

## TEENAGE WELL-BEING BOOK LIST (non-fiction)

Compiled July 2019

### My Life Your Life Series

Self-esteem and confidence Honor Head  
Understanding Transgender Honor Head  
Understanding Sexuality Honor Head

### The Art of Being Brilliant Series (highly recommended)

Diary of a Brilliant Kid Andy Cope, Gavin Oattes and Will Hussey  
The Art of being a Brilliant Teenager  
The Teenager's guide to life, the universe and being awesome. Andy Cope

### Nicola Morgan (ex-teacher, highly recommended)

The Teenage Guide to Life Online  
Body brilliant..teenage guide to body image  
The Teenage Guide to Stress  
Positively Teenage...a guide to teenage well-being  
Know Your Brain...feed it, test it, stretch it  
Blame my brain, the amazing teenage brain revealed  
Check out her website for her Exam Attack e-book (we do not have a copy currently on our e-book platform)  
The Teenage Guide to Friends

### Wise Guides

Self-esteem Anita Naik

### Other

Teenage Survival Guide Marina Baker  
The 7 day self esteem super-booster J.Alexander  
The 7 Day Stress Buster J. Alexander  
How 2B Happy...get the happy habit J.Alexander  
Mind Your Head Juno Dawson and Dr Olivia Hewitt  
Dr Christian's Guide to Growing Up Online  
The self -esteem team's guide to sex, drugs and more by Grace Barrett, Natasha Devon and Nadia Mendoza (Year 9 up)  
You Are Awesome Matthew Syed (highly recommended)  
Starving the Anger Gremlin Kate Collins-Donnelly

How not to lose it...mental health sorted. Anna Williamson  
Eating Disorders Jane Bingham (emotional health issues series)  
Self-esteem Jillian Powell (it's your health series)  
Autism Sarah Lennard-Brown (health issues series)  
The Book of No Worries, a survival guide for growing up. Lizzie Cox (Year 7)

### Talking About Myself Series

Depression

### Bullying

Bullies, Bigmouths and so-called friends J.Alexander  
Bullying Michele Elliott (wise guides series)  
The 7 day bully-buster J.Alexander  
Girls against girls Bonnie Burton  
Cyber Bullying Heather E Schwartz  
Coping with Bullying ( real life issues series) Charlotte Guillain  
Bullying (teen issues series)  
Bullying (FAQ Teen series)

### The Get Real Series

Coping with your emotions  
Coping with families  
School Survival  
Coping with Friends

### Our Values Series

Relationships and consent

### Exams

Tips and Advice for Exam Success Ross Dickinson  
Starving the Exam Stress Gremlin Kate Collins-Donnelly  
Check out Nicola Morgan's website Exam Attack e-book (we do not currently have a copy on our e-book platform)  
Collins GCSE Revision series Study Skills book (ebook through their website)

### Gender and Sexuality

What is Gender, how does it define us and other big questions by Juno Dawson  
Understanding Sexuality Honor Head My Life Your Life series  
Understanding Transgender Honor Head My Life Your Life series

## The Brain

Know Your Brain...feed it, test it, stretch it Nicola Morgan

Blame my brain, the amazing teenage brain revealed Nicola Morgan

## Puberty

Usborne Growing Up for Boys Alex Frith

Being a Girl Hayley Long

Me Myself and I...all about sex and puberty Louise Spilsbury

On the Spot...real girls on periods, growing up and finding your groove Karle Dickerson

Girls in the know...body blips, wobbly bits and great big zits Anita Naik

You Got This Bryony Gordon, Best selling author of Mad Girl. For girls age 13 plus.