she is diagnosed with Borderline Personality Disorder. While in the hospital, she meets a group of peers suffering with their own mental illnesses, and a compassionate staff of doctors and counselors. She discovers the circumstances that brought her to this breaking point, struggles to understand her mental illness, and fights to be a survivor against her own worst enemy: her self-blame.



History Is All You Left Me by Adam Silvera

Topics: Obsessive Compulsive Disorder

When Griffin's first love and ex-boyfriend, Theo, dies in a drowning accident, his universe implodes. Even though Theo had moved to California for college and started seeing Jackson, Griffin never doubted Theo would come back to him when the time was right. But now, the future he's been imagining for himself has gone far off course. To make things worse, the only person who truly understands his heartache is Jackson. But no matter how much they open up to each other, Griffin's downward spiral continues. He's losing himself in his obsessive compulsions and destructive choices, and the secrets he's been keeping are tearing him apart. If Griffin is ever to rebuild his future, he must first confront his history, every last heartbreaking piece in the puzzle of his life.



I Hate You, Don't Leave Me: Understanding the Borderline Personality by Jerold J Kreisman, Hal Straus

Topics: Borderline Personality Disorder

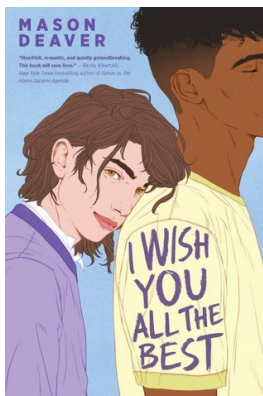
People with Borderline Personality Disorder experience such violent and frightening mood swings that they often fear for their sanity. They can be euphoric one moment, despairing and depressed the next. There are an estimated 10 million sufferers of BPD living in America today—each displaying remarkably similar symptoms. For years BPD was difficult to describe, diagnose, and treat. But now, for the first time, Dr. Jerold J. Kreisman and health writer Hal Straus offer much-needed professional advice, helping victims and their families to understand and cope with this troubling, shockingly widespread affliction.



I Hope You Get This Message by Farah Naz Rishi

Topics: Depression, anxiety, self-injury

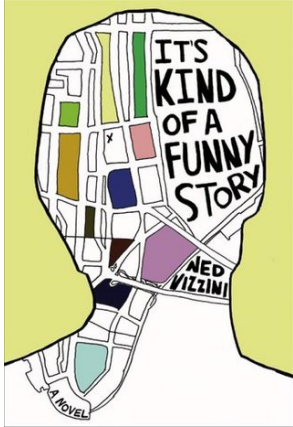
When news stations start reporting that Earth has been contacted by a planet named Alma, the world is abuzz with rumors that the alien entity is giving mankind only few days to live before they hit the kill switch on civilization. For high school truant Jesse Hewitt, though, nothing has ever felt permanent. Not the guys he hooks up with. Not the jobs his underpaid mom works so hard to hold down. Life has dealt him one bad blow after another — so what does it matter if it all ends now? Cate Collins, on the other hand, is desperate to use this time to find the father she's never met, the man she grew up hearing wild stories about, most of which she didn't believe. And then there's Adeem Khan. While coding and computer programming have always come easily to him, forgiveness doesn't. He can't seem to forgive his sister for leaving, even though it's his last chance. With only seven days to face their truths and right their wrongs, Jesse, Cate, and Adeem's paths collide even as their worlds are pulled apart.



I Wish You All The Best by Mason Deaver

Topics: Anxiety

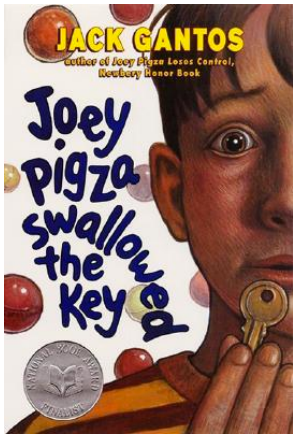
When Ben De Backer comes out to their parents as nonbinary, they're thrown out of their house and forced to move in with their estranged older sister, Hannah, and her husband, Thomas, whom Ben has never even met. Struggling with an anxiety disorder compounded by their parents' rejection, they come out only to Hannah, Thomas, and their therapist and try to keep a low profile in a new school. But Ben's attempts to survive the last half of senior year unnoticed are thwarted when Nathan Allan, a funny and charismatic student, decides to take Ben under his wing. As Ben and Nathan's friendship grows, their feelings for each other begin to change, and what started as a disastrous turn of events looks like it might just be a chance to start a happier new life.



It's Kind of a Funny Story by Ned Vizzini

Topics: Depression, suicide, self-injury, eating disorder, anxiety

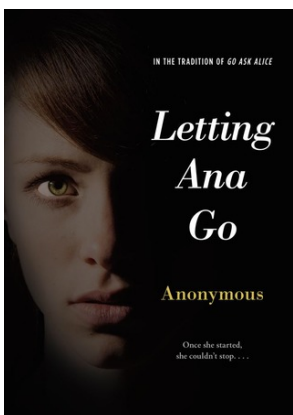
Ambitious New York City teenager Craig Gilner is determined to succeed at life - which means getting into the right high school to get into the right job. But once Craig acs his way into Manhattan's Executive Pre-Professional High School, the pressure becomes unbearable. He stops eating and sleeping until, one night, he nearly kills himself. Craig's suicidal episode gets him checked into a mental hospital, where his new neighbors include a transsexual sex addict, a girl who has scarred her own face with scissors, and the self-elected President Armelio. There, Craig is finally able to confront the sources of his anxiety.



Joey Pigza Swallowed the Key by Jack Gantos

Topics: ADHD

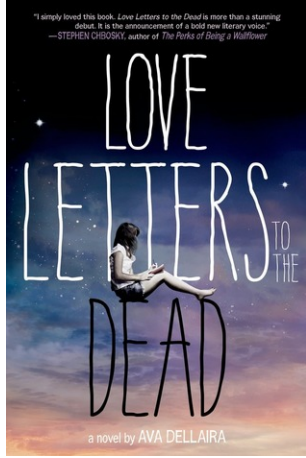
Joey Pigza can't sit still. He can't pay attention, he can't follow the rules, and he can't help it -- especially when his meds aren't working. Joey's had problems ever since he was born, problems just like his dad and grandma have. And whether he's wreaking havoc on a class trip or swallowing his house key, Joey's problems are getting worse. In fact, his behavior is so off the wall that his teachers are threatening to send him to the special-ed center downtown. Joey knows he's really a good kid, but no matter how hard he tries to do the right thing, something always seems to go wrong. Will he ever get anything right?



Letting Ana Go by Anonymous

Topics: Eating disorder

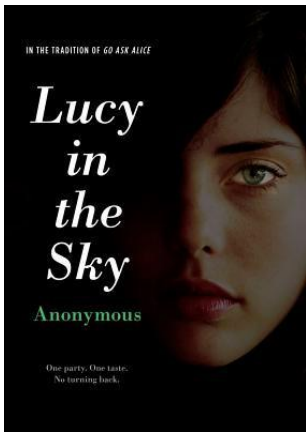
She was a good girl from a good family, with everything she could want or need. But below the surface, she felt like she could never be good enough. Like she could never live up to the expectations that surrounded her. Like she couldn't do anything to make a change. But there was one thing she could control completely: how much she ate. The less she ate, the better—stronger—she felt. But it's a dangerous game, and there is such a thing as going too far... Her innermost thoughts and feelings are chronicled in the diary she left behind.



Love Letters to the Dead by Ava Dellaira

Topics: Depression, suicide, abuse

It begins as an assignment for English class: Write a letter to a dead person. Laurel chooses Kurt Cobain because her sister, May, loved him. And he died young, just like May did. Soon, Laurel has a notebook full of letters to people like Janis Joplin, Amy Winehouse, Amelia Earhart, Heath Ledger, and more -- though she never gives a single one of them to her teacher. She writes about starting high school, navigating new friendships, falling in love for the first time, learning to live with her splintering family. And, finally, about the abuse she suffered while May was supposed to be looking out for her. Only then, once Laurel has written down the truth about what happened to herself, can she truly begin to accept what happened to May. And only when Laurel has begun to see her sister as the person she was -- lovely and amazing and deeply flawed -- can she begin to discover her own path in this stunning debut from Ava Dellaira, *Love Letters to the Dead*.



Lucy in the Sky by Anonymous

Topics: Substance abuse

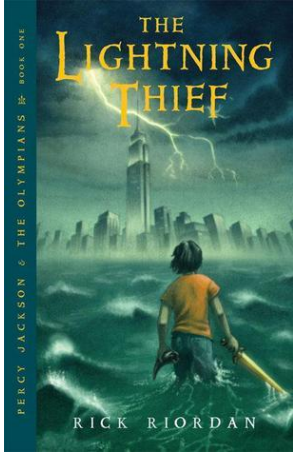
The author of this diary began journaling on her sixteenth birthday. She lived in an upper middle class neighborhood in Santa Monica with her mom, dad, and Berkeley-bound older brother. She was a good girl, living a good life...but one party changed everything. One party, where she took one taste—and liked it. Really liked it. Social drinking and drugging lead to more, faster, harder... She convinced herself that she was no different from anyone else who liked to party. But the evidence indicates otherwise: Soon she was she hanging out with an edgy crowd, blowing off school and everything she used to care about, all to find her next high. But what goes up must come down, and everything—from her first swig, to her last breath—is chronicled in the diary she left behind.



Paperweight by Meg Haston

Topics: Eating disorder, self-injury

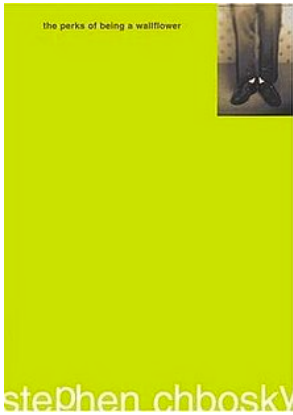
Seventeen-year-old Stevie is trapped. In her life. And now in an eating-disorder treatment center on the dusty outskirts of the New Mexico desert. Life in the center is regimented and intrusive, a nightmare come true. Nurses and therapists watch Stevie at mealtime, accompany her to the bathroom, and challenge her to eat the foods she's worked so hard to avoid. Her dad has signed her up for sixty days of treatment. But what no one knows is that Stevie doesn't plan to stay that long. There are only twenty-seven days until the anniversary of her brother Josh's death—the death *she* caused. And if Stevie gets her way, there are only twenty-seven days until she too will end her life.



Percy Jackson and the Olympians: The Lightning Thief by Rick Riordan

Topics: ADHD

Percy Jackson is a good kid, but he can't seem to focus on his schoolwork or control his temper. And lately, being away at boarding school is only getting worse - Percy could have sworn his pre-algebra teacher turned into a monster and tried to kill him. When Percy's mom finds out, she knows it's time that he knew the truth about where he came from, and that he go to the one place he'll be safe. She sends Percy to Camp Half Blood, a summer camp for demigods (on Long Island), where he learns that the father he never knew is Poseidon, God of the Sea. Soon a mystery unfolds and together with his friends –one a satyr and the other the demigod daughter of Athena - Percy sets out on a quest across the United States to reach the gates of the Underworld (located in a recording studio in Hollywood) and prevent a catastrophic war between the gods.



The Perks of Being a Wallflower by Stephen Chbosky

Topics: PTSD, depression, suicide, abuse

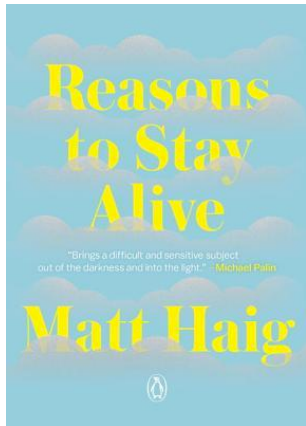
This is the story of what it's like to grow up in high school. More intimate than a diary, Charlie's letters are singular and unique, hilarious and devastating. We may not know where he lives. We may not know to whom he is writing. All we know is the world he shares. Caught between trying to live his life and trying to run from it puts him on a strange course 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 the perfect song on that perfect drive to feel infinite.



Purpose for the Pain by Renee Yohe

Topics: Addiction, depression, self-injury

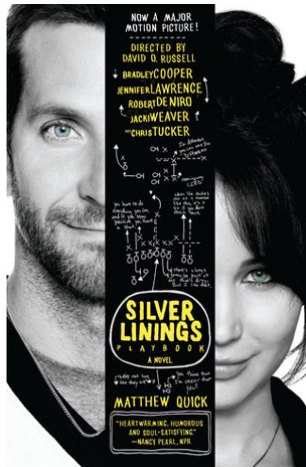
Purpose for the Pain is the inspiring story of a young woman's battles through addiction, depression and self-mutilation. In heartbreaking detail and poetic outpourings, Renee Yohe (the inspiration behind the non-profit movement, To Write Love On Her Arms) chronicles her journey from self destruction to new life. Over four years of journal entries, she takes readers through her deepest moments of despair to the hope on the other end. Renee's story is a light of possibility to anyone who feels trapped by darkness.



Reasons to Stay Alive by Matt Haig

Topics: Depression, anxiety, suicide

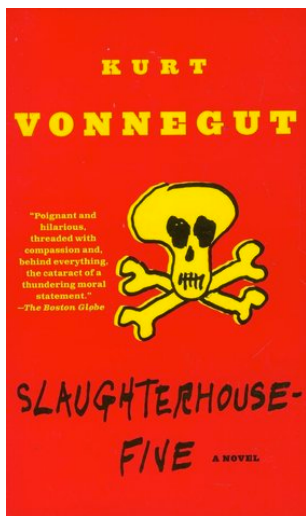
Everyone's lives are touched by mental illness: if we do not suffer from it ourselves, then we have a friend or loved one who does. Matt's frankness about his experiences is both inspiring to those who feel daunted by depression and illuminating to those who are mystified by it. Above all, his humor and encouragement never let us lose sight of hope. Speaking as his present self to his former self in the depths of depression, Matt is adamant that the oldest cliché is the truest—there is light at the end of the tunnel. He teaches us to celebrate the small joys and moments of peace that life brings, and reminds us that there are always reasons to stay alive.



Silver Linings Playbook by Matthew Quick

Topics: Bi-polar, depression, self-injury

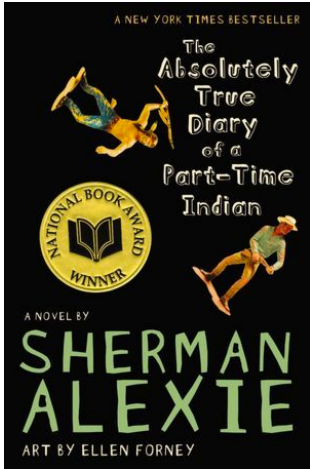
Meet Pat. Pat has a theory: his life is a movie produced by God. And his God-given mission is to become physically fit and emotionally literate, whereupon God will ensure a happy ending for him—the return of his estranged wife, Nikki. (It might not come as a surprise to learn that Pat has spent time in a mental health facility.) The problem is, Pat's now home, and everything feels off. No one will talk to him about Nikki; his beloved Philadelphia Eagles keep losing; he's being pursued by the deeply odd Tiffany; his new therapist seems to recommend adultery as a form of therapy. Plus, he's being hunted by Kenny G!



Slaughterhouse-Five by Kurt Vonnegut

Topics: PTSD

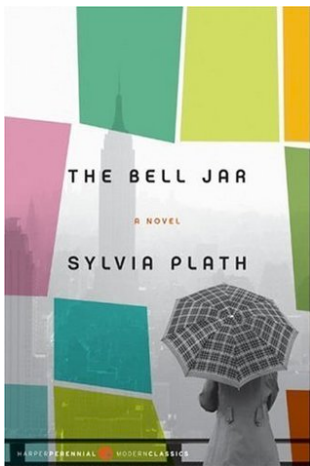
Selected by the Modern Library as one of the 100 best novels of all time, Slaughterhouse-Five, an American classic, is one of the world's great antiwar books. Centering on the infamous firebombing of Dresden, Billy Pilgrim's odyssey through time reflects the mythic journey of our own fractured lives as we search for meaning in what we fear most.



The Absolutely True Diary of a Part-Time Indian by Sherman Alexie

Topics: Alcoholism, child abuse

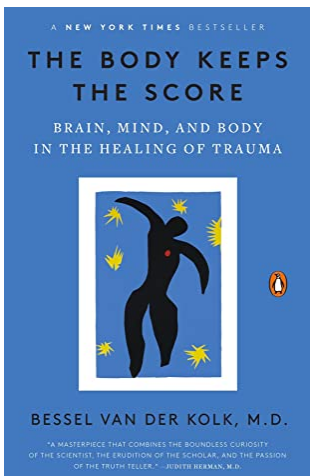
Bestselling author Sherman Alexie tells the story of Junior, a budding cartoonist growing up on the Spokane Indian Reservation. Determined to take his future into his own hands, Junior leaves his troubled school on the rez to attend an all-white farm town high school where the only other Indian is the school mascot. Heartbreaking, funny, and beautifully written, *The Absolutely True Diary of a Part-Time Indian*, which is based on the author's own experiences, coupled with poignant drawings by Ellen Forney that reflect the character's art, chronicles the contemporary adolescence of one Native American boy as he attempts to break away from the life he was destined to live.



The Bell Jar by Sylvia Plath

Topics: Borderline Personality Disorder

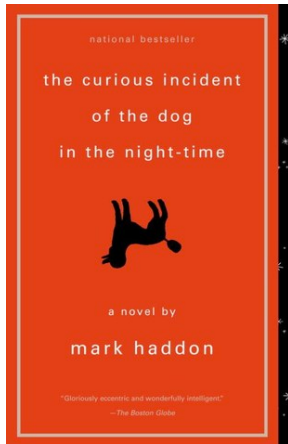
The Bell Jar chronicles the crack-up of Esther Greenwood: brilliant, beautiful, enormously talented, and successful, but slowly going under—maybe for the last time. Sylvia Plath masterfully draws the reader into Esther's breakdown with such intensity that Esther's insanity becomes completely real and even rational, as probable and accessible an experience as going to the movies. Such deep penetration into the dark and harrowing corners of the psyche is an extraordinary accomplishment and has made *The Bell Jar* a haunting American classic.



The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma by Bessel Van Der Kolk M.D

Topics: Trauma

Renowned trauma expert Bessel van der Kolk has spent over three decades working with survivors. In *The Body Keeps the Score*, he transforms our understanding of traumatic stress, revealing how it literally rearranges the brain's wiring—specifically areas dedicated to pleasure, engagement, control, and trust. He shows how these areas can be reactivated through innovative treatments including neurofeedback, mindfulness techniques, play, yoga, and other therapies. Based on Dr. van der Kolk's own research and that of other leading specialists, *The Body Keeps the Score* offers proven alternatives to drugs and talk therapy—and a way to reclaim lives.

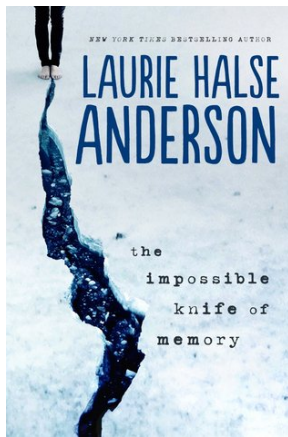


The Curious Incident of the Dog in the Night-Time by Mark Haddon

Topics: Autism

Christopher John Francis Boone knows all the countries of the world and their capitals and every prime number up to 7,057. He relates well to animals but has no understanding of human emotions. He cannot stand to be touched. And he detests the color yellow. Although gifted with a superbly logical brain, for fifteen-year-old Christopher everyday interactions and admonishments have little meaning. He lives on patterns, rules, and a diagram kept in his pocket. Then one day, a neighbor's dog, Wellington, is killed and his carefully constructive universe is threatened. Christopher sets out to solve the murder in the style of his favourite (logical) detective, Sherlock Holmes. What follows makes for a novel that is funny,

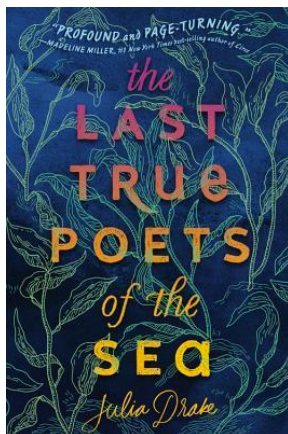
poignant and fascinating in its portrayal of a person whose curse and blessing are a mind that perceives the world entirely literally.



The Impossible Knife of Memory by Laurie Halse Anderson

Topics: PTSD

For the past five years, Hayley Kincaid and her father, Andy, have been on the road, never staying long in one place as he struggles to escape the demons that have tortured him since his return from Iraq. Now they are back in the town where he grew up so Hayley can attend school. Perhaps, for the first time, Hayley can have a normal life, put aside her own painful memories, even have a relationship with Finn, the hot guy who obviously likes her but is hiding secrets of his own. Will being back home help Andy's PTSD, or will his terrible memories drag him to the edge of hell, and drugs push him over? *The Impossible Knife of Memory* is Laurie Halse Anderson at her finest: compelling, surprising, and impossible to put down.

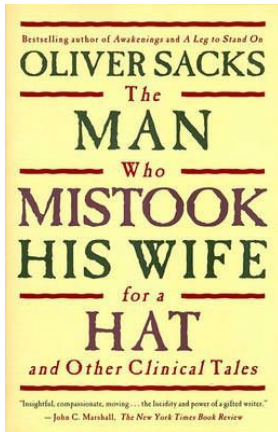


The Last True Poets of the Sea by Julie Drake

Topics: Depression, suicide

The Larkin family isn't just lucky—they persevere. At least that's what Violet and her younger brother, Sam, were always told. When the *Lyric* sank off the coast of Maine, their great-great-great-grandmother didn't drown like the rest of the passengers. No, Fidelia swam to shore, fell in love, and founded Lyric, Maine, the town Violet and Sam returned to every summer. But wrecks seem to run in the family. Tall, funny, musical Violet can't stop partying with the wrong people. And, one beautiful summer day, brilliant, sensitive Sam attempts to take his own life. Shipped back to Lyric while Sam is in treatment, Violet is haunted by her family's missing piece - the lost shipwreck she and Sam dreamed of discovering when they were children. Desperate to make amends, Violet embarks on a wildly ambitious mission: locate the *Lyric*, lain hidden in a watery grave for over a century. She finds a fellow wreck hunter in Liv Stone, an amateur local historian whose sparkling intelligence and guarded gray eyes make Violet ache in an exhilarating new way. Whether or not they find the *Lyric*, the journey Violet takes-and the bridges she builds along the way-may be the start

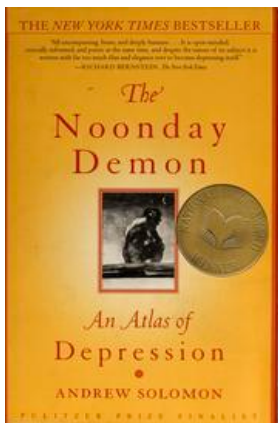
of something like survival.



The Man Who Mistook His Wife for a Hat and Other Clinical Tales by Oliver Sacks

Topics: Delirium, hallucinations

If a man has lost a leg or an eye, he knows he has lost a leg or an eye; but if he has lost a self—himself—he cannot know it, because he is no longer there to know it. Dr. Oliver Sacks recounts the stories of patients struggling to adapt to often bizarre worlds of neurological disorder. Here are people who can no longer recognize everyday objects or those they love; who are stricken with violent tics or shout involuntary obscenities; who have been dismissed as autistic or retarded, yet are gifted with uncanny artistic or mathematical talents. If inconceivably strange, these brilliant tales illuminate what it means to be human.

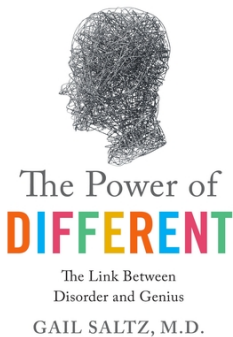


The Noonday Demon: An Atlas of Depression by Andrew Solomon

Topics: Depression

The Noonday Demon examines depression in personal, cultural, and scientific terms. Drawing on his own struggles with the illness and interviews with fellow sufferers, doctors and scientists, policymakers and politicians, drug designers and philosophers, Solomon reveals the subtle complexities and sheer agony of the disease. He confronts the challenge of defining the illness and describes the vast range of available medications, the efficacy of alternative treatments, and the impact the malady has had on various demographic populations around the world and throughout history. He also explores the thorny patch of moral and ethical questions posed by emerging biological explanations for mental illness.

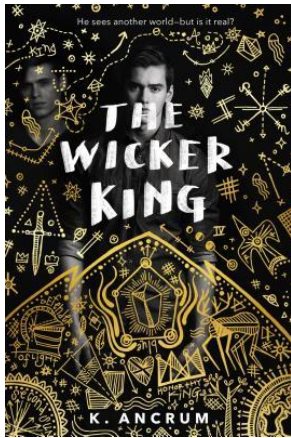
"Saltz could research babies for argument that every brain is different, and that achievement lies in its with knowing what their own they with trying to reshape it... insightful"—Andrew Solomon, bestselling author of Far from the Tree



The Power of Different: The Link Between Disorder and Genius by Gail Saltz, M.D

Topics: ADHD

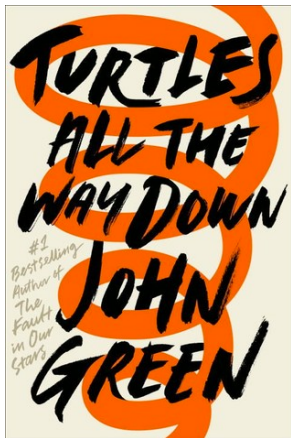
In The Power of Different, psychiatrist and bestselling author Gail Saltz examines the latest scientific discoveries, profiles famous geniuses who have been diagnosed with all manner of brain “problems”—including learning disabilities, ADD, anxiety, Depression, Bipolar disorder, schizophrenia, and Autism—and tells the stories of lay individuals to demonstrate how specific deficits in certain areas of the brain are directly associated with the potential for great talent. Saltz shows how the very conditions that cause people to experience difficulty at school, in social situations, at home, or at work, are inextricably bound to creative, disciplinary, artistic, empathetic, and cognitive abilities.



The Wicker King by K. Ancrum

Topics: Hallucination

When August learns that his best friend, Jack, shows signs of degenerative hallucinatory disorder, he is determined to help Jack cope. Jack's vivid and long-term visions take the form of an elaborate fantasy world layered over our own—a world ruled by the Wicker King. As Jack leads them on a quest to fulfill a dark prophecy in this alternate world, even August begins to question what is real or not.



Turtles All the Way Down by John Green

Topics: Obsessive Compulsive Disorder, panic, depersonalization

It all begins with a fugitive billionaire and the promise of a cash reward. *Turtles All the Way Down* is about lifelong friendship, the intimacy of an unexpected reunion, Star Wars fan fiction, and tuatara. But at its heart is Aza Holmes, a young woman navigating daily existence within the ever-tightening spiral of her own thoughts.



Verona Comics by Jennifer Dugan

Topics: Anxiety, panic, depersonalization

Jubilee has it all together. She's an elite cellist, and when she's not working in her stepmom's indie comic shop, she's prepping for the biggest audition of her life. Ridley is barely holding it together. His parents own the biggest comic-store chain in the country, and Ridley can't stop disappointing them—that is, when they're even paying attention. They meet one fateful night at a comic convention prom, and the two can't help falling for each other. Too bad their parents are at each other's throats every chance they get, making a relationship between them nearly impossible...unless they manage to keep it a secret. Then again, the feud between their families may be the least of their problems. As Ridley's anxiety spirals,

Jubilee tries to help but finds her focus torn between her fast-approaching audition and their intensifying relationship. What if love can't conquer all? What if each of them needs more than the other can give?



The Weight of Our Sky by Hanna Alkaf

Topics: Obsessive Compulsive Disorder, anxiety

Melati Ahmad looks like your typical moviegoing, Beatles-obsessed sixteen-year-old. Unlike most other sixteen-year-olds though, Mel also believes that she harbors a djinn inside her, one who threatens her with horrific images of her mother's death unless she adheres to an elaborate ritual of counting and tapping to keep him satisfied. But there are things that Melati can't protect her mother from. On the evening of May 13th, 1969, racial tensions in her home city of Kuala Lumpur boil over. The Chinese and Malays are at war, and Mel and her mother become separated by a city in flames. With a 24-hour curfew in place and all lines of communication down, it will take the help of a Chinese boy named Vincent and all of the courage and grit in Melati's arsenal to overcome the violence on the streets, her own prejudices, and her djinn's surging power to make it back to the one person she can't risk losing.



Wintergirls by Laurie Halse Anderson

Topics: Eating disorder, self-injury

Lia and Cassie are best friends, wintergirls frozen in matchstick bodies, competitors in a deadly contest to see who can be the skinniest. But what comes after size zero and size double-zero? When Cassie succumbs to the demons within, Lia feels she is being haunted by her friend's restless spirit.